

## E.L.I.T.E (CIC) Enabling Living Independently Today and Everyday

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**E.L.I.T.E** Peer Support groups are informal meetings, where you can have FREE tea or coffee and CAKES!

If you are a disabled person, carer family or friend why not join us at the meetings. The meetings are designed to give people an opportunity to ask questions or raise any issues they may have such as those concerned with Self Directed Budgets (Direct Payments/Personal Budgets)

If you are unable to attend the meetings or are reluctant to put a question personally please contact the E.L.I.T.E team with your enquiry and we will be please to raise the matter on your behalf. Although the meetings are scheduled to last for 2 hours, it is not vital that you attend the whole meeting if you are unable to, so feel free to join us at any point if you have issues, concerns or questions.

Peer support group meetings are held across Staffordshire please check out the Peer Support Groups sections for those in your local area.

We also support new peer support groups to develop through sharing information and promotion.

For further information of Peer Support Groups and events in your area please visit the Support Group page in the main menu of the website.