

TIME ON YOUR HANDS



We are looking for volunteers who believe in the dignity of people and respect their rights and views regardless of their disability.

**INTERESTED. WOULD LIKE TO FIND
OUT MORE INFORMATION.
PLEASE CONTACT :**

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**Ordinary People Doing Ordinary
Things Can Have Extraordinary Results**

**Serving People with a
Disability and Carers in
North Lanarkshire**



Office Hours

**MONDAY to FRIDAY
11.00 am - 3.00 pm**

**42 Civic Square
Motherwell ML1 1TP
Telephone: 01698 275710
Fax : 01698 269412**

GET IN TOUCH HELP US TO HELP YOU

You are not alone

North Lanarkshire Disability Forum, was founded in 1991 by disabled people for and on behalf of disabled people resident throughout North Lanarkshire.

The Forum is managed by a volunteer committee, 90% of whom are disabled.

The Committee have all experienced the difficulties of being disabled and being unable to access the services they needed to sustain an independent existence whilst coping with their disability.

If this seems all too familiar and you are having the same experiences

What We Campaign on

- Specific issues to bring down the barriers - **environmental/attitudinal and organisational** - which prevents full participation in the social, political and economic life of people with a disability.

Our aim is to support people with a disability in achieving control over their lives and having a say over what happens to them.

What We Are Involved in

The various Community Planning structures which offer a real opportunity to make the voice of people with a disability heard in the planning and development of services within North Lanarkshire.

- What We Provide**
- ◆ Information and Advice on all aspects of disability relevant to any issues you may have
 - ◆ A telephone helpline
 - ◆ Information distribution on disability issues to individuals and organisations
 - ◆ Disability Awareness training
 - ◆ Support to Start-up and Voluntary organisations