

Your local area coordinator is here to help with

You:

Thinking about how to make life better and looking at what you have to offer

Connecting with others:

Linking people together and being part of your community

Information:

Finding out about what's happening in your area and getting the right help from services

Taking action:

Making positive steps

If you think you would like your Local Area Co-ordinator's support you can contact me by phone, WhatsApp text or email and I will be happy to help:

Lutterworth Town

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Local Area Co-ordination Lutterworth

An approach to supporting people and their families to have a good life in their communities



Lynne McConnachie
Mob: 07889 806061

Facebook:
Lynne LAC Lutterworth

Public Health
Leicestershire County Council



I Offer:

Asset Based Community Development

- Finding out what the community offers to it's residents
- In addition, what individuals, families and groups may offer in the future and how they can support each other

A preventative approach to promote:

- Health and wellbeing - feeling safe, strong, staying well and happy
- Confidence and self esteem
- Opportunities to be involved in the community
- Independence
- Feeling connected to people, minimising isolation

A Local Area Coordinator

- Works in community buildings
- Works in partnership with other groups
- Develops networks to increase opportunities
- Provides information
- Spends time to understand a person's strengths and aspirations
- Helps set goals
- Connects people to groups informal support
- Will support people to access the right service if required
- Creates and supports community groups
- Listens to ideas from the community

Local Area Coordination

- Looking at practical ways of achieving goals and visions for a good life.
- Staying stronger for longer and helping to prevent reaching a crisis point

A Local Area Coordinator can help with:

Short term support

Providing information about what is on near you.

Longer term support

Taking time to help you make the steps in reaching goals and making positive changes to help you lead a happier life.

