

Know your rights workshop

Are you a disabled person, or someone with a long-term condition?

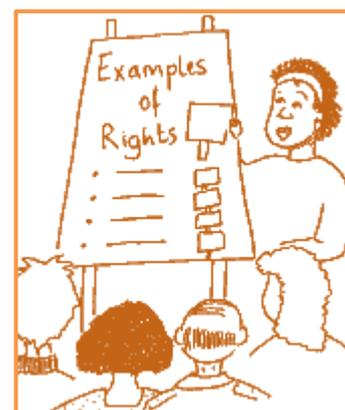
Do you want to:

- Improve your knowledge of your rights
- Increase your ability to self-advocate?
- Learn how to make a complaint if your rights aren't met?

...and would you like to:

- meet new people?
- increase your confidence?

in a relaxed and friendly atmosphere...
...then come along to our workshop!



Where and When?

Know Your Rights Workshop

10.30am – 1.30pm, **Wednesday 25th November 2015**

Training Suite

Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY

At this workshop we'll cover:

- the social model of disability
- where, when and how to get support
- where to go for support/advocacy with accessing benefits and services



Lunch and refreshments will be provided, and we can organise and pay for transport if needed.



To find out more and to book, contact:
Emma Wynack at LCiL on **0131 475 2554**
or email emma.wynack@lothiancil.org.uk