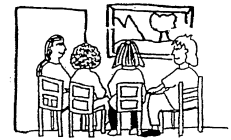


Peer Support for Parents and Carers

The Lothian Centre for Inclusive Living (LCiL) hosts a peer support group for parents and carers of disabled children and children with additional support needs. The parent and carer peer support group gives parents and carers the opportunity to:



- ◆ Meet other parents and carers
- ◆ Explore ideas and opportunities around support
- ◆ Find out practical information, resources and information on who to ask
- ◆ Develop skills and build confidence
- ◆ Hear from guest speakers and organisations on a range of topics

Next Meeting: Once a month, alternating Monday and Thursdays.
10.30am -1.30pm. Lunch from 12:30pm.

For more information on topics and guest speakers see over page.

Where: The group will meet at Norton Park Conference Centre in the Napier Room.

57 Albion Road Edinburgh EH7 5QY



Lunch and refreshments are provided

To let us know you would like to attend or find out more information about the peer support group, contact Emma Wynack at LCiL on 0131 475 2554 or email emma.wynack@lothiancil.org.uk



Monday 25th May – Top Tips for Claiming Benefits

Hear directly from a benefits expert from Grapevine Disability Information Service. The benefits that will be covered in this session are:

- Disability Living Allowance/Personal Independence Payment
- Employment Support Allowance
- Working Tax Credits
- Blue Badge

You will hear how to access these benefits, top tips for applying and where to get support.



Thursday 18th June – Moving Out of Home

Two guest speakers from Housing Options Scotland will speak about the pathway for a young disabled person moving out of home.

A development worker from Housing Options Scotland will speak about:

- When to start the process
- the practicalities of finding a home for a disabled person in all tenures from buying to private renting and social housing
- information on all the help that is given in terms of grants and adaptations

A Housing Options Scotland peer supporter, from Edinburgh will speak about her experience as a mother going through the maze of social work to get the right support package for her son so he could move out of the family home into his own flat.