



# sense

## About us



Easy read booklet

# Who we are



We are Sense. We support children and adults who are **deafblind** or have **complex disabilities**.



**Deafblind** means you cannot see or hear well.

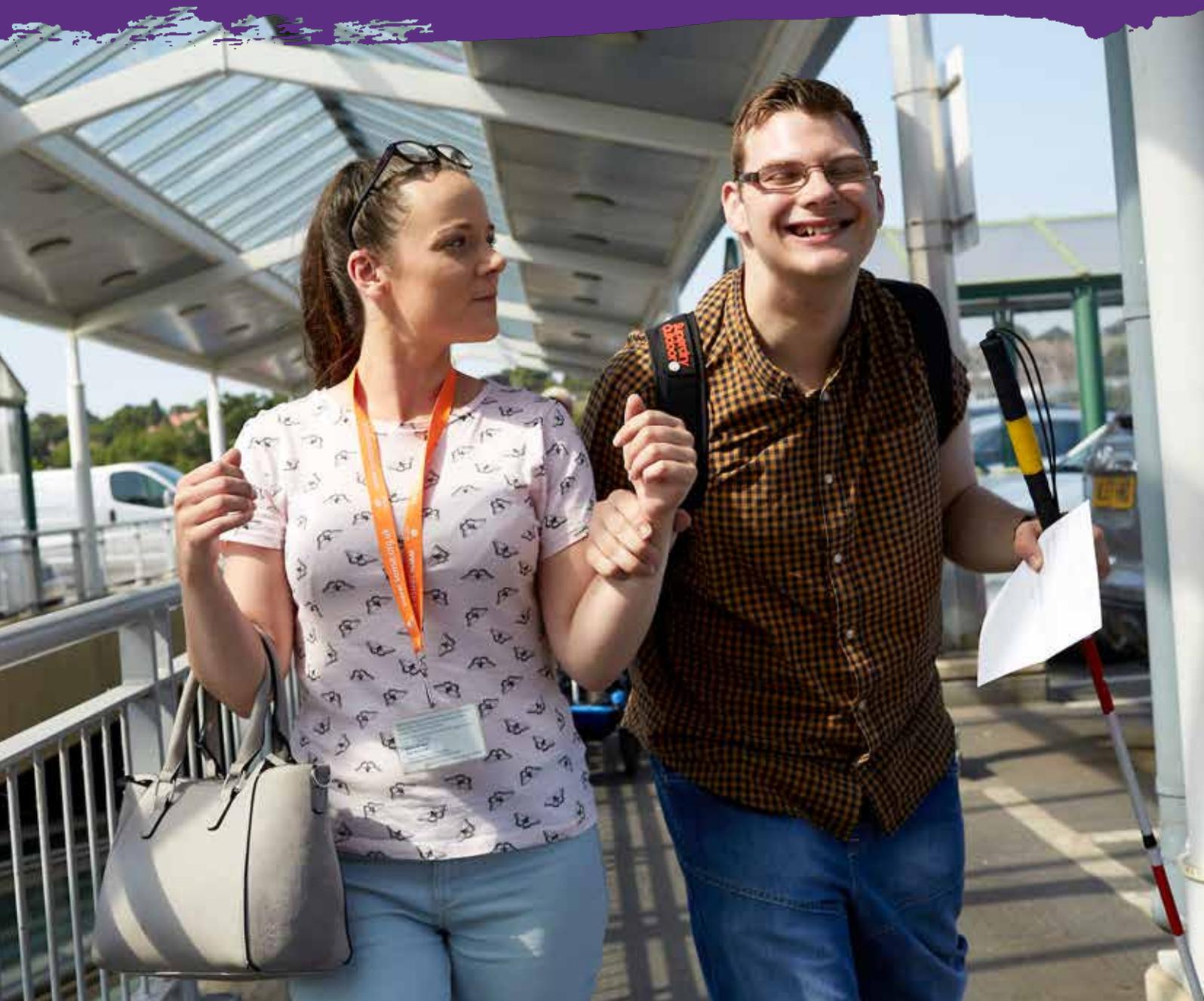


**Complex disabilities** means you have two or more disabilities and need lots of support with your daily living.



This booklet tells you more about Sense and how Sense helps the world to be a better place for everyone.

We will also tell you some stories about some of the people that we have helped.



# Life can be good for everyone



We know it's possible for you to experience the world around you.



Think about the little things you've enjoyed today. Perhaps you've made a cup of tea. Or laughed about something with a friend.



Everyone can enjoy little things like these, no matter how complex your disabilities. It's about having the right support.



At Sense, we believe that you should be able to take part in life, just like everyone else.

# We look at what you can do



We look at what you can do, not what you can't.



Sense uses lots of ways to help you communicate. Like speech or sign, touch or movement, gesture or sound, art or dance.



We help you to be understood and choose the life you want to live.



Everyone is different. We support children and adults in lots of different ways.

# What we do



- We support small children.

- We help with learning.

- We help people grow into adults.



- We give support at different places – at home, in the community, and at our Sense Centres.



- We run supported housing.

- We organise holidays.

- We give people a chance to be creative and active.



- We give information and advice.

# We support children and families



We support children and families so that they have the best possible start.



It can be scary for a family with a new baby who is deafblind or has complex disabilities. We are here to help from the beginning.



We help families work out what to do. We give lots of advice and help.



We also put families together so you can talk to each other about the things that might be the same for you.

# Mia's story

This is Mia and her dad Andy.

Mia has little eyesight and doesn't like sudden changes in light.

Mia and Andy go swimming with Sense. Mia is always happy swimming.

Andy gets lots of support from Sense and this helps Mia get more out of life.



# We support adults



We support adults to live and learn at every stage of life.



We make it possible for people with complex disabilities to do things that some people think are impossible.



Everyone can learn and make choices.



At Sense, we believe that you shouldn't be on your own. We'll never give up on anyone.

# Joe's story

This is Joe.

When Joe was younger he found it hard to communicate. It was very frustrating for him.

Joe now goes to Sense College. Sense are teaching him to communicate using his eyes with the help of a computer.

This is brilliant for Joe. He can now communicate and make his own choices.



# How you can help



**Communicate**

Life is better for everyone when we can communicate and understand each other.



At Sense, we want to make the world a place where no one is left out, no matter what.



We need your help to do this. There are lots of ways you can help.



You can find out more about what you can do on our website  
[www.sense.org.uk](http://www.sense.org.uk)

# Get in touch



Call this telephone number  
**0300 330 9257**



Text this number  
**0300 330 9252**



Send an email to this address  
**supporterservices@sense.org.uk**



Follow us on Twitter  
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Write to us at this address  
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Thank you to A2i for the words  
**[www.a2i.co.uk](http://www.a2i.co.uk)** (reference 30965)

The full version of this document is called  
"Making the moments that matter"



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