

## Get in Touch



### How to Contact us:



If you would like to know more about our Drop-ins please phone us on **(0191) 5214123**



Or email us at [info@sunderlandpeoplefirst.com](mailto:info@sunderlandpeoplefirst.com)



## Share & Support Drop-in



**Do you live in the Ryhope area and have a Learning Disability?**

**Do you need information about housing, welfare benefits, health, keeping safe etc**



Sunderland People First  
A Voice For Change



Supported by East Sunderland Area Committee SIB Fund



## Sunderland People First

We are an advocacy group that supports people with learning disabilities and autism



We are holding drop in sessions for people with a learning disability and carers that live in the Ryhope area



We want to hear what is important to you and we hope you will find useful information about different areas

September

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Our next session is on **Monday 4th Sept**

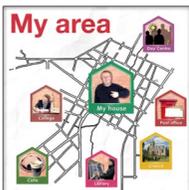


10:00



2:00

10—2 pm



At **Ryhope Community Centre**, Black Road, 2 Black Road, SR2 0RX

## Who will be at the September Drop-in?



Advocates from Sunderland People First



Jackie Nixon is the Promoting Health Engagement Lead for Sunderland Council. Jackie will be available to talk about improving people's health.



Kay Duffie is the Carer Locality Lead for the East area. Kay will be available to talk about carers needs and the role of Sunderland Carers Centre.



John Moisie is a Manager at the Department for Work & Pensions. John will be able to offer advice about support available from Jobcentre Plus.