



Welcome to your **24 Challenge**

Diverse Abilities provides round the clock care for children and adults with profound physical and learning disabilities. 24 hours a day, 7 days a week.

To help fund this lifeline of support for families, and in recognition of our amazing staff working night and day visiting families at home and providing care in our respite homes, we have launched 24 Challenge.

You're helping...



**...Colin
learn to
bake**

**...put a
smile on
Alex's
face**



**...Emily
relax in the
sensory
room**



Your support means we can continue to provide 24-hour care for children and adults in Dorset living with complex disabilities.

Together, we can make every day better.



who you'll be helping

Charlotte's story

Charlotte has a rare chromosome disorder, where the 9th chromosome appears three times rather than twice. This means one side of her body grows faster, causing painful scoliosis. She also has dislocated hips and while she can walk with a frame, she tires quickly.

Charlotte has been coming to The Beehive for five years. When she joined, she used a wheelchair but was able to walk around the centre with the help of a frame. Soon after, she suffered a severe stroke, leaving her in hospital for nine weeks and unable to walk, eat, or drink.

The physiotherapy room at The Beehive provided invaluable space and facilities for her team to dedicate time to her therapy. She made great progress and was soon strong enough to walk the length of the building with a frame. Unfortunately, lockdown at home meant her strength deteriorated.

Her team has worked hard to help her since returning from isolation and Charlotte has gained strength to walk again, but she becomes tired more quickly than she used to.

The money you help raise will help Charlotte receive the vital hydro and physiotherapy she requires to relieve pain and discomfort. In the water, Charlotte can move freely, she is also more relaxed and confident - she enjoys splashing around with the bubble machine, playing with water toys, and walking lengths of the pool with support.

How your money makes every day better



£15

can fund a day's medical supplies for the Nursing Team at Langside, our specialist school.

The team administers more than 60 medications each and every day to children with complex needs.



£21

is enough for an hours nursing and all the medical supplies required at The Beehive therapy and activity hub.

The Beehive is the only adult day centre in Dorset to have on site nursing provision.



£26

is enough to provide an hour's help in a family's own home.

Our highly qualified child support worker will care for a child with profound disabilities and play with them, in the secure, familiar surroundings of their own home.



£85

runs our parent support work for a whole day. These run through the school holidays, in locations across Dorset.

We help parents who need advice or a chance to be listened to, giving them attention and space to talk things through away from home and in a friendly environment.



Share your challenge with us

#24Challenge #TeamDA

We can't wait to see what you get up to - and hearing the ideas that people have planned is really exciting. Make sure you update us along the way and share your hints and tips for fundraising in our Facebook Group.



@diverseabilities



@diverseability



@diverseabilitiesplus



@diverseabilities



@diverse-abilities-plus



Sponsor an hour of my **24 Challenge**

I'm taking on a 24 hour challenge in aid of Diverse Abilities - sponsor one of the hours of my challenge and I'll dedicate it to you.



Name



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Choose your hour and then sponsor me here:

Sponsor a day of my 24 Challenge

I'm taking on a 24 day challenge in aid of Diverse Abilities - sponsor one of the day of my challenge and I'll dedicate it to you.



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Choose your day and then sponsor me here:



Sponsor a mile of my 24 Challenge

I'm taking on a 24 mile challenge in aid of Diverse Abilities - sponsor one of the miles of my challenge and I'll dedicate it to you.



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Choose your mile and then sponsor me here: