

Linked peer support group – Getting unstuck

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

Do you want to:

- Explore how to get unstuck and move on in life?
- Share what works for you?
- Create new ways of coping with change?

...and would you like to:

- meet new people?
- increase your confidence?

in a relaxed and friendly atmosphere...

...then come along to our linked peer support group



There will be six sessions:

The peer support group will run for six sessions. After session **three** the group will be closed to new members.

Dates & times:

Tuesday 8th November, 10.30-2.00pm

Wednesday 30th November, 10.30-2.00pm

Tuesday 13th December, 10.30-2.00pm

Wednesday 11th January, 10.30-2.00pm

Tuesday 24th January, 10.30-2.00pm

Wednesday 15th February, 10.30-2.00pm



All sessions will be held at **Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY**

What we do in each session will be led by the needs and wants of the group.



Lunch and refreshments will be provided, and if needed we can organise and pay for transport if you reside in Edinburgh or the Lothians .



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