



## **What can I spend my Individual Budget on?**

### **Event for people with disabilities and their families**

Inclusion North and Partners in Policy Making would like to invite you to two events to think about how Individual Budgets work and what you can spend them on.

#### **What are Individual Budgets?**

Individual Budgets are a way for people that use services to have more control over their money and more say about who supports them.

It's about choosing the support and care you have in your life; you can use your individual budget to buy the services you want.

## What will happen on the days?

### Day one:

- We will be thinking about how you can plan to make changes to the way your care and support work.
- We will hear from people that have an Individual Budget and how it works for them.
- Moveable Feast Arts will perform their Individual Budgets Play.
- Everyone will get the chance to make their own Individual Budgets plan of action.

### Day two:

- We will catch up with each other and find out what has happened since day one.
- We will be sharing the good news and also thinking about what can be hard in getting your own individual budget.

## When?

Day one will happen on 12<sup>th</sup> March 2009.

Day Two will happen on 25<sup>th</sup> June 2009.



## Where?

Sunderland Bangladeshi Centre  
30 Tatham Street  
Sunderland  
SR1 2QD

Both days will start at 10.30am



And finish at 3.30pm



The days are free for people with disabilities and their carers & supporters from across Yorkshire, Humber & the North East who live in Inclusion North member areas

To book a place or find out more get in touch with Pip at Inclusion North:



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