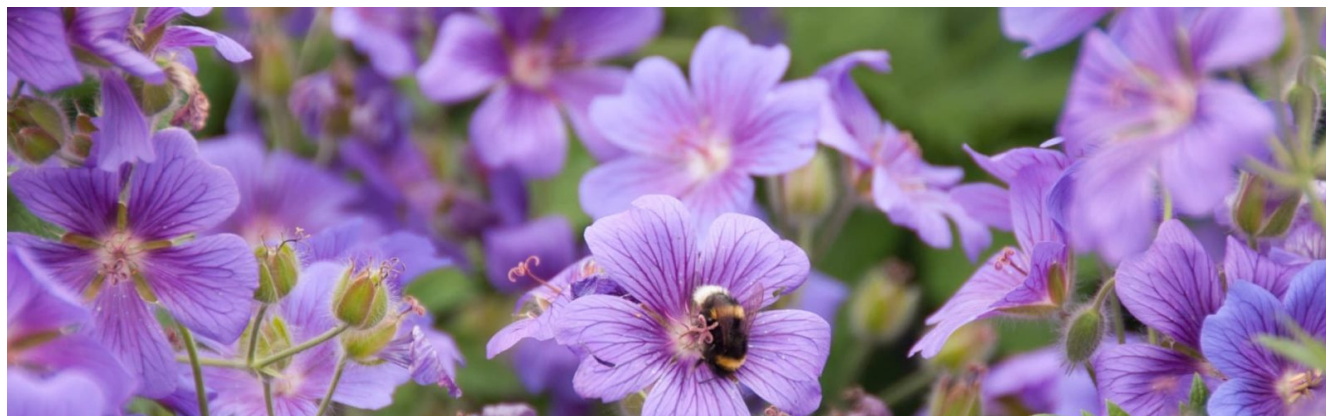


LOTHIAN DISABILITY NEWS

LOTHIAN CENTRE FOR INCLUSIVE LIVING



FOREWORD FROM LYN PORNARO



Welcome to our first newsletter where I am writing the introduction as the new Chief Executive Officer of Lothian Centre for Inclusive Living.

I was reflecting on these past three months recently at what has happened in the organisation and in the country. It's been a busy time that has just flown by, and not just because I am new in the role with lots to learn and history of situations to catch up on.

I am thankful that I have been with the organisation for two and a half years already – if you were on the newsletter list then, you can check back and read my intro there at that time. I mentioned in that intro that I liked to get things moving. That is certainly the case in my new role also but I am aware that external challenges that face us all, means that isn't quite the case.

What has been changing with LCiL are the new faces that have arrived. You will read their intros later on in this newsletter. We have undertaken some recruitment lately, and with more to come over the next month or so. Changing faces and roles allows our organisation to continually evolve and adapt, which is always a good thing.

As a society we are adapting to new ways of living and with the Report on the Independent Review of Social Care being published, we look forward with hope that the social care landscape will adapt too. We will certainly be actively feeding into any local decisions and through SDSS, the national decisions. So enjoy reading the updates in this newsletter and we wish you a wonderful summer.

Lyn

WELCOME

Welcome to the Team!

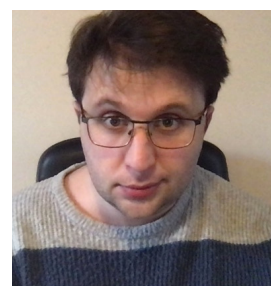
Over the last twelve months LCiL has been lucky to have several new faces join our busy teams. Read on to meet some of these new starts!

Grapevine

Grapevine welcomes Alasdair Vickers and Heather Pentler to the team as new information officers. They are both answering live calls and delivering our remote benefit form filling service over the phone and online.

Alasdair Vickers - Information Officer

If a film was made about my life, it would be called The Long Way Round. This is because, when I left school, it was to study physics. By the end of my studies, I realised that I did not want to do physics for the rest of my life. Since then, I have been a support worker, I have worked for a trade union and I have now found the kind of job I want to make a career of - advice work.



Heather Pentler - Information Officer

If a film was made about my life it would be called "Lost and Found". I have Moved around a lot in my life but found my home in Scotland.

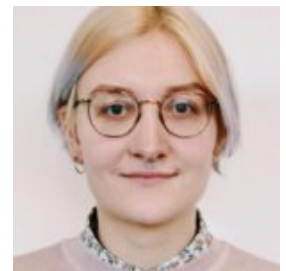


Self-Directed Support and Self Management Projects

The SDS and Self Management projects in the last twelve months have been delighted to welcome several new additions to the team. We have Paula joining LCiL as project worker on our Self Management Project, as well as Dylan and Ruari joining our SDS Development Project. Lastly and most recently, Callum joined the team here at LCiL as Service Development Manager, working to help coordinate projects and develop new service opportunities!

Dylan Beck - Self-Directed Support Development Worker

I'm one of the members of the SDS team, running workshops, training and peer support groups for disabled people and parent carers, as well as supporting out work with volunteer Champions. I'm really passionate about disability justice and so becoming part of LCiL and being able to contribute to the organisation's work has been a real joy, despite the current circumstances meaning I've mostly just been a face on people's screens!



Ruari Macneil - Events & Marketing Administrator

My role within the team is very much focused around organisation, communication and promotion of our ongoing events. In addition to this, having recently become the admin for the wider organisation, my duties within LCiL have become much more varied, working on a variety of projects predominantly based in the office.



Paula Moncrief - Self Management Support Worker

Supporting adults in Edinburgh living with long term health conditions who are keen to learn more about what they can do to better self-manage their day to day lives. This support can take many forms and is a very person centred service.



I am a mum to twins, enjoy playing tennis and walking my dog Otis in my spare time. I love to travel and have visited many countries prior to the pandemic. I have over 10 years of experience working in a variety of roles in the third sector.

Callum Ogden - Service Development Manager

I'm so pleased to be back at LCiL having previously worked with the amazing Grapevine team on a maternity cover role in 2017. While things have changed a bit - especially after 2020 - I'm very excited to be back working with such a passionate group of people and our fantastic service users. When I'm not working with my amazing colleagues you'll find me painting miniatures, aiming to improve my photography skills, and trying my best at amateur cartography!



£500 Payment to Personal Assistants

"A dedicated online and paper based application form, administered by Scotland Excel on behalf of the Scottish Government, will be launched on Wednesday 30 June 2021 to pay Personal Assistants who are eligible to receive their £500 payment for NHS and Social Care staff.

The Scottish Government has worked with disabled led organisations and payroll providers to find the quickest way to reach Personal Assistants.

The Scottish Government recognises the unique place that Personal Assistants and Personal Assistant Employers hold within social care and we encourage all eligible Personal Assistants to claim for this payment in recognition of their invaluable work throughout the pandemic."

Full guidance and Frequently Asked Questions (FAQs) can be found on the Scottish Government website at:

<https://www.gov.scot/publications/coronavirus-covid-19-social-care-workforce-gbp500-payment-guidance-for-personal-assistants>

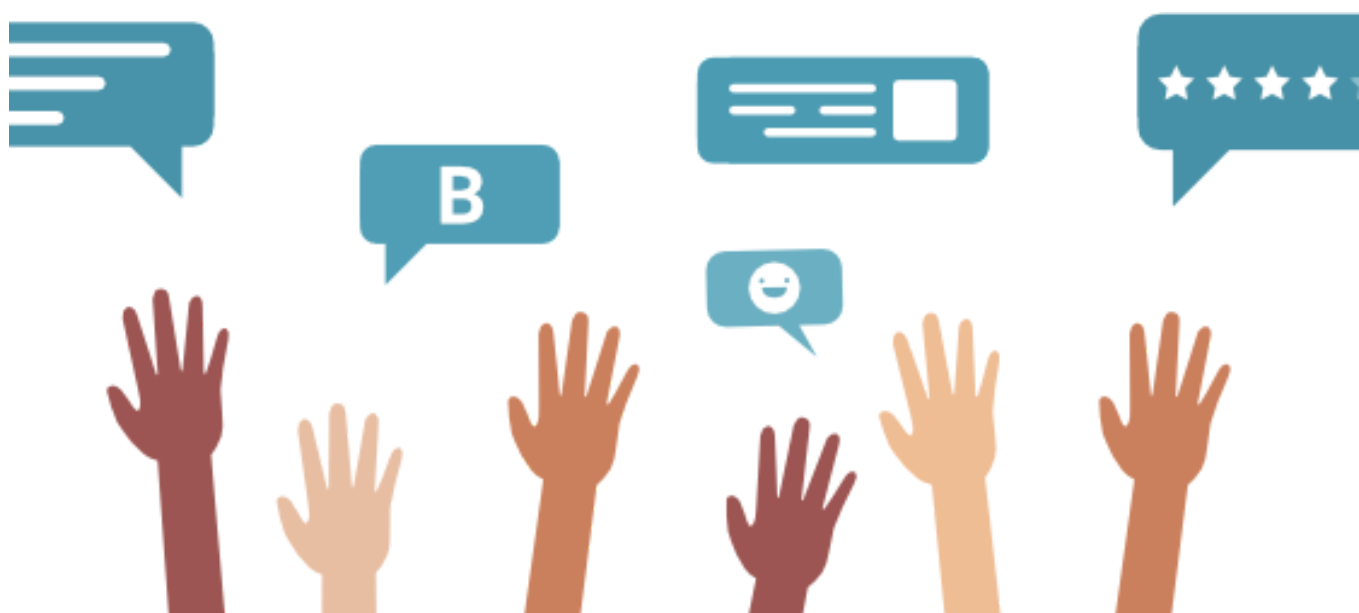
The application process will be supported with a helpline provided by Self-directed Support Scotland (SDSS): **0800 841 1321**

a link to the online portal can be found here:

<https://www.smartsurvey.co.uk/s/500PoundApplicationsForPAs/>

Annual Survey - Share your Views!

We are undertaking our annual survey for 2020/21 over the summer months. This will be sent out in July either by email or by post. If you have used any of our services last year, then you will receive a survey. We would love to hear your feedback, so please do fill this in. If you have any questions when you see your survey, just give us a call and we will see how we can help.



Grapevine Update

The Grapevine Team have had a very busy period while staff move on and new staff join us. We have funding secured for the next financial year after bringing in a whopping £8,664.35 per person/year.

The team are also busy checking in with people we have supported to apply for benefits to see if they have heard back about awards. If you are one of the people we have supported, please let us know if you have received your award yet and remember, the Grapevine team can help you appeal the decision, give us a call on 0131 475 2370.

Attend Anywhere Video Conferencing Platform

Grapevine are currently testing out a new way to connect with people using the Attend Anywhere platform which is a government recognised video conferencing platform.



It is as easy as clicking on a link, either on your phone or on your computer, you don't have to download anything. You will enter a virtual waiting room before connecting online with your advisor. Look out for opportunities being offered to connect using this platform soon.

3.4 million Pensioners are missing out on Attendance Allowance

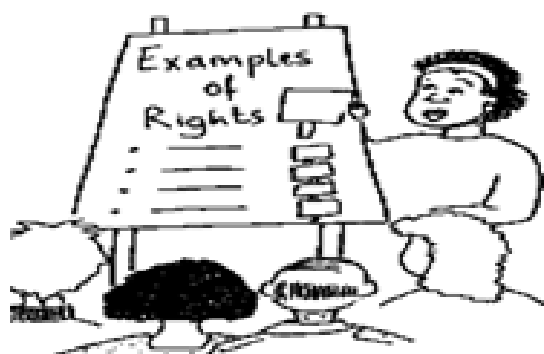


New analysis from national poverty charity Turn2us (November 2019) reveals that as many as 3.4 million people over the age of 65 are not claiming the Attendance Allowance they are entitled to.

Attendance Allowance is a benefit for people aged 65 or over who need help (not necessary help you actually get) with daily tasks because of illness or disability.

The payment amounts, which are paid weekly, vary according to the level of care required.

Eligible claimants get either £60 or £89.60 a week, giving them a boost of between £3,120 to £4,659.20 a year.



David Samson, Welfare Benefit Specialist at Turn2us, says:

"Unclaimed benefits are a huge issue in the UK. Whether it is because of an overly complicated system, societal stigma or simply not knowing, there are many reasons why people miss out on their benefits."

“People over the age of 65 are especially likely to be missing out on their entitlements. We urge anyone who is unsure of what they are entitled to, to do a benefit calculation to see if there is anything they can claim.”

It's worth applying, especially as you may get extra pension credit and housing benefit or a council tax reduction.

Attendance Allowance isn't means-tested so it doesn't matter how much income and savings you have. It's tax-free.

Please contact our Grapevine Disability Information Service for further information regarding eligibility and how to apply on **0131 475 2370**

Self-Directed Support Development Programme

Despite the lockdown in Scotland, the SDS team has remained busy developing new opportunities and ways to engage with the services we offer.

In recent weeks the SDS team was excited to advertise for volunteers to join our team. These volunteers will take on the role of volunteer co-facilitator in peer support and workshop session delivery. With full training provided, this exciting opportunity will provide volunteers with the opportunity to facilitate essential peer support groups, making a lasting difference to many service users.

In May of this year we were proud to deliver the first Transitions event for parent carers and young people. You can read all about our experience developing and delivering this session on the LCiL website or give us a call on 0131 475 2350 to request a paper copy by post.

As lockdown begins to ease in Scotland the SDS team are taking steps to plan ahead for how we might be able to run peer support and workshop groups in person again once it is safe to do so. While we have no immediate dates to share for face-to-face working in these groups, we are committed to making sure our groups are accessible and safe for all to attend. This means that going forward we aim to have a mixed approach with some groups meeting both digitally over Zoom, and face to face where possible.

We look forward to sharing more news on this face-to-face working in the coming weeks and months, be sure to follow us on social media and check back on the LCiL website for up-to-date news and information! For those not online, give us a call on 0131 475 2350 and we will be happy to send you a postal copy.



LCiL SDS Events

July - September 2021

West Lothian Disabled Person Peer Support Group



Carers of
West Lothian

Thursday 1st July
11am on Zoom

Edinburgh Disabled Person Peer Support Group

Tuesday 13th July
11am on Zoom

Introduction to SDS for Disabled People

Thursday 15th July
11am on Zoom

Peer Support Group for Parent Carers of Adult Children

Wednesday 21st July
1.30pm on Zoom

Edinburgh Parent Carer Peer Support Group



Monday 26th July
11am on Zoom

West Lothian Disabled Person Peer Support Group



Carers of
West Lothian

Thursday 5th August
11am on Zoom

PA Employer Forum

Wednesday 11th August
11am on Zoom

Edinburgh Disabled Person Peer Support Group

Tuesday 17th August
11am on Zoom

Peer Support Group for Parent Carers of Adult Children

Wednesday 18th August
1.30pm on Zoom

Think Out Loud for Parent Carers (Session 1)

Thursday 19th August
11am on Zoom

Edinburgh Parent Carer Peer Support Group



Monday 23rd August
11am on Zoom

Think Out Loud for Parent Carers (Session 2)

Thursday 26th August
11am on Zoom

West Lothian Disabled Person Peer Support Group



Carers of
West Lothian

Thursday 2nd September
11am on Zoom

Introduction to SDS for Parent Carers



Tuesday 7th September
11am on Zoom

Edinburgh Disabled Person Peer Support Group

Tuesday 14th September
11am on Zoom

Peer Support Group for Parent Carers of Adult Children

Wednesday 22nd September
1.30pm on Zoom

Edinburgh Parent Carer Peer Support Group



Monday 27th September
11am on Zoom

SDS Next Steps for Parent Carers

Tuesday 28th September
11am on Zoom



Lothian Centre for Inclusive Living

Self-Directed Support Events January to March 2021
www.lothiancil.org.uk

Lothian Centre for Inclusive Living
57 Albion Rd
Edinburgh
EH7 5QY

All of our events are free to join and are currently taking place via Zoom due to the Covid-19 restrictions. If you have any questions or would like to book on to an event then please get in contact via **0131 475 2350** or email **SDS@lothiancil.org.uk** to obtain the Zoom link.

Please Note: Our workshops are open to people in all local authority areas – East Lothian, West Lothian, Midlothian, and Edinburgh. Furthermore, we encourage those in local authority areas without a currently listed peer support group to please join one of our other groups for the time being.

Self-Management Project Update

The LCIl Self-Management Project continues to offer practical support to adults living in Edinburgh with one or more long-term health conditions. Through having a meaningful, person-centred conversation the Self-Management project can help you to:

- Connect to appropriate community supports and services
- Access resources to gain a better understanding of your long-term health condition
- Assist you to develop action plans which will result in better health and wellbeing outcomes
- Identify strategies to assist you to manage your emotional and physical challenges better
- Help you to feel better prepared for your medical appointments and get more from these in the future

In addition to providing this one-to-one support, the Self-Management Project has been working hard on developing group opportunities on specific topics. A short bite-size workshop on this subject of pain management was organised for May 2021.

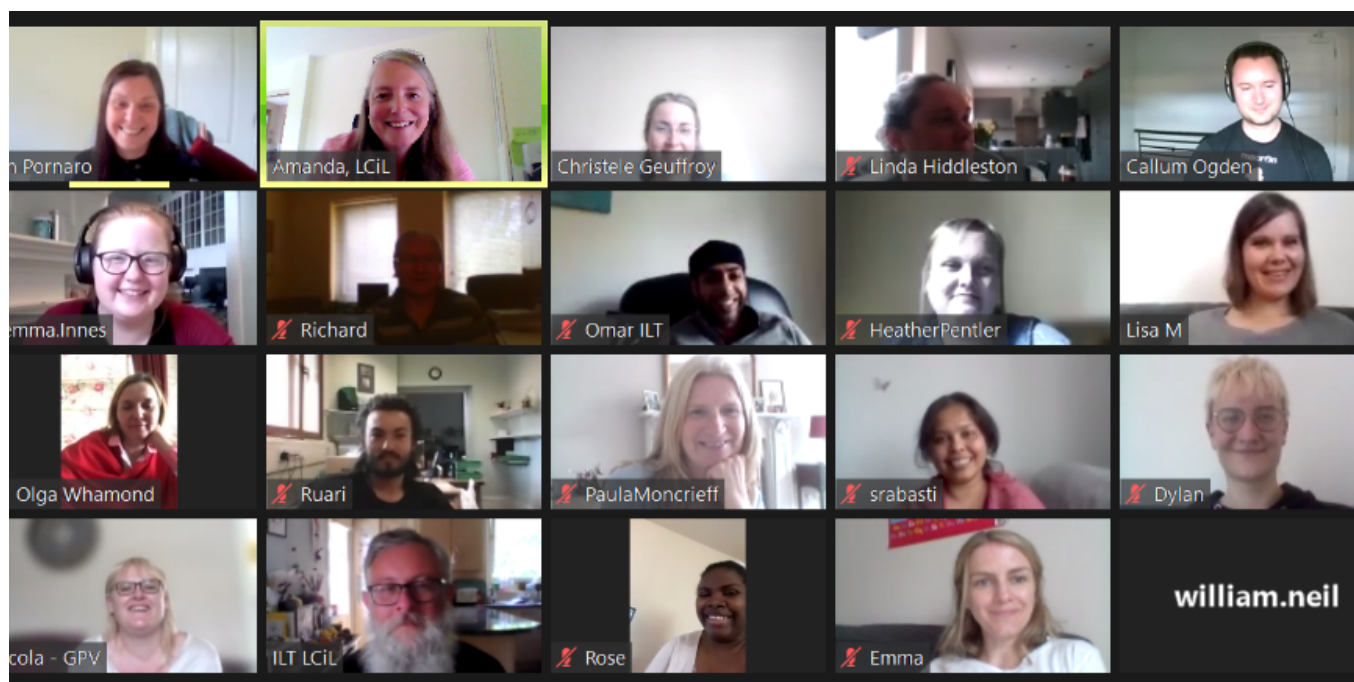
To find out more about the Self-Management Project, or to register your interest in attending future workshops, visit the LCIl website or email the Self-Management Project directly at SMS@lothiancil.org.uk. For those not online, call us on 0131 475 2350 for more information.

LCiL is 30 years old!

LCiL was founded thirty years ago this year and the organisation is planning how to celebrate three decades as the place to go to for information and advice for disabled people. The team will reconnect over the summer using a variety of socially distanced ways. Look out for our next newsletter which will showcase our celebrations.



Thank you for reading and continuing to support LCiL!



Some of the LCiL Team this Summer planning our birthday celebrations.