

ALL ARE WELCOME!

**COME AND JOIN US AT THE DISABILITY AND CARERS ACTION GROUP
ON THE 2ND WEDNESDAY OF EVERY MONTH AT 11am FOR A CUP OF
TEA AND A CHAT.**

FIND US ON THE FIRST FLOOR OF THE CIVIC CENTRE.



Whether you're disabled, know someone disabled are a carer or just interested in what we do, come along, and find friendly faces and refreshments waiting for you.



We can even arrange transport to pick you up and drop you home!

- **Get useful advice and support on the things that matter to you.**
- **Have your voice heard and your opinion valued.**
- **Meet a new guest speaker each month.**
- **Make new friends while drinking tea.**
- **Find information and help about benefits, housing, disabilities and caring.**
- **Guide Southend City Council and South Essex Homes on matters affecting the disabled community.**

To find out more about what we do or you need help with transport please contact:

suerickard@seh.southend.gov.uk

Phone: 01702 212650

For a list of all our upcoming meetings please visit
www.strf.uk/disability/