

**Groups Directory  
Summer 2017**



**Supporting Local Groups who Support People  
with Disabilities**

**NEW for Summer**

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<b>Ace Drama for those with learning difficulties</b>	
Contact Name:	Anne Rooke
Telephone Number	07920 014 708
Email Address	<a href="mailto:arrooke@hotmail.co.uk">arrooke@hotmail.co.uk</a>
Website	
Details	Every Tuesday in term time at North Shropshire College. 7.00-9.00pm. The group practices weekly towards two performances per year. Friendship, teamwork and fun form a big part in this successful group.

<b>Active Buddies</b>	
Contact Name:	Susie Hancock
Telephone Number	01743 342160
Email Address	<a href="mailto:Susie.hancock@shropshire-rcc.org.uk">Susie.hancock@shropshire-rcc.org.uk</a>
Website	<a href="http://www.shropshire-rcc.org.uk">www.shropshire-rcc.org.uk</a>
Details	Would you like to be more active? Would you like an Active Buddy to accompany you? The Active Buddies programme matches volunteers to older people in the Oswestry area, who would like to be more physically active but are not sure how to start. The Buddy will accompany you to your chosen activity for the first few weeks, until you have made friends and feel comfortable going on your own. The Buddy will also be able to suggest activities such as gentle exercise classes or Walks for Health.

<b>Active Buddies Volunteers</b>	
Contact Name:	Susie Hancock
Telephone Number	01743 342160
Email Address	<a href="mailto:Susie.hancock@shropshire-rcc.org.uk">Susie.hancock@shropshire-rcc.org.uk</a>
Website	<a href="http://www.shropshire-rcc.org.uk">www.shropshire-rcc.org.uk</a>
Details	Could you accompany someone to a new activity? We are looking for volunteers in the Oswestry area to become Active Buddies. After essential training, the volunteer will be matched with an older person, who would like to be more active but may be nervous to start on their own. The Buddy will accompany them to e.g. a nearby, gentle exercise class or Walk for Health, for the first few weeks, until they have the confidence to continue on their own.

<b>Age UK Shropshire, Telford &amp; Wrekin</b>	
Contact Name:	Neil or Jenny
Telephone Number	01743 233123 ext 252
Email Address	<a href="mailto:neil.brookes@ageukstw.org.uk">neil.brookes@ageukstw.org.uk</a> or <a href="mailto:jenny.smith@ageukstw.org.uk">jenny.smith@ageukstw.org.uk</a>
Website	
Details	<p>Diamond Drop in Centres in Oswestry, Shrewsbury, Telford and Pontesbury</p> <p>A twice monthly get together for people with dementia and memory difficulties, their families, carers and friends. Providing emotional support and information in a safe and welcoming environment.</p> <p>Neil and Jenny, our Dementia Support Workers, will be delighted to book your place or answer any questions.</p>

<b>Autism West Midlands</b>	
Contact Name:	
Telephone Number	01743 250962
Email Address	<a href="mailto:Shropshire@autismwestmidlands.org.uk">Shropshire@autismwestmidlands.org.uk</a>
Website	<a href="http://www.autismwestmidlands.org.uk/events">http://www.autismwestmidlands.org.uk/events</a>
Details	<p>In Shropshire, we have a dedicated small team offering a range of services to individuals with autism (children and adults) and their families. These services operate across Shropshire with groups/sessions held in Oswestry.</p> <p>Our services include: Information, advice, training and support for families of children 0-18 with autism and autistic traits, training and consultancy support for professionals working with children, short break opportunities for children with autism and their siblings, information, advice and signposting to adults and family carers using the Adult Autism Hub and outreach support for individuals to develop independent living and to access the community.</p>

<b>Dementia Support Service</b>	
Contact Name:	Lisa Hopwood – Dementia Support Worker
Telephone Number	01952 250392
Email Address	<a href="mailto:shropshire@alzheimers.org.uk">shropshire@alzheimers.org.uk</a>
Website	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Details	The Dementia support service provides one-to-one support to people with dementia, carers and family members. We support people over the age of 18 who live in Shropshire. The service is unique to your personal circumstances and the information and support you need. The Dementia support service aims to provide you with information, guidance and practical support to help you understand more about dementia and enable you to live well.

<b>Derwen Group Riding for the Disabled</b>	
Contact Name:	Di Poole
Telephone Number	01691 238009
Email Address	<a href="mailto:derwenrda@gmail.com">derwenrda@gmail.com</a>
Facebook	<a href="#">Derwen Group Riding for the Disabled Facebook Page</a>
Details	Derwen Group RDA meet at Walford Equine Centre, Baschurch. Our activities are specially designed for children and adults with physical and/or learning difficulties to receive physical and psychosocial therapy, enjoyment and a chance to achieve goals. We offer riding sessions on Thursday mornings during term times and we currently have availability for new riders. Volunteers are always welcome to help with the riders

<b>Designs in Mind</b>	
Contact Name:	Catherine Wilks
Telephone Number	01691 655140
Email Address	<a href="mailto:catherine@designsinmind.co.uk">catherine@designsinmind.co.uk</a>
Website	<a href="http://www.designsinmind.co.uk">http://www.designsinmind.co.uk</a>
Details	Designs in Mind is a studio designing and making products for retail and public art commissions. All of the makers are adults referred through mental health services. This referral process is usually initiated by a mental health professional following an initial exploratory visit. New members usually start on a Wednesday morning to settle in, meet the team and learn the skills needed. They can then move on to Tuesday or Thursday all day sessions. Anybody interested should talk to their doctor or mental health worker and ask them to call us.

<b>Drama for those with learning difficulties</b>	
Contact Name:	Donna Farr
Telephone Number	07986 367 856
Email Address	
Website	
Details	Every Monday in term time at North Shropshire College. 7.00-9.00pm. The group practices weekly towards two performances per year

<b>Epilepsy Action North Shropshire</b>	
Contact Name:	Maxwell Bussey
Telephone Number	01691 623919 07812 771 946
Email Address	<a href="mailto:maxwell.bussey@gmail.com">maxwell.bussey@gmail.com</a>
Website	<a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a>
Details	A local group for people and their families to come and have a coffee, chat and some peer support. The group meets on the first Tuesday of each month from 11 – 1 at The Wynnstay Hotel, Oswestry. Our Epilepsy Action contact is: Will Butterworth on 07770 837 970

<b>Friends of Parkies</b>	
Contact Name:	Ian Bunting
Text / messaging service	07562 167 171
Email Address	<a href="mailto:friends.of.parkies@gmail.com">friends.of.parkies@gmail.com</a>
Website	<a href="http://friendsofparkies.btck.co.uk">friendsofparkies.btck.co.uk</a> Facebook: <a href="https://www.facebook.com/friendsofparkies">friendsofparkies</a>
Details	We are a growing group of friends who either have or care for someone living with Parkinson's. If you are in the North-East Wales area you are more than welcome to join us at our monthly meetings at Morton Garden Centre near Chirk on the advertised dates (usually the second Wednesday of each month).

<b>Friends of Victoria Centre</b>	
Contact Name:	Betty Nicholls
Telephone Number	01691 656362
Email Address	
Website	
Details	Provide a disco and supper at the Comrades Club in Ellesmere every half term Wednesday. Also a Christmas Party on December 14 <sup>th</sup> . For other social events, please contact Betty for details

<b>Headway Shropshire – The Brain Injury Charity</b>	
Contact Name	Jean Robinson - CEO
Telephone Number	01743 365271
Email Address	<a href="mailto:admin@headwayshropshire.org.uk">admin@headwayshropshire.org.uk</a>
Website	<a href="http://www.headwayshropshire.org.uk">http://www.headwayshropshire.org.uk</a>
Details	Headway Shropshire aims to support people who have survived acquired brain injury, their families, carers and concerned professionals. Headway Shropshire provides services and facilities which assist the rehabilitation and re-ablement of people with acquired brain injuries. Services are provided to people in Shropshire, Telford & Wrekin and surrounding areas.

<b>Hope Church activities for those with learning difficulties</b>	
Contact Name:	Janneke Johnson
Telephone Number	01691 657370
Email Address	
Website	
Details	<p><i>Prospects</i> are meeting twice a month again, the first and third Thursday of the month, at St John's Weston Rhyn. Same time, 7-9pm. Activities are centred around interactive and creative Bible readings. They do songs using Makaton signs, drama, crafts, discussion and have occasional outings</p> <p><i>Allsorts</i> – on the last Friday of alternate months. 7.00-9.00pm Cost £2, carers free. A programme can be obtained from Janneke</p> <p>These are social evenings with different activities like barn dance, talent show, treasure hunt, visit of the “animal man”</p> <p>There will be a <i>Christingle Service</i> for people with learning difficulties in December. Date to be confirmed yet.</p>

<b>Kimberly Care for those with learning difficulties</b>	
Contact Name:	Hilary Howell
Telephone Number	01691 680732
Email Address	
Website	
Details	<p>Day Centre at Gatacre Pavilion. Monday and Friday 10.30am-3.30pm. £30 per session</p> <p>Disco on 1<sup>st</sup> Monday of each month at Cross Keys St Martin's. 7.00-9.00pm. £3.50 to include sausage and chips supper</p> <p>Cinema Group. Last Saturday of each month for matinee performance and trip to McDonalds</p> <p>Theatre Trip. Panto at Severn Theatre, on 1<sup>st</sup> Sunday in December</p>



<b>Laughter Yoga</b>	
Contact Name:	Wes Floyd
Telephone Number	07870 693 865
Email Address	<a href="mailto:info@laughtertime.co.uk">info@laughtertime.co.uk</a>
Website	<a href="http://www.laughtertime.co.uk">www.laughtertime.co.uk</a>
Details	Laughter Yoga is a simple, gentle and healthy exercise that suits all ages and abilities. It is suitable for combating stress and helps happiness, health and wellbeing. The group meets on the first Tuesday of each month from 6-7pm at The Quaker Meeting House, Oak Street, Oswestry, SY11 1LJ. It costs £5 or a donation if that is preferable.

<b>Leonard Cheshire Disability Dolywern</b>	
Contact Name:	Laura Dobb (service manager)
Telephone Number	01691 718303
Email Address	<a href="mailto:Laura.dobb@leonardcheshire.org">Laura.dobb@leonardcheshire.org</a>
Website	<a href="http://www.leonardcheshire.org">www.leonardcheshire.org</a>
Details	We offer residential and nursing care for young adults with physical disability.

<b>Living with Diabetes</b>	
Contact Name:	Sara Cox
Telephone Number	07708 244 162
Email Address	<a href="mailto:livingwithdiabetes@btinternet.com">livingwithdiabetes@btinternet.com</a>
Website	
Details	We are a support group for diabetics, run by diabetics. All diabetics are welcome along with their families and also pre-diabetics. You may be new to diabetes and need someone to talk to or you may have had diabetes for a long time so have tips, ideas or experiences you can share with others. Contact Sara for details

<b>Local Support Swap</b>	
Contact Name:	Margarete Davies
Telephone Number	01743 255776
Email Address	<a href="mailto:Margarete.Davies@Shropshire.gov.uk">Margarete.Davies@Shropshire.gov.uk</a>
Website	<a href="http://www.people2peoplecic.org.uk">www.people2peoplecic.org.uk</a>
Details	<p>People 2 People's Local Support Swap project aims to identify flexible ways of supporting unpaid carers in their localities and to facilitate and support initiatives that communities and carers wish to develop to do this. This may be building on something that already exists or creating something new.</p> <p>Please contact Margarete Davies for more information about Local Support Swap and to share your ideas.</p>

<b>Macular Society Oswestry Support Group</b>	
Contact name	Malcolm Johnson
Telephone	07710 800 548
E-mail address	<a href="mailto:mj@imi-uk.net">mj@imi-uk.net</a>
Website	<a href="http://www.macularsociety.org">www.macularsociety.org</a>
Details	<p>Meets every 3rd Friday of the month at The Qube, Oswald Rd, Oswestry, from 2pm - 4pm. No one need face macular degeneration alone. The local groups offer practical and emotional support throughout central vision loss. They help people to further understand the condition, come to terms with sight loss, share information about treatment and ultimately stay independent. The Oswestry Support Group meetings enjoy guest speakers as well as social events, outings and trips. We also campaign to raise funds and to raise the awareness of macular disease.</p>

<b>Marches Riding for the Disabled</b>	
Contact Name:	Natalie Sheehy
Telephone Number	07487 711 340
Email Address	<a href="mailto:natsheehy@gmail.com">natsheehy@gmail.com</a>
Website	<a href="http://www.rda.org.uk">www.rda.org.uk</a>
Details	<p>The group rides on a Thursday morning 1030 - 1130 school term time only at Penycloed Riding School in Pant.</p>

<b>Oswestry and District Access Group</b>	
Contact Name:	Roger Whitting (Chair)
Telephone Number	07719 248 588
Email Address	
Website	<a href="#">Oswestry and District Access Group Facebook Page</a>
Details	<p>The group started in 1989 with the aim of getting disabled people involved in access issues in Oswestry. It is open to anyone interested in improving the town for whatever reason. Membership covers a wide range of disabilities.</p> <p>The group meets on the second Tuesday of each month (except August) at 10.30-12 midday in Guild Hall. Bailey Head, Oswestry.</p>

<b>Oswestry and District MS Society</b>	
Contact Name:	Tina Sheppard
Telephone Number	07896 970 954 or 01691 830028
Email Address	<a href="mailto:sheppard.tina@hotmail.co.uk">sheppard.tina@hotmail.co.uk</a>
Website	
Details	<p>We welcome all of those affected by MS and their families. We meet every other month for lunches and also a Christmas lunch for members, their families and carers. We do fundraising, i.e. at Tesco and also street collections in Oswestry, and have also done the biggest zip-wire in the EU (!) Please contact Tina for more details.</p>

<b>Oswestry and District Stroke Club</b>	
Contact Name:	Michael Garratt
Telephone Number	01691 238768
Email Address	<a href="mailto:oswestrystrokeclub@aol.co.uk">oswestrystrokeclub@aol.co.uk</a>
Website	<a href="http://www.stroke.org.uk/fin.../oswestry-district-stroke-club">www.stroke.org.uk/fin.../oswestry-district-stroke-club</a>
Details	<p>We meet at 2pm at the Senior Citizens Club on Lorne Street on the second Thursday of each month. We are a self-help club for people who have suffered a stroke, and their carers. Outings are arranged during the summer months. Membership is £10 per year.</p> <p>Our Co-ordinator is Charlotte Parry, 01691 590452</p>

<b>Oswestry and District Tenants Association</b>	
Contact Name:	Mrs Margaret Smith
Telephone Number	01691 657711
Email Address	
Website	
Details	This group is there for all tenants to have a voice. They meet at Llwyn Fields Centre on the last Thursday evening of every month, 7.00 – 9.00. Everybody is welcome.

<b>Oswestry Dementia Cafe</b>	
Contact Name:	Lisa Hopwood – Dementia Support Worker
Telephone Number	01952 250392
Email Address	<a href="mailto:shropshire@alzheimers.org.uk">shropshire@alzheimers.org.uk</a>
Website	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Details	Dementia Cafés provide an opportunity to meet regularly and talk about living with dementia in an informal social environment. They provide opportunities for people with dementia, families and carers to ask questions of professionals and learn from the experiences of others. A Dementia Café will provide information about dementia and practical tips about coping with dementia. Light refreshments are provided. We meet on the last Tuesday of the month from 10.30 – 12.30, at the Whole Life Christian Centre, Cabin Lane, Oswestry, SY11 2LQ

<b>Oswestry Guide Dog Fundraising Branch</b>	
Contact Name:	Lin Stapley
Telephone Number	01691 662644
Email Address	<a href="mailto:linstapley@gmail.com">linstapley@gmail.com</a>
Website	
Details	We raise funds to provide Guide Dogs (approximately £50,000 per dog) and other services for Visually Impaired adults and children. We also promote the work and services that Guide Dogs do by giving information at events plus Free talks to groups, schools and organisations.

<b>Oswestry Rheumatology Association</b>	
Contact Name:	Susan Roberts (secretary)
Telephone Number	07584 659 753
Email Address	<a href="mailto:sroberts36@btinternet.com">sroberts36@btinternet.com</a>
Website	
Details	We are a branch of the League of Friends at RJAH Orthopaedic Hospital. Our members are mostly people with arthritis, and their families and friends. Our aim is to share friendship, give support and fundraise for arthritis research and necessary equipment at RJAH.

<b>Oswestry Talking Newspaper</b>	
Contact Name:	Andrew or Helen on 01691 671766 John on 01691 650388 Bev. or Sandy on 01691 830726
Telephone Number	As above
Address	c/o 18 Longueville Drive, Oswestry, Shropshire, SY11 2YN
Website	<a href="http://www.oswestrytn.org.uk">www.oswestrytn.org.uk</a>
Details	Talking Newspapers for the Blind provides recorded readings from local newspapers and magazines. Listeners are also informed of any changes in Oswestry Town centre such as building sites or road works that may cause hazards. The memory sticks are distributed weekly and the playing equipment is supplied, free of charge by Oswestry Talking Newspapers. The postage for the sending and returning of the memory sticks is free. The service is available to anyone registered blind or partially sighted by sending in an application. If you are not registered as blind or partially sighted then the application must be signed by an optician, ophthalmologist or doctor.

<b>Phenzync</b>	
Contact Name:	Bridie Lloyd
Telephone Number	07773 454 157
Email Address	<a href="mailto:bridiear@hotmail.co.uk">bridiear@hotmail.co.uk</a>
Website	<a href="http://www.phenzync.co.uk">www.phenzync.co.uk</a>
Details	Offering inclusive sword fencing for all ages and abilities. Fencing is a fun and disciplined form that all can enjoy. Great for fitness for the mind and body, both tasters and courses available. Can cater for parties up to twenty, and sessions can be tailored to your requirements.

<b>Remap, custom-made equipment for people with disabilities</b>	
Contact Name	John Graham
Telephone Number	01743 341626 or 07807 113 285
Email Address	<a href="mailto:shropshire.chairman@remapgroups.org.uk">shropshire.chairman@remapgroups.org.uk</a>
Website	<a href="http://shropshire.remap.org.uk/">http://shropshire.remap.org.uk/</a>
Details	<p>Remap is a charity which produces aids and equipment for people with disabilities where there are no suitable alternatives. This service is provided free of charge and is delivered entirely by volunteers. Our volunteers are experienced engineers or craftsmen with a wide variety of skills. Each piece of equipment is tailor-made to suit the specific needs of one individual and is for their personal use only.</p> <p>We usually work with or referred by health professionals like Occupational Therapists to ensure that the equipment meets the needs of each person. The service is free but donations are always welcome to go towards the cost of materials and travel.</p>

<b>Shine - Spina bifida &amp; Hydrocephalus</b>	
Contact Name:	Elizabeth Miers, Support & Development Worker in Shropshire.
Telephone Number	01490 450360
Email Address	<a href="mailto:elizabeth.miers@shinecharity.org.uk">elizabeth.miers@shinecharity.org.uk</a>
Website	<a href="http://www.shinecharity.org.uk">www.shinecharity.org.uk</a>
Details	Shine offers information, advice and support to people with spina bifida and / or hydrocephalus, their families, friends, carers and professionals working with them.

<b>Shropshire B.O.Ts (Bums on Tums)</b>	
Contact Name:	Irene Constable or Carole O’Ryan
Telephone Number	01691 238357 or 01691 671624 respectively
Email Address	<a href="mailto:ireneconstable@phonecoop.coop">ireneconstable@phonecoop.coop</a>
Website	
Details	A support group for those with a stoma. They meet on the 2 <sup>nd</sup> Thursday of each month at 2pm in Memorial Hall. Meetings provide an opportunity to talk and share practical experience, though medical advice is not offered; a chance to socialise over tea, coffee and biscuits and also to find out about new products. There are speakers on both stoma and non stoma related subjects

<b>Shropshire Mind</b>	
Contact Name:	Heather Ireland
Telephone Number	01743 368647
Email Address	<a href="mailto:admin@shropshiremind.org">admin@shropshiremind.org</a>
Website	<a href="http://www.shropshiremind.org">www.shropshiremind.org</a>
Details	We won't give up until everyone experiencing a mental health problem gets support and respect. Weekly Monday meeting at The Qube, Oswald Street, Oswestry. 1.30-3.30pm. Informal Adult peer support and conversation with Tea and coffee.

<b>Shropshire RCC Sight and Hearing Loss Support</b>	
Contact Name:	Julie Stedman
Telephone Number	01743 342163
Email Address	<a href="mailto:shls@shropshire-rcc.org.uk">shls@shropshire-rcc.org.uk</a>
Website	<a href="http://www.shropshire-rcc.org.uk">www.shropshire-rcc.org.uk</a>
Details	<p>Information, advice, support and practical help to all users of NHS hearing aids via our volunteer led Hearing Loss Support Drop In at Oswestry library every 1<sup>st</sup> Wednesday in the month from 10-12. Drop in for hearing aid tube changing, battery collection and advice on hearing aid care. (In addition, we offer both home visits and visits to residential and care homes if patients are unable to attend the clinic).</p> <p>Shropshire RCC also facilitates a monthly 'Sight Loss Opportunity Group' which takes place at Oswestry library from 10-12 on the 1<sup>st</sup> Wednesday of every month. New members are always welcome. The group is for people registered blind or visually impaired and includes all kinds of interesting talks, outings and peer support.</p> <p>Membership is free but donations to all our services are always welcomed!</p>

<b>Signal</b>	
Contact Name:	<a href="#">Catriona Nicholls.</a>
Telephone Number	01743 358 356
Email Address	<a href="mailto:info@signal.org.uk">info@signal.org.uk</a>
Website	<a href="http://www.signal.org.uk">www.signal.org.uk</a>
Details	<p>Signal is a Shropshire based charity working with people with hearing loss to build deaf friendly communities in the UK and in Africa. They provide a 'buddy' service to help those with challenges caused by deafness and hearing loss.</p>



<b>Special Olympics</b>	
Contact Name:	Brian and Janneke Johnson
Telephone Number	01691 657370, or Caroline Chenery 01691 610401
Email Address	
Website	
Details	<p>Every Monday during term time at Oswestry Leisure Centre. 5.00pm – 7.30pm. Badminton, table tennis and swimming. £3, to include training for up to three sports</p> <p>Every Wednesday during term time Boccia at The Venue. 5.30pm- 6.30pm. £1</p> <p>Basketball and athletics at Morton Hall Sports Hall. 7.00- 8.00pm. £1</p>

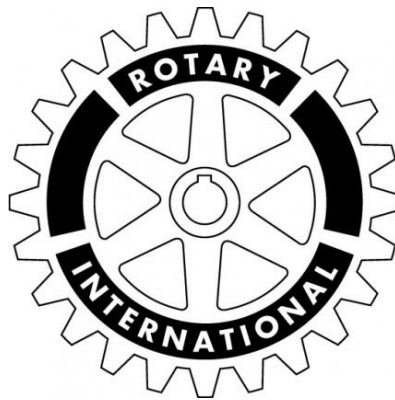
<b>Transhouse (Oswestry) Ltd</b>	
Contact Name:	Fae Dromgool, Manager
Telephone Number	01691 404359
Email Address	<a href="mailto:info@transhouse.info">info@transhouse.info</a>
Website	
Details	<p>Transhouse provides short term transitional accommodation and advocacy support in three specially adapted bungalows for people with spinal cord injuries and other physical disabilities. Our facility frees up valuable hospital or nursing home beds and gives our clients the opportunity to develop their social and independent living skills ready for participation in mainstream society.</p>

<b>Tuesday Club at Qube</b>	
Contact Name:	Victoria Hughes
Telephone Number	01691 656882
Email Address	<a href="mailto:v.hughes@qube-oca.org.uk">v.hughes@qube-oca.org.uk</a>
Website	<a href="http://www.qube-oca.org.uk">www.qube-oca.org.uk</a>
Details	<p>This relaxed and friendly group meets at Qube every Tuesday morning from 11.30am – 1.00pm. It is open to anybody looking to make new friends and is entirely free. It provides a wide variety of activities and also refreshments. There are no age restrictions.</p>

<b>Walking for Health</b>	
Contact Name:	Liz Evans
Telephone Number	01743 255068
Email Address	<a href="mailto:Liz.Evans@shropshire.gov.uk">Liz.Evans@shropshire.gov.uk</a>
Website	<a href="http://Walkingforhealth.org.uk">Walkingforhealth.org.uk</a>
Details	<p>We organise 3 walks a week. The 2 walks on a Tuesday will last about 1.5 hours and go out onto fields. The Tuesday morning walk starts at 10am from the Cambrian Railway Building and the afternoon one at 2am from Gatacre Avenue Sports Pavilion. The Thursday walk lasts 45 minutes to an hour, and is just a walk around the town. It starts at 10.30am from Avalon day centre. All walks finish at a local café for a chance to sit and have a drink.</p>

## THANK YOU

We would like to thank Borderland Rotary Club for their very generous donation which has made the regular production of this Directory possible.



# Disability Oswestry

We can **DO**

Disability Oswestry is an umbrella group that supports all those local groups which support people with disabilities. These include people with physical disabilities (both seen and hidden), learning difficulties and disabilities, dementia and Alzheimer's, and those who have been in contact with mental health services.

This directory is regularly updated and produced in both paper and electronic form.

We meet at 10.30 am at Hope Church, Laburnum Drive, Oswestry, SY11 2QR on the fourth Wednesday of every month to network, swap ideas and support one another. This includes a short talk by one of our groups. Our next meetings will be on September 27<sup>th</sup>, October 25<sup>th</sup> and November 22<sup>nd</sup>. Everybody is very welcome.

We also help set up new groups and sign-post people.

If you would like to get involved, or would like more details, please contact Penny Rice on 01691 680382,  
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