

How to contact us

- By phone** 01223 569 600 (Cambridge) 01353 669 431 (Ely)
01354 659 179 (Fenland)
Our lines are open from 10.00 – 12.30 and 1.30 – 4.00 every working day. Outside these hours there is an answer phone on this number and all messages will be dealt with on the next working day.
- By email** info@directions-plus.org.uk
We check for messages at least once a day.
- In person** **Addenbrooke's Hospital: 1 – 3 pm on Tuesdays and Fridays**
This is held at the PALS office, which is near the main hospital entrance.
- By Fax** 01223 506 470
- By Post**
- | Postal address | Freepost address |
|--|---|
| Directions Plus
1 Orwell Furlong
Cowley Road
Cambridge
CB4 0WY | Directions Plus
FREEPOST ANG 10543
Cambridge
CB4 0BL |

Please tick as appropriate

- Yes I would like to become a member of Directions Plus. It is free!

Please send details of Volunteering for Directions Plus – no obligation on your part

- Please send me the free Directions Plus Newsletter by email - this saves us time & money
 Please send me the free Directions Plus Newsletter by post

Please send me (free):

- Transport Holidays Insurance Employment
 Carers Benefits Disability Living Allowance Attendance Allowance

Donations:

I would like to make a donation of £..... to support the work of Directions Plus

Please send me details of Gift Aid Monthly Direct Debit

Please send me Print cartridge recycle envelopes

Name:

Address:

Postcode: **Phone number:**

email address:

Principle funders: Cambridgeshire County Council

Company limited by Guarantee. Registered in England and Wales: number 04373745 Registered Charity: 1091855

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Directions Plus



Who We Are

Directions Plus is a charity which is managed and run mainly by disabled people and carers. We provide the people who live or work in Cambridge City, East and South Cambridgeshire and Fenland with free, confidential and impartial advice and information on disability issues through:

- A Monday to Friday 10.00am – 12.30pm & 1.30pm – 4.00pm advice line
- Drop in sessions at various locations
- Forums and other local groups

We also offer support and representation on benefits and statutory services for disabled people, older people and carers. Although we receive some statutory funding but we also raise a lot of money from independent sources to ensure our services are free.

Disability Equality and Disability Discrimination Act (DDA) Training:

We run training courses for groups and businesses to explain the environmental, employment and discrimination issues faced by disabled people. The courses raise awareness of a wide range of different kinds of disabilities. They also enable participants to assess their own premises and policies to ensure that they comply with the Disability Discrimination Act and good practice.

Access Assessments:

We offer an access assessment service for public, private and voluntary sectors. All surveys are undertaken by people with knowledge of the full spectrum of disability and offer a cost-effective way to ensure that buildings and services comply with the Disability Discrimination Act.

Advice sheets and publications:

The following free publications can be ordered from our office.

Fact sheets	Transport
	Holidays
	Insurance
	Education and Training
	Employment
	Carers' benefits
	How to complete a Disability Living Allowance claim
	How to complete an Attendance Allowance claim

Our publications can be made available in other formats and languages on request. We do email, disc and large print ourselves, so these can be produced fairly quickly. Tapes, Braille and translations have to be bought so do take longer.

Website: www.directions-plus.org.uk
www.disabilitycambridgeshire.org.uk

Our websites aim to be a point of reference for services, benefits and facilities for disabled people and their carers in Cambridgeshire.

Newsletter:

We produce a regular newsletter with news and information on activities and services for disabled people, older people and carers in Cambridgeshire. If you would like to keep up to date with disability issues in the county, then send us your name and email or postal address. (please note that email is very much cheaper for us, so we would really appreciate it if you could possibly receive things by email)

Forums

Directions Plus is setting up Forums for disabled people and their carers around the county. These groups provide members with social contact, support and an opportunity to campaign and work together. If you are interested in joining a Forum in your area, phone Gerri Bird Forum Project Manager on 01223 569 601.

How to get involved with Directions Plus

Become a member:

Directions Plus is governed by a committee made up mainly of disabled people, older people & carers; has hundreds of members around the county; and is part of Disability East, covering the six counties and four unitary authorities in the eastern region.

If you would like to receive a copy of our Annual Report, regular newsletters, invitations to the AGM, opportunities to take part in consultation processes, conferences and social events then why not become a member. The more carers and disabled people we have as members the louder our voice is locally!

Become a volunteer:

Directions Plus depends on our team of committed volunteers. Many of our volunteers are disabled/older people or carers. Our office and working practices are fully accessible.

If you feel that you could offer us some of your time, whether you want to serve on our committee, work on the advice and information telephone line, stuff envelopes or gain experience and references for your CV, we would love to hear from you.

For more information please ring or email and we will send you a volunteer's information pack, which gives you more information with no obligation on your part.

Donations:

Our service is free and available to all. However, we are always in need of donations to expand our work.

If you would like to make a donation to help cover our costs, please complete the form overleaf.. If you pay UK income tax or capital gains tax, please ask for a Gift Aid form and we can claim back your tax you have paid on your donation.

Charity Flowers:

Why not ask for details of our charity flowers scheme?. Bouquets start from as little as £10.99 and are delivered directly to your friend or relative's home. They are a great way to give twice, fresh flowers to someone you care about and a donation to support our work..

Phone: **08705 300600** to place an order or visit www.charityflowers.co.uk
please quote 'DTP'.

Recycle your print cartridges:

Use our reply paid envelopes to recycle your old print cartridges (Sorry not Epson at present). We receive a guaranteed donation of 50p for each cartridge. Phone the office for some prepaid envelopes and give some to your friends.