

Echo Centre Liskeard

POSITIVE ABOUT DISABILITY

E Enabling
C Camaraderie
H Humour
O Opportunity



Do you have a physical disability?

The Echo Centre is a unique service for adults 18+ who have a physical disability, brain injury, cognitive impairment and long-term health conditions.

We offer a wide variety of activities aimed at supporting people's condition to either maintain or re-learn skills for everyday life and for fun! Activities range from exercise, yoga, music, gardening, cooking, craft activities, quizzes, and lots more!

**For more information
or to visit the centre,
phone 01872 322056**