



# About us

Equal Futures

What does Equal Futures do?



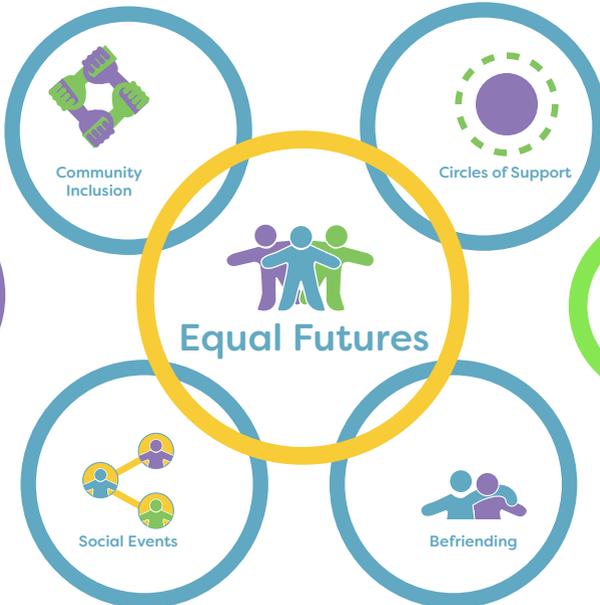
Equal Futures supports people with a learning disability or autism to plan for their future, make social connections, and increase their social confidence

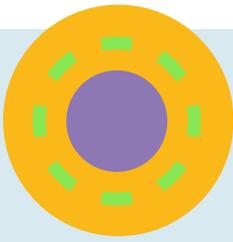


As part of Thera Group, we believe people with a learning disability can become leaders in society.



We also provide help and advice to the families of the people we support. We bring families together within our strong Equal Futures community. Our community welcomes volunteers who we keep at the heart of what we offer.





## **Circles of Support**

Friendly groups for a person we support. In Circles, plans are made and targets set to aid progress and provide relevant support.



## **Befriending**

We carefully match a person we support with a friend through our Befriending scheme. Together they can attend clubs, activities or events to make social connections in their local community.



## **Social Events**

Activity-based events with a focus on socialising with other people. Social events allow people we support to try new hobbies, increase their confidence, and make friends. Families can also enjoy meeting for mutual support.



## **Questions? Contact us!**

If you would like to receive more information about the volunteering roles available with Equal Futures, or would just like to have an informal chat, please email us at [info@equalfutures.org.uk](mailto:info@equalfutures.org.uk)