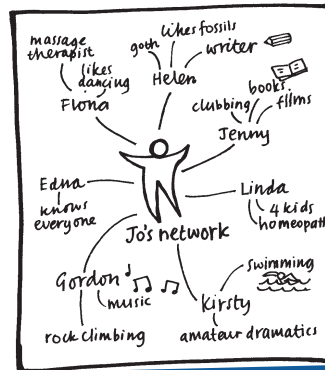


My relationships

What is the tool?

This tool is particularly useful for exploring who you know, how you know them, who knows who and how these networks can help you find opportunities and support in line with how you wish to live your life. It helps you to answer this question: What do I bring in terms of relationships and social networks that can help make the changes I want in my life?



How can it help me with my support plan?

This tool helps to find opportunities and resources in your web of social networks. It shows you if there are other people you could share resources with. There may be other people you think of as you map out your networks that you could talk to about sharing ideas, support or resources.



How can I use this?

This approach involves you taking a big piece of paper to draw information on about your social networks. This could help you both see new possibilities.

Start by drawing or noting yourself in the centre of the piece of paper. See the diagram on the other side of this card. Then think about all the people you know and draw them around you.

For each of the people in the picture you are mapping out add the following:

- Where do they live?
- What do they do - work, leisure, family, interests and hobbies?
- What knowledge (DIY, typing skills, book keeping) do they have?
- What resources do they have at their fingers tips? E.g. a car.

- Who do they know? How many branches of the diagram can you map out starting with you and then moving to the next connection and the next person in the network?

To move this towards actions that you might like to address within your support plan you need to finally look for patterns or themes around:

- Where these networks are.
- What they have to offer you now and for the future.
- What you offer them now and what you want to offer more of in the future.
- What it will take in terms of support to keep you linked to your social networks.
- How you can get more involved and find out information from these networks.

When you are doing this work have a note pad to hand and then you can jot down:

- Any things to do that will help you move forward in your plan and life.
- Any questions to answers or other issues that this raises about your life and anything that you will have to take into account.