

encible
JERSEY



**LIFE
WITHOUT
LIMITS**

ABOUT ENABLE JERSEY

Enable Jersey, previously the Jersey Society for the Disabled, believe that disability matters to us all. We have a proud 50 year history of supporting anybody affected by disability in Jersey, whether as someone with a disability themselves, a family member, friend or carer.

We remain the island's only pan-disability charity working with islanders living with autism, sensory, learning, physical, cognitive or emotional disabilities and life long conditions. We want to remove the barriers that limit disabled islanders and inspire changes that create a more inclusive community – one where diversity is celebrated and everyone can contribute their unique skills and gifts.

We believe that it is the attitudes and structure of our society that makes someone disabled and not their physical or mental situation. If life is set up in a way that is accessible for people with disabilities and provides opportunity then they can be independent with choice and control over their own lives – and everyone benefits.



Enable Connect

Our team can provide all sorts of advice, support and information to assist you. Whether that's information about local services, where to access support or who to speak to.

We are here to try and support everyone living with disability in whatever way, and whilst we might not have all the answers we can help point you in the right direction and share that journey with you.

How we can help:

- Advice & guidance.
- Help to navigate and access local services.
- Information about care planning and accessing financial support.
- Future Planning.
- Advocacy & Mediation.



Enable Wellbeing

Wellbeing is a complex combination of a person's physical, mental, emotional and social health and is strongly linked to happiness and life satisfaction.

There are many things that can help us achieve wellbeing:

- Relationships with family and friends.
- Making time for regular for social contact.
- Eating healthily.
- Regular physical activity.
- Having hobbies and being involved in activities that interest you.
- Setting achievable goals and work towards them.
- Trying to be optimistic and enjoy each day.

Now throw in the impact of living with a disability, a long term health condition or supporting someone who does and finding a balance and wellness can be elusive.

How we can help:

We can help you find local services or activities that you can easily access and join.

If you find that difficult we can support you to make contact or access these services.

Perhaps you need access to more specialist support such as a guided exercise programmes, a physiotherapist or counsellor.

Get in touch to find out more.



Enable Voice

Enable Voice seeks to bring together a mixed group of people with first hand experience of living with a disability or life long condition, their family, friends and carers, to ensure their voice and experience is included in discussions around service design and delivery on the island. That is not just about Government policy but also about issues in the wider community and business sector too.

It is essential that peoples stories and experiences are captured and valued equally. Enable Voice brings people together to monitor, advocate, raise awareness, and to educate the island on issues and collaborates to help inform policy based on the lived experience that each member brings to the group.



How it works

We want to provide a safe, supportive environment to capture these essential messages and support everyone to contribute in whatever way they are able. Everyone has something to offer, the challenge is ours to find a way.

- Meet People
- Safe & Protected
- Share Experiences
- Structured Conversation
- Identify Issues
- Advocate for Change
- Critical Friend
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We know timing and venue is key so will look to meet flexibly to try and provide different forums that will allow as many people as possible to engage. These will include:

- Face to Face and virtual meetings.
- Individual & Small Group Meetings.
- An Online Community.

Forums are generally non condition or age based but if a more specific conversation is needed then we can do that too. For instance, maybe a group for men or younger adults would be helpful?

We need you to work with us so that Enable Voice works for you so do please get in touch and help us shape the future.



CONTACT US

We are a small team and are not always in the office. If we are out do please leave us a message on the phone, or send us an email or a message on facebook.

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