

New Podcast – Keeping Edinburgh

Edinburgh Health and Social Care Partnership has a new podcast. It is a 'what's on' guide with a difference. It explores the free places and spaces to visit. It helps people have more good days.

You can listen to the podcast now at:
www.podfollow.com/keepingedinburgh

You can find out more at **www.edinburghhsc.scot/moregooddays**

DWP Checks on Bank Accounts

A new law means the Department for Work and Pensions (DWP) will be able to check the bank accounts of around 10 million people. This is part of a crackdown on fraud. The new law will mean people will have their finances monitored.

This is part of a Government scheme to look for fraud and error in Universal Credit, Employment and Support Allowance, Pension Credit and Housing Benefit cases.

If you are getting any of these benefits and are worried in case this might affect you, call FAIR on **0131 662 1962**.

FAIR & WELL Events – February and March

The FAIR & WELL project aims to provide activities for people with learning disabilities and their carers. Part of the project involves a coffee morning, where you can come together for chit-chat, coffee and snacks!



There are several activities planned throughout February and March:

Events in February:

Wednesday 7 th	Coffee morning at FAIR: 10.30am - 12.30pm
Wednesday 14 th	City Art Centre visit: 11.00am - 1.00pm
Wednesday 21 st	Coffee morning at FAIR: 10.30am - 12.30pm
Wednesday 28 th	Fire Station visit: 11.00am - 1.00pm

Events in March:

Wednesday 6 th	Coffee morning at FAIR: 10.30am -12.30pm
Wednesday 13 th	Botanic Gardens: 11.00am -1.00pm
Wednesday 20 th	Coffee morning at FAIR: 10.30am -12.30pm
Wednesday 27 th	Trams outing to Gyle: 11.00am - 12.30pm

If you want to come along or find out more, please contact Tasneem:

Email tasneem@fairadvice.org.uk

Phone **0131 662 1962** or **07513824259**.

Don't forget, you can follow FAIR on Facebook for updates:

<https://www.facebook.com/FAIREdinburgh>

Food Bank Information

We all need to eat healthy food regularly, but the cost-of-living crisis means lots of us are finding it hard to makes ends meet. The City of Edinburgh Council's website has information about foodbanks and other organisations that provide food. For more information, look online at:

<https://www.edinburgh.gov.uk/cost-living/food-bank-information>

FAIR can refer people to foodbanks if they find themselves in crisis. Call us on **0131 662 1962** to find out more.

LCiL – Peer Support Groups and Workshops in February and March

LCiL (Lothian Centre for Inclusive Living) are a disabled-led organisation who provide a range of services to support disabled people and carers with Independent Living.



Their peer support groups and workshops help disabled people, employers, and parent carers increase their knowledge, skills and confidence. The groups are for disabled people, people with long-term conditions, older people and carers living in Edinburgh and the Lothians.

The programme for February and March includes:

Monday 5th February & Monday 4th March, 11:00am - 12:00pm:
Online Parent Carers Peer Support Group Delivered with VOCAL via Zoom

Wednesday 21st February, 11:00am - 12.30pm: Online PA Employer Peer Support Group Via Zoom

Thursday 22nd February & Tuesday 19th March, 11:00am - 12:00pm:
Online Disabled Person Peer Support Group via Zoom

Wednesday 28th February, 12:30 - 3:00pm: Introduction to Self-Directed Support, Online Workshop via Zoom

Thursday 29th February & Thursday 21st March 11:00 am - 1:15pm:
Edinburgh Disabled Person Peer Support Group,
Training Room at Norton Park Conference Centre

Wednesday 13th March, 11:00am - 1.15pm: Edinburgh Personal Assistant Employer Peer Support Group, Training Room at Norton Park Conference Centre

Wednesday 27th March, 12.30-3pm: Introduction to Personal Assistant Employment Workshop, Online via Zoom

You can register for an event by emailing **SDS@lothiancil.org.uk** or calling **0131 475 2350**, where one of the Peer Support and Learning Facilitators will complete the registration process with you.

Eric Liddell Centre – Carer’s Programme

Eric Liddell Centre has a wide range of free health and wellbeing classes along with a range of free courses and activities. These give carers the chance to meet and talk with others in a relaxed and informal setting.

The programme gives carers the chance to take a short break from their caring role as well as opportunities for carers and the person they care for to take part in activities together.

Their Carers Programme is part of the Carewell Partnership and is funded by the Edinburgh Health and Social Care Partnership. The programme is updated every quarter and includes activities like music, art, dancing, outings, talks and IT Support.

The full programme is available online at:

ericliddell.org/carers-programme/#carers-programme

or contact Irene at **McCarthy@ericliddell.org** or on **0131 357 1278**.

Learning Disabilities, Autism and Neurodivergence Bill Consultation

We all have the potential to develop, skills to offer, and lives to live as part of our families and communities. People with learning disabilities, autism and neurodivergence may think differently and experience the world differently. This should not mean they are disadvantaged or excluded.

The Scottish Government wants to put equality, inclusion and human rights at the heart of everything they do. All of Scotland can benefit if we protect, respect and champion the rights of people with learning disabilities and neurodivergent people. This consultation asks how we can do this.

You can find out more and access an Easy Read version of the consultation at:

<https://consult.gov.scot/mental-health-unit/learning-disabilities-autism-neurodivergence-bill/>

The consultation closes on **21st April 2024**.



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