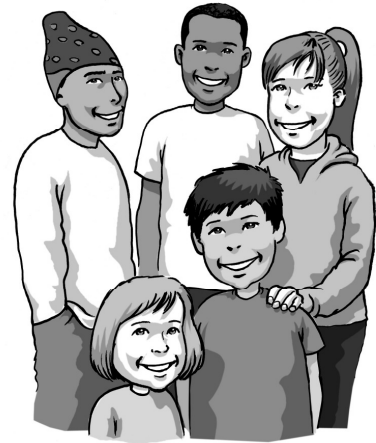


Learning Disability Week 2018 – My Generation!

Learning Disability Week is a week that celebrates the lives and talents of people with learning disabilities in Scotland. During Learning Disability Week people do activities and have events as a way of celebrating.



Scotland’s national Learning Disability Week 2018 will take place from **Monday 14th - Sunday 20th May**.

The theme this year is ‘My Generation’ because 2018 is the Year of Young People in Scotland. The week’s events and activities will look at the experiences of young people with learning disabilities in Scotland.

The ‘My Generation’ theme is also a great way for older people with learning disabilities to say how much Scotland has changed during their lifetime.

You can find out more by calling SCLD on **0141 248 3733**.

You can also get more information on how to get involved and download an Easy Read guide to Learning Disability Week from the SCLD website: **www.sclld.org.uk**

All the Best to Robert Davie



Robert Davie retired from his post as FAIR’s Senior Adviser on the 31st March.

We’d like to thank everyone who came along on the 28th to give him a good send-off and we hope you’ll all join us in wishing him all the best for the future.

Support and Information Sessions for Parents and Carers

NHS Health Scotland and Edinburgh City Council are running sessions for parents and carers on emotional wellbeing and mental health issues. These will be opportunities to meet other parents and supportive professionals in a safe and relaxed environment.

The sessions are aimed at parents of 11-18 year olds from in and around Edinburgh.

Depression and Low Mood: Friday 20th April, 9.30am-11.30am

Gate 55, 55 Sighthill Road, EH11 4PB

Communication with Teenagers: Tuesday 1st May, 6.30pm-8.30pm

Jack Kane Centre, 208 Niddrie Mains Road

Self Harm: Tuesday 15th May, 6.30pm-8.30pm

Southside Community Centre, 117 Nicolson Street, EH8 9ER

Suicidal Thoughts and Attempts: Friday 15th June, 9.30am-11.30am

Goodtrees Neighbourhood Centre, 5 Moredunvale Place, EH17 7LB

For more information or to book a place on any of the sessions, please contact Jillian Hart, Parent and Carer Support Development Officer on **07860 736129** or email **jillian.hart@edinburgh.gov.uk**

Changes to Blue Badge Scheme

The Blue Badge parking scheme has been expanded to allow carers and relatives of disabled people to apply for a disabled person's parking badge, if they are eligible.

To find out if you are eligible and to apply for a blue badge under this scheme, you must contact your local authority.

Edinburgh carers should contact **Travel Concessions** who will send out an application form.

To get a form sent out to you, phone **0131 469 3891** or email **travelconcessions@edinburgh.gov.uk**



New Carers Act

The Carers Act came into force on the **1st April 2018**. The Act provides new rights to carers in a number of areas.

Carersnet have worked with a variety of carers, carer organisations and health and social care staff to design a set of leaflets for carers that set out what the new rights are and what to expect.



The first 3 leaflets are on the following subjects:

- What to expect if you are considering a short break.
- What to expect when you make an adult carer support plan.
- What to expect when you make an emergency plan.

There will be more “What to Expect...” leaflets available soon, including, ‘What to expect when the person you care for is discharged from hospital’ and ‘What to expect when the person you care for is being assessed’.

You can download the leaflets and find out more about the Carers Act on the Carersnet website: www.carersnet.org/carers-act-resources/

Re:Connect – Digital Drop-Ins

Have you ever wanted to find out:

- How to reset your password?
- How to apply for a job online?
- How to use your smart phone?
- How to get the best out of the internet?



People Know How are a local Scottish charity that offers sessions to help people get the most out of their technology. Anyone is welcome, just go along and see how they can help you!

You can bring your own laptop or use one of theirs. You can also take your smartphone or tablet.

To find out more, phone **0131 652 1315**
or email contactus@peopleknowhow.org.uk

New App for Disabled Passengers to Use at Edinburgh Airport

There is a new 'Welcome' app for people with reduced mobility and hidden disabilities to help them arrange the assistance they need at the airport.



The app lets a disabled person set up a personal profile and tells the airport staff in advance when they are going to arrive and what kind of help they will need.



The app was developed by an Edinburgh based company called Neatebox, who try to make the lives of disabled people easier through technology.

The App is free and can also be used to arrange assistance at other venues that recognize it.

You can download the free app, and see a list of venues that recognise it, from **www.neatebox.com/welcome-user**

Cooking Classes

City of Edinburgh Council and Cyrenians are planning to run a cooking class on a Friday, 3 out of 4 weeks of each month.

The classes would be for 8 people and would run for 8 week blocks, starting on **Friday 20th April, 11am to 2pm, at Cyrenians, 84 - 86 Jane Street, Edinburgh EH6 5HG**



Cost: £2.50 per week.

It's hoped to make at least 2 dishes per week – so people taking part will have something to take home for lunch!

If you are interested in joining the class, call the Local Area Co-ordination Team on **0131 659 7842**.



Also available in large print or Audio CD on request.

**Published by FAIR, 95 Causewayside, Edinburgh EH9 1QG
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Website www.fairadvice.org.uk**

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