**Lothian Centre for Inclusive Living (LCiL)**

**Grapevine Disability Information**

**Grapevine Advice Subjects**

Grapevine provides free, confidential and independent disability information and advice for disabled, long-term sick persons over 16 years and to over 65 people living in Edinburgh.

Our Advice Line is available for anyone to contact on 0131 475 2370 (Mon-Fri, 10am-4pm).





0131 475 2370

You can also email our advisors securely, in a confidential way, at any time.



Our e-mail address is:

[grapevine@lothiancil.org.uk](mailto:grapevine@lothiancil.org.uk)

We can offer remote support to apply for **disability benefits**, or go through a **benefit check**.



**What type of information and advice is offered?**

* specialist expertise to empower disabled/long-term sick people to take up their rights and entitlements
* Providing up to date, accessible, independent and locally based information and advice in a confidential way.

**Advice topics we specialize in:**

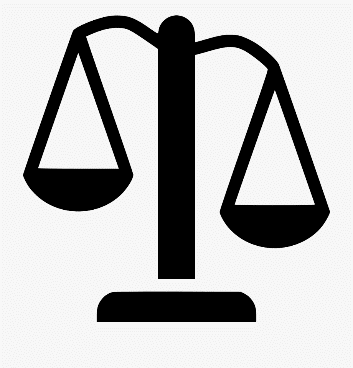
We can help you go through a benefit check and apply for benefits such as

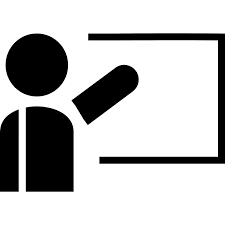
* Personal Independence Payments (PIP)
* Attendance Allowance (AA)
* Employment and Support Allowance (ESA)
* Universal Credit (UC)

Support to navigate life with disability/illness by providing advice and information about…

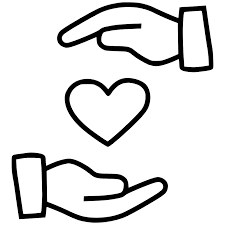
**Transport and access**

**Rights at work and equality (hate crime reporting)**



**Signposting to inclusive learning opportunities**

**Accessing care and self-directed support. You can also visit:**

[https://www.lothiancil.org.uk/our-services/training-service](https://www.lothiancil.org.uk/our-services/training-service/)/

**Info about emotional support and self-management classes**

**Grants and trust searches**

**Respite opportunities and holiday planning**

**Housing and adaptations**

**Mobility tools and aiding equipment signposting**

We have Publications and factsheets available to download in our resource library here: <http://www.lothiancil.org.uk/our-services/grapevine/>

Call us on 0131 475 2370 to **request a paper copy** and we will pop it in the post for you.

Take care,

the Grapevine Team