

Feeling isolated during these uncertain times due to COVID-19?

Are you a disabled person?

Need someone to talk to?



Action Disability
Kensington & Chelsea
A Centre for Independent Living

Disability Connections Kensington & Chelsea



Four walls getting you down?

Need a listening ear and/or moral support?

Need help to find some online or outdoor activities?

Disability Connections Kensington & Chelsea

(This service is for ADKC members, and/or people with long-term physical health condition, who live in K&C)

- Offers one to one emotional support during pandemic (**please note that this is not a counselling or psychological service**)
- Can link you into peer support groups, a range of advice and information services
- Helps to research and find activities of interest to you

**For more information contact:
Simone Galloway**

**Disability Connections Co-ordinator
Action Disability Kensington & Chelsea
Tel: 07595 968 587**

**(Mondays, Tuesdays & Thursdays
9.30am – 5pm)**

Email: disabilityconnect@adkc.org.uk

