

Want to Keep Healthy?

Join the FAIR Healthy Living Course.

Everyone coming will get advice about looking after teeth, feet, ears and eyes, will do some fun exercise and eat some great food. You can also get a free health check from the local learning disability nursing team and make a plan to improve your health.

The course starts in April and will run once a week between 10am and 2pm at the ENABLE building 95 Causewayside for 10 weeks. There will only be places for **12** people so you need to send your name in as soon as possible.

To find out more about the Course, call Gill Reid on 0131 662 1962. If you are over 18 and interested in joining the course, fill in the form below.



Application form for FAIR Healthy Living Club

Name _____

Address _____

Telephone _____

Email _____

Why do you want to come to the Club?



LCiL Open Afternoon

The Lothian Centre for Inclusive Living has lots of information on disabilities, self directed support, employing personal assistants and disability equality training. To find out more about their services go along to their open afternoon on Wednesday 24 February 2010 between 1pm-6pm at LCiL's offices, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

Help make the council website better

Edinburgh Council wants to make its website better for people who use learning disability services. They are looking for 8 people who use disability services to go to a workshop to talk about the website and what they think about it. The workshop will be in late February or early March at Pefferbank Computer Suite

If you would like to take part, please contact dorothy.hill@edinburgh.gov.uk or call Dorothy Hill on 0131 553 8370 or text 0777 649 7086.



Information on Carer Assessments

SOFI (Supporting Older Families Initiative) and FAIR have organized a meeting for carers on carer assessment. The main speaker at the event will be Isobel Allan MBE. Isobel is vice chairperson of Carers Scotland, has been an Inspector with Social Work Inspection Agency and is herself a carer.

The event is free and will be held from 10.30 am to 12.30 pm at the Melting Pot, 5 Rose Street. Contact FAIR or SOFI on 0131 476 0522 for more information.

Good news for people who get Direct Payments

Edinburgh Council has now got a payment card which can be used for direct payments.

The Edinburgh card is a new simple way to get direct payments. It is an easier way to pay for things to meet your support needs and it means a lot less paperwork. If you have someone who helps you manage your Direct Payments you can get a second card for this person.

How the card works

Edinburgh council loads your direct payment money on to your card every month so you can pay for your support. You can use your card to pay for your personal assistants or service providers. You can do this by telephone banking, by email at a bank or through a payroll service. You can set up regular payments to a provider.

You will get a regular statement from the Royal Bank of Scotland showing all the payments made using the card and you can also use the internet to do this.

To find out more, please contact the Lothian Centre for Inclusive Living (LCiL) on 0131 475 2350, or email lcil@lothiancil.org.uk

New Helpline for Carers

A new welfare rights website and telephone helpline has been launched by the Princess Royal Trust for Carers.

The new service offers advice on a range of welfare benefits. In addition to the telephone helpline, the website offers public message boards and an online advisor to answer questions.

Visit www.carerscentre.com or call the helpline on 0800 161 38 39.



Is your son or daughter moving to secondary school or leaving school in June?



If they are it is not too early to start planning for this. Enquire produces two booklets to help you do this. Going to Secondary School and Getting Ready to Leave School.

To get copies call 0845 123 2303 or look on their website www.enquire.org.uk/pcp/pub/cypguides.php.

FAIR also have a useful booklet called Leaving School which you can get by ringing 0131 662 1962.

If your son or daughter is leaving school in June you may want to get some advice about their benefits. Remember when someone reaches 16 they may be able to claim other benefits so ask FAIR for a benefits check.

Updated Publications!

FAIR have updated their **Holiday Help** guide, **Leisure Guide to Edinburgh** and **What about Work**. If you want a copy call 0131 662 1962.

Happy New Year Everyone!



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Investing in your Future

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