

Making more things
possible for you in
your life, **no matter
what your situation**

Supporting disabled people
and people with long term health
conditions to live independently.

Possability
People

Contact information

We would love you to contact us to find out more about how we might be able to help. Our staff team are approachable, non judgemental, helpful and keen!

The best way to contact us is to talk to us. Call **01273 894040**. But we do understand that picking up the phone can be a bit daunting, so we've put all our email addresses in this leaflet.

Our main email address is hello@possabilitypeople.org.uk. It's picked up regularly.

Website – possabilitypeople.org.uk

Find us on [Facebook](#), [Twitter](#), [You Tube](#), [Instagram](#) and [LinkedIn](#).

And now, on to our story...

Alternative formats

If you need this publication in an alternative format and/or language, please contact us to discuss your needs.

Registered Charity No. 1114435 Company No. 05706441

Registered address: Montague House, Montague Place,

Brighton BN2 1JE

Registered in England and Wales

Ensuring disabled people can live independently, with dignity and without prejudice.

Possability People is a charity based in Sussex and beyond. We work with disabled people, older people, younger people or anyone with an impairment or long term health condition. Whether it's helping you find support to live at home, find or stay in work, giving you moral support or advice, keeping you in touch socially or even sending you zoom exercise classes...

A photograph of a dense forest with many green trees, serving as a background for the text.

We believe in a society where anything is possible, regardless of ability.

...we have the knowledge and expertise to advise you on what's possible.

Our working practices are Covid-19 safe, working remotely where possible. We will continue to work flexibly during and after the pandemic, following best practice and national guidelines to keep our beneficiaries, staff and volunteer teams safe. We will offer phone and online (zoom) meetings as well as email and text phone communications.

[Email](#) or call us to find out more.



Independence and care

At Home

Possability People At Home takes a fresh approach to providing care and support to people in their own homes. With an experienced and capable staff team, we support people with age related impairments, complex mental health, learning disabilities and physical and sensory impairments.

We can help you with domestic duties, personal care, medication management and medical care. We put together bespoke arrangements with no calls less than an hour and have a 'Good' Care Quality Commission rating'.

The team are kind, helpful and will know exactly how to help. Drop us an [email](#) and find out more.

Payroll

Our Payroll service can take tax, national insurance, pensions, timesheets, making payments on time, and other associated paperwork off your hands so you can get on with other things. We also support people using direct payments to manage their supported bank account by providing help and guidance to manage their paperwork and bills. All it takes is a quick [email](#) to get the ball rolling.

Help and advice

Our team of independent advisors can talk to you about: benefits (ESA, UC, PIP, AA, Carers Allowance, WTC); appealing your disability benefits; housing option forms; Blue Badge and bus pass applications; some pension credit enquiries; information on equipment or assistive technology; accessible holidays; food bank referrals. We meet the Advice Quality Standard.

Many of the team have a lived experience of the issues they advise on; if you need help, don't worry on your own, [email](#) them today.

Supporting you

Our community employment team will support you to move into work. We offer workshops, courses and 1:1 support to build confidence, manage your health, create CVs, develop interview techniques and build digital skills. If you're thinking about work, or how to get into it, you will not regret sending them an [email](#).

Our Hospital Discharge Support specialists work at The Royal Sussex County Hospital with older and disabled people who are well enough to leave hospital but need extra support to get on with their lives. They can access grants for things like cleaning and adaptations to get you safely home more quickly.

Our Right Track team are all about helping you manage aches and pain so you can become or remain more active. We will link you into support and activity near you to help you improve your health and wellbeing or you could join our online gentle exercise classes, called [Steady and Strong](#).

Volunteering

We have a wide range of accessible opportunities, from administration and reception, to project support, to communications, to Shopmobility delivery driving, to advisors and more.

Our volunteers are a valued part of our team. They learn new skills, gain confidence and self esteem, and often find work after volunteering. Volunteering looks great on a CV and can improve employment prospects. We offer training opportunities, regular support meetings and the all important social activities and events. We always love to hear from people who want to volunteer, so please [email](#) us :)

Get Involved

We support disabled people to feedback their experiences in a way which is useful for other people.

Our Get Involved Group (the GIG) represents our views at council and health meetings, and beyond. These views feed into planning processes and can improve the way services are delivered.

It's also a very sociable group and has helped people stay in touch with each other during the pandemic. The GIG meets regularly, in accessible venues, although at the moment, it is meeting online. Focus groups, online and offline consultations, a regular newsletter and our Safe At Home groups have been keeping members connected and busy.

The GIG is a very welcoming group, always looking for new people to join it. [Email](#) us for more info.

Possability Place

In the heart of the city, Possability Place is an accessible venue available for hire. It is adaptable to meet the needs of both large and small groups and offers a versatile space for more intimate meetings, presentations, drinks receptions, training sessions and similar events.

Comfortably accommodating up to 50 people, Possability Place has been designed with the event organiser in mind. It's fully equipped with a portable smart board with built in projector, full PA system and WIFI. It benefits from lots of natural light, kitchen facilities including height adjustable sink, dishwasher and talking microwave.

For info about how to Covid-safely hire it, [email](#) us!

Out and about

Shopmobility

Call, collect, go!

That's all you have to do to hire one of our mobility scooters or wheelchairs for the day.

All our low cost service needs is a quick call in advance so we can tailor our service to you. We will have your scooter or wheelchair ready to collect or delivered to you when you need it.

Our opening hours are more restricted than usual at the moment because of Covid-19, so please call us to find out more.

Call us on [01273 323239](tel:01273323239)

It's Local Actually

A clever, searchable, online database of free and low cost activities. Simply put in a keyword or postcode and our database will provide you with the relevant information. You can also search our database for businesses and services to help you at home.

www.itslocalactually.org.uk

We do a lot. And if we say so ourselves, we do it well. Even if you're not sure we're exactly what you need, there's no harm in getting in touch. If you like the sound of what we do, share this brochure, follow our social media, or pop to our [Just Giving page](#) and make a donation. Thank you.