

7a2

Mutual Support

Do

Support two people using services to form a partnership around a common interest or activity.

Story

Sally wants to use her local fitness centre but wants another person to go with. The worker at her day centre asks around and finds another person at the centre who would like to go, introduces them to each other and helps them plan to attend the fitness centre together.

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Mutual Support

Hints & Hazards

Here two people who each need support are assisting each other, so the dynamics are quite different from the situation where one person is designated as the one who supports the other. See 7a5 'Participate Together' and 7a4 'Community Buddy' for variations on this approach.

The person many need to think through their personal boundaries – is this just about sharing the activity, or might it become a friendship? If the friendship ends, will she also lose the activity? Matching with the friends' interest might require some compromise on activity,

times, location etc. One person arriving alone will draw existing group members out to welcome the newcomer, but a pair of newcomers will be expected to look after themselves. Stereotypes are applied more vigorously to large groups than small groups and to pairs more than to individuals.