



## **Collaborative Working Towards Greater Community Care**

### **Physical Disabilities**

A large number of the community are affected by some form of physical disability. This can have a grave impact on the quality of life experienced by the person who has to live with that disability. It so often means having to refrain from social activities that they might otherwise like to participate in, and this of course can lead to a sense of social isolation.

There are, certainly, existing organisations in this borough whose work is invaluable in providing quality care for many aspects of physical disability, and their specialist expertise is essential. What WeAre1 aim to do is provide a service that breaks down social barriers, not just between 'disabled' and 'able-bodied' people, but also between people who are affected by different forms of disability, by putting in place groups and activities that everyone can benefit from.

WeAre1 as an organisation has developed from years of working in the field of mental health care and also from personal experiences of various forms of disability. We work with Physical Disability, Mental Health Disability, Learning Disability or a combination of these. We recognise the different restrictions and needs of each individual, but we focus on a common factor: that we all can experience low self-esteem and a sense of isolation. We want people to realise that we are all needed and all have something to offer.

We already know from working alongside other organisations that this is a reality and not just an idea. Collaboration will be a key factor in how our activities and groups will be presented, who will facilitate them, how many individuals will participate and at what level family and friends can take an active role. It is not only the person who has to live with that disability who suffers, but other members of their family and friends who try as hard as they can to support that person. We aim to serve them too.

WeAre1 are very grateful to organisations such as Age U.K. and the Challenge Network, who share the same common goal of putting the needs of those we serve at the forefront of everything we are trying to achieve. Thanks to their support we have the foundations to further develop this unique service!

Learning Disability / Physical Disability / Mental Health / Carers & Family

**WeAre1**