

# ONLINE SESSIONS



We mostly socialise and play games online when we don't go to the group. These take place over ZOOM or Discord. It's a great way to socialise from the comfort of our homes.



DISCORD



## What they think:

*"I have been attending the Inspire group for 4 fantastic years and I really enjoy attending. I have made lifelong friends and the group has really helped me to be a part of a social network. I didn't know many people with the same condition as mine, muscular dystrophy, so meeting other people with the same condition as mine has really helped me with understanding my condition and knowing I'm not alone when faced with challenges."*



## OUR VALUES

EQUALITY

EMPOWERMENT

DIVERSITY

COMMUNITY

COMPASSION



mh  
MURRAY HALL  
COMMUNITY TRUST



# INSPIRE SOCIAL GROUP

A support group for young people with long term or life limiting illnesses, who are cognitively able, aged 16 years plus with or without disabilities who would like to meet new people, learn new things and have fun!

# INSPIRE

## ABOUT

Here at Inspire, we have made some lifelong friends and the group has really helped the people within it to be part of a support network. The Inspire group allows people to meet others who have the same or similar conditions as themselves, helping them to feel that they are not alone when facing challenges.

### WHAT WE DO

The group meet up on a weekly basis on a Tuesday. The group also meets up online on Zoom and Discord to chat, play games and do activities. Our group provides social activities including board games and we also have specifically adapted technical equipment from a charity called 'Lifelites' which gives people with complex disabilities the support to play, be creative, control something for themselves and communicate through assistive technology.

### OPPORTUNITIES

Our group welcomes people with different needs, difficulties and abilities. We share our personal experiences, turn to each other for support and of course have fun! We would love to have some new friends join us and we look forward to seeing you very soon!

### JOIN US



## OUR FACILITIES



**Multi Sensory Room**  
(fees apply)



**Disabled Changing Facilities**



**Meeting Spaces**



**Courtyard Garden**

## FIND US



Murray Hall Community Trust  
The Bridge,  
St Marks Road,  
Tipton, DY4 0SL

## CONTACT



01902 826 513



[info@murrayhall.co.uk](mailto:info@murrayhall.co.uk)



Murray Hall Community Trust starting in 1994 with a small pot of funding in Sandwell, which has grown to become an established charity providing support across Sandwell and the Black Country. We have responded to many of the needs in the community and provide a range of innovative services children, families, young people and adults, from early years to end of life care.