

A SALE based charity is launching a Crowd Funding page to support a service that provides people with disabilities with a social life – for free.

Trafford Disability Activity Network (TDAN) organises everything from health walks and cookery sessions to a weekly coffee morning and needs to raise £11,500 a year to pay for a co-ordinator.

The service is currently used by more than 200 people and it is provided by Trafford Centre for Independent Living (TCIL).

TDAN co-ordinator Jules Kennedy said many members gain in confidence after joining the group and form lasting friendships.

She said: “I think we’re quite a unique charity in that we are not ‘disability specific’, meaning we support people with any disability, impairment or long term health condition. This means the TDAN project has allowed people from very different backgrounds to come together and build a strong and supportive peer group. When members tell me about the positive impact this has had on their wellbeing, it makes me feel very proud.”

Trafford CIL CEO Sophie Miles said being involved in TDAN also brings health benefits to its members. She added: “The wonderful thing about our TDAN project is how well it works with disabled people to support them to make positive health and wellbeing choices that are unique to their needs and aspirations, whether it be improving stamina, gaining confidence or learning a new skill.”

TDAN volunteer Phil Ballard praised the support he has received since joining the group. He said: “I’d done volunteering before, but when I came along to Trafford CIL and starting running the TDAN coffee mornings it was different. The volunteering has helped me with my own health and I feel that the team understand you as a person, as its run by people who have health conditions themselves.”

Volunteer Cheryl Malyan said: “I like giving back to society and I find volunteering at TDAN where I am helping others, helps my own wellbeing. It’s been a good boost for my confidence and just giving a few hours a week is just right for me.”

TDAN member Stephen Ratchford added: “I find the TDAN group is very proactive in the key issue of raising peoples’ self-esteem and confidence. Everyone is truly accepted in to the group.”

Trafford Disability Activity Network crowdfunding page went live today 15.03.17 at 9am and will end on 9am 10.05.17

<http://www.crowdfunder.co.uk/trafford-disability-activity-network>

Notes to Editors

Trafford Centre for Independent Living supports young people and adults with a range of disabilities and long term health conditions and their families.

Jules Kennedy and Sophie Miles are available for interview.

For more information, call Batir Ali on 0161 850 0645.