



# Welcome



The Suffolk **Coalition** of Disabled People works with people who have disabilities, and with organisations in Suffolk.



**Coalition** – a group of people or organisations who decide to work together. They do this because they think the same things are important.



We do this because by working together we can do more. We can take away the things that stop people from choosing how to live their lives.



# Who we are



The Suffolk Coalition of Disabled People is a group that is led by people with disabilities. We people.



The Suffolk Coalition of Disabled People is where you, as a disabled person, can get information.



It is for people with any disability. This includes:



Mental Health Difficulties.



Diabetes.



HIV / AIDS.



Cancer and other illnesses that can last a long time.

Other **user-led** organisations that help people who have disabilities can also join the coalition.



**User-led** – this means that a group or organisation is run by the people who use it. In this case it means it is run by people who have disabilities.



# Why have a Coalition?



To give disabled people in Suffolk a strong and **independent** voice.

**Independent** – this means that you are not told by other people what to say.



To help people to campaign about things that are important to them. This could be locally in Suffolk, **regionally** or **nationally**.



**Regionally** – a region is a group of local areas. In Suffolk our region is the East of England.



**Nationally** – this means in the whole country. For people in Suffolk our nation is the United Kingdom, or UK.



So that there is one place people with disabilities can contact for information. The Suffolk Coalition will have the up-to-date information that people with disabilities might need.



So that there is one place where the details for all user-led organisations in Suffolk can be found. We will also support these organisations.



## Members



To join in with the Suffolk Coalition of Disabled People you need to become a member.

Once you have become a member by filling in the form and paying the membership fee (if applicable), you will:



Get news about the Suffolk Coalition of Disabled People.

Be invited to our **AGM**.



**AGM** – Annual General Meeting. This is a meeting that happens once a year. It is where you can hear about what the Suffolk Coalition has done and what it plans to do.



Be invited to other events the Suffolk Coalition organises in Suffolk.



**To become a member you must:**



Live in Suffolk



Have a disability or be interested in disability issues.



Be happy to share your ideas and thoughts with the Suffolk Coalition.



Be happy to work with other people who are members of the Suffolk Coalition.



**'Many voices, better choices'**

Please get in touch with us if you would like to join the Suffolk Coalition of Disabled People.



Please also contact us if you would like to volunteer to help the Suffolk Coalition with its work.

You can contact us by:



Telephone: 01473 550601



Email: [enquiries@scodp.org.uk](mailto:enquiries@scodp.org.uk)



Post: Suffolk Coalition of Disabled People,  
Room 4, Castle Hill Community Centre,  
Highfield Road, Ipswich,  
Suffolk IP1 6DG



If you want to know about our news and events you can go to our website:

[www.scodp.org.uk](http://www.scodp.org.uk)

Our website also has information about other organisations you might like.



You can also follow us on Twitter.  
Our name on Twitter is Twitter @scodp



Or find us on Facebook. The address is:  
[www.facebook.com/suffolkcoalition](http://www.facebook.com/suffolkcoalition)



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