

Developing community skills - what is it I can do...

1



...if I am a person receiving
informal community support?

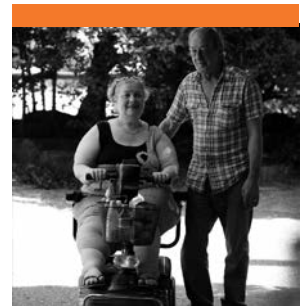
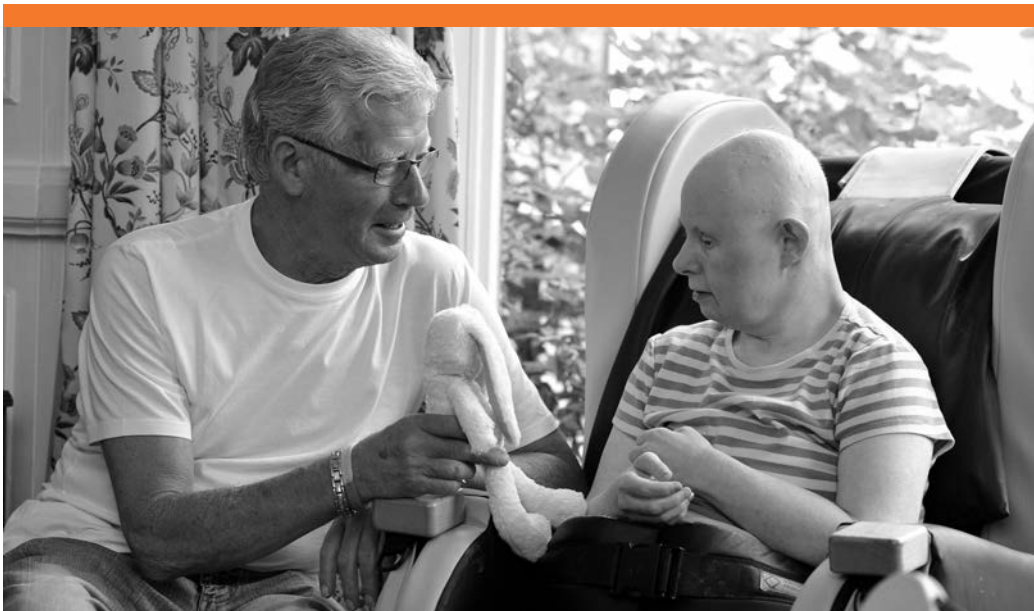
If I can access a range of community support I can:

- be listened to
- define for myself and maintain my dignity and self-respect
- maintain and possibly improve my own quality of life, values and beliefs
- be centrally involved in deciding how my needs are met and by whom
- be in control of when and where my needs are met
- maintain responsibility for my own risk-taking
- be connected and well informed about what is available to me.



I can make the most of informal community support by:

- talking to people – asking questions to find out what is happening in my area
- reading – e.g. adverts of opportunities to meet as groups, local newspapers – newsletters and making use of the internet and social networking
- consider membership of a ‘community of interest’ or of ‘place’. A community of interest could be:
 - a cultural or lifestyle group, e.g. people you identify with through language, ethnicity, sexuality or family life (such as a Mums’ group)
 - a ‘cause’, e.g. local ‘green’ issues, politics, or religion or similar belief, etc
 - a hobby, e.g. sport/fitness, art, music, bee keeping, dog walking, etc
 - a community of place could include involvement in a residents’ association or neighbourhood watch
- developing and strengthening support networks, e.g. family, friends, neighbours.



Potential outcome

I have a happier healthier life and sustained self esteem, confidence and control over my life.

This insert and the full pack contents
may be copied for non-commercial
distribution in aid of community
skills development.

Skills for Care

West Gate
6 Grace Street
Leeds
LS1 2RP

Telephone 0113 245 1716
Email info@skillsforcare.org.uk

© Skills for Care 2013