



BELINDA RIGBY



INVITES YOU TO...

Belinda invites you to join her in a circle of support to assist her to achieve her dreams. The first get together will be held at: [Wentworth Falls](#) on: [Sunday 7th March at 12 noon](#) followed by a BBQ lunch.

We will have some fun as well as do some brainstorming and creative planning – any input you can bring, no matter how small, will be welcome and significant.

Could you please bring a salad, veges or desert to share for lunch - and - bring some out of the box thinking. If you have any questions please feel free to phone.

Your children are welcome to come – we will have games and a table tennis tournament.

RSVP: Belinda and Jennie on # by Friday 19th February.

What is a Circle of Support?

A circle of support is a group of people, made up of family and friends, who meet regularly to walk alongside someone as they dream, plan and achieve the life they want.

The circle acts as a community of friendship and support around the person at the centre (Belinda), who is unable to achieve what she wants on her own and decides to ask others for help. It is a means of providing practical advice, unravelling or solving problems, generating creative ideas and emotionally supporting the person on their journey.

From the centre of the circle, Belinda guides decisions about who to invite and the direction the circle takes to imagine new and different situations in which she may shine. The circle listens to Belinda, hears her dreams and helps her develop a positive vision for her future. It contributes to creative planning, developing imaginative actions steps to achieve this vision and determining the support required for Belinda to live the life she chooses.