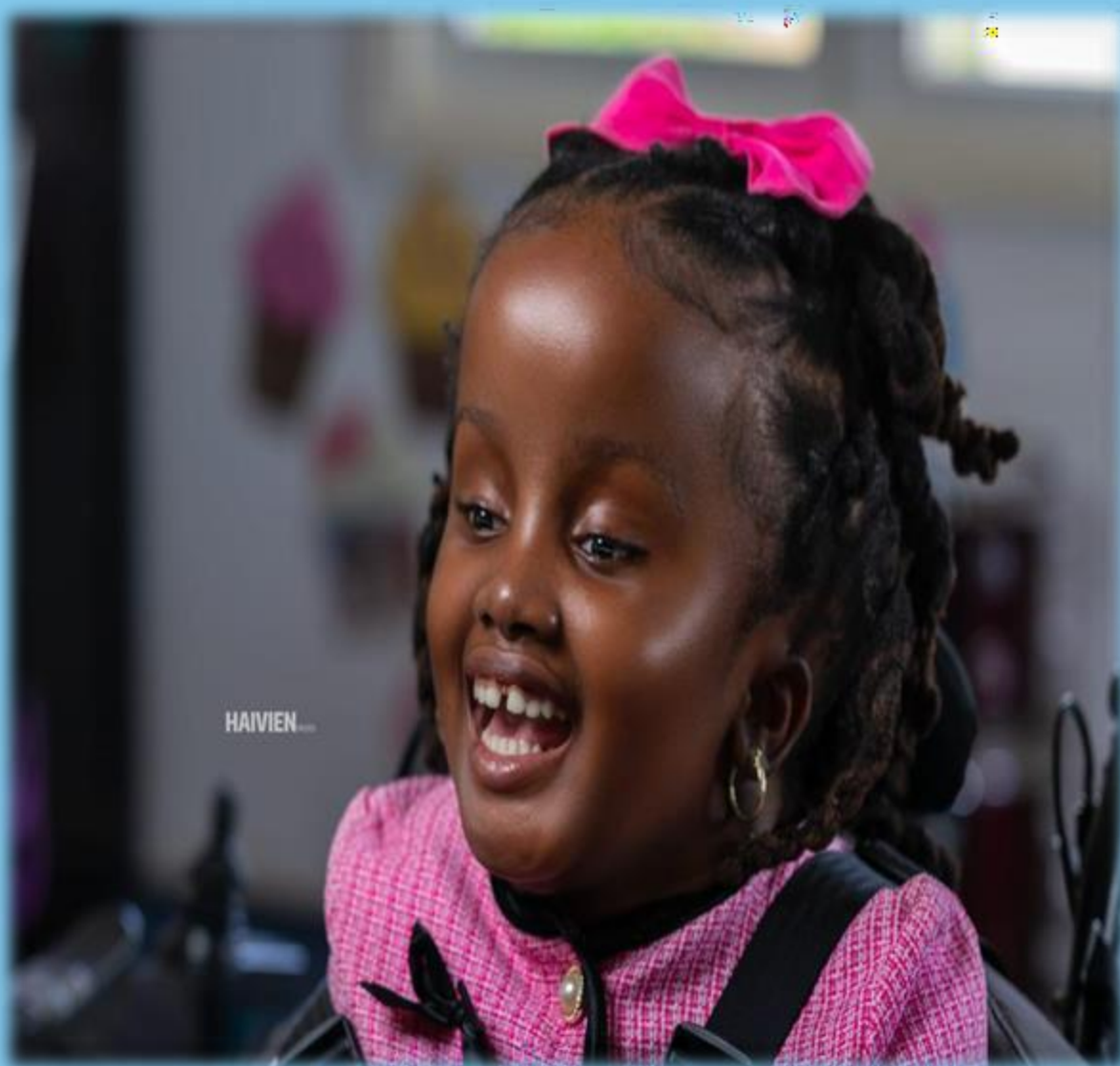


Friends of the Care Project
Creating Opportunities. Changing Lives.



Our Story, Our Impact, Our Vision

2025/26



Contents

Section	Page
Friends of the Care Project at a Glance	5-6
President & Founder's Message	7
CEO Message	8
Our Journey	9-11
Why Our Work Matters	12
Why Antigua & Barbuda Needs FOTCP	13-14
Our Impact	15-16
Friends Development Centre	17-18
Community Outreach	19-20
Adult Outreach Programme	21-22
Our Vision for the Future	23
Our Five Strategic Priorities	24-26
Early Intervention Baby Unit	27
Middle-Level Programme	28-29
Therapeutic Sensory Garden	30-31
FOTCP Intellectual Disability Forum	32-33
Community Food Bank	34-35
Governance & Responsible Stewardship	36
Building Partnerships	37-39
Together We Make a Difference	40
Contact Us	41



"Supporting children and adults with disabilities to achieve their fullest potential through education, therapy, opportunity and inclusion."



Friends of the Care Project at a Glance

Creating Opportunities. Changing Lives.

Since 2011, Friends of the Care Project has supported children, young people and adults with disabilities across Antigua and Barbuda through specialist education, therapy, family support and lifelong opportunities.

Who We Are

Established	2011
Founder & President	Mrs Annette Carey MBE
Chief Executive Officer	Mrs Janine Darling
Principal	Mr Raphael Robinson
Centre Manager	Mrs Kate James
Ministry Accreditation	Special Needs Education Provider (Zone 4)

Our Patrons

- His Excellency Sir Rodney Williams
- Her Excellency Lady Sandra Williams
- Ambassador Calvin Ayre

Our Board of Directors

- Mr Junior James
- Mr James Richards
- Dr Kwasi Tonge
- Mr Jason Tiwari, LL.B (Hons), L.E.C., C.Dir., Attorney-at-Law
- Mr Paul Carey
- Mr Hiram Morrissey

What We Do

- Specialist education for children with intellectual and developmental disabilities (18 months–10 years)
- Community Outreach for children with physical, intellectual and developmental disabilities

- Adult Outreach for adults with intellectual and developmental disabilities, autism and mental health needs
- Individual Education Plans (IEPs) for children attending the Friends Development Centre
- Physiotherapy
- Occupational therapy
- Sensory integration
- Autism support
- Nursing support
- Family support
- Functional literacy and numeracy
- Advocacy and Community Programmes

Our Vision

To provide a lifelong pathway of support, ensuring that every child, young person and adult with a disability has the opportunity to learn, develop, participate and live with dignity.



A Message from Our President and Founder



When Friends of the Care Project was established in 2011, it began with a simple belief: every child and adult with a disability deserves the opportunity to learn, grow, be included and live with dignity.

What began as a vision to support a small number of families has grown into an organisation providing specialist education, therapy, outreach services and lifelong opportunities for children, young people and adults across Antigua and Barbuda. While much has changed over the years, our purpose has remained constant: to place each individual and their family at the heart of everything we do.

Throughout this report, you will see the progress that can be achieved when compassion is matched with commitment: children taking their first independent steps, young people building confidence and life skills, adults discovering new opportunities, and families finding hope through the support they receive. These achievements remind us to recognise ability before disability.

None of this would be possible without the dedication of our staff, volunteers, Board of Directors, partners, donors and the many families who have placed their trust in us. Together, we have built more than a charity—we have built a community where people are valued, supported and encouraged to reach their full potential.

As we look to the future, our ambition is to continue expanding our services so that no individual is left behind. Through the development of our Middle-Level Programme, Early Intervention Baby Unit, Therapeutic Sensory Garden, Intellectual Disability Forum and Community Food Bank, we are building a stronger foundation for future generations.

Thank you for taking the time to learn about Friends of the Care Project. I hope this report demonstrates the impact of our work and inspires you to join us in creating a more inclusive Antigua and Barbuda, where every individual has the opportunity to thrive.

Annette Carey MBE

A Message from Our Chief Executive Officer



Welcome, and thank you for taking the time to learn about Friends of the Care Project.

Every day, I have the privilege of witnessing the resilience, determination and achievements of the children, young people, adults and families we support. Their journeys remind us that with the right opportunities, encouragement and specialist support, barriers can be overcome and potential can be realised.

Since joining Friends of the Care Project, I have been inspired by the passion of our staff, volunteers, Board of Directors, partners and supporters. Together, we are creating an environment where individuals are valued, families are supported and inclusion is at the heart of everything we do.

This report celebrates what we have achieved together over the past fifteen years, but it also looks to the future. As demand for specialist services continues to grow, so too does our commitment to expanding opportunities through new initiatives, including our Early Intervention Baby Unit, Middle-Level Programme, Therapeutic Sensory Garden, Intellectual Disability Forum and Community Food Bank.

None of this would be possible without the generosity and collaboration of our donors, government partners, charitable foundations, businesses and local community. Your support enables us to continue transforming lives and building a more inclusive Antigua and Barbuda.

I hope this report gives you a meaningful insight into our work, our impact and our vision for the future. Whether you are a family, supporter, partner or someone discovering Friends of the Care Project for the first time, thank you for being part of our journey.

Together, we are creating opportunities, changing lives and building a stronger future for the children, young people and adults we support - today and for generations to come.

Janine Darling

Chief Executive Officer

***Our greatest legacy will never be measured by the buildings we create,
but by the lives we change.***

Our Journey

A Vision That Began with Compassion

Friends of the Care Project was founded in 2011 through the vision, compassion and determination of our Founder and President, Annette Carey MBE, with a simple yet powerful purpose: to ensure that children and adults with disabilities in Antigua and Barbuda have access to the opportunities, support and dignity every person deserves.

From the outset, the organisation recognised the challenges many families faced. Specialist education was limited, therapeutic services could be difficult to access, and there were few opportunities for people with complex needs to continue learning, develop essential life skills and participate fully in their communities. Too often, families were navigating these challenges with limited guidance or support.

Determined to change this, Annette Carey founded Friends of the Care Project on the belief that every individual, regardless of ability, deserves the opportunity to achieve their fullest potential. Her vision extended far beyond providing care: it was to empower children, strengthen families, champion inclusion and open doors to opportunities that could last a lifetime. Fifteen years on, that vision continues to shape every aspect of our work.

Annette has often spoken about the importance of the legacy we leave behind - not one measured by titles, recognition or buildings, but by the lives we transform and the opportunities we create for others. That principle has become a guiding philosophy for Friends of the Care Project.

In recognition of her outstanding dedication to children, adults and families with disabilities, Annette Carey was appointed a Member of the Order of the British Empire (MBE). The honour recognised her contribution, but her enduring legacy is reflected in the lives she has touched, the hope she has brought to families, the opportunities she has created, and the organisation she built through compassion, determination and an unwavering belief in human potential.

Since 2011, Friends of the Care Project has grown substantially, providing specialist education, therapy, outreach and advocacy services for children, young people, adults and families across Antigua and Barbuda. We recognise that disability can require support at different stages of life, and that services should evolve alongside each person's changing needs.

Today, Friends of the Care Project delivers three interconnected programmes supporting children, families and adults at different stages of life. As we look to the future, we are working to strengthen continuity between these services through our Early Intervention Baby Unit, Middle-Level Programme, Therapeutic Sensory Garden, Intellectual Disability Forum and Community Food Bank. These developments reflect our determination to respond to growing need and ensure that more people have the opportunity to learn, grow and thrive.

What began as one woman's vision has become a legacy of hope, inclusion and opportunity—transforming lives today while building a brighter, more inclusive future for generations to come.

"A legacy is not measured by what we leave behind, but by the lives we change and the opportunities we create for others."

Our Journey in Numbers

2011 – The Beginning

Friends of the Care Project was established to improve opportunities for children and adults with disabilities.

2012–2015 – Building Foundations

- Friends Development Centre established
- Individual Education Plans introduced
- Specialist therapy services expanded

2016 – A Permanent Home

Secured a 99-year Crown lease at Holberton Hospital Campus, creating a long-term base for specialist disability services.

2017–2020 – Growing Our Reach

Community Outreach expanded, increasing access to specialist support for families across Antigua.

2021–2023 – Supporting Every Stage of Life

Adult Outreach expanded to provide lifelong learning, independence and community participation.

2024 – Strengthening Partnerships

Family support services grew, alongside closer collaboration with government, healthcare professionals and community organisations.

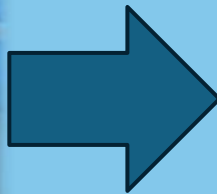
2025 – Planning for the Future

Plans completed for the Middle-Level Programme, Sensory Garden, Adult Outreach Centre and Community Food Bank expansion.

2026 – Creating New Opportunities

Development of the FOTCP Intellectual Disability Forum, a specialist curriculum informed by UK practice, and continued expansion of services.

Looking Ahead



Our vision is to expand specialist services, strengthen partnerships and ensure that every child, young person and adult with a disability has the opportunity to reach their full potential.

Our vision is already becoming a reality. The young man featured here first joined Friends of the Care Project as a toddler. Now in his twenties, he has grown alongside our organisation into a confident and increasingly independent young adult. Despite significant physical disabilities, his journey demonstrates the life-changing impact of early intervention, ongoing support and believing in a person's abilities rather than their limitations.

"Every journey begins with a single opportunity. With the right support, potential becomes possibility."

Why Our Work Matters

Every Person Deserves the Opportunity to Thrive

A disability should never define a person's future. Yet for many children, young people and adults in Antigua and Barbuda, access to specialist education, therapy and ongoing support remains limited. Families can face uncertainty, financial pressure and the challenge of navigating services while ensuring their loved one receives the support they need.

At Friends of the Care Project, we believe ability should always be recognised before disability. Every individual has unique strengths, talents and potential. With the right support, opportunities and encouragement, lives can be transformed.

Our approach extends beyond education and therapy. We provide a lifelong pathway of support that empowers individuals to develop independence, confidence and life skills, while ensuring families receive the guidance and practical assistance they need.

By working in partnership with families, healthcare professionals, educators, government and the wider community, we are helping to create a more inclusive society where people with disabilities are valued, respected and given every opportunity to reach their full potential.

Every milestone matters. A first step. A first word. A new friendship. A new skill. These achievements may seem small to others, but to the individuals and families we support, they represent life-changing moments and a future filled with possibility.

Because when we invest in people, we create stronger families, stronger communities and a more inclusive Antigua and Barbuda for everyone.



Why Antigua & Barbuda Needs Friends of the Care Project

Closing Gaps. Creating Lifelong Opportunity.

Across Antigua and Barbuda, many children and adults with intellectual, developmental and physical disabilities continue to face barriers to specialist education, therapy, healthcare and social inclusion. Important progress has been made nationally, but specialist provision remains limited, leaving many families with few options for coordinated, ongoing support.

For parents and carers, a diagnosis of autism, cerebral palsy, spina bifida, Down syndrome or another developmental condition can bring uncertainty and difficult decisions. Families may struggle to find coordinated specialist education, therapeutic intervention and ongoing guidance. Timely support can make a significant difference to communication, mobility, independence and long-term wellbeing.

The gap can become even more significant as children grow older. Specialist educational opportunities are particularly limited during adolescence, while structured pathways into adulthood, vocational development and community participation remain scarce. Families can be left facing the difficult question of what happens next.

Demand for specialist services continues to grow.

Each year, more families seek support. More children need early intervention. More young people require specialist education beyond the age of ten. More adults need meaningful opportunities that build confidence, independence, skills and a sense of purpose.

Friends of the Care Project responds by providing a lifelong pathway of support - from early intervention, specialist education, therapy and family guidance through to community outreach, independent living skills, adult programmes and vocational development. We believe disability should never limit opportunity, and that every individual deserves the chance to learn, contribute and live with dignity.

Responding to Growing Need Investing in a More Inclusive Future

To respond to growing need and strengthen the pathway of support available to families, Friends of the Care Project is investing in a number of strategic initiatives:

- **Early Intervention Baby Unit** - specialist early intervention, therapy and family support from the earliest years.
- **Middle-Level Programme** - a dedicated specialist education pathway for young people aged 10-16 years.
- **Therapeutic Sensory Garden** - a fully accessible outdoor environment supporting therapy, learning, wellbeing and horticultural development.
- **Dedicated Adult Outreach Centre** - expanded life-skills, vocational and community-based opportunities for adults.
- **Accessible Community Bus** - helping to remove transport barriers and improve access to education, therapy and community activities.
- **FOTCP Intellectual Disability Forum** - strengthening collaboration across families, government, healthcare, education, charities and business.
- **Community Food Bank** - providing practical assistance to families experiencing financial hardship.

These initiatives are more than new projects. They are essential investments in stronger, more coordinated disability services across Antigua and Barbuda - creating greater continuity, opportunity and support for generations to come.

At Friends of the Care Project, we believe that every child, every young person and every adult deserves the opportunity to reach their fullest potential. By investing in specialist education, therapy, family support and inclusion today, we are helping to build a stronger, more compassionate and more inclusive Antigua and Barbuda for tomorrow.

Our Impact

Creating Opportunities. Changing Lives.

Since 2011, Friends of the Care Project has made a lasting difference to the lives of children, young people, adults and families across Antigua and Barbuda. Every programme we deliver is designed to help individuals reach their potential, build independence and participate more fully in their communities.

While our impact can be measured in numbers, our greatest achievements are the lives we help to transform. Every child who takes their first independent steps, every young person who develops a new skill, every adult who gains confidence, and every family who finds hope represents a success worth celebrating.

Our Impact at a Glance

- **15 years** of supporting children, young people and adults with disabilities.
- **25 children** currently supported through specialist education and Community Outreach.
- **10 adults** participating in our Adult Outreach Programme.
- **35 families** receiving ongoing support, guidance and practical assistance.
- **A multidisciplinary team delivering specialist education, physiotherapy, occupational therapy, nursing and outreach services.**
- **Breakfast and lunch provided daily** to children attending the Friends Development Centre, with lunch provided to every adult attending the Adult Outreach Programme.
- **Quarterly FOTCP Intellectual Disability Forum**, bringing together families, professionals and community partners to strengthen disability support.
- **Regular parent coffee mornings and family activities**, helping families build connections, share experiences and support one another.

Measuring Success

For the people we support, success is not defined only by certificates or examination results. It is measured in moments that change lives.

- A child taking their first independent steps.
- A young person communicating with confidence.
- An adult learning practical skills for greater independence.
- A family feeling supported during difficult times.

- A person discovering abilities they never believed they had.

These moments represent more than individual achievements—they build confidence, strengthen families and create opportunities that last a lifetime.

A Journey of Determination

One young boy joined our Community Outreach Programme at four years of age after being diagnosed with spina bifida.

When he first arrived, he was unable to walk independently and required significant physical support.

Through regular physiotherapy, structured intervention and the unwavering encouragement of both his family and our team, his confidence steadily grew.

Today, he proudly walks independently.

His smile says more than words ever could.



Looking Ahead

As demand for specialist disability services continues to grow, so does our commitment to reaching more people. Through innovation, collaboration and the continued support of our partners, we will expand services, develop new opportunities and help more children, young people and adults to learn, grow and thrive.

Every achievement begins with opportunity. Every opportunity has the power to change a life.

Friends Development Centre

Providing Every Child with the Best Possible Start

The Friends Development Centre is at the heart of Friends of the Care Project, providing specialist education and therapeutic support for children with additional needs aged approximately 18 months to 10 years.

Every child follows an Individual Education Plan (IEP) tailored to their strengths, abilities and developmental goals. Our experienced team works closely with families to create a nurturing environment where children are encouraged to learn, communicate, develop independence and build confidence at their own pace.

Learning extends far beyond the classroom. Through structured play, sensory experiences, communication activities and practical life skills, children are supported to reach meaningful milestones while enjoying a safe, stimulating and inclusive environment.

Our multidisciplinary approach brings together education, physiotherapy, occupational therapy, nursing and family support to ensure every child receives holistic care that addresses their individual needs. By working in partnership with parents and carers, we create consistent support both at the Centre and at home.

Alongside education and therapy, every child attending the Centre receives a nutritious breakfast and lunch each day, helping to ensure they are healthy, ready to learn and able to achieve their full potential.

At the Friends Development Centre, we celebrate every achievement—whether it is a first word, a first step, increased confidence or a new friendship. These moments represent the foundation for a lifetime of learning, inclusion and opportunity.

What We Provide

- Specialist early years and primary education
- Individual Education Plans (IEPs)
- Physiotherapy and occupational therapy
- Speech, communication and sensory-based learning
- Nursing support
- Family engagement and guidance
- Daily nutritious breakfast and lunch
- Safe, inclusive and stimulating learning environment

Every child deserves the opportunity to learn, grow and reach their full potential.



Community Outreach

Supporting Children and Families Beyond the Classroom

At Friends of the Care Project, we recognise that every child develops differently and that many families need support beyond a classroom setting. Our Community Outreach Programme brings specialist services into homes and community settings, helping children and their families access the care, guidance and intervention they need in familiar environments.

Working alongside parents, carers, schools and healthcare professionals, our experienced team provides personalised support that helps children develop communication, mobility, independence and everyday life skills within familiar environments.

Early intervention is at the heart of our approach. By identifying developmental needs as early as possible and providing timely support, we help children achieve better outcomes while giving families the confidence and knowledge to support their child's development at home.

Our multidisciplinary team includes physiotherapists, occupational therapists, specialist educators and nursing professionals who work together to deliver holistic, family-centred care tailored to each child's individual needs.

Beyond therapy and education, Community Outreach provides reassurance, encouragement and practical guidance to families, helping them navigate challenges and celebrate every milestone along the way.

Community Outreach Services

- Home-based support for children and families
- Physiotherapy and occupational therapy
- Developmental assessments and early intervention
- Individual programmes tailored to each child's needs
- Family guidance and parent support
- Collaboration with healthcare professionals and schools
- Community-based learning and inclusion opportunities

By extending services beyond the Centre, we help remove barriers and ensure that more children have the opportunity to reach their full potential.



Adult Outreach Programme

Empowering Adults to Live with Confidence, Independence and Purpose

Learning does not end in childhood. At Friends of the Care Project, we believe every adult with an intellectual or developmental disability deserves the opportunity to continue learning, develop new skills and enjoy an active, fulfilling life within their community.

Our Adult Outreach Programme provides meaningful activities that promote independence, confidence and personal wellbeing. Every participant is encouraged to develop practical life skills while building friendships, contributing to their community and discovering their individual strengths.

The programme is tailored to each person's abilities and interests. Activities include gardening, cooking, arts and crafts, literacy and numeracy, health and wellbeing, community visits and vocational experiences. Together, these opportunities encourage teamwork, communication, decision-making and greater independence in everyday life.

The programme also provides valuable respite and reassurance for families, knowing their loved ones are participating in a safe, structured and supportive environment where they are respected, encouraged and celebrated.

As we continue to grow, we are developing a dedicated Adult Outreach Centre that will provide enhanced facilities, expanded vocational opportunities and new pathways into employment, volunteering and community participation. This exciting development reflects our long-term commitment to ensuring that support continues throughout adulthood.

Adult Outreach Provides

- Practical life skills and independent living
- Gardening and environmental projects
- Cooking and healthy living
- Arts, crafts and creative activities
- Functional literacy and numeracy
- Community inclusion and social activities
- Vocational training and work-based opportunities
- Health, wellbeing and physical activities
- Daily nutritious lunch

- Individual support in a safe and inclusive environment

Our goal is simple—to help every adult build confidence, maximise independence and live a life filled with opportunity, purpose and belonging.



Our Vision for the Future

Building a More Inclusive Tomorrow

Since 2011, Friends of the Care Project has worked to ensure that children, young people and adults with disabilities have access to the education, support and opportunities they deserve. While we are proud of how far we have come, we know there is still much more to achieve.

The needs of our community continue to grow, and so does our ambition. Our vision is to expand specialist services, strengthen partnerships and create innovative programmes that support individuals at every stage of life—from early intervention in infancy through to adulthood.

Over the coming years, we will continue to invest in facilities, people and partnerships that enable us to respond to emerging needs and provide even greater opportunities for the individuals and families we serve.

Our future priorities have been shaped by listening to families, working alongside government and healthcare professionals, and understanding the challenges faced by people with disabilities across Antigua and Barbuda.

Together, these initiatives will strengthen our organisation, extend our reach and ensure that more individuals receive the support they need to learn, grow and thrive.



Our Five Strategic Priorities

To achieve our vision, we are focusing on five strategic priorities that will shape the future of Friends of the Care Project:

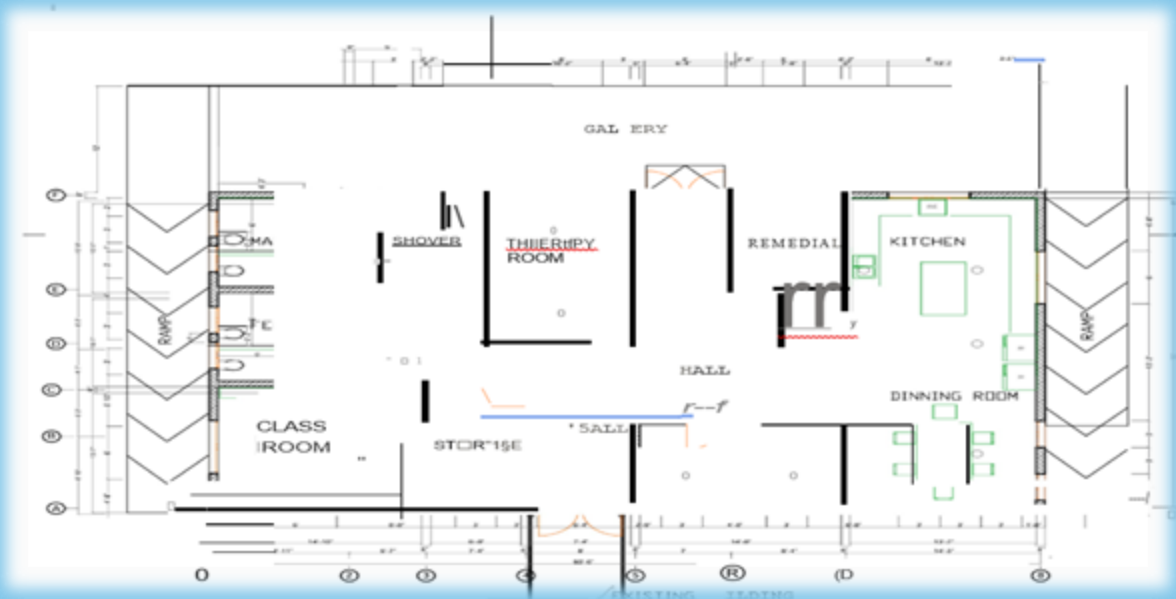
Early Intervention Baby Unit

Providing specialist early intervention, therapy and family support for babies and toddlers with additional needs, while offering high-quality childcare that enables parents and carers to return to work or education with confidence.



Middle-Level Programme

Creating a dedicated specialist education programme for young people aged 10–16 years, ensuring they continue to learn, develop life skills and prepare for adulthood within a supportive and inclusive environment. To achieve this, we plan to construct an extension to our existing Friends Development Centre, providing purpose-built classrooms, therapy areas and practical learning spaces designed to meet the needs of adolescents with intellectual and developmental disabilities.



Therapeutic Sensory Garden

Developing a fully accessible outdoor learning and therapy space where children and adults can explore, learn and support their physical, emotional and sensory wellbeing through nature. We plan to regenerate the unused land at the rear of the Friends Development Centre, transforming it into an inclusive environment with sensory planting, accessible pathways, outdoor learning areas and spaces for relaxation, horticultural activities and community engagement.



FOTCP Intellectual Disability Forum

Bringing together government, healthcare professionals, educators, charities, families, businesses and community partners to share knowledge, strengthen collaboration and promote greater inclusion for people with intellectual and developmental disabilities.



Community Food Bank

Providing emergency food assistance and practical support to families experiencing hardship, recognising that when families are supported, children and adults with disabilities are better able to thrive.



These priorities represent more than future projects—they are our commitment to creating lasting change for individuals, families and communities across Antigua and Barbuda.

Early Intervention Baby Unit

Giving Every Child the Best Possible Start

The earliest years of a child's life are critical for growth, learning and development. Early identification and intervention can significantly improve communication, mobility, independence and long-term outcomes for children with developmental delays, disabilities and additional needs.

Friends of the Care Project is committed to establishing a dedicated **Early Intervention Baby Unit**, providing specialist support for babies and toddlers from birth to five years of age. The unit will offer a nurturing, family-centred environment where children can access early education, developmental programmes and therapeutic support during these critical years.

The Baby Unit will bring together specialist educators, physiotherapists, occupational therapists, nurses and family support professionals to deliver coordinated care tailored to each child's individual needs. By working closely with parents and carers, we will empower families with the skills, knowledge and confidence to support their child's development at home.

In addition to specialist intervention, the Baby Unit will provide high-quality childcare, enabling parents and carers to return to work, training or education with confidence that their child is receiving expert care in a safe, inclusive and stimulating environment.

This investment is about more than creating a new facility—it is about giving children the strongest possible foundation for lifelong learning, independence and inclusion.

Our Vision

The Early Intervention Baby Unit will provide:

- Specialist early years education
- Developmental screening and assessment
- Physiotherapy and occupational therapy
- Sensory and play-based learning
- Family support, education and guidance
- Inclusive childcare for babies and toddlers
- Individual development plans
- Smooth transition into the Friends Development Centre

"The earlier we support a child, the greater the opportunity to unlock their potential and build the foundations for a brighter future."

Middle-Level Programme

Bridging the Gap. Unlocking Potential.

Within our current service pathway, turning ten can mean reaching the end of the specialist education available through the Friends Development Centre. Although children may have made strong progress in their early years, there are limited specialist options able to meet their educational, developmental and therapeutic needs throughout adolescence.

Friends of the Care Project is committed to changing this through the development of our **Middle-Level Programme**—a dedicated specialist education pathway for young people aged **10 to 16 years**.

The programme will provide an inclusive and stimulating environment where students continue to develop academically, socially and emotionally through a curriculum designed around their individual abilities, interests and future aspirations. Learning will focus on communication, functional literacy and numeracy, independent living, personal development, vocational exploration and community participation.

Every student will continue to benefit from an Individual Education Plan (IEP), ensuring that learning is personalised and progress is celebrated at every stage. Alongside education, students will continue to access therapy, health support and structured life experiences that prepare them for adulthood.

The Middle-Level Programme will also create a seamless transition into our Adult Outreach Programme, ensuring that young people continue to receive meaningful opportunities to learn, develop independence and participate fully in their communities.

The Middle-Level Programme will help address a significant gap in specialist provision in Antigua and Barbuda, ensuring that young people can continue receiving the support they need during this important stage of life.

Our Vision

The Middle-Level Programme will provide:

- Specialist education for young people aged 10–16 years
- Individual Education Plans tailored to each student
- Functional literacy and numeracy
- Communication and social skills development
- Independent living and daily life skills
- Vocational learning and career exploration

- Community-based learning experiences
- Continued access to therapy and multidisciplinary support
- A smooth transition into Adult Outreach services

Every young person deserves the opportunity to continue learning, build confidence and prepare for a fulfilling future with greater independence.



Friends Development Centre (18 months–10 years)

Middle-Level Programme (10–16 years)

Adult Outreach Programme (16+ years)

Why This Matters

For many young people with additional needs, specialist educational opportunities after the age of 10 are limited. The Middle-Level Programme will provide continuity of learning, personal development and preparation for adulthood, helping to close a significant gap in specialist provision within Antigua and Barbuda.

Therapeutic Sensory Garden

Growing Through Nature

Nature can support wellbeing, learning and engagement. For many children and adults with intellectual and developmental disabilities, outdoor environments provide opportunities to explore, build skills and participate in meaningful activities that complement indoor learning and therapy.

Friends of the Care Project is creating a **Therapeutic Sensory Garden**—a fully accessible outdoor space where learning, therapy and wellbeing come together. Designed to engage all the senses, the garden will provide a safe and stimulating environment that encourages exploration, creativity, physical activity and relaxation.

The garden will feature accessible pathways, sensory planting, raised growing beds, quiet reflection areas, outdoor classrooms and interactive learning spaces. Every element has been carefully considered to support communication, mobility, emotional wellbeing and independence.

The Sensory Garden will also provide opportunities for participants in our Adult Outreach Programme to develop practical horticultural and environmental skills, while encouraging children to discover the natural world through play and exploration. Families, volunteers and the wider community will also be invited to enjoy and contribute to this shared space, strengthening community connections and promoting inclusion.

More than a garden, this will be a place where confidence grows, friendships flourish and every individual can experience the therapeutic benefits of nature.

Our Vision

The Therapeutic Sensory Garden will include:

- Fully accessible pathways and seating
- Sensory planting to stimulate sight, sound, touch and smell
- Raised planting beds for accessible gardening
- Outdoor learning and therapy areas
- Quiet spaces for relaxation and emotional regulation
- Wildlife-friendly habitats and environmental education
- Horticultural training for adults
- Community volunteering opportunities
- Inclusive spaces for families and visitors



- **Therapeutic wellbeing**
- **Fully accessible design**
- **Sensory exploration**
- **Community inclusion**
- **Supporting biodiversity**

A space for everyone.

The Therapeutic Sensory Garden will provide opportunities for learning, therapy, relaxation and community connection, ensuring that people of all ages and abilities can enjoy the physical and emotional benefits of nature.

FOTCP Intellectual Disability Forum

Bringing People Together to Create Lasting Change

Creating an inclusive society requires collaboration. Lasting change happens when families, professionals, government, businesses and communities work together with a shared purpose.

The **FOTCP Intellectual Disability Forum** has been established to provide a platform where knowledge is shared, ideas are exchanged and partnerships are strengthened. It brings together individuals and organisations committed to improving the lives of people with intellectual and developmental disabilities throughout Antigua and Barbuda.

The Forum provides opportunities for parents and carers to connect, learn and support one another, while enabling educators, healthcare professionals and community leaders to share best practice and explore innovative approaches to inclusion.

Regular meetings, workshops and guest speakers encourage open discussion on education, healthcare, employment, safeguarding, accessibility, family wellbeing and community participation. By strengthening collaboration across sectors, the Forum helps identify challenges, promote positive change and improve support for individuals and their families.

The Forum also provides a voice for people with disabilities and their families, ensuring that lived experience helps shape future services, policies and opportunities.

Our Vision

The FOTCP Intellectual Disability Forum will:

- Bring together families, professionals and community organisations
- Share knowledge and examples of best practice
- Promote disability awareness and inclusion
- Support parents and carers through education and networking
- Encourage collaboration between government and voluntary organisations
- Advocate for improved services and opportunities
- Influence future policy and service development
- Celebrate the achievements of people with disabilities

By working together, we can create a society where every individual is valued, included and empowered to reach their full potential.



Forum Activities

- Quarterly networking events
- Guest speakers and expert presentations
- Parent support and coffee mornings
- Professional development workshops
- Policy and advocacy discussions
- Community awareness campaigns

Community Food Bank

Supporting Families When They Need It Most

Families caring for a child or adult with a disability often face additional financial, emotional and practical challenges. Rising living costs, unexpected medical expenses and caring responsibilities can place significant pressure on household finances, making it difficult for some families to meet their everyday needs.

The Friends of the Care Project **Community Food Bank** has been established to provide emergency food assistance and practical support to families experiencing temporary hardship. Our aim is simple—to ensure that no family has to choose between meeting basic needs and caring for a loved one.

The Food Bank is designed to provide nutritious food parcels, essential household items and access to additional sources of advice and support. Working alongside local businesses, supermarkets, charitable organisations, donors and volunteers, we are building a community partnership rooted in dignity, compassion and respect.

Beyond providing food, the initiative will help connect families with other services, including financial guidance, community resources and wellbeing support, helping them build resilience for the future.

At Friends of the Care Project, we believe that when families are supported, children and adults are better able to learn, grow and thrive. The Community Food Bank is another way we are strengthening families and creating a more caring, inclusive community.

Our Vision

The Community Food Bank is designed to provide:

- Emergency food parcels for families in need
- Essential household and personal care items
- Seasonal food support during school holidays and festive periods
- Referrals to additional community services
- Partnerships with local businesses, charities and donors
- Volunteer opportunities for community members
- Practical support delivered with dignity and respect

No family should face hardship alone. By working together, we can ensure that every family has the support they need to care, grow and thrive.



FRIENDS OF THE
**CARE
PROJECT**

PANTRY PROGRAM

The Friends of the Care Project Pantry Program supports individuals and families in our community who are struggling to make ends meet.

YOUR DONATION CAN
Make a Difference! 

ITEMS YOU CAN DONATE:



CANNED GOODS

Soups, vegetables, beans, meats, fruits, etc.



NON-PERISHABLE FOODS

Rice, pasta, cereal, oatmeal, peanut butter, etc.



TOILETRIES & PERSONAL CARE

Soap, toothpaste, shampoo, deodorant, toilet tissue, etc.



DIAPERS & BABY CARE ITEMS

Diapers, wipes, baby food, formula, etc.



SANITARY PRODUCTS

Pads, liners, feminine hygiene products, etc.



OTHER ESSENTIAL ITEMS

Cleaning supplies, paper towels, household essentials, etc.



Thank you for your kindness and generosity.
TOGETHER, WE CAN BRING HOPE AND RELIEF TO THOSE IN NEED.

Every donation counts. Every act of kindness matters.



WE APPRECIATE YOUR SUPPORT!



Community Partners

- Epicurean
- 1st Choice

Governance & Responsible Stewardship

Trust. Accountability. Impact.

Friends of the Care Project is committed to ensuring that every donation, grant and partnership is managed responsibly, transparently and in accordance with strong standards of governance.

How Our Work Is Made Possible

- Charitable foundations
- Government partnerships
- Individual donors
- Grant funding
- Corporate sponsors
- Community fundraising
- Local businesses
- In-kind donations of goods and services

Governance and Accountability

Friends of the Care Project is guided by a dedicated Board of Directors that provides strategic oversight, accountability and sound governance. We are committed to:

- Responsible financial management
- Ethical fundraising practices
- Regular financial reporting
- Continuous evaluation and improvement of our services
- Clear governance and decision-making
- Legal and regulatory compliance
- Appropriate oversight of grant funding

We recognise that our supporters place their trust in us to use every contribution wisely. Whether support comes from charitable foundations, corporate partners, government agencies, individual donors or in-kind giving, our aim is to direct resources where they can have the greatest impact for children, young people, adults and families with disabilities across Antigua and Barbuda.

Every donation entrusted to Friends of the Care Project is an investment in opportunity, independence and inclusion. We are committed to using every dollar carefully, responsibly and with a clear focus on meaningful outcomes for the people we serve.

Transparency builds trust, and trust creates lasting partnerships.

Building Partnerships

Together We Achieve More

The success of Friends of the Care Project is built on the strength of our partnerships. Every achievement, every new opportunity and every life changed has been made possible through the commitment and generosity of those who share our vision for a more inclusive Antigua and Barbuda.

We are proud to work alongside government ministries, charitable foundations, corporate sponsors, healthcare professionals, educators, community organisations and volunteers who believe that every individual deserves the opportunity to reach their full potential.

These partnerships extend far beyond financial support. They provide expertise, advocacy, professional knowledge, volunteer time and practical resources that enable us to deliver high-quality services and continue developing innovative programmes for the future.

As demand for specialist disability services continues to grow, collaboration will remain at the heart of everything we do. By working together, we can reach more families, expand opportunities and create lasting change for generations to come.

We extend our sincere thanks to every organisation, business, volunteer and individual who has supported Friends of the Care Project throughout our journey. Your belief in our mission has transformed lives and strengthened our community.

With Gratitude

Friends of the Care Project has been fortunate to receive the support of many individuals, businesses, charitable organisations and community groups over the years. While space does not allow us to acknowledge every contribution individually, we extend our heartfelt thanks to everyone who has generously donated time, expertise, food, clothing, bedding, equipment, toys, financial support and other essential items. Every act of kindness, no matter how great or small, has helped transform the lives of the children, adults and families we serve. To each and every one of you, thank you for believing in our mission and making our work possible.

We proudly acknowledge the support of our valued partners and supporters, including:

- Calvin Ayre Foundation
- Maria Holder Memorial Trust
- The Mill Reef Fund
- Wishing Well Foundation

- Boltini Trust
- A.S. Brydens
- Dawn till Dusk Bakery
- Stock Exchange
- WIOC - West Indies Oil Company
- Titania
- Team Antigua Island Girls
- Hall's Farm
- Lipstick
- Diamonds International
- Spirited Optimist of Wadadli
- Corporators Insurance and Financial Services
- Hopeful Hearts Foundation
- CDAL
- Rotary Club of Antigua
- Caribbean Water Treatment
- Premier Beverages
- Tim and Marilyn Price
- Big Banana

Every partnership creates opportunities. Every contribution changes lives. Together, we are building a more inclusive future for Antigua and Barbuda.

"Partnership is the foundation of lasting change."

Become a Partner:

- Sponsor a programme
- Fund a project
- Volunteer
- Make a donation
- Share professional expertise



Together We Make a Difference

Every Life Changed Begins with Someone Who Cares

Since 2011, Friends of the Care Project has grown from one woman's vision into an organisation that is transforming the lives of children, young people, adults and families across Antigua and Barbuda.

Our journey has only been possible because of the dedication of our staff, the trust of the families we support, the leadership of our Board of Directors, the generosity of our donors and partners, and the commitment of our volunteers and supporters.

Together, we have created opportunities where there were once barriers, provided hope where there was uncertainty, and built a community where individuals with disabilities are recognised for their abilities, strengths and potential.

Yet our work is far from complete.

Every year, more families seek specialist support. More children require early intervention. More young people need opportunities to continue their education. More adults deserve meaningful pathways to independence, employment and community participation.

With your support, we can continue expanding our services, developing innovative programmes and ensuring that no individual is left behind.

Whether you choose to partner with us, volunteer your time, share your expertise, make a donation, or simply help raise awareness, you become part of a movement that is changing lives and building a more inclusive future.

Together, we are creating opportunities.

Together, we are strengthening families.

Together, we are transforming communities.

Together, we are making a difference.

Thank you for believing in our vision and for helping us create a future where every child, young person and adult has the opportunity to learn, grow and thrive.

The next chapter of our story starts with you.

Contact Us

Friends of the Care Project

Holberton Hospital Campus
St John's
Antigua & Barbuda

☎ Telephone: (268) 463-9494

✉ Email: j.darling.fotcp@gmail.com

Website: <https://friendsofthecareproject.org/>

Facebook: <https://www.facebook.com/friendsfoundationantigua>

Instagram: @friendsofthecareproject_anu

Support Our Work

Whether you are looking to:

- Make a donation
- Sponsor a programme
- Become a corporate partner
- Volunteer your time
- Fund a capital project
- Leave a legacy gift

We would love to hear from you.

