

For more information, please contact:

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Find us on Facebook



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Our telephone hours are Monday – Friday,  
10am-4pm.

Address: LCiL, Norton Park, 57Albion Road,  
Edinburgh, EH7 5QY

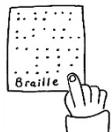
(Our venues are very easy to access and have  
parking).

All our information is in a range of formats. These  
are:

**Audio**



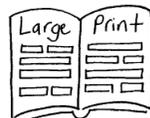
**Braille**



**Easy words**



**Large Print**



LCiL is a registered charity number SC017954

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## One-to-one Peer Support



- Are you a disabled person, someone with a long-term condition or a parent carer?
- Are you facing a change, want to explore different options for support or want to build your skills or confidence?
- Would you like to talk to someone who's had similar experience to you?
- **Yes? Then one-to-one peer support may be just what you're looking for!**

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Lothian Centre for Inclusive Living



## What is peer support?

Peer support is a way of giving and receiving help (knowledge, emotional assistance or practical help) by understanding others' situations through **shared personal experience**. It's different from other types of support because the source of support is a person with similar relevant experience.

Peer support is built on **respect, empathy, shared responsibility** and **mutual benefit**.

## How does one-to-one peer support work?

You'll be matched with a peer supporter – they'll have experience that's relevant for you. Then:

- you'll meet one-to-one with them, usually several times – you'll agree how many times, how often, and what the purpose of your time together is when you first meet
- each meeting will last for a maximum of two hours and be an opportunity for you to talk, and very importantly, to be listened to
- you'll agree how long you go on meeting for – usually a few weeks or months

## Who are the peer supporters?

They're people like you who've been trained to offer peer support. They work to guidelines and are supported to make sure they work safely and offer you good support.

They use their own lived experience to support you to:

- explore or learn new things
- make decisions about things that are important to you
- deal with change

– always with the aim of helping you to become more confident, skilled, knowledgeable and resilient.

## I'm interested! What should I do now?

Tell the LCiL staff member who gave you this leaflet – they'll pass your details on so that you can be matched

Or – get in touch using the details on the back of this leaflet

And if you have any questions please just get in touch.