



CFDN

Empowering Disability, Supporting All

BECOME A MEMBER TODAY!

A charity proudly supporting people with disabilities and their families across Essex & East London for near 70 years!

Our events, activities & services:

Weekly Saturday Centre | Family Days | Holidays
Bi-weekly Pub Group | Theatre Trips | BBQ's |
Family Discos | Evening Meet-ups & Clubs |
Adventure Days | Seminars | Advocacy Service |
Advocating Needs Locally & Nationally |
Spiritual Celebrations & Masses | Day Service |
Holidays | Family Support & Networks |

What we do at the CFDN?

We aim to promote independence, inclusivity and friendship by creating a supportive network to share experiences. Our services are designed to help people with disabilities of all ages and their family/carers to access opportunities, promote independence and most of all, have fun!

ONLY A £5 LIFETIME ENTRANCE FEE PER PERSON TO ACCESS OUR SERVICES.



Bi Weekly Pub Group for Over 18s



Weekly Saturday Centre



Networking



Family BBQs & Discos



Opportunity



Theatre Trips & Cinema Nights



Friendship



Sign up
via the
QR code

www.cfdn.org.uk



CHARITY COMMISSION
FOR ENGLAND AND WALES



Registered with
FUNDRAISING
REGULATOR

