**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 18th May 2016**

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 if needed we can organise and pay for transport if you reside in Edinburgh or the Lothians .

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To find out more and to book, contact:

**Emma Wynack** at LCiL on **0131 475 2554**

or emailemma.wynack@lothiancil.org.uk