



**We'd like
to tell you
about us**

Hello

We are Leonard Cheshire - supporting individuals to **live, learn** and **work** as independently as they choose, whatever their ability. We're at the heart of local life – opening doors to opportunity, choice and support in communities around the globe.

Through pioneering research and innovation we are building a fairer, more inclusive society. One that recognises the positive contributions we all make, and where we are all proud to play our part.

Here's a snapshot of what we do within communities across the UK, and beyond.



How can we help?



Because everyone's different, we make sure there's a range of support that covers every aspect of life. It makes it easy for each individual to choose what works for them and their lifestyle.

Living

By offering support across everything from 24/7 care homes and home visits to day care centres and community support, we make it easy for people to choose what's best for them.

Learning

Our volunteering and skills development programmes help people to learn and get involved with the things they are interested in – throughout their lives. And with our friends around the world, we're

helping disabled children get the education that we all need for a bright future.

Working

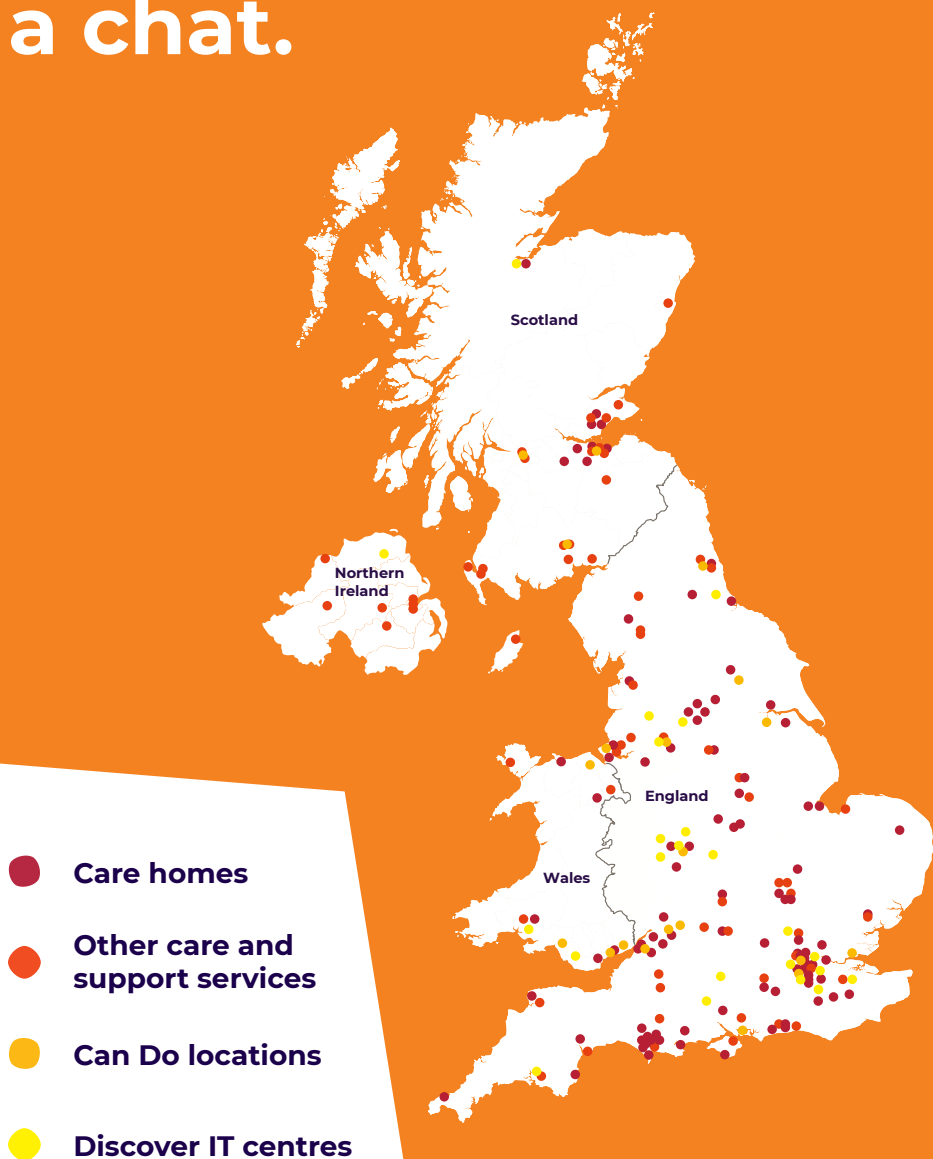
We create opportunities for people to choose the career path that suits them best. We offer advice, mentoring and guidance for job seekers and employers.

The big picture

By researching and sharing our knowledge, we're challenging how people think about disability. We're advising influential people around the world to change the policies that really make a difference to people's daily lives – no matter where they live.

We're local to you.

Pop in and have a chat.



The right to independence and choice.

Wherever you are in the world.

Shouldn't everyone have freedom to choose no matter who they are – or where they live? We think so. With our partners from Africa and Asia, we provide education and employment programmes that support disabled people in 15 countries around the world.

To support as many people as possible, we know it's important to understand the barriers disabled people face in developing countries. So, we're researching disability and poverty, and working with the United Nations, national governments, disability organisations and development agencies to make sure everyone has the opportunity to live as they choose.



Living

Finding something that works for everyone

In the UK, daily support can cover any of these, and everything in between:

24/7 care homes

Home visits

Day care centres

Activity centres

Telephone advice

Community support

Head to our website to see the services near you, then the best thing to do is pop in and have a chat. Or if you'd prefer to pick up the phone, call **0808 808 2236** and let's talk about what would work best for you.

Learning

**We all know there's
always more to learn**

Learning starts from our early years. All children should have the chance to go to school with their friends – regardless of ability – and be taught the life skills that set us all on track to a future full of potential. Our international education programme does just this.

But learning doesn't stop when you leave school. Across the UK, our volunteering and skills development programmes, such as Can Do and Discover IT, help people to continue learning and get involved with the things they're interested in.

“ Can Do has given me belief in myself. It's made me meet people I would never have met and increased my confidence at work. ”
Oliver volunteered with our Can Do programme

“ Leonard Cheshire came to my village and brought me back to school. It is good now. I can have my future. ”
Emelda goes to her local school in Kenya

Working

Let's make getting on the career ladder a little easier

We offer practical support so that people can get on the career path they want.

There's always someone around to offer advice, mentoring and guidance for job seekers and employers. Change100 is our flagship UK employment programme. It matches people with

employers, giving them 100 days of valuable experience in the industry they want to break into. Around the world, we offer the full range of support that people need to earn a living – from gaining qualifications, to connecting with potential employers, to starting a business.

“ My hope is to work with other people with disabilities and train them. I want to learn many things and raise awareness that deaf people can work. ”
Michelle works for a multinational company based in the Philippines

“ Change100 gave me a placement that hundreds of other people might have wanted, and the skills I needed to land my dream job. ”
Tony Richards interned with Change100

The big picture

Making sure we're changing things for the better

Starting the conversation with people outside our community – and keeping it going – is an important part of changing the things that really matter to us. We're constantly talking to others – commissioning research, advising policymakers, campaigning and raising

awareness. All to change the policies that really make a difference to people's daily lives – no matter where they live.

There's always plenty to get involved in, just take a look at our website and join us.



**Advising
influential people
and changing
policies**

**Research
and reports**

**Raising
awareness**

Campaigning

Want to join in?

There are lots of ways to get involved. Donating, volunteering, fundraising, campaigning – choose what's right for you.

Volunteer with us or help at fundraising events.

We're always looking for enthusiastic people who want to help. Get in touch with our service that's local to you – there's usually a range of things to choose from, and the amount of time you give is completely up to you. Drop into your local service to chat about how you can help.

Or you can get involved in fundraising events throughout the year. We always need friendly faces to help make sure everything runs smoothly. All details are on our website, or you can give us a call on 020 3242 0296 – we'd love to chat to you.

Raise money by taking on a personal challenge.

Choose the one that suits you best. Whether you're a baker, runner, skydiver, cyclist or knitter, your help to raise awareness and money goes a long way. Take a look at the opportunities on our website, or come up with your own ideas for how to raise money.

Campaign for change that matters to you.

Look on our website to see if we're already working on the topic you're concerned about. If you can't see it on there, get in touch.

If it's an issue specific to your local area, we'll happily help you speak to key people - perhaps your MP. Or if it's bigger than your community, we can encourage others to join you and we can speak out together.

Support as an employer nationally or locally.

As an employer, you could help by becoming a mentor or teaming up with our Can Do or Change100 programmes to give volunteering and internship opportunities.

Donate directly to the charity or your local service.

There are many ways to donate. The easiest thing to do is to go online or give us a call on 0300 303 0074. Then we can talk about the options, whether it's a one-off gift to your local Leonard Cheshire service or monthly donations.



Leonard Cheshire



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Leonard Cheshire is a company limited by guarantee,
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no: 218186 (England & Wales) and no: SC005117 (Scotland).