

# Linked peer support group – Ways into Work

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

## Do you want to:

- move towards paid or voluntary work, change direction or find a new career?
- explore your skills and what you've got to offer?
- make plans and take action towards your goals?
- give and receive support around these with other members of the group?



## ...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

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

## Dates & times:

Session 1 - **Tuesday 23 May**, 10.30 – 2.30

Session 2 - **Tuesday 13 June**, 10.30 – 2.30

Session 3 - **Wednesday 5 July**, 10.30 – 2.30

Session 4 - **Tuesday 18 July**, 10.30 – 2.30

Session 5 - **Tuesday 8 August**, 10.30 – 2.30

Session 6 - **Wednesday 23 August**, 10.30 – 2.30



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

All sessions will be held at **Norton Park, Albion Road, Edinburgh EH7 5QY**, except Tuesday 13 June, which will be at Pollock Pavilion, 227 Ferry Road, Edinburgh, EH6 4SP



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:  
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or email [emma.wynack@lothiancil.org.uk](mailto:emma.wynack@lothiancil.org.uk)