



SUCCESS STORY: Victoria Holden, chairwoman of East Cambs Access Group, centre, with deputy mayor Richard Hobbs, left, and chairwoman of Pos+Ability Linda Neate, right
 Picture: Richard Patterson

Charity celebrates fifth birthday

A CHARITY which supports local people who have survived a stroke – or those living with a long term neurological illness – is celebrating its fifth birthday.

Users of Pos+Ability, as well as its trustees, volunteers and supporters, came together

at Ely Community Centre on Friday to celebrate how far the charity has come.

The charity provides chair-based exercises for people who have survived a stroke or who are living with illnesses such as Parkinson's, Multiple Sclerosis and Muscular Dystrophy.

When it first started in 2011, Pos+Ability had six clients and met at one venue. Today, it supports around 70 clients at four different venues in Cambridgeshire.

To find out more about the charity, call 07565 598193 or visit posability.org