



My social life

By the Rugby Rep Joanne Finney
Exploring what Social Life is like for
people with High Support Needs

This is what we did

- Where did we go
- Who is in the Group
- What did we do
- Feedback



My Social Life Tree



Feedback Session 1

Who are their friends?

1. Staff
2. Family
3. People in the Community

Feedback Session 1

Where do they meet their friends?

1. Gateway Club
2. Hub Cafe

BUT

1. Nobody said they have friends through work or volunteering
2. Nobody said they had friends through doing a course or training

Session 2

- What did we do?
- Thinking about different people

Feedback session 2

Who are their friends?

1. Staff

2. Family

Feedback session 2

- What is a friend?
- Challenges

Actions and questions

- Specialist support to learn about relationships
- Safe places
- Having a wide range of people, places and activities in their social life