

Advocacy



**"Now people
listen to me"**



**Empowering and supporting
people with disabilities**

Do you feel ignored?

Advocates can support
you to:

- Say what you want
- Get your rights
- Represent your interests
- Get the services and help you need

Pick up a leaflet to find
out more or call 01823
339494 now.

Do you wish you had more choice?

Direct Payments



**"Getting out makes
all the difference"**

Direct payments gives you choice and control over the type of help and support required to meet your assessed care needs.

pick up a leaflet to find out more or call 01823 339494 now.



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Do you want more independence?

Independent Living Fund



You could qualify for more funding to create more opportunities and control over your care arrangements.

pick up a leaflet to find out more or call 01823 339494 now.



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people with disabilities

Do you need a break but don't know where to start?

Short Breaks



**"I never thought
i would get on to a beach
again"**

A4e's free short break service can assist with researching and planning a break that is right for you.

We can provide information and guidance on any aspect of a break such as accommodation, transport or care.

pick up a leaflet to find out more
or call 01823 339494 now.



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