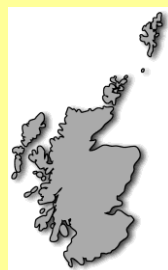


Scotland Demands Better!

Scotland needs change. Too many of us are being cut off from life's essentials. Too many are frightened of what the future will bring. Too many are struggling to get by.



We all want similar things. A warm, safe place to call home. A decent income that at least covers the essentials. Healthcare when we need it. Good schools for our children. Buses and trains that get us where we need to go. The right support and care to live with dignity and respect.

Scotland Demands Better is a small charity that is trying to make a difference. They want us all to come together and demand that politicians make the changes we need. We want a society where every household can thrive and prosper.

They are organising a march and rally on **Saturday 25th October**. The march starts outside the Scottish Parliament. Then it goes through the town centre and ends at the Meadows. The rally will take place with musical acts, speeches, food vendors and free activities for children. The march will show the range of support the campaign has so you are encouraged to bring along your own placards, signs and banners!

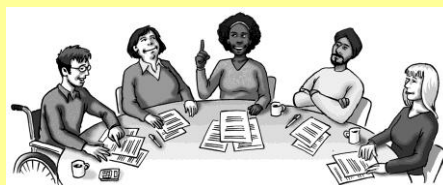
You can find out how to help and get involved on the charity's website:
www.scotland-demands-better.com/

FAIR's AGM

FAIR's AGM (Annual General Meeting) will be held at our offices at 95 Causewayside on Wednesday **3rd December** at **11am**.

Lunch will be provided.

All FAIR members are invited to attend.



FAIR & WELL Events – October and November

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 October and November:

Events in October:

Wednesday 1 st	Coffee morning at FAIR: 10.30am - 12.30pm
Wednesday 8 th	Old Parliament House: 10.00am - 1.00pm
Wednesday 15 th	Coffee morning at FAIR: 10.30am - 12.30pm
Wednesday 22 nd	Ratho Canal Boat: 10.00am – 3.00pm
Wednesday 29 th	Coffee morning at FAIR: 10.30am - 12.30pm

Events in November:

Wednesday 5 th	Scottish Portrait Gallery: 10.00am – 1.00pm
Wednesday 12 th	Coffee morning at FAIR: 10.30am - 12.30pm
Wednesday 19 th	City Chambers: 10.00am – 1.00pm
Wednesday 26 th	Coffee morning at FAIR: 10.30am - 12.30pm

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

Email tasneem@fairadvice.org.uk

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

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

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

Starting School – Support for Families

Going back to, or starting, school can be a tricky time, and sometimes neurodivergent children require extra support. The City of Edinburgh Support for Families web pages have some tools to make the transition as easy as possible.

If you care for a neurodivergent child and are looking for additional support, check out their YouTube video for a taste of the resources available:

www.youtube.com/@EdinburghCouncilResources

You can find out more about the support available on the Edinburgh Council website:

www.edinburgh.gov.uk/additional-support-needs/neurodiversity

Consultation on the Social Care Charging Policy

The Edinburgh Health and Social Care Partnership (EHSCP) are looking at making changes to the way they charge people for care that they receive. They want to hear from people who might be affected by these changes to understand how they will impact them before any decisions are made.



No decisions have been made about this yet. If they do decide to make these changes, you may have to start paying for your care or pay more than you are now. They want to assure you that no one will be charged more than they can afford to pay. They will carry out a financial assessment to work out what you can afford.

This is happening because the EHSCP do not have enough funds to pay for the services people need. Currently, they charge people for some services to help cover the cost of providing them. Without this income, there would be fewer services available to support people.

To give your views you can complete the consultation online:
consultationhub.edinburgh.gov.uk/hsc/charging-policy-consultation/consultation/intro/

If you need the consultation in a different format, please email the Interpretation and Translation Service at **its@edinburgh.gov.uk** quoting reference **25-1025**. The consultation closes on **22nd October**.

Winter fuel payment scam

We have heard about a scam text message that has been targeting elderly and vulnerable people. The text claims to be from the DWP and asks them to fill in their information in order to get a winter fuel payment.

Please note that HMRC and the DWP will never text people about winter fuel payments.

If you receive a suspicious text, you can report it on the UK Government's Cyber Security website: **<https://www.ncsc.gov.uk/>**

Help Wanted for Autism Research

A researcher at the University of Stirling is doing a study on how autism is experienced and understood by autistic adults with a learning disability.

The researcher wants to hear from autistic adults who have a learning disability, and who can give consent to this research study.

If you take part, you will meet the researcher two times. She will ask you some questions about being autistic. You can give your answers in the way you prefer to communicate.

For more information, contact Izy by email: **isu1@stir.ac.uk** or phone and text: **07769886484**



Vocal Carer Training Programme – October and November

VOCAL (Voice of Carers Across Lothian) offer a free programme of Carer Training events and activities. All events are open to carers registered with VOCAL who live or care for someone in Edinburgh or Midlothian.

Events include:

- Spending time in nature: walking groups, mushroom foraging
- Preparing your household for the colder weather
- Arts and crafts: sculpture, spray paint, wreath making and more
- Relaxation: yoga, meditation, book club, or sound therapy
- Regular, informal cuppa meet-ups to get to know other carers in your local area

You can find full details of all their events on their website:

www.carerstraining.co.uk/

You can also contact VOCAL and find out more about their services and what they do on **0808 196 6666** or email **carertraining@vocal.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