

MYLIFE TOOL



CONNECTING WITH OTHERS



TOOLBOX
BOOK FOUR



ABOUT THIS BOOKLET

Being with people who have similar experiences to you, that understand what you are going through and who don't need you to explain how you are feeling, can be a real support. Connections can also give people purpose by supporting others.

However, making these connections is not always easy and you may need help to find your voice to let people know what you need.

This booklet will encourage you to think about...

- How to reach out to other people and realise that you are not alone
- Finding your voice

"I think many people forget they can still be support givers as well as support receivers"

MAKING CONNECTIONS

Living with a long-term condition can be isolating. You might want to meet new people with a condition like you but you just don't know where to start. This tool is a guide on how to break this down into smaller steps.

Finding Connections

Ask a health professional if they know anyone or a group that you could contact.	How did I do / how did I feel?
Look online or on community notice boards for groups, events, coffee mornings etc, that you could go to.	How did I do / how did I feel?



Make the first contact

Set up an initial chat over the phone or online.	How did I do / how did I feel?
Find someone who could go with you the first time.	How did I do / how did I feel?



Going for the first time

Set a date in your diary.	How did I do / how did I feel?
Check the practical arrangements (how to get there, car parking, accessibility of the building, etc.)	How did I do / how did I feel?

COMMUNICATING WHAT I NEED

We are not mind readers - unless you reflect on what you need from others, you will not be able to communicate this to other people. You might find it difficult to explain to other people what you want and need.

Date of meeting	Type of meeting
Before...	What do you need from others? Look back at "my team" (page 6, "my journey booklet") to help with this.
How do you feel about telling people this?/How do you think they might react?	
How can you tell people what you need?	
What do you want to get out of this meeting?	

This tool can help you find your voice and speak up for what you want. You can use this tool for meeting with friends, colleagues, health professionals, etc.

After...

How did you feel after the meeting?

Did you get out of the meeting what you wanted? (how/why not?)

What did you learn from this meeting?

What will you do the next time you have a meeting like this?

MY NOTES



MYLIFE TOOL

Developed by



NEURO KEY

An Alliance supporting people
with neurological conditions



Meaning & Purpose
Living with
Long-Term Conditions



Attribution-NonCommercial-NoDerivs
CC BY-NC-ND

© Copyright 2019, Teesside University and Neuro Key
(working title of the Tees Valley, Durham and North Yorkshire
Neurological Alliance). Licensed under the Creative Commons
Attribution-NonCommercial-NoDerivatives 4.0 license

<https://creativecommons.org/licenses/by-nc-nd/4.0/>

www.mylifetool.co.uk