
Weekly Update 13th May 2022

Bronze DofE Training

Last week over 70 of our S3 pupils went out to train for their Expedition over in West Linton. With help from our wonderful leaders (see below) they learnt how to use a stove safely, put up a tent, use a compass, do some basic 1st aid and plan and navigate along a route. There was a little bit of time for some fun and games too! After this experience they should feel confident to take on the challenge of their Expedition at the end of the month. Photo credit to Mrs McDonald for the very atmospheric pics- capturing the beautiful starry sky we had on Wednesday.



We would not be able to run DofE without the fantastic people who volunteer and give up their time to help out (sometimes very last minute!)

This week a huge thanks goes to: Emily Munro, Deborah McDonald, Ewen Hardie, Katriona Weiss-Sanwell, Megan Davies, Ruth Moghadam, Sharon Gallagher and George Callaghan!

Thistle – Parent Plus Programme

This is an in person, weekly programme that starts on 19th May. If you cannot attend this round of sessions Thistle have asked for parents to contact them regardless as they would be happy to arrange for another round of sessions if there is enough interest. **Please see the attached flyer for more details and contact Sylvia at Thistle directly: thistley@thistle.org.uk**



Are you the parent of a young person aged 16+ with additional support needs?

Join the Thistle YP **Parents Plus Programme** and meet other parents in a supportive group to help your young person reach their full potential.

Support your young person to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Meet other parents

Parents Plus Course starting Thursday 19 May 2022, 7 weekly sessions, light buffet 5 30 pm, programme 5 45 - 7 45 pm. At the Thistle Centre of Wellbeing, Craigmillar, Edinburgh

For more information or to reserve your place, please contact:
Sylvia at Thistle Young Persons Team - thistley@thistle.org.uk



Thistle YP is a dynamic, creative and collaborative project, working alongside young people, their families, schools and communities, to take steps towards the future they want.
thistle.org.uk

Lothian Centre for Inclusive Living (LCiL) – Introduction to Self Directed Support (SDS)

This is an online session that will run on the 19th May with information for parents and carers eligible for, or interested in finding out more about self directed support payments. If you cannot attend at this time, LCiL can give you information about their next session or pass the information onto you. **Please see the attached flyer for more details and contact LCiL directly:**

SDS@lothiancil.org.uk



Introduction to SDS for Parent Carers

**Thursday 19th May, 6.30pm - 8.00pm
(on Zoom)**

You will learn...

- **What Self Directed Support (SDS) is**
- **What the four options for support are**
- **How to access an SDS assessment**
- **What your rights are**



For more information or to book a place, please email SDS@lothiancil.org.uk or give us a call on **0131 475 2350**