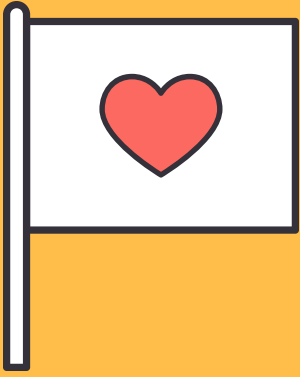




# IDEAL FOR ALL

## OUR IMPACT



### IMPROVED HEALTH & WELLBEING

**83%** of participants felt they had improved confidence, wellbeing, self-managed mental health and increased physical activity levels since joining the charity's projects



### INCREASED COMMUNITY COHESION AND CONNECTIVITY

**2436** diverse groups and individuals working together for the benefit of local disabled people. **657** volunteers across our projects and partnerships



### COMMUNITY AND INDIVIDUAL RESILIENCE

Joined up approaches enabled **2,654** people to become more economically active and sustain a positive and healthy lifestyle for the future. **4,651** people have been supported to become more independent and report feeling less isolated. **3,500** members have helped direct future services, staying positive at a time of change.

### BETTER PLACES TO LIVE



21 years of disabled people supporting each other to make life better.  
16 years of improving derelict land, making it safe for community use  
584 young people engaged in peer led, fulfilling, educational activities.

### Reduced reliance in statutory services, fit for purpose policy



1,079 people supported to manage their own health care needs, reducing reliance on statutory services. 1,026 people supported to live more independently at home for longer. 3,572 people reduced their isolation and now able to maintain long term conditions better.  
3,500 people invited to give annual feedback, with further consultations taking place on local policy decisions.