

Free

# Thinking ahead: teens with disabilities

**contact** a family  
for families with disabled children

Free information workshops for parent carers of young people with a disability aged 14–17 years

## Making Change

Looks at caring for a young person growing up into adulthood, person centred care and how to make change, free planning guide provided.



9.45am – 2pm

6<sup>th</sup> July : Knowle Methodist Church, Bristol, BS4 2EP  
7<sup>th</sup> July: Mill on the Exe, Bonhay Road, Exeter, EX4 3AB  
8<sup>th</sup> July: Plymstock United Church, Plymouth, PL9 7PB

## Money Matters

Information on welfare benefits and funding post 16 years – Personal Independence Payments, other benefits and expert advice from Foot Anstey on The Mental Capacity Act.



9.45am – 2pm

14<sup>th</sup> July: Royal British Legion, Plymouth, PL6 5DH  
15<sup>th</sup> July: Foot Anstey, Senate Court, Exeter, EX1 1NT  
16<sup>th</sup> July: Foot Anstey, Bristol, BS1 6HZ

Free refreshments and lunch provided on the day. Booking required.  
To book a place call Katie Barron on **01503 220702** or email [katie.barron@cafamily.org.uk](mailto:katie.barron@cafamily.org.uk)