

What a year 2020 has been so far! Through all the ups and downs, we hope that you have remained safe during these uncertain times. Although True Access has faced knock-backs, we have been able to keep going and overcome the obstacles that stood in our way. True Access, is a non-profit organisation and rely on grants and donations to make a positive impact for young adults with learning disabilities and mental needs. Applying for emergency funds meant that we have had to fill out applications of different kinds and through this we realised how far we have come and wanted to open up this lane of transparency.



WHAT HAVE WE BEEN DOING?

Once the Covid-19 lockdown was announced, our team immediately started adjusting the organisation in accordance with the government restrictions and suggestions. Every pre-organised event/activity had to either be cancelled or postponed, but our main focus was also on our members' needs. We established a routine with our team of staff, who would fortunately be working from home so we could remotely provide services to our members.



What impact has our work had on the community?

Every year our membership continues to increase at True Access. This year we have supported 566 clients and carers with an increasing demand for volunteers.

We continuously receive positive feedback from our members and their guardians/carers regarding how much they love our services. Our survey results show that 96% of our members and guardians/carers said that being a True Access member has increased their confidence and self-esteem. With members repeatedly stating, 'I don't know what I'd be doing if it wasn't for True Access,' proves to us that our contribution is valued and we are improving the quality of people's lives.

LOCKDOWN ACTIVITIES WITH EMERGENCY FUNDS

At True Access, our members are the main priority and we have been working closely and engaging with them throughout this period to ensure they are safe and adjusting to the governments ever changing rules with ease. During the isolation period, we used the grants to provide services such as; professional online counselling sessions, one to one chat sessions when a member just needed someone to talk to. We planned fun activities online via Zoom run by members and staff at True Access. Every week we released a list of scheduled sessions that consisted of productive and enjoyable activities and we also allowed different members of True Access to co-host some of the sessions, like: Movie screening parties, online house parties, quiz nights, karaoke, talent shows, cooking sessions and so much more.



LIFE AFTER LOCKDOWN



Once lockdown restrictions began to slowly lift, we started to do face to face activities in the community in small groups.

Since then, we have engaged in different types of activities such as picnics, paint and party in the park, boat trips, visits to museums and so much more, practicing social distancing in line with the COVID-19 procedures.

What have been the key challenges and successes you've experienced while delivering this support?

We have been receiving a lot of positive feedback lately and we are pleased to share that [MyLondon.news](#) published an article about our "virtual rave" being the talk of the community as well as other events.

The biggest challenge has been getting the service users to practice social distancing, although we had activities in small group bubbles due to their diagnosis and limited understanding it was hard for them to maintain their distance. We overcame this by making the activities smaller, maximum group of 6.

Our impact on the community

Through creative engagement we help to improve the life chances of marginalised learning-disabled people and enable learning disability culture to be both seen and celebrated within mainstream society, achieved by devising original high-quality support to our members.





Black lives matter has been a prominent topic in recent times and as the Director of True Access and as a young black woman with learning difficulties, my aim for the organisation is to teach, encourage and empower our members to be kind to one another no matter the colour of their skin just as we do the same regarding our members with disabilities.

We ensure that volunteers who reflect the diverse demographics of the London community.

MOVING FORWARD



True Access are here to stay, however we will be adjusting our events and activities according to government rules. Until further notice, all outside activities will be conducted in small groups - maximum of 6 people, but we will also be doing exciting activities online through Zoom.

As a frontline staff member, I see first-hand the difference that this organisation

makes to its members. We welcome and appreciate donations to help us continue our work in providing counselling sessions and stimulating events that enhances a positive mental stat. If you would like to make a donation, please go to our [website](#). We are helping our young adults to learn new skills, live different life experiences and become more independent, whilst meeting their needs and exceeding their expectations we will continue with online sessions.

Messages like this proves why the communitiy needs us.

Hi winnie I would like to tell u have true access and ur team has change my life since this global pandemic. I am not sure if u know but I was suffering with the depression and also suicidal thoughts I was at a breaking point and during this coronavirus lockdown it made it worse. When I 1st joined true access I was really nervous as it was my first time using zoom and meeting new people but I went through it with help from my mum and sister. Your online activities is amazing and I absolutely love the disco parties. Thank for being there for me even though we haven't met in person but believe me u have change my life and save my life. Your amazing!

09:34 ✓

NOTICE: Limitless will remain closed in Whitton Youth Club until further notice but we will be planning small group events and online activities that will benefit our members.