How do we help our service users

• We promote independence
• Reduce social isolation
• Provide peer support
• Facilitate social activities
• Adopt a person centred approach
• Provide inter-agency support drop ins
• Signpost to other agencies

Listen not label
stronger together, a local voice for disabled people & carers

Glebe Centre
Glebe Street,
Wellington ,
TF1 1JP

01952 916109
admin@listennotlabel.org.uk

Registered Head Office
Telford & Wrekin CVS
Glebe Centre
Glebe Street
Wellington
TF1 1JP

Registered Charity no 702589

Services for adults with care and support needs

Stacs
A voluntary group of parents, carers and partners of people with Asperger Syndrome / High Functioning Autism meet every Friday at the Glebe Centre.

Telford & Wrekin CVS
Involving, Inspiring, Supporting

Telford and Wrekin Clinical Commissioning Group

NHS
Mental Health Drop Ins

1 in 4 people are affected with mental health issues. No one should struggle alone.

We provide weekly drop ins for adults with mental health issues.

Come along to our friendly groups for a cuppa and a chat. We have activities for those interested to join in.

Details of days and times and locations can be found by visiting our website www.listen-not-label.org or by giving us a call 01952 916109.

Autism Drop Ins

Autism is a lifelong developmental disability that affects how a person communicates with and relates to other people. One in a hundred people have autism!

We provide weekly drop ins for adults pre or post diagnosis with this condition.

All our drop ins are very relaxed and provide the following types of activities.

Table Tennis
Snooker
Nintendo Wii Games
Board Games
Bingo
Arts & Crafts
Music
Quiz
Word search

Guest Speakers from outside organisations

How we can help

• Peer support sessions
• Person centred plans
• Diagnosis pathway support
• Signposting to other agencies
• Reduce social isolation
• Build social skills
• Build confidence

Details of all our activities can be found by visiting our website.

www.listen-not-label.org

Or requesting a copy of our monthly newsletter just call 01952 916109.