

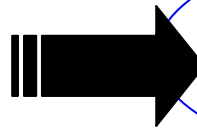


# Westminster Connect

Live your life with confidence



Live in Westminster?  
Aged 18 to 60 and  
disabled or have a long  
term health condition?



Come along to our  
peer support meetings



Peer support means people helping each other. It can be many things, including:

- Sharing experiences and getting advice from each other
- Meeting up with one person or a group of people
- Helping each other communicate using the internet, email or texts



There will be  
refreshments provided  
at the meetings



The peer support meetings happen once a month

For more information contact Kelly Munn

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**action on  
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