

DisAbility Hub



Who are we?

- We are a mix of people with disabilities, carers, community & voluntary organisations, Trust staff and carers
- Our main office is based in Ardarragh Resource Centre, Downpatrick and we work within Thompson House Hospital, Lisburn, but may be able to bring courses to your area.



DisAbility Hub

What can the Hub do for you?

- We can provide different opportunities for adults living with physical disabilities, sensory loss and brain injury. Carers are also very welcome to join all sessions
- We can offer education and support through courses and information sessions to help improve your health and wellbeing
- We can host activities in community venues such as Boccia, cycling, swimming. We have offered first aid, British Sign Language, arts & craft workshops
- We can also offer information and access to zoom and webinar activities
- We work together with you, in a recovery approach, to plan, organise, host courses and activities that interest the group and learn something new
- You are welcome to come along and join in, while having fun creating a new community of friendship and support, with like minded people.



Contact the Hub:

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