



In fact anything of relevance the group wish.

- get together for a coffee and a chat and chill out
- parent/carers can meet with others who understand their situation
- get information, advice and access to other services
- attend guest speaker presentations
- borrow books on parenting and additional needs
- get help to apply for benefits such as Disability Living Allowance
- access grant funding for specialist toys, activities, other items and holidays
- enjoy alternative therapies and stress busting sessions
- try out art and craft and cooking activities



The group can do simple things such as:

A Partnership between Youth Family and Community Learning Service and the Lanarkshire Carers Centre is helping parents of children with additional needs to meet each other, find support and take time out for themselves.

The group meets from **9.30 – 11.30am** upstairs in Lanark Universal Connections, 13 St Vincent Place. Enter last door at back of building (has sign for UC) and come upstairs to first floor. Parking at Morrisons opposite for 2 hours.

- Dates for 2019/2020: Thursdays-**
- August 29
 - September 19
 - October 24
 - November 28
 - December 19
 - January 23
 - February 27
 - March 26
 - April 30
 - May 28
 - June 18

If you want this information in a different language or format, please contact 01555 666091



PARENTS/CARERS OF CHILDREN WITH ADDITIONAL NEEDS

CLYDESDALE



Contacts:
 Marjory Donoghue 01555 666091
 Dian McFadden 07881617852