

FORWARD
MIDLOTHIAN
DISABLED PEOPLE



Equality - Diversity - Inclusion

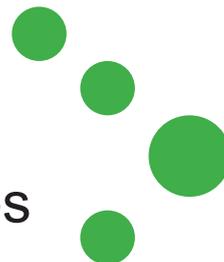
Independent Living and Work Choices Service

Are you a disabled person living in the Lothian and interested in:

- ❖ Exploring ideas and solutions to live a more independent life?
- ❖ Being ready to access Employment/Further Education or Training opportunities?
- ❖ Developing your own action plan tailored so that you can meet your needs and aspirations with our one to one support?

If so, LCiL can help you achieve your ambitions through an exciting new service funded by the Big Lottery that aims to create unique opportunities for disabled people to learn new life-long skills and make informed choices about becoming more independent. The new service is all about fulfilling potential and supporting disabled people to gain confidence and skills so that they can live a life of their own choosing.

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As part of this new service, we will be running a new 4 day Living and Work Choices course in September. The course will:

- ❖ Explore options for future, whether they be for Self Directed Support, Direct Payments or accessing employment, further education or training opportunities, so you can make an informed choice about what you want to do
- ❖ Give you information about your rights
- ❖ Provide guidance, confidence and skills to;
- ❖ make your choice work for you
- ❖ Offer you access to peer support
- ❖ Give you one to one support to transform ideas into actions at a pace that suits you



To register your interest or for an informal chat to find out more about the course, please contact LCiL or email either sunil.bhatnagar@lothiancil.org.uk or david.fulton@lothiancil.org.uk

Changes Needed to Scottish Government Benefits

The Scottish Government wants to know what you think about changes to the benefits it controls and its plans for the future. This document is only about the following benefits the Scottish Government controls:

- ▶ Free School Lunches
- ▶ National Concessionary Bus Travel Scheme
- ▶ Blue Badge Scheme
- ▶ Legal Aid
- ▶ Court Exemption Fees
- ▶ Free NHS dental treatment
- ▶ NHS Optical vouchers
- ▶ NHS patient travel costs
- ▶ Individual Learning Accounts
- ▶ Education Maintenance Allowance
- ▶ Student loans – exemption from repayment



These benefits and support can be linked to what other main benefits you get from the Department for Work and Pensions. The Scottish Government needs to look at how people can continue to get this support, as the Department for Work and Pensions is making changes to its benefits. Changes to benefits made by UK Government The way people get main benefits is changing due to the UK Government's Welfare Reform.

The main changes are there are two new benefits, Universal Credit and Personal Independence Payment.

Universal Credit (UC) A new benefit for both in-work and out-of-work people and this will replace:

- Income-related Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support (including Support for Mortgage Interest)
- Child Tax Credits
- Working Tax Credits
- Housing Benefit
- Budgeting loans under the Social Fund

Personal Independence Payment (PIP)

A new benefit will replace Disability Living Allowance (DLA) for everyone of working age. Even if they have a life time award. Not all those who receive DLA will receive PIP. PIP will have a Daily Living component and a Mobility component. These components are paid at two rates – standard and enhanced. Those not entitled to PIP will be informed and their DLA will stop. This consultation This consultation is about the benefits that the Scottish Government controls. It does not cover the welfare changes made across all of the UK.

The Scottish Government do not want to cut the budget for its benefits. However we cannot increase the budget. The Scottish Government knows that this support is important for people. We want to keep the new rules as close as they can to the old rules.

You can tell the Scottish Government what you think by answering the questions. The questionnaire can be found at www.scotland.gov.uk/Publications/2012/07/4915/1

Please return the completed form by Friday 28 September 2012. To:

passportedenefitsconsultation@scotland.gsi.gov.uk

or to: Welfare Division
2H South
Victoria Quay
Edinburgh
EH6 6QQ

The Future of The Independent Living Fund

The Government has launched a consultation on the future of The Independent Living Fund (ILF). This consultation seeks views on the impact that closing the ILF in 2015 would have on users, local authorities and the wider care and support systems across the UK. The Government would also like your views on how closure could be managed in a way which would minimise disruption to the care and support needs of existing ILF users.

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If you would like to have your say on what the ILF means to you, and the impact that closing it would have, then come along to our consultation event on Tuesday 11th September, at Norton Park Conference Centre , 12:45pm to 4pm.

This event is open to all disabled people. Refreshments available on the day. LCiL can reimburse travel expenses please ask if you need help with this.

Spaces are limited so please respond quickly to ensure a place on the afternoon by contacting louise.mcmeel@lothiancil.org.uk or by post:

LCiL,
Norton Park,
57 Albion Rd,
Edinburgh,
EH7 5QY.
Tel/Minicom 0131 475 2350).



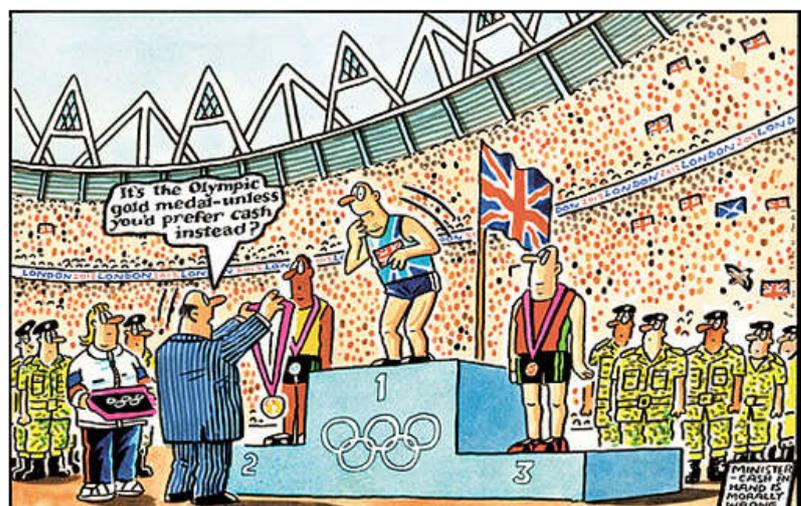
The London paralympics August 2012

The paralympic games have highlighted the strengths of disabled people and individual's ability to adapt and overcome, Some paralympian's are expressing that they would like to be integrated with able bodied athletes. With the amount of exposure disabled people are getting in the media this can only have a positive impact on the future for disabled people.

Although I will be cheering for all the Paralympian's, I will be cheering extra loud for Scottish athlete's that are all taking part in the London 2012 paralympic's.



Murray Elliot - Archery
Kate Murray - Archery
Scott McCowan - Boccia
Peter McGuire - Boccia
Stephen McGuire - Boccia
Fiona Duncan - Cycling
Aileen McGlynn OBE Cycling
Blair Glynn - Football 7 aside
Jonathan Paterson - Football 7 aside
James Richmon - Football 7 aside
Jim Anderson OBE - Swimming
James Clegg - Swimming
Sean Fraser - Swimming
Andrew Mullen - Swimming
Craig Rodgie - swimming
Mike Kerr - Wheelchair Rugby
Gordon Reid - Wheelchair Tennis
David Smith - Rowing Mixed coxed four



New LCIIL worker for the Midlothian Area

Hi, my name is William Neil and I am married and have a cat called Freddy and a big German shepherd guide dog called Yate. I'm the new Independent Living Officer at the Lothian Centre for Inclusive Living. I am really looking forward to working with the people of Midlothian to help them to access and maintain direct payments or self-directed support.

A Direct Payment is an alternative way of receiving your care and support from the council. I can support people with:

- ☞ Information and advice before and during the assessment stage
- ☞ Support with deciding how to best use your support package
- ☞ Recruiting and managing Personal Assistants
- ☞ Contracting with an agency
- ☞ Liaising with social work

If you want some information about Direct Payments/SDS then you can contact me by: email william.neil@lothiancil.org.uk or calling 0131 475 2543/2350



Midlothian Local Area Co-ordinators

Local Area Coordination is based on a vision of a society where disabled people are valued as full and equal members of the community. The following is an example of how Midlothian LAC helps people to achieve this.

Bonnyrigg Pool Social Night

Looking for something to do in the evening? Why not come along and join us for a few games of pool every other Wednesday. A group of guys meet informally between 7-9pm at Bonnyrigg Snooker Hall and have a great time chatting, laughing and, of course, playing pool.

This is an inclusive group where individuals have the opportunity to get out and about socially and also offers the potential to make new friends. There's no pressure – if you can make it, you just turn up! Being part of this has been a positive experience for the guys who go along, and they have built up a good rapport with the staff and regulars at the snooker hall.

There have been social activities apart from the pool nights, such as visits to the Edinburgh Dungeons, bowling nights and a meal out.

The guys are always happy to welcome other individuals, so if you fancy coming along then please contact Stuart on 07889 456 264.

Address: Bonnyrigg Snooker
29a Eskdale Terrace
Bonnyrigg
EH19 2BH



Your Call

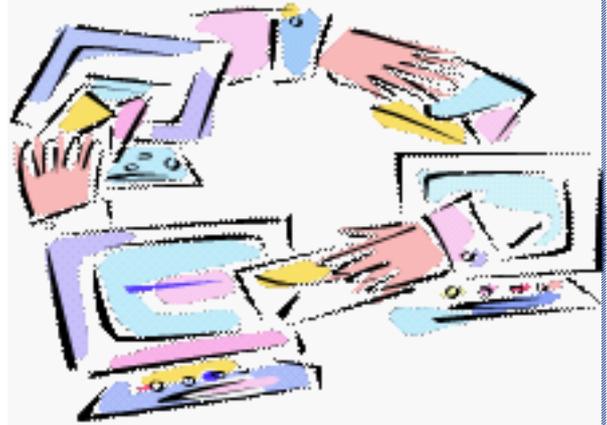
'Your Call' is a freephone telephone counselling service for disabled people and people with long-term conditions from across Scotland. It is one of the services supplied by the Lothian Centre for Inclusive

Living (LCiL) in Edinburgh.

Your Call improve counselling service for Disabled People in Scotland. Your Call is introducing a new e-mail counselling service in order to increase accessibility to counselling for people with hearing and vocal impairments, and for other people who have difficulty in using the telephone. As with the telephone service, the e-mail counselling service is

staffed by professionally qualified counsellors who are also disabled people themselves, and who understand what it means to live as a disabled person in Scotland today.

If you would like to know more about e-mail counselling through Your Call, please contact the Administrator, Kelly Jack, by e-mailing yourcall@hushmail.com, or calling the Your Call Freephone Telephone number 0808 801 03 62.



Affordable Warmth Midlothian

The Affordable Warmth Midlothian service is set to continue until March 2013 thanks to continuation funding from the Fairer Scotland fund and Midlothian Council.

As energy costs rise and in many cases, incomes fall due to the economic downturn and welfare reform, the pressure of household finances continues to increase. However free and impartial advice is only a phone call away. The affordable warmth service provides advice and practical solutions to help people stay affordably warm in their homes. Our Affordable Warmth Advisor can help residents with:-

- ▶ Understanding bills, resolving errors, resolving debt
- ▶ Understanding meter readings and how to get results from talking to suppliers
- ▶ Access to grants for debt-wiping or reducing, and for the installation of measures such as insulation or new heating systems.
- ▶ How to use your heating and hot water systems to best effect
- ▶ How to save money on your energy
- ▶ Understanding tariffs, switching and how to access discounts from suppliers, and much more!

The Affordable Warmth Advisor takes a flexible, client-centred approach to advice. Home visits can be made if required, or advice given over the phone or by post as people prefer. If you are contacting us from an organization of any kind, we can send you a referral form, and would be happy to speak to you in more detail about setting up a referral arrangement. Advice through one of the free monthly surgeries through their CAB advisor. Contact the CAB directly to find out the next available date and appointment time.

Contact Dalkeith CAB on 0131 660 1636

Contact Penicuik CAB on 01968 675 259

The Affordable Warmth service is delivered by Changeworks on behalf of Midlothian Council and the Fairer Scotland Fund. Changeworks' Affordable Warmth team has over 10 years of experience in delivering energy advice services to householders across Edinburgh and the Lothians. Changeworks vision is that everyone we work with is able and inspired to take action that benefits people and the environment.

For more information please visit www.changeworks.org.uk or contact Kirsten Cook, Team Co-ordinator Tel: 0131 468 8654 email Kirstencook@changeworks.org.uk

Forward MID Disabled Directory 2012

Still available to individuals and organisations who can benefit from good information for Disabled people in Midlothian. Pick up your's from MVA 4-6 White Hart Street, Dalkeith, Tel 0131 663 9471

Welfare Reform: Impact on Disabled People

Training Events 27 September 2012, Mayfield

Welfare reforms are changing the face of our benefits system with many changes made over the past year and many more to come.

Midlothian Council and Midlothian Financial Inclusion Network are running two FREE half

day training events (am or pm), focusing on recent developments and forthcoming changes in benefits aimed specifically at organisations and advisers supporting disabled people.

By the end of the training participants will have a knowledge of the process and contents of the Welfare Reform changes and have an understanding of the impact of the reforms on clients and advisers.

The day will also include Midlothian Financial Inclusion Network's Annual General Meeting at lunchtime.

For further information, or booking forms contact Shirley Lamb e-mail: mfin54@googlemail.com.



Well it is better odds than doing the lottery!



Pilot Project to raise awareness of range of services on offer

Midlothian Council's Community Care team will launch a pilot project in October, which aims to boost awareness of the range of social work services provided by the council and other agencies to local residents.

"Our aim is to increase awareness of the range of social work services that are available for local residents. We've identified Pathhead as one of two venues taking part in this pilot project, because we particularly want to reach out to those living in outlying areas of Midlothian."

Examples of topics residents may wish to seek advice on include free personal care, support for elderly relatives, welfare benefits, work opportunities for people with learning difficulties and advice on securing housing.



There's no need to make a booking to attend an advice session – just drop in between 10am and noon on the following dates:

- Tues 9 October at Pathhead Surgery
- Tues 16 October at Eastfield Health Centre
- Tues 23 October at Pathhead Surgery
- Tues 30 October at Eastfield Health Centre
- Tues 6 November at Pathhead Surgery
- Tues 13 November at Eastfield Health Centre
- Tues 20 November at Pathhead Surgery
- Tues 27 November at Eastfield Health Centre

Following the end of the eight weeks, the project will then be evaluated with a view to eventually being rolled out these free advice sessions across the whole of Midlothian.

Regards Community Care Pilot Team.

Disability and Education

Iain Tait, A disabled member of Forward Mid, became disabled in 2002 and has multiple medical conditions went back to education as he had lost his job and there is no possibility of returning.

Iain left secondary education in 1971 and returned in 2007, as his previous education achievements in 1971 were no longer accepted as a right of passage into further education. Iain started his further education with Access to Industry by first completing a national qualification (NQ).

The NQ qualification allowed Iain to proceed onto a two year course studying Multimedia Computing in particular Web Development, Iain Graduated from Jewel & Esk College in July 2010 with a Higher National Diploma (HND). The Jewel & Esk college provided a disabled friendly, inclusive teaching environment. Iain states "The Jewel & Esk College provided me with the highest quality tutors and a great foundation to move confidently into University".

The HND qualification allowed Iain to proceed into Edinburgh Napier University, Iain entered Edinburgh Napier University as a direct entrant into 3rd year, moving into university from college was a big step up, this proved to be a major challenge that Iain entered into, after only one year at Edinburgh Napier University Iain could have left with a degree, but decided to stay on and complete another year. In June 2012 Iain graduated from Edinburgh Napier University as Bachelor of Engineering with second class Honours (1st Division) in Web Technologies.

Iain specialised in making web sites available to people with all abilities, this includes people with visual impairments, people who use the keyboard only to move around web sites, people who use assistive technology equipment, for example Braille readers, voice commands, screen readers and people with learning disabilities.

Tim Berners-Lee quotes "The power of the Web is in its universality. Access by everyone regardless of disability is an essential aspect". Iain states, many web sites that are on the World Wide Web do not meet the basic requirements of the Web Accessibility Initiative by the W3c many web sites also break the Equalities Act 2010, therefore can be challenged.

He adds, "I am happy to evaluated your web site, or rebuild a web site or to build a new web site that complies with United Kingdom Laws, please contact me either Telephone 01875-825-937 or Email iainwisharttait@live.co.uk" You can also contact Iain through the Forward Mid Web site. Having graduated from Edinburgh Napier University has giving me the confidence and the ability to tackle all aspects of web development and with every new experience I am gaining more and more vital knowledge of all aspects of what the Internet is now required to achieve. If you have discovered a web site that you cannot access, send me the link and I will check it and see if it is possible to be challenged on accessibility issues.



Alternative Publications

The editions of the Forward MID newsletters are available in large print or at www.forwardmid.org.uk For alternative publication please E-mail to eric.johnstone@mvacvs.org.uk or call Eric Johnstone on 0131-663-9471 or write to him at MVA 4-6 White Hart Street, Dalkeith EH22 1AE with your request.