

AB4D

ABILITY B4 DISABILITY

If you would like further information about our service, or you would be happy for us to hold a meeting at your venue, contact us at:



SUMMIT House
14-16 Orwell Road
Clacton on Sea
Essex
CO15 1PP



01255 429778



ab4d@summitservices.org.uk



[@AbilityB4Disability2](https://www.facebook.com/AbilityB4Disability2)



[@AB4D12](https://twitter.com/AB4D12)

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What is AB4D?

AB4D is an Essex wide service delivered by SUMMIT and BATIAS in partnership with Essex County Council (ECC).

The aim of this service is to provide a flexible platform where people can be empowered to have a voice in their local community, discuss issues that are important to them and work together to find solutions.

Who is AB4D for?

AB4D is for adults with an experience of disability their families and carers.

Interested

To find out what's going on in your area contact:

South Essex: Basildon, Brentwood, Castle Point, and Rochford.
Call AB4D at BATIAS on 01375 389869

West Essex: Epping, Harlow, Loughton, Saffron Walden and Uttlesford.

Mid Essex: Braintree, Chelmsford, and Maldon.

North East Essex, Colchester and Tendring.

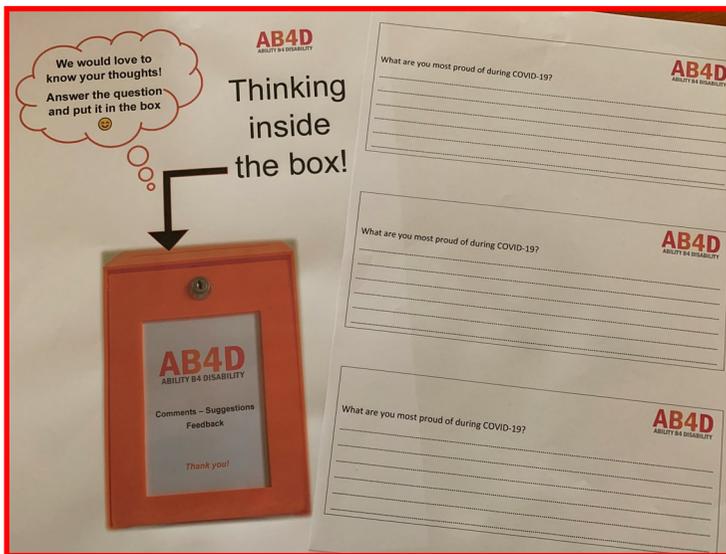
Call AB4D at SUMMIT on 01255 429778

‘Thinking Inside The Box’

‘Thinking Inside the Box’ is one of the ways we gather the views of vulnerable adults their families and carers.

If you are unable to attend meetings, it is a great way for you to tell us what challenges you may be facing, share a concern or even tell us some good news!

Check out our Facebook page to find a box near you!



If you would like to arrange ‘Thinking inside the Box’ to visit you please contact a member of the AB4D team

on 01255 429778

email: ab4d@summitservices.org.uk

What Our Members Have to Say!

'I love getting involved and getting our views heard at Essex County Council'
AB4D Member - Tendring

'I like hearing other peoples good news stories and find out what's happening in my area'

'When you talk about things you can show your passion'
Barry Joyce - Braintree

' I have met new people and made new friends'

' Going to meetings has helped my confidence, I can now share my views without worrying what other people think '

' People are so friendly! I like meeting in the community with a nice cup of coffee'