Contact us by

Going to:

Thanet Thinkers
Tuesdays 1-3pm
Cartons Café
Margate

Getting On Group
Thursdays 1-3pm
Foresters Hall
Meeting St. Ramsgate

FREE TO JOIN, JUST TURN UP!
MEET THE TEAM & SET UP A 1-1 CHAT

Meet The Team

Suzanne Derham
Delivery Manager
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Helen Scott-Cooper
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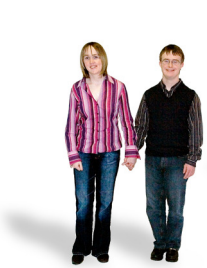
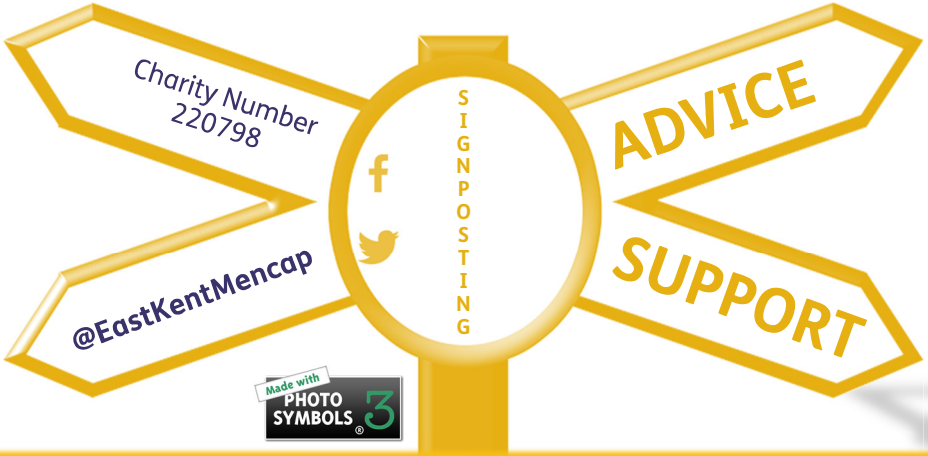
East Kent mencap

East Kent Mencap supports people with learning disabilities in East Kent to live full and valued lives with the same choices and opportunities as everyone else.



Getting On with Learning Disabilities

Free information & signposting that's easy to understand.



LOTTERY FUNDED

Funded by the National Lottery through the Big Lottery Fund.

www.eastkentmencap.co.uk/gold

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Who is GOLD for?

People with a learning disability in Thanet who:

- Live independently.
- Have less than 5 hours of support a week.
- Live with unpaid carers, and receive no other support.

A GOLDEN OPPORTUNITY

Our team will support you to achieve your goals, so you can get on with living the life you want!

Get on with GOLD & become a member:

You will...

...be kept up to date with events & projects.

...be part of a network of people who have had the same experiences as you.

...be able to vote for what we do in future.

...be an active member of your community!

What can we do for you?

GOLD can help you with information about:

- Work
- Volunteering
- Training
- Budgeting & Benefits
- Housing options
- Making friends & meeting people
- Hobbies and interests
- Community
- Understanding post
- Campaigning - *have your say!*

SUPPORT

INDEPENDENCE

GOLD

ADVICE

FREEDOM

Turn over to see where to go & who you can talk to.

Confidential 1-1 chat

To help you make decisions about the things important to you
To discuss goals and how to reach them

GOLD: Free information & signposting that's easy to understand.