

Covid-19 Update – Important Dates

The Scottish Government has a new timetable for easing lockdown restrictions:

2nd April: Stay home ends.
Stay local begins.

5th April: Outdoor contact sport for 12-17 year olds
Click and collect for non- essential items.
Gardening Centres will open.
Mobility equipment shops will open.
Hairdresser and barber shops will open.

12th/19th April: All pupils will return to school full time.

26th April: Up to 6 people can meet from up to 3 households outside..
People can travel anywhere within mainland Scotland.
All shops will be open.

**Easy Read Booklet – Online Safety**

Lead Scotland have produced an Easy Read booklet to help people stay safe online. The booklet gives information about using strong passwords, spotting email and website scams and what to do in the event of a cyber attack.

You can view and download a pdf of the booklet by following the link below. You can also ask to have a printed version posted to you for free:

<https://www.lead.org.uk/online-safety-booklet-easy-read/>

Scottish Government’s Adult Social Care Review – Easy Read

The Scottish Government has published a report on the independent review of Adult Social Care. This sets out a new vision for a system of social care in Scotland. The Easy Read version is available for download here:

<https://www.gov.scot/publications/independent-review-adult-social-care-scotland-easy-read/>

LCiL Self-Management Support Service

Is the Covid-19 lockdown causing you to feel isolated? If it is, you are not alone!



It can be difficult to manage the everyday challenges that living with a long-term health condition can bring, and those challenges may feel even greater than ever just now. You may be able to make good use of LCiL's Self-Management Support service. Call **0739 659 1871** or email Paula at **SMW@lothiancil.org.uk** to arrange a confidential chat to see if there are any areas they can help you with or suggestions they can make.

LCiL Self-Directed Support Development Programme

Please get in touch on **0131 475 2350** or email **SDS@lothiancil.org.uk** if you are interested in joining one of their upcoming events. All events are free to join and currently take place online via Zoom.

- **Tuesday 13th April 11am:**
Edinburgh Peer Support Group for Disabled People
- **Thursday 15th April at 11am:**
Housing and Support Workshop for Disabled People
- **Wednesday 21st April 1.30pm:**
Peer Support Group for Parent Carers of Adult Children
- **Thursday 22nd April at 10.30am:**
Transition and Support Workshop for Parent Carers
- **Monday 26th April 11am:**
Edinburgh Peer Support Group for Parent Carers

People First Women's Group – Zoom Meeting

Join People First's National Women's Group and speak about things that affect women with learning disabilities. Stay for the 2 hours or just pop in and say hello and meet other women.



The meetings run from **2.30pm-4.30pm** and will be held on the **21st April** and **19th May**.

Please contact Caroline or Laura if you would like to be sent a link to attend:

Caroline Rodger - **0775 382 2706**,
caroline.rodger@peoplefirstscotland.org.

Laura Martins - **07764 831148**, **Laura.martins@peoplefirstscotland.org**

Sight Scotland - Support Line

Sight Scotland is the new name for Royal Blind. If you need to talk to someone about sight loss, they'll listen. They'll explore what living with sight loss means for you and talk through your concerns, finding solutions together.

Need answers and advice on adapting to living with sight loss? They're here for everyone with sight loss, and can help you tackle the future with confidence.

Call them today on **0800 024 8973**
10am-12pm and 1pm-3pm, Monday to Friday

Send them an email: **supportline@sightscotland.org.uk**

Sometimes it's helpful to write down your concerns before you share. Send them an email and one of their specialist advisors will come back to you. They aim to respond to emails within 24 hours.

Listening Space for Carers

Do you care for a family member, friend or neighbour? Health in Mind have created a space for your mental health and wellbeing. Join them to:



- Talk about how you are feeling
- Meet other carers
- Share, listen and receive support as a part of a group

They meet online via Zoom every Tuesday from 1pm to 3pm - drop in.

New to Zoom? They can help you start! Contact them on email below.

For more information or to sign up please contact:

Email **paulina.szach@health-in-mind.org.uk**

Call **0131 225 8508** - Ask for Paulina Szach

Help to Support FAIR with Amazon Smile!

FAIR is a charity and we need help so we can keep providing our service. You can all contribute to FAIR by electing us as the charity to benefit from any Amazon purchases you make.

Go to: **smile.amazon.co.uk** – log in using same password as your Amazon account. Where it asks you to nominate a charity, search for “Fair Limited” and we should appear first in the search list.

Select and away you go. Make sure you log in to **smile.amazon.co.uk** each time you shop with Amazon, although if you just log on to Amazon it should ask you if you want to order through smile.amazon.

We get 50p for every £100 spent. Not a fortune, but every bit helps!

If you have any questions about this or other ways to help support us, please call FAIR on **0131 662 1962** or email **fair@fairadvice.org.uk**



Published by FAIR, 95 Causewayside, Edinburgh EH9 1QG
Telephone 0131 662 1962 • Email fair@fairadvice.org.uk
Website www.fairadvice.org.uk

A Charitable Company limited by Guarantee
Registered in Scotland No 135696 Registered Scottish Charity No SC002280