



## ARE YOU DISABLED IN ANYWAY OR A CARER.

The Disability and Carers Focus Group that is run by residents of South Essex Homes (SEH), but is open to any person living in and around the city of Southend-on-Sea.

The meetings are held on the 2<sup>nd</sup> Wednesday of each month at 11am (unless noted) on the first floor of the Civic Centre in one of the Public Meeting Rooms. Transport can be arranged if it is needed to get to & from the meeting. You can find the dates, time and room number, by going to [www.strf.uk/disability/](http://www.strf.uk/disability/) and scrolling down to Meeting 2025/2026.

This group are they're 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.

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 the city of Southend-on-Sea.

You can get useful Advice and Support from this group and each month they have a guest that will be able to advise on different subjects around Disability, Caring Housing and Benefits that you may need help and advice or support with

Changes can be made if we 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 or to join please contact →  
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