



Breaking Through Barriers

“The activities that we do really benefit us, and the staff really support us.”

Darlington Association on Disability Independent Living Hub

The Independent Living Hub supports disabled people from all walks of life to meet their own personal goals at their own pace. The Hub is led by the people using the service and promotes equality, independence, choice and control.

We support people to develop independent living skills in all kinds of ways, including:

- Preparing for supported living, anything from learning new cooking skills in our accessible kitchen or understanding a healthy lifestyle to managing a household budget
- Accessing travel training and going out in the community, for example to enjoy the gym or to access work or volunteering opportunities
- Meeting new people and taking part in social activities maybe to see a film at the cinema or meet friends to go bowling or just have a coffee and a chat
- Understanding personal and self care
- Accessing peer support and building self confidence

Our experienced staff are skilled in supporting people, offering both one-to-one or group support. Many are disabled people themselves so know and understand the challenges and barriers people may face.

As part of the Better Care Fund, we are able to offer up to **10 free sessions** to support carers to have a break from their caring role.

For more information or to book a free taster session call **01325 254840** or visit **www.darlingtondisability.org**



“I get support to take part in activities that I wouldn't be able to do on my own or at home.”

“The Hub supported me to learn about budgeting and I can now use this skill in real life situations.”



“I get positive vibes being here!”

“At the Hub I feel like an adult, it makes me happy. I wouldn't be living in my own flat if it wasn't for the best team and my friends. Living on my own means I'm an independent person”



The Independent Living Hub is part of Darlington Association on Disability (DAD), established in 1986 as a voice for disabled people and carers, providing advice, information and advocacy.

Registered Charity No. 1125848. Company No. 6688735