

Havering Association for People with Disabilities



Havering Association for People with Disabilities (H.A.D) provide a broad range of services and activities for People with Disabilities and Carers in the London Borough of Havering with the object of improving their quality of life, promote independence and meet their physical, emotional and recreational needs.

Our Vision

“To enable and inspire people with disabilities and those that support them to lead fulfilled inclusive lives with dignity and respect.”

Our Mission

“To improve the quality of life and provide opportunities for people with disabilities and those that support them by encouraging their active participation in their community. To provide them with a voice, choices and control over their lives”

Our Values ‘WE CARE’

Welcoming: H.A.D. is committed to creating a culture of warmth and belonging, where everyone is welcome;

Enabling: H.A.D. is committed to the participation, involvement and development of all beneficiaries, staff, trustees and volunteers;

Caring: H.A.D. is committed to treating everyone we come into contact with as an individual and with care;

Anti-Discriminatory: H.A.D. is committed to treating people equally and opposes discrimination in all circumstances;

Respect: H.A.D. is committed to promoting respect, honesty and integrity in dealings with its beneficiaries, staff, trustees and volunteers as well as its partner organisations and the public;

Empathy: H.A.D. is committed to an approach that focuses on an individual’s need.

Services provided at H.A.D.

Information Service: H.A.D. provides information on all aspects of disability, carers and support groups. Our building and garden is wheelchair accessible and available for hire to voluntary organisations. There are two accessible toilets, a hearing induction loop and car parking available at front of building. The following activities may incur a small fee.

Social Inclusion Service (ICAN): a mixed range of enjoyable activities and courses for people with disabilities encouraging social inclusion.

- **Managing Stress:** Learn how to reduce your stress and discover ways to help you relax more effectively.
- **Giario Health Management** Support group promoting health and wellbeing.
- **Gentle Exercise:** Chair-based exercises in a small group for people with disabilities and mobility problems.
- **Art Club:** Surprise yourself with your artistic achievements. All levels welcome.
- **Social activities:** Craft workshops, laughter yoga to name a few.

- **Community Friends:** Telephone and/or face-to-face contact with a volunteer giving opportunity to share ideas and make new friendships.
- **Friendly Friday Social Club:** Join our friendly group to chat, use computers, play cards, board games and enjoy meeting new friends.
- **Introduction to Computers:** One-to-one tuition for complete beginners or people wanting to improve their skills.
- **Camera Club:** For lovers of digital photography, whether you are a complete beginner or an experienced enthusiast.
- **Family History Tuition:** Go back in time, trace your ancestors and compile a family tree.

Other Activities

Welfare Rights - Need Advice /Information and Guidance or help completing benefit forms? Book to arrange an appointment with a Benefits Advisor from LB of Havering.

Time for Tea – join us for a cuppa & cake in a welcoming environment with a chance to meet with others to share ideas with guests speakers and themes.

H.A.D. on Tour – Day trips and outings with accessible transport to places of interest.

Get Involved

We welcome new volunteers and our current volunteering opportunities include Community Friend (telephone or face to face friendship support), IT Tutors, Administrators, Groups Support & Gardening.

If you have any ideas, skills or suggestions for new activities or events with H.A.D. please let us know.

If you are interested in finding out more about our services or any volunteering opportunities please contact us.

Supported by



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