



LOTTERY FUNDED

Let's Have a Good Week – Community Connecting in North Manchester

The 'Let's Have a Good Week' project is open to anyone in North Manchester, Middleton and Prestwich who are socially isolated and identify barriers that have disabled them from accessing opportunities and meaningful activity in their local area.

The project is designed to work with disabled people in their progress toward becoming more confident, boosting self-esteem and improving independent living skills. Working within the social model of disability, the 'Let's Have a Good Week' project will take a person-centered approach to helping individuals identify specific barriers in their own lives and progress towards solutions that work for them.

The project will take the form of 16 weeks of support from a Community Connector. In the first four weeks, participants meet with their Community Connector to build a working relationship, identify personal aspirations and goals and plan to remove disabling barriers that have resulted in individuals being unable to participate fully in activities and opportunities of their choice. This support can include travel training sessions, voluntary placements, sports activities, art classes, social clubs, educational opportunities, the list goes on!

In the second part of the project this person centred planning is put in to action and with support from a Community Connector participants begin to connect to the opportunities and activities they have identified.

Cohorts for the 'Let's Have a Good Week' project consist of approximately 20 individuals and peer-support is promoted as an integral part of the project. We aim

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to provide support for isolated members of the community and to create a space for disabled people to share their experiences and work together to challenge barriers.

Please contact Jennifer Halfpenny for upcoming start dates and further information on how to express an interest in the project.

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