



The state of social care in 2016 - where are we now?

An Audit Scotland report recently estimated that an extra £667 million a year will be needed by 2020 to help some of the most vulnerable people in society. The full report is available online at: <http://www.audit-scotland.gov.uk/report/social-work-in-scotland>

This comes at a time when Disabled People's Organisations across Scotland have joined together to set out a clear aim for social care support in Scotland in a '**Shared ambition on the future of social care support in Scotland.**' This states clearly that investment in a strong social care system is of overall benefit to everyone, irrespective of age, race, gender, etc., and that governments on a local and national level have a duty to ensure social care services promote human rights and tackle inequalities. Further information is available online at: <http://www.socialcareambition.co.uk/>

When local authorities and health boards are coming together to discuss how health and social care services can be better integrated to make sure those most in need get access to support at the right point in time, in the right place, with the aim of prevent unnecessary hospital admissions and delayed discharged surely it makes sense to invest to save in social care in the long term.

However, short sightedness and budget restraints have often been the prevailing theme of the day and it's the users of social care who suffer when care packages are slashed and, only those with the most critical and substantial needs receive any form of support.

Update on the debate on social care contributions:

At the beginning of December, a Scottish Parliament debate is due to take place on social care, including personal contributions disabled people and people with long term conditions have to make towards care packages. The motion which has resulted in this has now been signed by 11 MSPs from most parties.



LCiL opening hours over Christmas and New Year

Services based at LCiL will be officially closed from 4pm on Thursday 22nd of December to 10am on Wednesday 4th of January 2017. LCiL wish all our service users, members and supporters a very Merry Christmas and Happy New Year for 2017.

Lothian Disability News is written and produced by Grapevine, Disability Information Service, which is run by the Lothian Centre for Inclusive Living (LCiL).

Grapevine, LCiL, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY Tel 0131 475 2370

Email grapevine@lothiancil.org.uk Website: www.lothiancil.org.uk



What is clear is that 2016 has laid foundations for the state of social care to be addressed with a renewed vision at a national level - let's see if steps forward are made! To watch the debate, check out: <http://www.scottishparliament.tv/>



Lothian Centre for Inclusive Centre (LCiL) News and events:

Grapevine Disability Information re-open to East Lothian residents.

Grapevine disability information service is pleased to announce that we have secured funding to re-open the service to East Lothian residents. East Lothian Council have provided funding so that we can continue to provide the service until April 2017.

This means that anyone living in East Lothian can access, free, confidential and accessible information and advice on any disability related matter and we can see a limited number of individuals for help with disability benefits claims (Personal Independence Payment and Attendance Allowance forms).



Contact us during opening times

(Monday-Thursday 10am-4pm):

Advice line: 0131 475 2370

Secure email address: grapevine@lothiancil.org.uk

Check out full range of accessible factsheets and publications at:

www.lothiancil.org.uk



For more information on the Grapevine service re-opening in East Lothian please contact Kirstie Henderson on 0131 475 2350/2370 or email: kirstie.henderson@lothiancil.org.uk

Free way to raise extra funds for LCiL this Christmas

This year you can help out whilst you check out. Online shoppers can sign up for free to Easy Fundraising via their website at: www.easyfundraising.org.uk

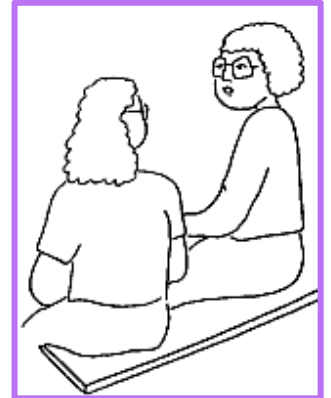


Select 'Lothian Centre for Inclusive Living' as your chosen charity, every time you purchase something online a small donation (no cost to you) is made to LCiL. This helps support our essential work supporting disabled people, people with long term conditions and older people in Edinburgh and Lothian. Thanks for your support.

LCiL One-to-one Peer support – Now open!

Are you a disabled person, someone with a long-term condition or a parent carer?

- Are you facing a change, want to explore different options for support or want to build your skills or confidence?
- Would you like to talk to someone who's had similar experience to you?
- **Yes? Then one-to-one peer support may be just what you're looking for!**



How does one-to-one peer support work?

You'll be matched with a peer supporter – they'll have experience that's relevant for you. Then:

- you'll meet one-to-one with them, – you'll agree how many times, how often, and what the purpose of your time together is, when you first meet;
- each meeting will last for a maximum of two hours and be an opportunity for you to talk, and very importantly, to be listened to;
- you'll agree how long you go on meeting for – usually a few weeks or months.

Who are the peer supporters?

They're people like you who've been trained to offer peer support. They work to guidelines and are supported to make sure they work safely and offer you good support. They use their own lived experience to support you to:

- explore or learn new things;
- make decisions about things that are important to you;
- deal with change.

– always with the aim of helping you to become more confident, skilled, knowledgeable and resilient.

I'm interested! What should I do now?

If you use LCiL services speak to your Independent Living Officer (ILO), Payroll officer or advice worker – they'll pass your details on so that you can be matched with a peer supporter.

Others can also refer to the service.

For more information about the service please contact Emma Wynack on 0131 475 2350/2554 or email emma.wynack@lothiancil.org.uk

New Year - new dates for LCiL Workshops in 2017

Assertive communication workshops:

Are you a disabled person, or someone with a long-term condition?

Do you want to learn how to:

- be more assertive?
- give yourself the best chance of getting what you need by preparing well for meetings or assessments?
- challenge decisions?



...and would you like to:

- meet new people? & increase your confidence?

in a relaxed and friendly atmosphere...then come along to our workshops!

There will be two sessions:

Assertiveness 1

10.30am – 2.30pm, **Tuesday 28th February 2017**

Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover different ways of communicating and their effects, and you'll have a chance to think about and plan how to make a case for something you need.



Assertiveness 2

10.30 – 2.30pm, **Tuesday 21st March 2017**

Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

This workshop will give you the chance to discuss how you used what you learned in Assertiveness 1 and to take your skills further.

Please note: you **must** do Assertiveness 1 before you do this workshop.

It's great if you can come to both, but you're welcome just to do Assertiveness 1 on its own.

Lunch and refreshments will be provided, and if needed we can organise and pay for transport if you live in Edinburgh or the Lothians.



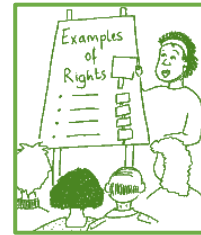
To find out more and to book, contact: **Emma Wynack** at LCiL on **0131 475 2350/2554** or email emma.wynack@lothiancil.org.uk

Know your rights workshop

Are you a disabled person, or someone with a long-term condition?

Do you want to:

- Improve your knowledge of your rights
- Increase your ability to self-advocate?
- Learn how to make a complaint if your rights aren't met?



...and would you like to:

- meet new people? & increase your confidence?

in a relaxed and friendly atmosphere...then come along to our workshop!

Where and When?

Know Your Rights Workshop

10.30am – 2.00pm, **Wednesday 25th January 2017**

Training Suite, Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover:

- the social model of disability
- where, when and how to get support
- where to go for support/advocacy with accessing benefits and services



Lunch and refreshments will be provided, and if needed we can organise and pay for transport if you live in Edinburgh or the Lothians.



To find out more and to book, contact: **Emma Wynack** at LCiL on **0131 475 2554** or email emma.wynack@lothiancil.org.uk

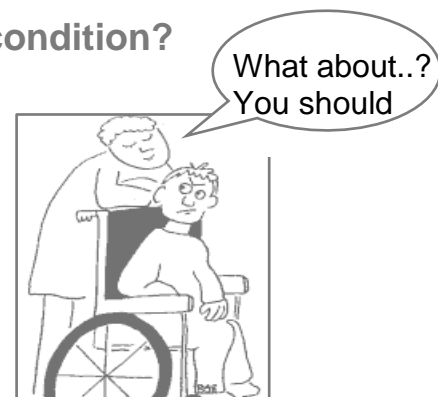
'Have you tried God, or snake venom?'

...are you tired of getting asked questions like this?

Are you a disabled person, or someone with a long-term condition?

Do you want to:

- have increased skills in having 'difficult' conversations?
- gain a better understanding of your own and others' motivations?
- learn how to turn the conversation around to educate/change attitudes?



...and would you like to:

- meet new people? & increase your confidence?
- in a relaxed and friendly atmosphere.....then come along to our workshop!**

Where and When?

Have you tried God, or snake venom?

10.30am – 1.30pm, **Tuesday 28th March 2017**

Training Suite, Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover:

- the social model of disability
- dealing with own responses to people trying to be 'helpful'



Lunch and refreshments will be provided, and if needed we can organise and pay for transport if you live in Edinburgh or the Lothians.

To find out more and to book, contact: **Emma Wynack** at LCiL on **0131 475 2554** or email emma.wynack@lothiancil.org.uk

Free workshop for Parents and Carers

The Lothian Centre for Inclusive Living (LCiL) is hosting a series of two workshops for parents and carers of disabled children and young people and children with additional support needs. In these workshops you will have the opportunity to:



- ◆ Meet other parents and carers
- ◆ Hear directly from a parent and young person about the journey to getting support and the difference it has made
- ◆ Explore ideas and opportunities around support
- ◆ Gain the confidence to ask for the support you need
- ◆ Find out practical information, resources and information on who to ask

When: 1st workshop Wednesday 18th January 2017 10.30-2pm

2nd workshop Wednesday 1st February 2017 10.30-2pm

Both workshops will be held at Norton Park Conference Centre in the Training Suite.

57 Albion Road Edinburgh EH7 5QY

Lunch and refreshments will be provided

To make a booking or find out more information about the workshop,

contact Emma Wynack at LCiL on 0131 475 2554 or email emma.wynack@lothiancil.org.uk



Essential updates for Personal Assistant (PA) employers:



If you employ your own Personal Assistants, this article explains some key changes and updates to take note and act on. If you have queries about any of these issues and you use LCIIL's Independent Living Service and/or Payroll you can contact us directly on the relevant details below each article:

1. Managing Annual Leave for your Personal Assistant/s (PA/s)

Employee's entitlement: All employees have a statutory entitlement to 5.6 week's annual leave per year. If they work part-time hours, then they will receive a pro-rata entitlement. As an employer, you have a responsibility to ensure your employees have the opportunity to take their annual leave. You can do this by informing them of their annual entitlement, and ensuring that you have adequate staff or agency cover to replace them when they are off.

Remember: employees still accrue holidays when they are off sick or on maternity leave. If your PA works irregular hours, or if they don't have any guaranteed hours of work every week (i.e. zero hours' contracts) they will still accrue annual leave.

Managing annual leave: You can state in your terms and conditions of employment how much notice you require from an employee when they want to request annual leave. Similarly, you can specify when an employee takes their holidays, as long as you give them twice as much notice as the length of holiday you require them to take. For example, if you are going on holiday for 1 week and don't require any support from your PA, then you would need to give them 2 weeks' notice to take 1 week's annual leave. The longer the notice the better it is for any staff.

Carrying over annual leave: All employees MUST take at least 4 weeks of their holidays (or a pro-rata if part-time). There are some instances where an employee may be allowed to carry over their entitlement. This may be because they are on sick leave or maternity leave. If an employee didn't take their full holiday entitlement because they felt they were dissuaded from doing so, or they felt they couldn't because their employer didn't provide adequate cover for them, they may be able to argue that they should get paid for the holidays they hadn't taken. In these instances, you should seek advice from either your Independent Living Officer (ILO), your Employer's Liability Insurance Provider or ACAS.

Payment in lieu of holidays: You should not offer to pay your PA their holidays instead of taking them, nor should you pay "rolled up holiday pay" which is where you pay a higher rate of pay which includes their holiday pay. When a PA leaves their employment, they should be paid any holidays that they have accrued and not taken.

How can LCIl help with annual leave?

Your Independent Living Officer (ILO) can help you with the following:



- Writing up terms and conditions of employment
- Help you to establish an annual leave policy
- Advise you on how to manage rotas and annual leave requests
- Calculate your PA's annual leave entitlement

Contact: Independent Living Service at LCIl, call: 0131 475 2350 or email: ilt@lothiancil.org.uk

2. Edinburgh Increased pay-rate for Personal Assistants to meet the Scottish Living Wage

City of Edinburgh Council (CEC) have increased the rate of pay for Personal Assistants (PAs) from £7.20 to £8.25 per hour. This is effective from the 3rd October 2016.

If you are a PA employer in Edinburgh and you receive the low rate of pay for your PAs, then you should receive an increase in your funding over the coming weeks.



To implement the increase, you need to contact your payroll provider and instruct them to increase your PAs rate of pay and back date it to 3rd October. If you are concerned about whether you can afford to do this, or if you receive a direct payment in lieu of day service or respite and you need to recalculate your budget – for support with this contact the Independent Living Service on 0131 475 2350 or email: ilteam@lothiancil.org.uk

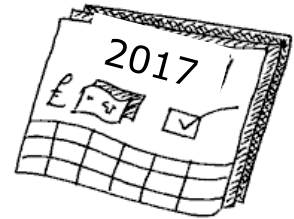
Below is an overview of CEC's current PA rates

Rate	Net (paid to your PA)	Gross (paid to employer to include holiday and sick pay)
Low	£8.25 (effective from 3 rd Oct)	£10.56
Middle	£8.82	£11.29
High	£10.15	£13.00
Sleepover	£64.80	£82.98

Please note that the Scottish Living Wage is different from the National Minimum Wage. The National Minimum Wage is £7.20 and it is the legal minimum that you should pay workers who are over 25.



3. Getting ready for pension auto enrolment and your legal responsibilities!



A few months before your staging date LCiL will send out an information pack that will let you know all about Pension auto enrolment and how it will affect you as an employer.

To ensure you do not fail to meet your legal responsibilities and to receive support from LCiL with Pension Auto Enrolment **you must sign and return the employer agreement** along with the **signed Direct Debit Authorisation Form to LCiL**, so we can set you up with the Pension Provider. **Please make sure you complete your bank details on the back of the form.**

If we do not receive a response from you within the deadline, we will advise your local authority that we cannot support you with your auto enrolment responsibilities.

If you have any questions, please contact Linda Mustard on 0131 475 2638 or email linda.mustard@lothiancil.org.uk



Christmas Processing dates for Payroll Service users:



Due to the large number of payrolls due to be processed prior to Christmas, we would appreciate your assistance in making sure that your timesheets arrive on the following dates, this will depend on what 'Run' number you are in (see below).

Run 1: timesheets due by Monday 12th December 2016. This should include estimated hours up to the normal cut-off date of the Saturday 17th December.

Run 2: timesheets due by Monday 19th December 2016. This should include estimated hours up to the normal cut-off date of the Saturday 31st December.

Run 3: timesheets due by Monday 5th December 2016. This should include estimated hours up to the normal cut-off date of the Saturday 10th December.

Run Cs: timesheets due by Monday 19th December 2016. This should include estimated hours up to the normal cut-off date of the Saturday 24th December.

Any adjustments can be made in January if necessary for any payroll run.

If you need to speak to the Payroll Team about Christmas processing, please contact them directly on 0131 475 2638. Please note: Payroll along with other services based at LCiL will be officially closed from **4pm on Thursday 22nd of December to 10am on Wednesday 4th of January 2017**. LCiL wish all our service users, members and supporters a very Merry Christmas and Happy New Year!

From the Training Team at LCIl



Are you a disabled person, or person with a long term condition, who is employing or, thinking of employing personal assistant(s) (PAs)?

If the answer is 'yes', then LCIl has 2 bite sized workshop dates to choose from in 2017 as part of its Pick & Mix project.

Aimed at helping you as a disabled person to increase your confidence and skills in managing a direct payment and get to grips with what you need to do as an PA employer; these workshops will cover:



- What's involved with managing a direct payment;
- Getting to grips with what you need to do as a PA employer;
- Responsibilities summarised;
- What you as an employer and, what the PA is expected to do
- Timelines, when you need to act!
- Knowing where to go for support.

Date: 23rd January 2017

Time: 10.30 – 1pm followed by lunch **until 1.30pm**

Venue: Norton Park 57 Albion Road EH7 5QY

We can organise and pay for transport if needed.

To book a place, or find out more: please contact Amanda Beech on 0131 475 2350/2510 or email amanda.beech@lothiancil.org.uk

Date: 6th February 2017

Time: 10.30 — 1pm followed by lunch **until 1.30pm**

Venue: Norton Park 57 Albion Road EH7 5QY

We can organise and pay for transport if needed.

To book a place, or find out more: please contact Amanda Beech on 0131 475 2350/2510 or email amanda.beech@lothiancil.org.uk

Personal Independence Payment (PIP), face-to-face assessments

The Grapevine advice service offers disabled people and people with long-term conditions expert advice and support to complete their PIP application forms in Edinburgh and East Lothian. We can also support



people with mandatory reconsiderations, if we have assisted them with their PIP claim form.

Most people, are being asked to attend a face to face assessment, as part of the application process for PIP, unless they are claiming under 'special rules' (e.g. terminal illness). These face to face assessments are being carried out by independent healthcare companies. Based on Grapevine's feedback on the face-to-face assessment process from service users we have put together the following advice which you may find useful.

Things to prepare before your face to face assessment:

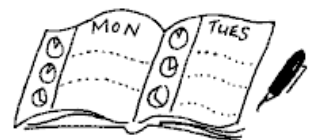
- We recommend taking someone with you for support, during a face to face assessment, whether this is carried out at home or an assessment centre. This could be a partner or friend or an independent advocate. Although Grapevine does not offer advocacy services, we can signpost you to services in your area.



- Take a copy of your completed PIP application form with you to your appointment; and try to be consistent with what you wrote in your paper application when asked questions (see more below). If you have completed your form with the assistance of the Grapevine service, you will have been given a copy for your records.
- If you require adjustments to your appointment or have specific access needs, request these in advance (there is a space at the end of the PIP form to state these) and double check, before the appointment, that these adjustments have been made. This can vary from requiring a home-visit, an interpreter present or if you would like to make an audio recording of your assessment. Please note there are particular rules about the type of recording equipment that can be used during an assessment (laptops and mobiles are not permitted) and the assessment centre has to agree to the technology being used before the assessment takes place, with signed consent. They also have to be provided with a copy of the audio recording. (Speak to Grapevine if you have queries about this).

During your face to face assessment:

- You will be asked to talk about a typical day and go into detail about how your condition affects your daily living and mobility. Make sure you mention fluctuations too, what it's like on both good and bad days. Don't play down the impacts an activity has on you. Remember to mention physical affects as a result of carrying out activities (e.g. pain, breathlessness, discomfort, fatigue), as well any cognitive or emotional impacts (e.g. memory, recalling or processing information, anxiety, etc.).



- As with completing the paper application it is very important to focus on whether you can complete tasks safely, repeatedly and in a reasonable period of time. Be sure to mention what help, both practical and prompting/encouragement you require from another person and if you use any aids or equipment to assist you.



- You may be asked to undertake an activity, such as walking the length of a corridor or climbing a flight of stairs. Do not feel pressured into undertaking any activity which would cause pain, distress or risk injury. Explain to the assessor why you are unable to carry out the activity.

- Don't let the assessor rush you when carrying out any activities; your safety comes first.
- If anything isn't clear during a consultation, ask for information to be repeated or explained again.

A copy of the DWP's PIP assessment guide is available online via www.gov.uk/government/uploads/system/uploads/attachment_data/file/547146/PIP-assessment-guide.pdf

This outlines details for carrying out assessments for those carrying out assessments.

If you have attended a face-to-face assessment and you feel you were treated unfairly or felt pressured to complete activities which caused you difficulty, pain or distress you are entitled to complain. If you would like independent advice before or after a face-to-face appointment you can contact the Grapevine service between 10am-4pm, Monday to Thursday on 0131 475 2370 or by emailing grapevine@lothiancil.org.uk

Some new factsheets from Grapevine Disability Information:

- Finding the right home.
- Access and Transport.
- Applying for Grants and Trusts.



Contact Grapevine Disability Information on 0131 475 2370 for more information or download for free from the Grapevine section of the E-library: www.lothiancil.org.uk

One man's Independent Living journey on a global platform

In October, Edinburgh played host to the 23rd International Rehabilitation Congress. Held every 4 years, it brings together disabled people, service providers, government

agencies, academics, researchers and advocates from across the globe. This year LCiL's very own Omar Haq presented his own journey towards Independent Living and here talks about how he felt taking part:

“My presentation offered a service user’s perspective on the impact that good social care support can have on independent living. Using the Medical and Social models of disability, I spoke about my journey towards independent living, what Independent Living means for disabled people, and how focusing on inclusion in every area of life, at every step of the process, can have wider benefits for the whole of society.



Omar at the RI Congress in October 2016

Independence does not mean having to fend for yourself without support. I hope more people understand now in practical terms the positive impact that good social care support can have on achieving an Independent life.

To be selected as one of 200 speakers on the day from all parts of the world was very exciting. Her Royal Highness, the Princess Royal was in attendance and Prof Stephen Hawking joined the conference via video link.

On a wider level I hope those who attended the congress got a deeper appreciation of how inclusion can impact on how individuals are valued as opposed to being labelled solely by their impairment and the important role society plays a role in this”

For information on the event check out: <http://riworldcongress.com/>

Peer Support for Parents and Carers at LCiL

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



When: Once a month, alternating Monday and Thursdays, 10.30am -1.30pm. Lunch from 12:30pm. Contact LCiL to find out the next date.

Where: The group will meet at Norton Park Conference Centre, 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 2350/2554 or email emma.wynack@lothiancil.org.uk

News from elsewhere:



Peer Support for Employment from the Scottish Union of Supported Employment (SUSE)

The Scottish Union of Supported Employment has set up a new project, More than the Sum of the Parts, working towards supporting disabled people for employment. It is not a peer support group for those looking for work, nor is it simply a network of people who use supported employment services, it is a structure. It will link disabled people or those with a long term health condition looking for Peer Support for Work in a number of ways:

- A closed secure Facebook group
- Peer Support hubs which will be facilitated with the aim of becoming self sufficient
- An online directory of Peer Support for Work around Scotland
- Roadshows and Taster Events around the country

Peer support is an effective method for helping people facing barriers to realise their potential. It is about people using shared or similar experiences to empathise with and support each other and it should be mutually beneficial. Peer support and peer support relationships can take many forms.

For more information on Peer Support for Work please contact Elspeth Ferguson, Peer Support Network Coordinator on 07793 146231.

Keeping warm this winter:

Remember if you are on a low income and/or receive qualifying benefits it's worth knowing about payments to help reduce fuel bills this Winter.

Cold weather payments: payable to those receiving certain means tested benefits when the weather drops below zero degrees Celsius for more than 7 consecutive days in your area. If you're eligible to get a Cold Weather Payment, you should be paid it automatically. If you don't receive your Cold Weather Payment tell your Pension Centre or Job Centre Plus To check out the detailed guidance on eligibility

about Cold Weather Payments visit: <https://www.gov.uk/cold-weather-payment/eligibility>

Christmas Bonus: a one-off tax-free £10 payment made before Christmas, to people who get certain benefits in the qualifying week (normally the first full week of December). Qualifying benefits include: Attendance Allowance, Carer's Allowance, Contribution-based Employment and Support Allowance (ESA) (once the main phase of the benefit is entered after the first 13 weeks of claim), Disability Living Allowance (DLA), Personal Independence Payment (PIP) and other benefits are included. You can get more information here: <https://www.gov.uk/christmas-bonus/eligibility>



Warm Discount Scheme: A one-off discount of £140 off your electricity bill. If you've have a pre-payment metre your electricity provider will tell you how to get this discount if you're eligible. Contact the Warm Home Discount Team if you don't get a letter but believe you qualify. Telephone: 0345 603 9439 or write to: Warm

Home Discount Team, 2.1.P Peel Park, Brunel Way, Blackpool, FY4 5ES or check out: <https://www.gov.uk/the-warm-home-discount-scheme/eligibility>

Winter Fuel Payment: a tax free amount paid automatically to people over Pension Credit age. Most people born on or before 5 May 1953 will qualify for the payment in 2016/17 (the date changes every year). If you qualify but don't get paid automatically, you'll need to make a claim. Claim for the first time by phoning the Winter Fuel Payment Centre on 03459 15 15 15 Textphone: 0345 606 0285 Monday to Friday, 8am to 6pm.

IF YOU REQUIRE MORE DETAILS ABOUT ANY OF THESE BENEFITS AND LIVE IN EDINBURGH OR EAST LOTHIAN: CONTACT GRAPEVINE ON 0131 475 2370 OR EMAIL: GRAPEVINE@LOTHIANCIL.ORG.UK

Home Energy Scotland



Home Energy Scotland from the Scottish Government have a range of initiatives which could help you save money. These include help for low

income households or those deemed 'vulnerable and include things like help towards insulation, heating systems and checks on the tariff you are on. If you would like more information about any of the schemes above, then please call Home Energy Scotland's free helpline on **0808 808 2282** to check what support you might be entitled to. You can also text 'warm' to 81025 for a call back or email advice@se.homeenergyscotland.org.

HOMEENERGYSCOTLAND.ORG
0808 808 2282
FUNDED BY THE SCOTTISH GOVERNMENT



Grapevine Disability Information Service

Providing up to date, reliable and accessible information to disabled people and their supporters in Edinburgh and East Lothian. We cover all disability related matters and our service is completely free and confidential.

You can contact us on:

Disability Information line 0131 475 2370 (Monday – Thursday, 10am-4pm). (If you can't get through to speak to someone please leave a message on the answer machine and someone will call you back as soon as possible). Alternatively you can email your enquiry to: grapevine@lothiancil.org.uk Or use our Online enquiry form at: <http://www.lothiancil.org.uk/>

Appointments can be offered to disabled people living in **Edinburgh and East Lothian** who require assistance on their Personal Independence (DLA) and Attendance Allowance (AA) forms.

Check out the latest news on our website at: www.lothiancil.org.uk or write to Grapevine, LCiL, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. To contact the Lothian Centre for Inclusive Living (LCiL) please call our main switchboard number on 0131 475 2350 (available Mon-Fri, 10am-4pm or email: LCIL@lothiancil.org.uk)

Please note our service will be officially closed from 4pm on Thursday 22nd of December from 4pm until Wednesday 4th of January 2017. Grapevine wishes all our service users and supporters a very Merry Christmas and Happy New Year.

Here's a list of other helpful phone numbers if you need to speak to someone in an emergency:

Breathing Space - 0800 83 85 87(Mon to Thurs 6pm - 2am) (Fri to Mon 6pm - 6am)

Samaritans - 08457 90 90 90 (24 hours)

Emergency Social Work Service - 0800 731 6969 (out of hours only)

NHS 24 Helpline (111)

NHS Inform Helpline – 0800 22 44 88 (8am to 10pm, 7 days) - can give you details of all pharmacies, GP practices and dental practices in Scotland.

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