

Find support in your community

Local Area Coordination

in villages around Sudbury

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 Villages Local Area Coordinator

Cally on 07711 190 433

Cally.boardman@suffolk.gov.uk



Covering Acton Alpheton Brent Eleigh Chelsworth Chilton
Cockfield Glemsford Gt Waldingfield Kettlebaston Lavenham
Lawshall Little Waldingfield Long Melford Monks Eleigh
Preston St Mary Shimpling Stanstead & Thorpe Morieux