

# TOOL 24 - MAPPING CONNECTIONS - BUILDING & IMPROVING RELATIONSHIPS

## Understanding our Connections -

1. Write in the circles anyone, any group or organisation that have supported your group in the last year or so.
2. Draw a solid straight line (—) from the centre to those you have regular contact with and/or know well ie strong connections.
3. Draw a dotted line (---) to others that you would like to work closer with ie loose connection which could be strengthened.
4. Reflect as a group, what this has shown you and what you would like to do next to improve your network, by building on what you already have.

**Local Economy**  
eg. Businesses that help you – local shops, printers, sponsors

**Our Group**  
**Name:**  
**Who is involved?**

**People**  
that already help you

**Community & voluntary groups**  
eg. Groups, Charities, Churches & Organisations that already help

**Statutory Services**  
that you already use eg Council, NHSCT, NIHE, PSNI

**Places**  
that help you to be healthy