



## Peer Support and Learning Team

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### **What we do:**

Our team offers Peer Support Groups (online and in-person), Workshops about accessing Self-Directed Support, and forums for Personal Assistant (PA) employers. These aim to build people's confidence, knowledge, and skills, increasing their resilience overall. We work with people to reduce their isolation by connecting them with others and empowering them to access the support they need to live an independent life.

### **Who we work with:**

Disabled people, people with long-term conditions, older people and carers of disabled people.

### **What people say about our service:**

"A very positive experience. Good to know other people are in the same boat"

"I really do benefit from the group. I felt that I came away with tons of useful information that I have already acted on"

## Contact Us

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