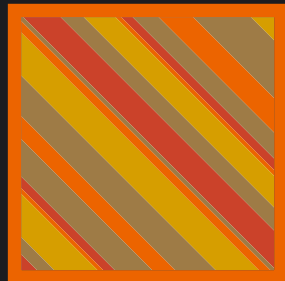
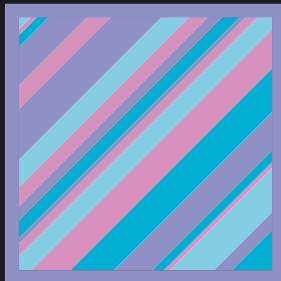
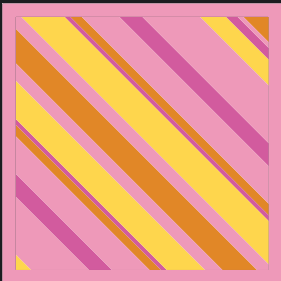
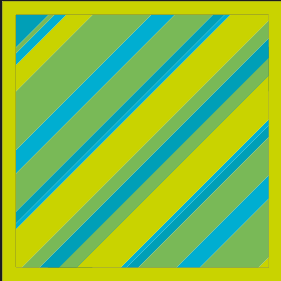


A world of **opportunity** for disabled people



Disability Resource Centre is one of the leading pan-disability organisations operating in Birmingham, Solihull and the wider West Midlands.

Our mission is to support disabled people to take control of their own lives and to actively seek out opportunities to achieve their full potential as individuals in mainstream society.

Our services

Disability information, advice and advocacy service

An accurate and up-to-date disability information service for disabled people, their support networks, organisations and individuals.

Money Matters debt advice service

A specialist debt advice service supporting local people with debt problems. Money Matters also provides financial planning training to disabled people.



Employment preparation and volunteering

A range of services to assist disabled people and those on work-based benefits into jobs, training and further education including:

- Employment and training advice service
- Employment preparation courses
- Work clubs
- Work experience and apprenticeships
- Volunteering

Personal skills development

A range of services to help people manage their health condition and seek out opportunities to achieve their full potential:

- Confidence building courses
- Stress management courses
- Managing your health condition
- Mentoring and befriending services
- Counselling
- Social and leisure activities
- Support groups
- Arts, crafts and creative writing groups
- IT classes

Sport and leisure activities

A range of activities to support health and well-being, including:

- Yoga
- Dance classes
- Aerobics classes
- Walking groups



Outreach sites and home visits

Our services operate from a number of different outreach sites in addition to our accessible Information, Health & Wellbeing Centre in Birmingham. Our friendly and professional staff are also able to undertake home visits on request.

How to contact us

Head office

11th Floor, Edgbaston House, 3 Duchess Place
Five Ways, Birmingham B16 8NH

Telephone: 0121 789 7365 **Minicom:** 0121 248 4522

Fax: 0121 248 4521 **E-mail:** drc@disability.co.uk

Information, Health & Wellbeing Centre

Unit 18, Ace Business Park, Mackadown Lane
Kitts Green, Birmingham B33 0LD

Telephone: 0303 040 20 40

Opening hours

Monday to Thursday: 8.45am to 5.00pm Friday: 8.45am to 4.30pm

Directions are available to download from www.disability.co.uk

Quality assurance

The Disability Resource Centre holds a number of industry standards which demonstrates its on-going commitment to delivering high quality services. We are committed to complying with human rights, equal opportunities, data protection and health and safety legislation.

