

The **CPC Life Skills Group** provides a safe and managed environment, where disabled adults have the opportunity to explore their potential to live as independently as possible.

It is a sad fact of life that disabled people are offered little support outside of their families, after they leave school or college. This makes it difficult for them to develop the skills that come naturally with social interaction, or that require greater support. Without access to a wider peer group and the opportunity to form new interests, disabled people are effectively denied full access to their community. We are here to help.



The members are supported by a team of volunteers under the leadership of the CPC Group Co-ordinator. The facilities that we provide include a kitchen, computer room and art room, where skills and crafts can be learned and practised. Tutors and therapists are also hired to help our members' grow in ability and self-awareness, and to receive education from "outside" the confines of the Centre. We also have days out

Crucially, working in a group enables members to both learn and socialise with their peers. We provide a forum in which physical disability is understood and taken into account at all times, and we adapt our training methods to suit each individual's needs.

People with a range of disabilities are welcome to join the CPC Life Skills Group, subject to our assessment.

DIRECT PAYMENTS WELCOME. (You choose your care)

For further information on any of the above mentioned services, please call contact us at CPC Care Services 01634 220110 or email marionaldridge@cpcare4uk.co.uk.