



# Community Recovery Workers - Public Health

My name is **Sonia** and I am the **Community Recovery Worker for North West Leicestershire rural communities**

In response to the Covid-19 Pandemic, Leicestershire County Council have produced an Outbreak Response Plan. Within this, the Community Recovery Team hold a key role in supporting communities and individuals to build resilience to the effects of the pandemic.

I would like to briefly explain about my role. I am a helping hand in the community to help both people and groups, that have been affected by Covid-19 in various ways.

Supporting individuals and groups who are struggling with isolation, loneliness, lack of confidence, fear of going out, health and wellbeing. We provide advice and guidance to help communities to stay safe happy and well.

## This is what I can do:

- Spending time to recognise individuals goals and aspirations to enable them to live their best lives.
- Working alongside people and families to be resilient and maintain their independence.
- Working alongside organisations and services to create opportunities for local people.
- Helping existing community groups to flourish and support the creation of new possibilities.
- Identifying local amenities to enhance community connection.
- Support will be person centred and tailor made to meet the needs of the individual/community.
- Providing up to date Covid-19 messages through our volunteers.
- All communication and interaction will be kept in strict confidence.
- We do have a duty to raise any safety situations or concerns.

For more information or help, please contact me:

Call **07526 928 166** or email **sonia.lear@leics.gov.uk**

Team email: **CommunityRecoveryTeam@leics.gov.uk**

