

Do you live in Gateshead?

Do you have a learning disability?



Come to the **Help First Drop-In!**

A safe, friendly place to get help with things like:



- Making or going to appointments
- Paying bills
- Planning important things
- Learning to travel independently
- Getting involved in what's going on where you live

We might not be able to start helping you on the day, but we'll be able to take your details and get in touch if we think we can help later.

Where: Your Voice Counts Date: Every Friday, from 12 - 3pm



Phone **Alex** on **(0191) 478 64 72** for more details.