

If you require more information on all aspects of the organisation, then please ring one of the following members of the team.

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Founded by the late Mrs F M
(Margaret) Laws

Dates for Totnes, 2016

12.30 - 3.00 Fridays

JAN	8 th	22 nd	
FEB	5 th	17 th	
MAR	4 th	18 th	
APR	1 st	15 th	29 th
MAY	13 th	27 th	
JUN	10 th	24 th	
JUL	8 th	22 nd	
AUG	5 th	19 th	
SEPT	2 nd	16 th	30 th
OCT	14 th	28 th	
NOV	11 th	25 th	
DEC	2 nd	16 th	- Xmas Lunch



REGISTERED CHARITY NO. 1078705

**THE GROUP FORMED
BY AND FOR PEOPLE
WITH DISABILITIES
THEIR FAMILIES,
CARERS AND FRIENDS.**



What Are We:



We are an organisation which tries, and often succeeds, in helping people with disabilities to lead a quality of life which is of their own choosing, rather than one which is decided for them.

How Is This Achieved?

We are user-led, which means that the membership decides in which direction the organisation goes, and what it wishes to achieve. We have managed to obtain funding from the Big Lottery's Reaching Communities Fund, The Lloyd's TSB Foundation and The Clare Milne Trust, as well as many other Charitable Foundations and Trusts. This has now enabled us to improve our quality of service to others. We now employ 2 professional people, who are busy working with clients on many varied aspects of living with a disability. The users of the organisation quite often become helpers themselves, and we offer training in the skills needed to fulfil their roles

What Sort of Problems Do We Deal With?

We deal with many varied challenges which people face: form-filling, advocacy and attending meetings. We offer befriending, and we can signpost the way to appropriate places to get help. We encourage self-help and provide social support, a listening ear, campaigning and sometimes we just bridge the gap between need and support. We also offer one-to-one or group training in many varied subjects such as Computer-use, Dog Training, Healthy Living, Budgeting and we run regular Gentle Seated Exercise sessions and a weekly Swimming Group.

We hold fortnightly 'Drop-ins' at Totnes.

What Do We Do There?



We drink endless cups of tea or coffee. We have a good chat, a laugh and discuss issues arising from living independently with a disability. We meet old friends and new, and sometimes, many problems are solved,

as one person helps another. We organise social outings, training groups or meals out. Mainly, though, it enables the people who need help to contact the people who can help them. We often invite interesting speakers to our group meetings, too.

Where Are These 'Drop-Ins' Held?

In Totnes:

We use the tea-room at the front of the Methodist Church. This is near the top of Fore Street. Parking is available outside of the venue, or opposite in Station Road.

Do You Find Life an Uphill Struggle?

Why not come along to one of our drop-ins and see what we have to offer?

