



## **ARE YOU DISABLED IN ANYWAY OR A CARER.**

The Disability and Carers Focus Group that is run by residents of South Essex Homes (SEH).

**Meetings are held on the 2<sup>nd</sup> Wednesday of every month at 11am. The meeting will be held in a different place each month, so that as many residents as possible can get to the meetings. The place of the meeting can be obtained by contacting Sue Rickard on 01702 212650 or Keith Ducker on 01702 309064. Transport can be arranged if it is needed to get to the meeting.**

This group are there for residents who have a disability seen or un-seen, have children who are disabled, are a carer for a disabled person, just interested in helping disabled people or would like to just meet us all for a chat, to see if you can help in any way or we can help you. The group will give you a great welcome at their meetings that are run by disabled residents and carer's who live in SEH properties.

Over the years the Disability and Cares Group have been involved with many changes within SEH and across the city that affect disabled residents and carer's, making sure that any changes benefit and not hinder the disabled community. The group have been asked by SEH and SCC (Southend City Council), to help decide and guide them when doing any works that would affect disabled residents.

Why not be part of this group and have your say on things that will or do affect your daily lives living in a SEH/Council property, as well as living in the City of Southend-on-Sea. Changes can be made if you get together and propose them to the right people and that is what we have done in the past and will do in the future. There will be refreshments available free at the meetings that are very informal. Both yourself, your family, friends, carers or willing helpers will be given a great welcome.

To find out more about this group, please contact Sue Rickard on 01702 212650 leaving a message if no reply and she will get back to you or email Sue at [suerickard@seh.southend.gov.uk](mailto:suerickard@seh.southend.gov.uk) You can also contact Keith Ducker on 01702 309064 leaving a message if no reply and he will get back to you or email [kthjac@gmail.com](mailto:kthjac@gmail.com)

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