

# Find support in your community

## Local Area Coordination

### In Suffolk

Working alongside people to pursue their vision of a good life and be involved with their communities

We support people with physical/learning disabilities, mental health issues and age-related difficulties

“They take time to get to know us,  
our family, our community  
and our circumstances.”



# What does a Local Area Coordinator do?

We will take the time to get to know you, your family and your community.

We will support you to think and talk about:

What would make life better: your **vision for a good life**

**Your strengths, skills and gifts and** find opportunities to use them

How to meet new people, connect with old friends and **community networks**

**Making practical steps** to do the things you want to

**Being more involved in your community,** local activities and groups in your area

**Getting your voice heard** to speak to services and professionals.

**Getting the right help from services** to organise support to live life

## What people say about Local Area Coordination

*"They don't judge,  
assess or tell me what to  
do. It's about me."*

*"It's really nice to be able to  
talk to the same person face  
to face."*

*"The Local Area Coordinator has  
listened to all of the issues affecting  
me, the Local Area Coordinator has  
helped me deal with all of it."*

*"They support and challenge us to do  
things for ourselves – This has helped me  
build confidence, to solve more of my own  
problems and to need services less."*

Think of a friend or family member who's having a tricky time. Perhaps it is someone you work with or maybe you could do with some support.

You can introduce them or yourself to someone who can take time to listen and can work towards you achieving a good life.

**Contact** your Local Area Coordinator

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Holly Granville	<a href="mailto:holly.granville@suffolk.gov.uk">holly.granville@suffolk.gov.uk</a> 07860 824 060	Benhall, Kelsale-Cum-Carlton, Leiston-Cum-Sizewell, Middleton, Saxmundham, Sternfield & Theberton
Imogen Sherwood	<a href="mailto:imogen.sherwood@suffolk.gov.uk">imogen.sherwood@suffolk.gov.uk</a> 07808 735 874	Sudbury town and Gt Cornard
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Steve Gray	<a href="mailto:steve.gray@suffolk.gov.uk">steve.gray@suffolk.gov.uk</a> 07720 208 879	Ipswich: Ravenswood, Gainsborough & St Helen's
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