

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

**Do you live in Edinburgh, East Lothian, West Lothian or Midlothian?**

**Are you interested in using your lived experience to help others?**

LCiL is recruiting a group of volunteer one-to-one peer supporters who'll use their lived experience to encourage, inspire and inform others – supporting them in their own journey, and acting as role models.



You'll be matched with someone with similar experience. Over a period of weeks or months you'll meet with them regularly, build a positive, non-judgmental relationship and support them to explore or learn new things, make decisions about what's important to them or deal with changes in their life.

The outcome should be positive for both of you – leading to more confidence, better skills and knowledge and increased resilience.

Training and ongoing support will be given, and travel costs reimbursed.



**Want to find out more?**

**Contact:**

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The closing date for applications is **5pm on Wednesday 27 July 2016**  
Interviews will be held on Wednesday 17 and Thursday 18 August 2016