



INDEPENDENT LIVING
MOVEMENT IRELAND

FREEDOM • RIGHTS • EMPOWERMENT

ILMI Tipperary VOICE on-line platform

Are you a disabled person living in Tipperary? Would you like to learn new skills, meet more people and work towards being a more active agent for change in your local community? Then sign up for our 6 one hour free online workshops over 6 weeks.

“**VOICE**” stands for **V**irtual **O**nline **I**nclusive **C**ommunities for **E**mpowerment

When May/June

Where: Online via Zoom

How: A one-hour workshop every Thursday for 6 weeks. Each VOICE workshop has an exciting guest speaker who works in local businesses etc. Groups will be 6-8 people.

Nicola Meacle Community Development Worker said “Throughout all my time both working with disabled people and as a disabled person myself, I have come to recognise the key role Peer Support plays in both connecting with other disabled people to learn from each other but also how we can empower each other to overcome the barriers that prevent us living our lives the way we want. I also have the right skills to get you to be an agent for change in your local community”. Nicola goes on to say, “Online is a great way to come together and learn new skills, get a little peer support, meet new people all from the comfort of your own home or wherever you are based. It doesn’t matter what your impairment is, ALL are welcome”.

Want to know more? Please Email nicolameacle@ilmi.ie

OR text/ring 087 718 9237