

# Know your rights workshop

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

**Do you live in Edinburgh or the Lothians?**

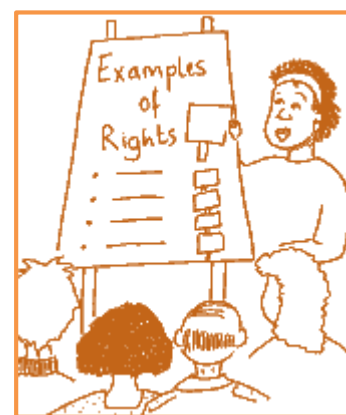
## **Do you want to:**

- Improve your knowledge of your rights
- Increase your ability to self-advocate?
- Learn how to make a complaint if your rights aren't met?

## **...and would you like to:**

- meet new people?
- increase your confidence?

**in a relaxed and friendly atmosphere...  
...then come along to our workshop!**



## **Where and When?**

**10.45 am – 2.00 pm, Thursday 23<sup>rd</sup> January 2020**

**Carmondean Community Centre, Fells Rigg, Livingston EH54 8AX**

**At this workshop we'll cover:**

- the social model of disability
- where, when and how to get support
- where to go for support/advocacy with accessing benefits and services



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



***Workshop will run subject to sufficient numbers***

To find out more and to book, contact:  
**Lisa Milburn** at LCiL on **0131 475 2554**  
or email [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)