

I want to be me

Supporting adults with learning disability



What does being yourself mean?

Being able to make choices about your life, about how you spend your time, choosing friends, having freedom to express yourself? These are things that most of us take for granted.

If you have a learning disability sometimes the choices offered to you may be limited and you can often face a lack of understanding about how you interact with the world.

Having a learning disability should not define a person.

COT is a charity which exists to make sure adults with a learning disability are supported in making choices about their own lives to be more independent and equal in society.

To be individual.



"I just want to be treated fairly." Nick



Personalised care, working together to create plans to fulfil needs and aspirations

"Support from COT is there when you need it and not when you don't." Anna



Family-style supported accommodation in communities in Kent and East Sussex

"My friends mean a lot to me." James



"The skills I'm developing will help me." Sara



Social enterprises, providing opportunities to develop skills through City & Guilds accredited training in commercial settings.



"I need quite a lot of support at the moment but I'm aiming to live on my own one day." Amy

Our charity is pretty individual too. We work closely with the people who use our services, friends, families, volunteers and supporters to create a truly unique environment for everyone connected with COT. **Find out more about our services.** If you have a learning disability and would like to discuss living with COT or developing your skills further see over how to contact us for an informal chat.

p.t.o

Be part of our amazing charity

Visit one of our thriving enterprises

The Rare Breeds Centre is our fantastic farm attraction, providing fun for all the family and your visit helps to fund our charity's work - rarebreeds.org.uk. You can find out about our other social enterprises, including Poulton Wood in Aldington, the Mariners' Tea Room in Rye and our nursery Plants & Produce at c-o-t.org.uk.



Go shopping

Buy what we make and grow, including our bespoke cards, prints, cushions, plants and woodcraft at c-o-t.org.uk/shop



Volunteer or fundraise

Whether it's a team building day with colleagues or a regular commitment of your time we'll make good use of your skills. We have lots of fun ways you could help us raise much needed funds. Call us now to find out more.



Donate to COT

We cannot continue our ground breaking work without your donations. Play an essential role in supporting people with learning disability to live their lives the way they choose. If you can give on a regular basis, or consider us in your Will, you will be part of our exciting future. You can give now by visiting our website or by texting COTZ13 and the amount you wish to donate to 70070

Call 01233 861 493

Text COTZ13 (+ amount) to 70070

email fundraising@c-o-t.org.uk

visit c-o-t.org.uk

@COTCharity facebook.com/cotcharity

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