

**Ross and Cromarty Disability Access Group**

**c/o RVA**

**Thorfin House**

**Bridgend Business Park**

**Dingwall**

**IV15 8SL**

*"Joining the access panel was one of those sudden things you do that open up the way you use your life. It has given me opportunities to learn new skills, be useful in spreading awareness, meet new people & make new friends"*

*Shirley Ostler, Group Member*

*"Through working together and encouraging each other we have made quite an impact on things"*

*Neveille MacDonald, Group Member*

Ross & Cromarty Disability Access Group

c/o RVA, Thorfin House,

Bridgend Business Park, Dingwall,

IV15 9SL

01349 861956

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03/08



**Ross & Cromarty  
Disability Access  
Group**

**Would you  
like to  
volunteer  
with us**

*Working with businesses  
& organisations to make  
Ross and Cromarty  
accessible to all*

# Why

# What

# How

## we need volunteers

## we can do for volunteers

## you can be involved

Ross and Cromarty Disability Access Group cannot be successful without the **participation of people who are disabled or who have an active interest in disability.**

1. **Let you enjoy yourself** — we are very approachable and welcoming to new volunteers.

Would you like to join us to help with any of the following?

We are part of a disabled access network across Scotland & **with your help we can do more:**

2. There is **no financial cost** in becoming a volunteer, and we aim to cover any expenses you incur.

• Campaigning for improved access in your area

- tell us about your access difficulties so we can act on local issues.
- give us practical support with running the group to enable it to operate to its fullest capacity.

3. Volunteer for as **much or little time as suits** — a couple of hours a month, to more extensive involvement.

• Attending monthly disability access group meetings

• Informing people about us

• Fundraising

• Disability access awareness sessions for businesses & community groups

We **have achieved a lot already:**

- access audits of local businesses.
- commented on planning applications.
- run local disability access sessions.

4. We offer **training and support**, some of which may have benefits in other areas of your life. We have monthly group meetings, across the area, with support available with transport if needed.

• Conducting access surveys of buildings used by the public

• Reviewing planning applications for public buildings

We are **not just about talking**, we are a practical, action focused group, who are **about making real change.**

5. **Meet like minded people** who share your passion for a more disabled accessible Ross and Cromarty, & have the satisfaction of being part of a group that **makes a real difference.**

Name .....

Address .....

Telephone ..... Email .....

For **any information** relating to disability access, no matter how small, please call us on: **01349 861956**