

Disability Connect

Kensington & Chelsea

**Feeling
Isolated?**

**Four walls
getting you
down?**

**Need help to
find some online
or outdoor
activities?**

**Are you a
disabled
person?**

**Need a
listening ear
and/or moral
support?**

**Need
someone to
talk to?**



- Offers one to one emotional support (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
- Help to research and find activities of interest to you

For more information contact:
Simone
Disability Connect Co-ordinator
Action Disability Kensington & Chelsea

07595 968 587
disabilityconnect@adkc.org.uk

Mondays, Tuesdays & Thursdays
9.30am – 5pm

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

