



Practical Assistance for Everyday Living

If you have a physical disability and need practical support with your everyday living, We may be able to help..

- ✓ **Form Filling**
- ✓ **Hospital appointment**
- ✓ **Housing Meetings**
- ✓ **Social Work Meetings**
- ✓ **Knowing your Rights**
- ✓ **Signposting**

We know it can be difficult attending some meetings especially those of an official nature alone, so we would like to offer some free confidential support.

Please call us on **01698 275710**,
or email **info@nldforum.org.uk**

Check out our website at **www.nldforum.org.uk**

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