

DO YOU IDENTIFY AS A  
**DISABLED  
PERSON**



AND/OR HAVE A **LONG-TERM CONDITION?**

Do you feel you are living a good life? If not,  
do you feel ready to start living one?

We are a nationally recognised **Disabled Peoples User Led Organisation** who have been delivering local services for 15 years through a lifetime of 'lived experiences'

**WE CAN HELP YOU TO:**

- **BUILD RESILIENCE**
- **CLARIFY YOUR GOALS AND AIMS**
- **BOOST YOUR SELF-CONFIDENCE AND ESTEEM**
- **OVERCOME OBSTACLES AND MANAGE CHANGE**



**IF YOU FEEL READY TO CHALLENGE  
YOURSELF AND CHOOSE RED, THEN  
PLEASE GET IN TOUCH**

Email [choosered@incontrol-able.co.uk](mailto:choosered@incontrol-able.co.uk)

**TRUST | SHARE | GROW**

**incontrol able**  
positivetraining  
positivesupport  
positiveaboutdisability

**HARTLEPOOL  
BOROUGH COUNCIL**