

ABILITY FEST 2011



**Ability Fest 2011: Thursday 20th October, Thistle Hotel,
Cambridge Street, Glasgow, 10 - 4pm.**

**To secure your place, please book early by contacting Shirley or Linda on
0141 556 7103, or email shirleybradley@gdaonline.co.uk .**



Aromatherapy & Relaxation

1.30 – 3.00

**Would you like to learn about
Aromatherapy and the art of
Relaxation?**

Then come along and enjoy:

- Introduction to a few oils and how to use them.
- How they work.
- Basic self-massage moves.
- Relaxing with Breathing and visualisation



Pathways for Learning, Volunteering & Employment

1.30 – 3.00

**Do you want to find out about
opportunities for learning,
volunteering and employment?**

**Come and hear from organisations
supporting disabled people.**

- Glasgow Disability Alliance – learning & other opportunities.
- Volunteer Centre – volunteering.
- Glasgow Centre for Inclusive Living – employment project.
- Momentum – workability.



Interactive Cookery

1:30 – 3:00

**Would you like to be more creative in
the kitchen?**

**Then come along and enjoy this
hands-on workshop.**

- Learn more about food.
- Learn more about food presentation.
- Pick up helpful hints and tips.
- Learn how to make healthier food choices.
- Healthy snacks with a twist.



Confidence 'Booster'

1.30 – 3.00

**Knowing who you are gives you
confidence. Find out with this fun
workshop.**

- Have fun and relax in a friendly and happy environment.
- Lots of 'hands on' activities.
- Improve your self-esteem.
- Feel enthusiastic and energised with a renewed attitude.
- Become more positive and assertive.
- Learn simple skills to reduce every day fears.

Getting your Voice Heard



1.30 – 3.00

The Independent Living in Scotland (ILiS) project supports disabled people in Scotland to have their voices heard by decision makers and service providers.

The workshop is aimed at disabled people who want to get their voices heard!

- Discover what others are doing to get heard!
- Hear about ways to work with others to come up with solutions.
- Build on your own skills and learn at the same time.

Welfare Reform

1.30 – 3.00



This workshop is aimed at disabled people and those working with disabled people directly.

The workshop will:

- Outline welfare reform and the overhaul of the benefit system, in particular the transfer to Employment and Support Allowance and the replacement of DLA.
- Consider the impact on disabled people and their choices and opportunities to learn, volunteer or to work.
- Provide a supportive forum for questions and discussion.

Self Directed Support



1.30 – 3.00

Self Directed Support (SDS) is a new way for disabled people to have more control of their personal care package.

Come along to this workshop to find out:

- What is SDS?
- Who will benefit?
- How do I find out if I qualify for SDS?
- Who can help me go through the process to receive SDS?
- What are individual budgets?
- How can I use the money I receive?
- Tools for problem solving.

Enable Guardianship

1.30 – 3.00



Making a Will and taking some simple steps to set up a Trust has benefits: it enables parents and carers of disabled people to plan for the future and make sure their loved one gets the financial protection they need.

Learn:

- Why you should make a Will.
- How to leave your assets to the people you choose.
- How Wills and Trusts can protect vulnerable adults.
- The importance of taking legal, financial and tax advice.
- How to find an experienced solicitor in your area.