

## West Lothian Networking and Peer Support Group

The Lothian Centre for Inclusive Living (LCiL) in partnership with Disability West Lothian are setting up a networking and peer support group for disabled people and people with long term conditions who live in West Lothian. The networking and peer support group will give you the opportunity to:

- ◆ Meet other people
- ◆ Discuss issues and share information
- ◆ Find out practical information, resources and information on who to ask
- ◆ Develop skills and build confidence
- ◆ Hear from guest speakers and organisations on a range of topics



**When:** The meetings take place on the first Thursday of every month, and run from 10.30-12.30 followed by lunch. The following meetings have been scheduled:

**Thursday 2<sup>nd</sup> August**  
**Thursday 6<sup>th</sup> September**  
**October – December dates TBC**

**Where:** Almondbank Centre, Shiel Walk, Craigshill, Livingston  
EH54 5EH



**Lunch and refreshments are provided and transport can be arranged for people who live in West Lothian.**

To let us know you would like to attend or find out more information about the peer support group, contact Lisa Milburn at LCiL on 0131 475 2510 or email [lisa.milburn@lothaincil.org.uk](mailto:lisa.milburn@lothaincil.org.uk)