Join in and get involved!

You'll be warmly make a difference welcomed. Come and help to yourself and other people

Previous events have included:

- Healthy Living
- Sports Weekend
- Mobility
- **Employment and employability**
- Benefits your rights
- Fun weekend to broaden horizons

and a whole lot more

How to join in

To join contact:

Peterborough 42 Park Road ASBAH Your Voice Development Officer Mark Harris

Email: markh@asbah.org



www.yourvoicegroup.org

you will receive our newsletter: Once you have joined Your Voice Your Voice, Your Choice



a donation to Your Voice, please visit www.asbah.org/fundraising

ASBAH helpline on 0845 450 7755 (local call rate) leaflet in an alternative format, please contact the www.yourvoicegroup.org If you would like this This leaflet is available on the ASBAH website













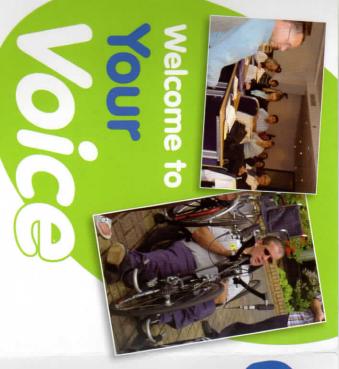


Join in and get involved Hydrocephalus's Disabled Users Group The Association for Spina Bifida and





Registered charity no. 249338 Registered in London no. 877990



If you are over 18 and have spina bifida or hydrocephalus then

Join in and get involved!

Joining the group is the perfect way for all adults (over 18) with any form of spina bifida and/or hydrocephalus to get together.

We organise meetings and fun events at different venues around the country where a wide range of practical activities, training, and new experiences will broaden your life.

Your Voice, ASBAH's Disabled Users Group, was set up in May 1992 to give adult service users the chance to play an active role in the development of ASBAH's policies.

Our aims

- To empower disabled people with spina bifida and/or hydrocephalus allowing them to experience new activities, life skill training
 all with an element of fun and sociability.
- To promote positive attitudes to disabled peoplewithspinabifidaand/orhydrocephalus through the social model of disability.
- To develop and support Your Voice activity throughout the UK.
- To lobby for comprehensive civil rights for all disabled people, with particular emphasis on those with spina bifida and /or hydrocephalus.



Our achievements

- We have welcomed many new participants to a series of enjoyable and interesting events.
- The Your Voice group has contributed to ASBAH policy through close links to ASBAH's Board of Trustees.
- The group has responded and contributed to a number of Government consultations and initiatives on disability.
- Members of Your Voice have participated in International conferences organised by "IF", the International Federation for Hydrocephalus and Spina bifida.
- YV events have brought together ASBAH service users with a wide variation in their degree of disability to learn, discuss and gain from other people's social and personal experiences.

