

Local Area Coordination has launched in Fishergate, Fulford and Heslington. The new Local Area Coordinator (LAC) in your area is Alice Hawken and she is joining the wider network of 11 LACs based across York.

For those who are new to Local Area Coordination: it is an evidence-based approach (see LAC network <https://lacnetwork.org/>) to support you as a valued resident in your community. LACs work with individuals and families of all ages and abilities. They take time to get to know you, your family, friends, carers and your community, so they can help you to build a strong support network. This enables you to pursue your vision for a good life and to stay safe, strong, connected, healthy, and in control. LACs do this by helping raise awareness of available resources; provide links to local services; support with a wide range of issues; encourage resilience and social inclusion in communities; and identify, nurture and use/share personal strengths, skills, experiences and those of their communities.

Support is offered to people who feel isolated and vulnerable due to age, frailty, disability or mental health needs or for any other reason(s). Residents can introduce themselves or be introduced to their LAC by anyone (GPs, local councillors, professionals, local people, neighbours, friends, relatives, voluntary organisations, local clubs and activities). The types of support offered by an LAC are but not limited to:

- helping you access a wide range of information
- identify and navigate complex health and social care systems
- develop relationships and community networks
- getting your voice heard about things that are important to you
- helping you find volunteering opportunities
- find practical ways of doing the things you want or need to do

There are no lengthy referral forms, criteria or assessments so just get in touch with Alice directly on 07923 232824 | [alice.hawken@york.gov.uk](mailto:alice.hawken@york.gov.uk). For more information on Local Area Coordination in York please visit <https://www.york.gov.uk/health-social-care/local-area-coordinators/1>.