

# Preparing for Meetings and Assessments

**Thursday 11th May 11am-12.30pm**  
**(Online via Zoom)**

**An online workshop to help...**

- **Understand how planning/preparation can help**
- **Have an increased awareness of your rights in relation to Self-Directed Support and Benefits**
- **Have knowledge of where to go for help and who can support you**
- **Feel more confident in preparing for any meetings or assessments**



For more information  
or to book a place,  
please email  
**[SDS@lothiancil.org.uk](mailto:SDS@lothiancil.org.uk)**  
or give us a call on  
**0131 475 2350**