

# DO YOU USE

- direct payments?
- independent living fund?
- a personal budget?

Would you like to meet and talk to other people ... who direct their own support?

Why not join **Free to Live**

the  
personal  
budgets  
peer support network



... a free, confidential service run by volunteers who use a personal budget or direct payments to manage our own support.

## Like to find out more?

Visit our website at [www.freetoliveleeds.org](http://www.freetoliveleeds.org)  
email us on [info@freetoliveleeds.org](mailto:info@freetoliveleeds.org) or  
contact Leeds Centre for Integrated Living on  
**0113 214 3594** (voice) or **214 3598** (text)



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

**Free to Live**  
Direct your own support.



 **Leeds**  
CITY COUNCIL

**Free to Live**



# telephone helpline



**Monday 3.00pm – 5.00pm**

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

Just choose the time slot that suits you, and ring one of the numbers!

**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  
0789 1277 498

an informal\*, confidential advice line run by volunteers who manage our own support.



# website and forum

**24/7!**

visit our website anytime and post a question\* on our board, or drop us an email at [info@freetoliveleeds.org!](mailto:info@freetoliveleeds.org)



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\*We can't give you legal advice (Leeds Centre for Integrated Living's ASIST advisors may be able to do that — their number is on the other side of this page). But we can advise you informally, based on our own experiences.