



Barrow and District Disability Association

Your Guide to Our Services & Social Activities

**For information on any of our services or
opportunities please contact**

**Barrow & District Disability Association
71-77 School Street
Barrow in Furness
LA14 1EJ**

01229 432599

reception@bdda.org.uk

www.bdda.org.uk

Who are we?

Barrow and District Disability Association (BDDA) is a self-help disability charity that has been serving the community for over 40 years.

Our mission is to provide comprehensive support and services to individuals with disabilities, their families, and carers. Located in the heart of Barrow-in-Furness, our accessible centre offers a wide range of activities and services designed to enhance the quality of life for those we serve.

Our Core Services

- **Benefits Advice & Support:** Expert help navigating the system.
- **Form Filling:** Assistance with applications and paperwork.
- **Accessibility Advice:** Making your world easier to navigate.
- **Advocacy:** We're here to support & represent you.
- **Social Activities:** Fun events to connect & build community.
- **Volunteering:** Opportunities to make a difference.
- **Information & Resources:** Your go-to source for disability info.
- **Connections:** Linking you to other helpful organisations.
- **Equipment Hire:** Short-term access to mobility & care aids.

Our dedicated team is passionate about empowering individuals with disabilities, promoting their independence, and advocating for their rights.

Disablement Advice & Benefits Service

Our service offers comprehensive assistance, including

- Evaluation of independent benefit eligibility for individuals with disabilities and their caregivers, along with detailed explanations of benefit regulations and requirements.
- Guidance in completing disability benefit claim forms.
- Assistance in collecting necessary medical documentation to support benefit applications.
- Evaluation of unsuccessful applications to determine the viability of requesting mandatory reconsideration.
- Preparation of documentation and representation in tribunal cases, with a focus on supporting the most vulnerable client demographics.
- Regular communication with the Department for Work and Pensions (DWP) to secure favourable outcomes.
- Taking a holistic approach by directing clients to supplementary resources for services such as occupational therapy assessments, financial advice, housing support, food assistance, and grants for disabled facilities.
- Acknowledgment of the intricate nature of client cases, providing personalized solutions and navigating through the complexities of benefit criteria.

Demonstrated success in appealing benefit decisions, resulting in favourable outcomes for the majority of cases.

We can assist you in filling out the Blue Badge application via an arranged appointment here at the Barrow & District Disability Association.

Wheelchair, Mobility and Care Equipment Hire

Did you know you can hire a wheelchair and other disability equipment from Barrow and District Disability Association?

We do not charge for the hire, but there is a refundable deposit of £15 and donations are welcome.

Radar Keys and Disability Essentials

Radar keys are available to purchase from BDDA. They are available in 2 sizes and cost £3.50 each.

We also have a range of other disability essentials for sale

To purchase, visit us on School Street, Barrow in Furness between 9am and 3pm Monday to Friday. where they are available on reception.

Blue Badges

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, on behalf of somebody else, or for an organisation that transports people who need a Blue Badge.

**Join Our Social Activities
at
Barrow and District Disability Association!**

At BDDA, we offer a variety of social activities designed to bring people together, foster friendships, and create lasting memories. Whether you're looking to meet new people, learn new skills, or simply have fun, we have something for everyone!

Social Activities

Enhance Well-being: Improve mental and emotional health by reducing isolation and boosting self-esteem.

Build Friendships: Meet like-minded individuals and form meaningful relationships.

Learn and Grow: Discover new interests and develop new skills through our diverse events.

Community Spirit: Contribute to a vibrant, inclusive community that celebrates diversity.

Check out our schedule, flyers, or contact us at social@bdda.org.uk for more information.

We look forward to welcoming you!
Let's come together, have fun, and make a difference!

Come Volunteer with Us!

Build Skills, Learn New Things, Build Confidence, Help the Community!

Volunteering is a fantastic way to give back, meet new people, and gain valuable experience. Here are just a few of the benefits:

- **Develop new skills:** Learn everything from customer service to event planning.
- **Boost your confidence:** Step outside your comfort zone and discover your hidden talents.
- **Make a difference:** Help us provide vital support to those who need it most.
- **Meet new people:** Connect with others who share your passion for helping others.
- **Have fun!** Volunteering can be incredibly rewarding and enjoyable.

There is a variety of areas you can volunteer in:

- **Willow Tree Café:** Create a welcoming atmosphere and serve our visitors with a smile. Your friendly service will make a real difference in their day.
- **Reception:** Be the first point of contact for our organisation, providing a warm welcome and helpful assistance to everyone who walks through our doors.
- **Administration:** Use your organisational skills to support our day-to-day operations, ensuring we can continue providing essential services.
- **Social Activity Volunteers:** Help us organise fun and inclusive activities that promote social connection and well-being for people with disabilities.
- **Fundraising Volunteers:** Get creative and help us raise the vital funds that enable us to continue our important work.

Ready to make a difference? Contact us today!

Willow Tree Café

The Willow Tree Café is a warm, welcoming community café based within Barrow and District Disability Association, right in the heart of Barrow-in-Furness.

It provides a relaxed, inclusive space where everyone is welcome to drop in, connect with others, and enjoy affordable food and refreshments.

The café plays an important role in reducing social isolation by offering a friendly, supportive environment where people can feel comfortable, valued, and part of their community.

It is a place to meet friends, take a break, or simply enjoy a safe and accessible space.

The Willow Tree Café is also supported by volunteers, including people with lived experience of disability. Volunteering in the café helps people build confidence, develop skills, and gain meaningful experience in a supportive setting.

All profits from the café are reinvested into BDDA's charitable work, supporting disabled people across the local community.

The café is open to the public and welcomes everyone.

Opening Hours & Food Service

The Willow Tree Café is open Monday to Friday, 9:30am – 3:00pm.

Food is served until 2:00pm

2:00pm – 3:00pm is reserved for a relaxed cuppa and cake

Full breakfast served until 11:30am

We offer a range of fresh, homemade food, including:

Daily specials – please check our specials board for current options

Rijo coffees and a selection of herbal teas

Gluten-free options available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Willow Tree Café is Closed & No Social Groups Run on Mondays</p> <p>13:00 Community Food Share £3.50 per bag (please bring your own bag to fill)</p>	<p>11:00 - 12:30 Crafty Yarn Cosy Corner - Group</p> <p>12:30-13:30 Social Groups Break</p> <p>13:30 - 15:00 Crafty Yarn - Open Table Group</p>	<p>The Willow Tree Community Café Open</p> <p>No Social Groups Run on Wednesdays</p>	<p>11:00 AM - 12:30 Put The Kettle On Group</p> <p>12:30-13:30 Social Groups Break</p> <p>13:30 - 15:00 Tea and Tech Hub</p>	<p>11:00 AM - 12:30 Pause for Thought Group</p> <p>12:30-13:30 Social Groups Break</p> <p>13:30 - 15:00 The Music Workshop</p>

The BDDA Centre is Open Monday to Friday 10:00 - 15:00

The Willow Tree Community Café is Open Tuesday to Friday 09:30 - 15:00

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 Cumbria
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CHARITY REGISTRATION NUMBER 513162

Crafty Yarns & Cosy Corner



- ✓ Learn new skills & techniques
- ✓ Meet people with the same passion
- ✓ Make new friends
- ✓ Free refreshments and materials
- ✓ Have fun!!!

These sessions are free, all you need to do is bring yourself along. This is a safe place to work on your current crafty projects or try something new!

Every Tuesday

11:00am - 12:30pm at Barrow & District Disability Association, 71 to 77 School Street, Barrow in Furness, LA14 1EJ

Barrow & District Disability Association is working in partnership with Furness For You to increase volunteering opportunities and tackle loneliness through the Know Your Neighbourhood Fund.

CRAFTY YARN OPEN TABLE

LOVE CRAFT AND WOOL PROJECTS
 ENJOY CHATTING TO LIKE MINDED PEOPLE
 MEET NEW FRIENDS
 RELAX AND UNWIND
NO EXPERIENCE NEEDED — EVERYONE IS WELCOME

EVERY TUESDAY

1:30pm - 3:00pm

BARROW & DISTRICT DISABILITY ASSOCIATION

71-77 SCHOOL STREET

BARROW IN FURNESS

LA14 1EJ

Put The Kettle On

Every Thursday

11:00am - 12:30pm

- ♥ Enjoy our warm cosy venue with free beverages and snacks
- ♥ Friendly faces to socialise with and meet new people
- ♥ All are welcome

Barrow & District Disability Association 71 to 77 School Street Barrow in Furness LA14 1EJ

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UKCF

CUMBRIA COMMUNITY FOUNDATION



Furness For You

TEA AND TECH HUB



DROP-IN

BRING YOUR OWN DEVICE, LEARN NEW SKILLS, WORK ON PROJECTS, OR SIMPLY ENJOY A COSY PLACE TO MEET NEW PEOPLE
WE OFFER FRIENDLY SUPPORT AND COURSES ON EVERYTHING FROM GETTING FAMILIAR WITH YOUR DEVICE TO CREATING ONLINE ACCOUNTS, CVS, FILLING OUT ONLINE FORMS, AND EVEN ADVANCED TECH TOPICS!

WI-FI AND REFRESHMENTS INCLUDED

EVERY THURSDAY

1:30pm - 3:00pm

BARROW & DISTRICT DISABILITY ASSOCIATION
71 TO 77 SCHOOL STREET
BARROW IN FURNESS
LA14 1EJ

BARROW & DISTRICT DISABILITY ASSOCIATION IS WORKING IN PARTNERSHIP WITH FURNESS FOR YOU TO INCREASE VOLUNTEERING OPPORTUNITIES AND TACKLE LONELINESS THROUGH THE KNOW YOUR NEIGHBOURHOOD FUND



UKCF

CUMBRIA COMMUNITY FOUNDATION

Furness For You



PAUSE... FOR THOUGHT

COME & JOIN OUR MINDFULNESS GROUP

DISCOVER YOUR INNER PEACE AND BALANCE IN DAILY LIFE

MINDFULNESS IS THE PRACTICE OF BEING FULLY PRESENT IN THE MOMENT WITHOUT JUDGMENT AND HELPS

IMPROVE MENTAL HEALTH

REDUCE STRESS

REDUCE ANXIETY

IMPROVE FOCUS

PROMOTE WELL-BEING

LEARN SKILLS

IMPROVE SLEEP

NO EXPERIENCE NEEDED

SESSIONS ARE FREE AND INCLUDE REFRESHMENTS
JUST BRING YOURSELF!

EVERY FRIDAY 11:00AM - 12.30PM

BARROW & DISTRICT DISABILITY ASSOCIATION,
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UKCF

CUMBRIA COMMUNITY FOUNDATION



Furness For You



THE MUSIC WORKSHOP

COME ALONG AND SING WITH US

MUSIC CAN HELP RELIEVE STRESS AND BOOST MOOD
MEET NEW FRIENDS AND CONNECT WITH OTHERS WHO
SHARE A LOVE OF MUSIC

NO EXPERIENCE NEEDED — EVERYONE IS WELCOME

FREE SESSIONS WITH REFRESHMENTS INCLUDED
JUST BRING YOURSELF

EVERY FRIDAY

1:30PM - 3:00PM

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LA14 1EJ



UKCF

CUMBRIA COMMUNITY FOUNDATION

Furness For You





WILLOW TREE COMMUNITY CAFÉ

Tea and Coffee, Freshly Served. Homemade Bakes.
Local Impact.

The Willow Tree Café

A welcoming community café at the heart of Barrow
— a place for connection, comfort, and belonging.

Every purchase supports BDDA's charitable work, helping disabled
people live more independently and strengthening local
community connections.

Opening Hours

Monday to Friday | 9:30am – 3:00pm

Food served until 2:00pm

2:00pm – 3:00pm | Cuppa & cake

Fresh, homemade food available

- Breakfast until 11:30am
- Daily specials (see board)
- Rijo coffees & herbal teas
- Gluten-free options on request

EVERY PENNY COUNTS

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