



# CFDN

Empowering Disability, Supporting All

The charity supports individuals with disabilities and their families across Essex and East London of all faiths and none, through sharing information, events, activities, and providing networks to meet the social, emotional, and spiritual needs of individuals; in turn promoting independence, opportunity, inclusivity and creating friendly environments.

## BECOME A MEMBER TODAY!

### What we do at the CFDN?

Promote Independence, Inclusivity & Friendship  
Create Support Networks to Share Experiences  
Support Communities and Advocate People's Needs

### Our events and activities:

Weekly Saturday Centre | Family Days | Holidays  
By-weekly Pub Group | Theatre Trips | BBQ's  
Family Discos | Adventure Days | Seminars  
Advocating Needs Locally & Nationally |  
Spiritual Celebrations & Masses |



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