



Do you receive

- Direct Payments?
- Independent Living Fund?
- a Personal Budget?

or

are you thinking about receiving one of these?

If the answer is YES to any of these questions then you might be interested in the

Personal Budget Helpline

A free, confidential service run by volunteers who manage their own support

Turn over the page for details!



Leeds Centre for Integrated Living
Choice and control for disabled and older people



We can help!

Talk to us if you have any issues or concerns about setting up and controlling your own support services.

Who are we?

We are a group of volunteers who are members of the Personal Budgets Peer Support and Consultation Group. We all receive Direct Payments. We provide peer support for each other and would like to do this for other people who use, or are considering using, Personal Budgets in Leeds.

We can't give you legal advice (Leeds Centre for Integrated Living's ASIST advisors may be able to do that — their number is at the bottom of this page). But we can talk about how controlling our own support services works for us.

Monday 3.00pm – 5.00pm

0789 1277 495
0789 1277 496
0789 1277 498
0789 1277 501

Tuesday 10.00am – 12.00pm

0789 1277 495
0789 1277 497
0789 1277 501

Friday 7.00pm – 9.00pm

0789 1277 495
0789 1277 496
0789 1277 497
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Just choose the time slot that suits you, and ring one of the numbers shown!

Further information

For more details about the helpline, or the Personal Budgets Peer Support and Consultation Group, contact Carole on **0789 1277 495**.

For general advice on:

- **Direct Payments – contact Leeds ASIST on 0113 2143 599**
- **Independent Living Fund – call 0845 601 8815**
- **Personal Budgets – call 0113 2243 064**