

Tips

Stage 1: Network mapping and network types

- It is important to encourage the user to think beyond 'people' (family, friends, neighbours) when adding network members to their circle diagram. Prompt the user to reflect on other sources of support such as support groups or social/ethnic groups they may go to, health and social care services, religious groups and also objects (such as mobility aids). Please see table in Step 1 of the User guide.
- Allow the user to choose which circle they wish to place a network member into. Let them know that they can change their mind and move a network member to a different circle.
- Close family members will often be placed in the inner circle because this is where the user feels they ought to place them. Help the user to reflect on what a close family member actually does to support them in order to get a more realistic view of who around them is doing what, under what circumstances, and why.
- Sometimes the user is also a carer for someone they have placed in their circles. Opening up a discussion about the nature of support in a caregiving relationship is important in helping to understand the network.
- Relationships can be complex. Behaviour that appears to represent positive support on the surface can sometimes also include negative elements (e.g. a user living with type 2 diabetes may experience lack of support from a spouse to maintain a healthy eating regime).

Stage 2: Preference questions, reflecting on things users value, buddying with network members and narrowing choices

- Reassure the user that selecting the positive options in the questionnaire (Yes, I might be interested / Yes, I am definitely interested) does not commit them to attending. If they appear undecided, explain that it is better to select the 'Yes, I might be interested' option as this will generate more potential resources to choose from.
- We have found it very helpful to ask the question 'Are there things you used to do that you don't do anymore? What stopped you from continuing to do these things?' Talking about something they used to enjoy doing often helps to ignite an interest!

Stage 3: Facilitating the use of resources and links to local activities

- You can increase or decrease the radius in which resources appear by selecting 'Show Results Within' 1 mile/2 miles/5 miles/10 miles situated above the Google map on the results page

Practical tip:

- If the circle diagram is not fully visible, you may need to zoom out:
 - If you are using Google Chrome as your web browser, click on the 'Customise and control' icon  in the top right-hand corner, select 'Zoom' and decrease to 75%
 - If you are using Microsoft Internet Explorer, click on the 'Tools' icon  in the top right-hand corner, select 'Zoom' and decrease to 75%