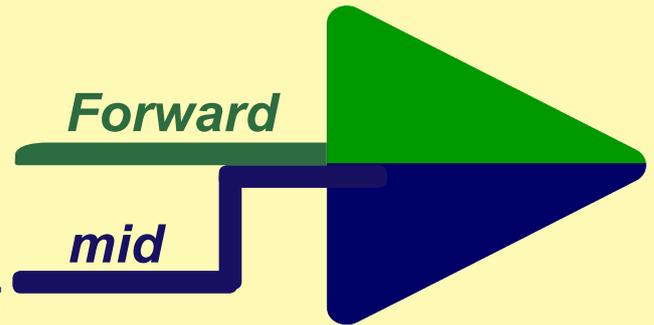


**FORWARD
MIDLOTHIAN
DISABLED PEOPLE**



Equality - Diversity - Inclusion

TOWARDS A GOOD LIFE, TOWARDS AN EQUAL LIFE

This event will take place on the 25th of June 2013 from 11.15am – 3pm at Loanhead Miners Welfare club. There will be an information session on Welfare Reform and then an overview of current activities that have come from the Strategy’s Action Plan. This will include a short film, followed by a working lunch. The afternoon will consist of spending time in mixed groups of disabled people and professionals. This will enable participants to look at ways of working together to enable disabled people to lead a full and independent life.



In March 2012 an event was held to produce a three year action plan to improve services for disabled people in Midlothian. This event was attended by professionals responsible for delivering these services, carers and, importantly, those whom the plan ultimately affects, disabled people themselves. We now invite you to a follow-up day to launch the outcomes of that initial day - the Official Strategy for Physically Disabled People in Midlothian 2013 - 2015.

Forward Mid, a Midlothian-based disabled people’s forum, is taking a lead role in this event and we are keen that disabled people are, again, fully represented on the day and continue to be active participants of how we deliver better support and life choices for Midlothian.

I hope you will be able to join us on the 25th of June and would appreciate it if you could let us know if you can attend. See attached slip for contact details.



To book a place, or for further information about this event, please contact either:

Jayne Lewis, Midlothian Council 0131 271 3665, jayne.lewis@midlothian.gov.uk
Eric Johnstone, Forward Mid 0131 663 9471, eric.johnstone@mvacvs.org.uk

We will try and assist with transport where possible. Please get in touch if you may require assistance with transport to attend the event.

Please let us know if you have any particular dietary requirements for lunch.



We aim to make our event as fully inclusive as possible and will aim to support full participation for all disabled people and individuals with a sensory impairment.

The venue is fully accessible.

What's Inside:	
View from the chair.....	Page 2
Independent choices....	Page 3
Readers Letter.....	Page 4
Access Panel.....	Page 5
Benefit Updates.....	Page 6
Youth films	Page 7
Access to work.....	Page 8
Go on gold.....	Page 10
Courses.....	Page 11- 15
Café Connect.....	Page 16

How a Training Course Can Change Your Life.

A view from the Chair.

In 1999 I found myself in hospital paralysed - the result of a sudden illness. I had now joined the ranks of 'the Disabled'. I was, and still am, very fortunate that I have a wife to share life's ups and downs with but this turn of events eclipsed everything we had encountered before. Neither of us had any previous experience of disability and therefore had no idea what my new life would have in store for us. We didn't even know how I would be able to get out of bed in the morning - never mind being able to live as full, as active and as enjoyable a life as we had pre-disability?

Personally, I knew I would no longer be able to play golf (a sad loss to the golfing world) but could I still be able to enjoy the other loves of my life; wining and dining, sneaking along to my local for a pint or two, going on holiday, even going to work?

Then, while still in hospital I heard about Direct Payments. We spoke to someone from Lothian Centre for Inclusive Living (LCiL) who explained what DP's were and outlined what was involved in managing them. This seemed the ideal route for me to take. I could manage the support I needed which would give me, and my wife, the freedom to live our lives the way we wanted to. But, it also raised a number of concerns. For example, I had no experience in the technicalities of employing staff such as drawing up job descriptions or contracts and, my biggest fear of all, managing the payment of staff - especially the complexities of tax and insurance payments. Fortunately, LCiL were running a course - "Taking the Plunge", a forerunner of their current course "Living Choices", which I signed up for.

Taking the Plunge, like Living Choices, consisted of a number of modules. We began by looking at a number of issues around disability including disability equality and Independent Living (not living on your own but having the same choices, control, freedom and

dignity as other members of society at home, at work and in society). These initial sessions had such a profound effect on me that I began to actively participate in the Independent Living Movement which I continue to do to this day.

We then looked at the nuts and bolts of managing a Direct Payment. We covered a lot of material which included; accessing support needs, advertising and recruiting staff, drawing up job descriptions and contracts, managing staff and dealing with payroll (nowhere as difficult as I had first thought). In fact, everything anyone needed to know on how



to manage a Direct Payment. Crucially, we were made aware of the one-to-one support LCiL could continue to give us whenever we needed it.

Important as all this material was, and still is, just as important for me was meeting other disabled people and finding out about their lives. The physical and attitudinal barriers they faced (which I had to look forward to once I was discharged from hospital) was a real eye opener as was the lack of choice and control some of my fellow course participants had with their current care/support packages. It was also comforting to know that I wasn't alone in my initial concerns about my ability to manage a Direct Payment. It is a big step to take (hence the course title "Taking the Plunge") but throughout the sessions our fears were addressed and we ended the course fully aware of what to expect should we decide to go ahead and manage our own support.

I finish off by heartily recommending the "Living Choices" course to any disabled person who wants to find out more about their rights as a disabled person, Independent Living, Self Directed Support/ Direct Payments and much, much more. The course I attended over a decade ago changed my life, you never know, this just might change yours.

Chair of Forward Mid - Jeff Adamson

Independent Living and Work Choices Service

Are you a disabled person or a person with long term conditions 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?

It could change your life!

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.

As part of this new service, we will be running a **4 day Living and Work Choices course on 4th, 9th, 11th and 16th July from 10.30 to 3.30pm** each day at MVA, White Hart Street, Dalkeith. 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

- Provide guidance, confidence and skills to make your choice work for you
- Informed choice about what you want to do
- Give you information about your rights
- Offer you access to peer support
- Give you one to one support to transform ideas into actions at a pace that suits you

**Don't Delay,
Book Today!**

To register your interest or for an informal chat to find out more about the course, contact LCiL on

Tel : 📞 **0131 475 2350** or go to our website

www.lothiancil.org.uk or

Email **lwc@lothiancil.org.uk**

Forward Mid have been looking at ways to bring the disabled community in Midlothian together in a couple of ways. Firstly, we started Cafe Connect in February and now we are launching a blog on our website at www.forwardmid.org.uk. This is a new arena for you to have your say. We hope you will use it. You can... be unique.

“Have
Your
Say”

The benefits of this social media tool is that it can greatly enhance the communication opportunities for all disabled people and allow participation in the community as well as highlighting any areas of concern they may have.

Letter From a Reader

Forward Mid received this letter from one our readers, who had trouble with the ramp at the car park beside Newbyres Medical Group. If you have also experienced difficulties we would like to hear from you before this issue is taken to Midlothian Council. The name and address of the writer has been withheld.

(Picture by Iain Tait). Taking the bricks as a measurement, standard modern bricks are usually about 215 x 102 x 65mm. There are fifteen bricks in length and seven bricks in height. This makes it 3225mm by 455mm plus the mortar making this angle 13 degrees approximately.

Dear Forward Mid,

I am a wheelchair user who has recently moved to Gorebridge. My doctor's surgery at Newbyres has a car park with a ramp down to the front door. The disabled parking is at the top of this ramp. The car park does not belong to the surgery.

The ramp itself is the problem. It is poorly maintained and full of rough edges. Going down it requires a lot of care and use of the brakes. For a wheelchair user it is very steep. There is also a junction at the foot of the ramp with both right and left directions. Before attempting to descend the ramp the wheelchair user has to ensure that there are no other people approaching the junction as a collision would cause injuries. Ascending the ramp in a self-propelled wheelchair is impossible to most wheelchair users; it is steep enough for a wheelchair to topple backwards.

There is also access at the end of the car park onto a footpath where the pavement is lowered to allow a wheelchair onto the path. The camber at this junction runs off down a hill and the access width is very limited. If another person is also using this footpath and moving in the opposite direction, there is no room to pass.

Two changes that would benefit wheelchair users and people unsteady on their feet are:

- ✦ To make the ramp extended to the left or right with a dog leg to reduce the acute angle of the ramp.
- ✦ To lower a larger part of the footpath at the end of the car park onto even ground and widen the footpath.

I hope you can help me by either informing me where to send these suggestions or suggesting them on my behalf.

I look forward to hearing from you.



A response from Midlothian Disability Access Panel

To our readers letter

MIKE HARRISON, Chairman, writes:



It's a pity I didn't see the draft of this magazine earlier. Only the day before I was within a few metres of the Newbyres Medical Group for a Midlothian Disability Access Panel meeting, complete with a bag of surveying equipment. Looking at the estimates you give using bricks, the gradient is approximately 1:7. The steepest gradient acceptable for a ramp is 1:12 and that for a ramp which is no more than 2m long. For one of 5m length 1:15 would be acceptable but

only with a good smooth surface. The recommended gradient for all ramps is a maximum of 1:20.

The Access Panel certainly likes to know about cases like this. It has no power to insist that changes are made, but can certainly help in campaigning, lobbying and making helpful and practical recommendations. In this case, without having the time to inspect the site, I can't make any comments on your suggestions for improvement which may well be the best possible. The question of who to direct your suggestions to – the best thing might be to try to find out who actually paid for the ramp to be built, was it the surgery, the NHS or the owner of the car park, because presumably they would be the ones who have to agree to any modification.

The Access Panel has a program for surveying places which are used by the general public (e.g. libraries, community centres, swimming pools and doctors' surgeries) where a small team goes around the premises, usually with a member of the staff, making notes of things which are likely to cause difficulty to people with any kind of disability – visual, cognitive, mobility etc. Sometimes these can be put right in a few minutes, other times it may need someone with a screwdriver and 30 minutes; some may cost nothing, or a few pounds; occasionally we may feel like saying "pull it down and start again"!

Anyone with an interest in access for the disabled (whether disabled themselves or a carer) is welcome to come to the panel meetings to listen and to contribute. In particular, at the moment we have no regular member with either a visual or auditory impairment. We meet between 1 PM and 3 PM about every two months and the next meeting is scheduled for 24th of July probably at Gorebridge primary school, then on 18 September.

If you are interested please contact either

The chairman (Mike Harrison, chairman@middap.org.uk, ☎0131 448 0930) or

The secretary (Nigel Clark, nigel.clark78@gmail.com, ☎0131 271 3070)

If you are unable to attend this meeting but you would like your voice to be heard about this issue you can write to Forward Mid at 4-6 White Hart Street, Dalkeith, EH22 1AE. You can also email Eric Johnstone at eric.johnstone@mvacvs.org.uk or phone him on ☎0131-663-9471. Forward Mid will ensure all correspondence will be presented at the meeting and if a follow up is requested will write or call you with an update.

Benefits for Disabled People – Update

At Forward Mid we want to ensure our members are receiving the correct information and advice on the current changes to benefits paid to disabled people. Below is a summary of the changes and support available.

The Welfare Reform Act

The Welfare Reform Act will introduce the Universal Credit in October 2013 which will replace:

- Income-based jobseeker's allowance (JSA)
- Income-related employment and support allowance (ESA)
- Income support (IS)
- Housing Benefit (HB)
- Child Tax Credit (CTC)
- Working Tax Credit (WTC)

The Welfare Reform Act is also introducing a new benefit called 'Personal Independence Payment. This will replace the current Disability Living Allowance for those of working age.



The following information is on benefits which will have an effect on disabled people:

Universal Credit

Universal Credit will provide a new single system of means-tested support for working-age people in and out of work. Support for housing costs, children and childcare costs will be joined in the new benefit. It will also provide elements for disabled people and carers.

Employment Support Allowance (ESA)

From 1 June 2011, the Employment and Support Allowance (Work-Related Activity) Regulations introduced a new requirement for certain recipients of Employment and Support Allowance (ESA) to undertake work-related activity. This is any activity which helps the claimant to obtain work, remain in work or to be more likely to obtain or remain in work.

Personal Independence Payment (PIP)

The Government plans to replace Disability Living Allowance (DLA) with a new cash benefit, called Personal Independence Payment (PIP) from 2013-14.

PIP is based on an assessment of individual need. The new assessment will focus on an individual's ability to carry out a range of key activities necessary to everyday life.

Further information about the Welfare Reform Act 2012 and disabled people can be downloaded from www.dwp.gov.uk/policy/disability/welfare-reform-bill-2011-and-disabled

We would like to hear how these benefit changes will affect you. If you're happy to share your experience with others you could use the Forward Mid Blog on our website or, alternatively, contact us by phone or e-mail (details below). If it's something you would like to keep private, please contact Eric. We may be able to help you ourselves but if not we, will put you in touch with someone who can.

Eric Tel: ☎ 0131 663 9471

Eric email: eric.johnstone@mvacvs.org.uk.

LIGHTS, CAMERA, ACTION!

A Night of Midlothian Youth-Made Films

Lasswade High School, the Assembly Hall, 5th June 2013, 6.30-8.45 pm



Mission Combat Bullying!

A film about bullying made by the Lasswade Pupil Council and funded by Lasswade High School Centre

(Running Time: 3 minutes approx)



Cyber Bullying

A film about cyber bullying made by the Online Safety Project Group and funded by Community Safety

(Running Time 4:17minutes)



Racism in Midlothian

A film about racism made by the International Bright Young Sparks funded by the Scottish Government Equalities Unit

(Running Time 5:37 minutes)



Life on the Gypsy Traveller Site

A film about living on the traveller site made by the Young Gypsy Traveller Action Group funded by the Scottish Government Equalities Unit

(Running Time 6:13 minutes)



Don't Change Yourself, Embrace Yourself!

A campaigning film promoting positive body image for women of all ages by **Midlothian Youth Legacy Ambassadors** and funded by Young Scot Youth Action Fund

(Running Time 5.33minutes)



Antisocial Behaviour: What's the big deal?

A film about antisocial behaviour made by Midlothian Youth Platform and funded by Community Safety

(Running Time 18:47 minutes)



The Impact of Violent Crime

A film about knife crime and violent crime made by Newbattle Youth Forum and funded by the Dale Bennett Memorial Fund

(Running Time 18:47 minutes)

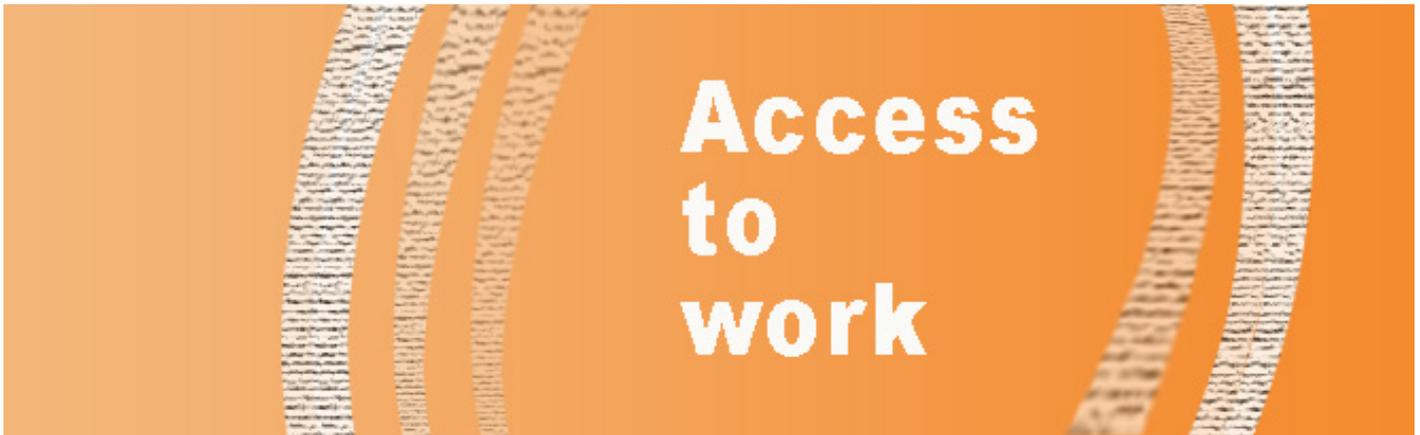
All the these Youth-Made Films have been coordinated and supported by Midlothian Council

COMMUNITY LEARNING & DEVELOPMENT SERVICE

in partnership with a range of organizations including: Young Scot Access All Areas, Police Scotland and Lasswade High School Centre. Professional Film-making support has been commissioned from Walk the Line Productions, Transmedia and FilmLive Media Ltd.

Lothian Centre for Inclusive Living (LCiL)

Access to Work – Unlocking the best kept secret!



Access to work is designed for: disabled people, people with long term conditions, employers and employment support organisations.

In 2013-14 LCiL is funded by the Office of Disability Issues (ODI) to promote and provide information and advice on Access to Work for disabled people, people with long term conditions, employers and employment support organisations, in the Lothian Region.

What is Access to Work?

Access to Work is a UK Government programme that can provide practical and financial support to disabled people and people with long term conditions to start or remain at work, and to employers so that they fulfil their responsibilities. The aim of the project is to spread the word about this.

What will the LCiL project do?

Building on and developing its current relationships with disabled people, people with long term conditions and a wide variety of organisations, the project will strategically target sections of these groups to ensure that they are aware of the benefits and support available from access to work. During the year the project will:



Provide workshops and information sessions to disabled people, people with long term conditions, employers and employment support organisations

- Facilitate peer support groups in the four Lothian local authorities
- Provide online and telephone information and support
- Train LCiL staff so that they are able to sign post effectively
- Distribute information
- Use social media and the LCiL website to send a clear message about Access to Work

How can we work with you?

Whether you are a disabled person thinking about work, an employer or a disabled employee, or you support one of these groups, we can bring information to you so that you become fully aware of the support available from Access to Work. Depending on needs we will provide information individually or tailor a free information session adapted to the audience. On request we will also team up with the Access to Work representative for Scotland who is able to take detailed and specific queries.



If we can help you in any way to:

- access work with the right support to enjoy and sustain it
- employ disabled people and people with long term conditions within the right environment and with the right support
- provide the right information to the people or organisations you work with to promote employability

How can you find out more?

Come along to the official launch of our project which will be held from 1:45pm – 4pm on the 28th of June 2013. Venue: Conference Hall, Norton Park Conference Centre, 57 Albion Road, Edinburgh, EH7 5QY.

This event intends to formally announce the project and raise awareness of the service and the agreed reforms which have been put in place to make it easier for disabled people, Support Organisations and Employers to understand and access the Access to Work Services when entering employment.

please do contact us:

Lothian Centre for Inclusive Living

Norton Park, 57Albion Road

Edinburgh, EH7 5QY

Tel: ☎ 0131 475 2350 (10am-4pm)

Text Direct: 18001 0131 475 2383

Fax: 0131 475 2392

Email: training@lothiancil.org.uk

Or visit our website www.lothiancil.org.uk

LCiL is based at the Norton Park Centre in Edinburgh. Our offices are fully accessible. Parking is available at the centre as well as on-street parking.



Gold

Online Access for Disabled People

Go ON Gold, is a project designed to help disabled people participate fully in an increasingly digital society.

Go ON Gold now hopes other Scottish community organisations will follow their lead by joining the campaign to capitalise on the new awareness and understanding of equality issues generated by the success of the Paralympics.

43% of disabled people have never been online. Volunteer led Access Panels across the country, will actively help disabled people access the internet and enable them to use on line tools to improve their web experience.

Go ON Gold is a national campaign to raise awareness about the barriers faced by disabled people in accessing computers and the Internet, and to help remove those barriers.

You can help by becoming a Digital Champion and helping a disabled person to get online; or your organisation could become a project partner, and help us spread the word.

Scottish Disability Equality Forum joined Go On Gold in February 2013 and Manager Susan Grasekamp said, "We work with many organisations to influence Scottish Government policies which affect how we live. We also work with Access Panels across Scotland who provide advice and support to disabled people in their local communities. Access Panels deal with all areas of access including the built environment, countryside, access to local and national services and education including in house training. Basically if you have a problem accessing anything within Scotland, your local Access Panel or disabled group could help."

"Most people are well aware of the physical challenges faced by disabled people, such as lack of wheelchair access and ramps for example – but the less tangible barriers, like having difficulty using keyboards or reading text, is less obvious for those not affected by it. For many people, even finding out about training courses is a challenge if they don't know how best to access the internet especially if they have a motor or visual impairment."

"As an organisation dedicated to helping disabled people access both physical spaces and opportunities to improve their education and careers, it makes perfect sense for us to spread the message about ways of increasing accessibility to all parts of modern life. The internet really is a gateway to fantastic opportunities – and one which should be available to everyone."

The Go ON Gold website acts as focus for key resources and expertise to help people get online and also features a number of videos by high profile disabled people such as leading Paralympian peer and disability rights campaigner, Baroness Tanni Grey-Thompson.

To find out about Go ON Gold and become a Digital Champion and help a disabled person to get online, visit www.go-on-gold.co.uk



Rights & Choices for
Disabled people, people
with long term conditions
and older people in
Edinburgh and Lothian



GREGGS

The home of fresh baking®

LCiL Training Service
In Partnership with Greggs...

Introductory Health & Food Safety Course

A brand new 3 hour training course for disabled
people who want to learn more about:

- ⇒ Bacteria and causes of food poisoning
- ⇒ Personal hygiene and hand washing
- ⇒ Storage of food and kitchen safety
- ⇒ Choosing the healthy option and more!

Date: 2nd October 2013

Time: 11.30am—3pm

Venue: Greggs Bakery, 36, Dryden Rd, Bilston Glen
Industrial Estate, Midlothian EH20 9LZ

Email: amanda.beech@lothiancil.org.uk

Phone: ☎ 0131 475 2510

57 Albion Road
Edinburgh
EH7 5QY

**Training
Service**



Transport costs provided on request
Refreshments provided by Greggs

Thistle Lifestyle Management. What is it?

Our Lifestyle Management Programme is designed to support people who are dealing with difficult life situations or who are living with a long term health condition. The programme helps people gain control over their situation by making use of and building on their own coping and recovery strategies. The course aims to boost confidence and self esteem by acknowledging and celebrating the small successes participants achieve along the way.

The course is supported by trained group leaders, some of whom have come through the course themselves. The 10-week programme consists of group sessions lasting three hours. These sessions involve discussion, safe and appropriate exercise, and therapeutic relaxation. The courses take place at local community venues, including Thistle Foundation.



Would Lifestyle Management Suit You?

Each individual is offered the opportunity to meet a member of the team to discuss their goals and best hopes before the course begins. Course goals are linked to the 'three Cs' of coping, control and confidence. We focus on identifying strengths and resources, as well as how these can be used to help manage daily life. Our way of working has been developed in response to feedback received from previous course participants. We ask that participants make every effort to attend all sessions.

Course Sessions

Week 1 Getting started

Week 2 Sleep

Week 3 The effects of stress and the benefits of relaxation

Week 4 Pacing and energy management

Week 5 Getting active and motivated

Week 6 Pacing and prioritising what's important

Week 7 Communication skills

Week 8 The mind-body connection

Week 9 Preventing, minimising and recovering from relapse

Week 10 Reflection and forward planning



Courses

	Dates	Time and Day		Location
Lifestyle Management Course	16/07/2013 to 17/09/2013	Tuesdays 2 pm to 5 pm	10 Weeks	Wighton House Thistle Foundation
Exercise Based Lifestyle Management for Older Adults	17/07/2013 to 18/09/2013	Wednesdays 2 pm to 4:30 pm	10 Weeks	Wighton House Thistle Foundation
Lifestyle Management for Older Adults	18/07/2013 to 26/09/2013	Thursdays 10 am to 1 pm	10 Weeks	Wighton House Thistle Foundation
Veterans Lifestyle Management	03/10/2013 to 05/12/2013	Thursdays 10 am to 1 pm	10 Weeks	Wighton House Thistle Foundation

Thistle Lifestyle Management, Niddrie Mains Road, Edinburgh, EH16 4EA

Tel: ☎ 0131 661 3366

Fax: 📠 0131 661 4879

www.thistle.org.uk

IT Sidekick

Interested in getting some computer tuition?

Would you like to learn more about computers but feel as if you need some extra help? The Live IT Sidekicks Project was set up to help people who lack confidence in using computers and people who would like to further develop their IT skills. It is operated through Midlothian Library Service. To join, become a Midlothian Library card holder and ask at the desk of your local library.

Free tuition will take place in Midlothian Libraries Live IT Centres and can cover topics such as word processing, internet access, email and basic digital photography. Tuition will be provided by volunteer 'Sidekicks' who will discuss with you the areas that you would like to cover and will keep a record of your learning progress. Sessions will take place within library opening hours and will be held at times convenient to both the learner and the Sidekick.

Who are IT sidekicks aimed at?

Live IT Sidekicks is a partnership project between the Volunteer Centre Midlothian and Midlothian Council Library service. It was set up to provide individual tuition in basic IT skills. Free tuition is provided by volunteer tutors or 'Sidekicks' in the library Live IT computer centres.

IT Sidekicks get training before starting out as a sidekick. All the sidekicks bring different skills and can help a wide variety of requests. Not all Sidekicks are computer experts. Some can guide you through the basic Microsoft packages and some have a degree from a university in computing and can provide tuition on dedicated packages.

One-to-one tuition takes place in your local library. The hours are flexible so that even if you work full time you might be able to get tuition in the evenings. Tuition normally takes place for an hour each week, with most learners will receive approximately 8 sessions with a Sidekick.

Anyone that cannot attend a library for this free 1-2-1 tuition can contact Volunteer Centre Midlothian who can arrange for either a Sidekick to visit you at home (this can only happen when there is someone in your home with you for support) or get you to join a communal group in an accessible building.

For more information contact :

Volunteer Centre Midlothian
The Computer House,
Dalkeith Country Park,
Dalkeith,
EH22 2NA

 **0131 660 1216**

info@volunteermidlothian.org.uk



Midlothian Council run courses

SKILLS DEVELOPMENT SCOTLAND INDIVIDUAL LEARNING ACCOUNTS - It pays to learn

Midlothian Council is an approved Skills Development Scotland Individual Learning Account centre. You may be able to use your ILA towards the cost of one of our SQA-accredited classes. The Skills Development Scotland Individual Learning Account is a Scottish Government scheme that helps you pay for learning that you can do at any time, place, pace and in a way to suit you. It's for people who have an income of £22,000 a year or less, or who are on benefits.

If you are 16 or over and living in Scotland, you could get up to £200 towards the cost of learning with a learner account from ILA Scotland.

In order to be eligible you:

- ⊗ Must not hold a UK degree (or international equivalent);
- ⊗ Must not be undertaking any form of secondary, further or higher education;
- ⊗ Must not be participating on any National Training Programme (Modern Apprenticeships, Get Ready for Work or Training for Work).

If you are interested in learning something new or brushing up your skills, there is a wide range of courses available - so why not have a look at the web site? www.myworldofwork.co.uk to get an idea of what's available in your area or call an advisor on 0808 100 1050.

ADULT CAREERS AND GUIDANCE

The new leaf service offers you the opportunity to access free community based careers advice and guidance. Our friendly team of advisers are here to help provide you with an impartial and confidential service. If you feel you want to change direction or try something new, we can support and signpost you to relevant organisations. For an appointment please contact us at: 5 Eskdail Court, Dalkeith EH22 1AG. Tel no: 0131 271 3455. E-mail new.leaf@midlothian.gov.uk

Progress through learning Midlothian (PTLM)

PTLM is a free service offering support and guidance to adults in Midlothian who want to go to college or university. If you would like to talk to someone about what you want to achieve and what options are open to you – get in touch. Even if you have few or no qualifications it is possible to start your journey today. We have a range of community based opportunities to help build your skills and confidence in preparation for college or university. Call: 0131 271 3625 or email: lydia.kerr@midlothian.gov.uk c/o PTLM Project, New Leaf, CLD Fairfield House, 8 Lothian Road, Dalkeith, EH22 3ZG

COMPUTING AND TRAINING OPPORTUNITIES IN MIDLOTHIAN LIBRARIES

Live IT Learning Centres are in all libraries and offer free access to the internet (we also have accessible technology for people with additional support needs).

STUDY IT ONLINE

Midlothian Library Service subscribes to Study IT Online. This provides easy to use online training and assessment to help you develop your skills and help you work smarter. Ask your local library for a user name and password. You can access these courses at home, at work or in the library.

Other courses available using your library membership are:

Business Writing Skills Computing for Beginners

- Customer Care CV Writing
- European Computer Driving Licence (ECDL) modules Information Handling Skills
- Leadership Skills Presentation Skills
- Team Building Time Management
- Telephone Techniques

For more information, please pop in or telephone:

Bonnyrigg Library ☎ 0131 663 6762	Mayfield Library ☎ 0131 663 2126
Dalkeith Library ☎ 0131 663 2083	Newtongrange Library ☎ 0131 663 1816
Danderhall Library ☎ 0131 663 9293	Penicuik Library ☎ 01968 664050
Gorebridge Library ☎ 01875 820630	Roslin Library ☎ 0131 448 2781
Loanhead Library ☎ 0131 440 0824	

Community Learning and Development ALN/ESOL with MALANI

ALN/ESOL learners want to:

- ☞ Brush up on their everyday reading, writing, spelling or maths
- ☞ Gain SQA Communication Numeracy or ESOL qualifications
- ☞ Improve their skills to help with work, training or college
- ☞ Help their children with their learning
- ☞ Improve their spoken English
- ☞ Learn how to cope with being hard-of-hearing
- ☞ Get the confidence they need to take part in learning.

If this sounds like you, contact us on 0131 270 8900 for more information.

Everyday English

- ☞ Improve your spelling
- ☞ Develop your writing
- ☞ Understand more about grammar and punctuation
- ☞ Read better and faster
- ☞ Read for information and pleasure
- ☞ Use an E-Reader
- ☞ Get an SQA Communication qualification



Everyday Maths

- Feel more confident using numbers
- Improve your understanding of fractions and decimals
- Use metric measurement
- Have more confidence with your budgeting and bills
- Get an SQA Numeracy qualification

English for speakers of other languages (ESOL)

- ✦ Improve speaking, listening, reading and writing in English
- ✦ Join an IT for ESOL group
- ✦ Get an SQA qualification

Lip reading classes

If you are hard-of-hearing you can learn and practise lipreading skills



All courses are **FREE** Learn in small, friendly groups, Set your own learning goals and work on what is important to you. Daytime and evening courses. Groups available in local venues across Midlothian. Join any of our classes anytime. Learn at your own pace in small, friendly groups and work towards SQA qualifications.

For more information please contact:

MALANI Office,
3 Eskdail Court,

Dalkeith EH22 1AG

Tel: ☎ 0131 270 8900

Email: malani@midlothian.gov.uk



Café Connect

Café Connect, Dalkeith's vibrant new community café run by Forward Mid (with generous support of Midlothian's LAC Group) gives people with disabilities a chance to meet up to talk and listen. We all have different things to bring and our own stories. As you can read below someone was looking for an accessible taxi firm for years and after one cup of tea and a biscuit she had the address.

People with disabilities have obstacles to overcome that other people do not see, so when a group of disabled people get together it is amazing what they can discover, one person having the knowledge of something that makes their life easier and passes it on, now ten people have that knowledge.

Come along and join us, have a cuppa and a natter and see what you can discover. If you have a positive story then we might just put it into print for you.

Where: Dalkeith Welfare hall, St Andrew Street, (East side of Dalkeith Medical Practice), Dalkeith

When: Last Tuesday of every month from 2 pm to 4 pm:

Café Price list

Tea / Coffee Free,

Biscuits Assorted Free,

Information Invaluable



Stories from Café Connect

A good turnout even although it wasn't the best of days weather wise.

I have to admit that I was a bit sceptical about the concept of Café Connect when it was first mooted but after Tuesday's one I have been converted.

I was speaking to an older woman, who is a resident at Drummond Grange care home. She was telling me about how isolated she is from the community, physically as well as socially. She has been to the previous two Café Connects and was saying that this has been her only opportunity to get out of the care home and meet new people. At one point we were joined by someone from the Access Panel, Mike, who asked her if she would like to participate in this group. I wasn't there at this time but I believe she was delighted to take up his offer. A win-win situation, for her and the Access Panel. I'm sure she'll prove to be an asset to them and, in turn, her involvement with them will have no end of benefits to her health and well-being. If we could have a success story like this every few months what an achievement that would be. I also benefited from speaking to her; she gave me an address card for the accessible taxi firm in Loanhead that I had been trying to locate for years.

Alternative Publications

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