

People First Dorset Aims



	<p>Who we are</p> <p>We are a charity for people with learning disabilities.</p> <p>We also have many supporters (family, staff, volunteers and friends) to help us.</p>
	<p>Speaking Up and leading change</p> <p>We want people with learning disabilities to be able to speak up and bring about change. This is called self-advocacy.</p> <p>We want groups where they can do this.</p>
	<p>Community</p> <p>We want people with learning disabilities to be part of their communities.</p>
	<p>Social life</p> <p>We want to support people with learning disabilities to take part in social activities in the community</p>

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 A woman with glasses and a white shirt is flexing her biceps. A purple banner with the word "Strong" in white is draped across her chest.	<p>Learning important skills</p> <p>We want people with learning disabilities to be able to learn new things and become more confident and more independent</p>
 A woman in a black shirt is standing in the center, surrounded by various fresh fruits and vegetables like broccoli, tomatoes, and bananas. A red banner with the word "Healthy" is behind her.	<p>Health and wellbeing</p> <p>We want to help people with learning disabilities to improve their health and wellbeing</p>
 A group of five diverse people (three women and two men) are standing together and holding a white sign that says "Team" in black letters.	<p>Improving services</p> <p>We want to talk to people who provide a range of services so they better meet the needs of people with learning disabilities</p>
 A group of people, including a woman in the foreground and several others behind her, are walking together. One person in the background is using a white cane.	<p>Raising awareness about learning disabilities</p> <p>We want the public to have a better understanding about the lives of people with learning disabilities</p>