



Breaking Through Barriers

**Centre for  
Independent Living**  
Supporting people across  
Darlington

# Keeping People Connected

## for disabled people and unpaid carers



At DAD we are doing our best to support people at this difficult time.



We want to help people stay safe, healthy and not feel alone.



Keeping People Connected is free and available now for disabled people who need our support.

The support is flexible and personalised, helping you to understand the current situation. Support can include regular telephone calls and online activities.

**Here are some of the activities and support we have organised.....**

Darlington Association on Disability  
Charity No. 1125848

# Keeping People Connected with some of these activities:

Regular telephone calls for chat and catch up

Coffee and a chat via video link

Quiz via video link

Friendly group chats on group calls

Wellbeing door step checks

Activity packs

**Thankyou to our funders who are now supporting us to continue providing this valuable support - Keeping People Connected**



**COMMUNITY  
FUND**



County Durham  
Community Foundation

THE  
**JULIA AND HANS RAUSING**  
— TRUST —

**For more details contact:**

**Tel: 01325 489999**

**Email: [keepingconnected@darlingtondisability.org](mailto:keepingconnected@darlingtondisability.org)  
1P Enterprise House, Valley Street,  
Darlington, DL1 1GY**



INVESTORS  
IN PEOPLE

