

🌀 October 2024 Update: Welcome & What would you like? 🌀

On 17th October we hosted the 1st session of the new academic year, welcoming new parents and carers of both pre-interns and supported interns. As well as having some new people join us in-person, this session was the first where there was the option to join remotely, via Teams. Whilst it's always lovely to see people face to face, it was really great to make the session more accessible to those parents and carers who wished to participate from home, especially if getting to Carlton House is a challenge. We hope that those who were dialling in from home were able to get something useful from meeting in this way, and we will definitely continue to make this an option in the future. ([You can book this here](#))

The theme of our discussions was *'What would you like from this group?'*, the idea being that we will tailor the calendar of future group sessions to those needs. If you were not able to be there but have a particular theme/topic request that you would like to be included, please email Emily via: counselling@lighthousefuturestrust.co.uk and we will try to accommodate those ideas too.



Suggested topics:

- ❖ *DWP Access to Work, including travel buddies, 'Travel Training' and SEND Transport*
- ❖ *Health Adjustment Passports – next steps*
- ❖ *Carers Leeds, Social Care, Social Workers and short breaks*
- ❖ *Support Networks*
- ❖ *Supporting Young People's Mental Health*
- ❖ *Independent Living / supported living*
- ❖ *P.A.s and live-in support – how to get this (CHAD team) legalities of having own home*

- ❖ *Making friends, socialising, integration and vulnerability etc. including accessible clubs and groups.*
- ❖ *Finances, budgeting, getting help with this, including digital skills.*
- ❖ *Employability – including topics that are delivered within the curriculum at LFT (sharing information with home)*
- ❖ *Access to and lists of local services, including Leeds Local Offer*
- ❖ *Confidence Building*
- ❖ *Citizens' Advice Bureau*
- ❖ *Supported activities outside of college, including*
 - [Connections Club.](#)



- ❖ [Click to join our parent carer Facebook group](#)

We look forward to seeing you at [the next in-person group session, 5:00-6:30pm on Thursday November 14th](#) either in-person or [online](#), when we will have our first guest speaker: Caroline from the **Citizens' Advice Bureau**, who will be very happy to take your questions.



[Please book your free ticket on Eventbrite](#) and we will see you then!

Best wishes,
Emily, Shelley and Julie

