

Directions Plus

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Adviceline numbers:

Cambridge & S Cambridgeshire: 01223 569600

E Cambridgeshire: 01353 669431

Fenland: 01354 659179

Monday to Friday 10.00am to 12.30 – 1.30 to 4.00pm
(Answerphone outside office hours.)

Fax: 01223 506470

E-Mail: info@directions-plus.org.uk

Web: www.directions-plus.org.uk

www.disabilitycambridgeshire.org.uk

Directions Plus is a member of the DI AL network of disability information services.



Principle funders are: Cambridgeshire County Council and Change Up

Registered in England & Wales Number: 04373745

Registered Charity Number: 1091855

Directions Plus



The disability, advice and
information service for Cambridge
City, East & South Cambridgeshire
and Fenland

Who are we?

Directions Plus is a registered charity that provides **free, confidential and impartial information and advice** on all disability and access issues.

What do we do?

Our advice includes:

- Access
- Access to work
- Direct Payments and Independent Living
- Disability rights and discrimination
- Education, training and employment
- Equipment
- Health and Social Services
- Home care
- Leisure and holidays
- Residential and nursing care
- Support and action groups
- Transport and mobility
- Welfare benefits

Other services we provide include:

- Assessments of Access to buildings or services
- Disability Discrimination Act training
- Disability Awareness training
- Websites, Factsheets and Newsletters
- Help to:
 - challenge benefits or services decisions
 - claim benefits such as **Disability Living Allowance, Attendance Allowance** or **Carers Allowance**
 - use official complaints procedures

Who do we help?

- Anyone who lives or works in our area who has a disability, or mental health issue
- children and young people
- Older people
- Carers
- Anyone working with or helping disabled / older people or carers
- Private, public and voluntary sector organisations