

Who is 3D Community Support for?

People supported include:

- disabled and disadvantaged children and young people up to 18 years old
- looked after children
- children and young people with learning difficulties or mental health differences
- parents and families
- youngsters experiencing isolation, loneliness or bullying
- children and young people experiencing ill health or recovering at home

This support is designed to ensure you gain the help you need to make changes in your life and to enable you to fulfil your dreams, wishes and aspirations.



Contact

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3D community support
with children and young people

3D Community Support

3D is a unique service which assists people in the community to live rich and fulfilling lives.

Facilitators work one to one or in small groups with people to understand what they want from their lives, achieve their ambitions and help to find solutions to the barriers they may be facing.

We take time to really listen to your needs and support you to overcome life challenges and have fun.

We can help you:

- with everyday support
- try out new things
- get out and about
- meet new children and young people
- reconnect with friends
- join a group or club
- meet spiritual or faith needs
- cope with forms and paperwork or routines
- get time and space to yourself to have fun
- set new goals and grow your talents
- build confidence to express your wishes and choices
- transition to your next stages of life



3D Community Support is built around you and what you need. Our facilitators are highly trained and will develop with you, adapting to your choices and helping you to aim higher, reach further and find real happiness and good times in your life.

3D Community Support is flexible. It can be built around other commitments and at times that suit you and your parents or carers.

Our facilitators' time is charged by the hour. Fees are transparent and agreed in advance so you can decide what you need and can afford. You can choose to fund these sessions personally, through your health and social care budget or with self-directed support.

Your 3D Community Support can include:

- Life Coaching and help to build your own Person Centred Plan
- guidance to develop your own Circle of Support
- getting in touch with nature
- advocacy to help get your voice heard
- making use of community services and spaces
- assistance to develop friendships and relationships
- help to develop confidence and life skills
- finding ways to help you utilise leisure and play activities.

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3D Community Support has been designed specifically to engage individuals and families in understanding what they are entitled to and how to take control over their lives.

3D provides flexible and highly individual support to assist children and young people to create and implement a tailored support plan that works for them.