

SERVICES

Services and Programmes for people with disabilities

Action Ability aims to promote the inclusion of people with disabilities into the community and to support the development of their natural abilities.

We support people from 12 years up with any disability.

We provide:

- One to one Befriending service
- One to One Floating Support
- Youth inclusion groups
- Various creative arts opportunities
- Healthy living initiatives
- Social opportunities
- Relaxation and well being
- Self advocacy group
- Carers information and support
- General information/advice
- IT Skills
- Volunteering
- Independent Advocacy Service
- Summer Schemes
- Disability awareness training
- Creative drama and music opportunities

Referrals can be made by self referring, social services, community and voluntary agencies GPs.

