



# Let's tell it like it is the LCiL Champions 2013-14

In April 2013 LCiL started to train the first Champions – a group of disabled people, people with long term conditions and carers who are involved with LCiL and its services in a variety of ways. As well as ongoing peer support each Champion has a member of LCiL staff as a Buddy to support them in their role.

Training sessions

6

5

Peer support meetings

Champions

9

Buddies

7



Carlo

Brenda



Stephan



Rosemary

'I get to work with an amazing bunch of people, have some time out and have some fun' Lisa

'Nothing quite beats speaking to your peer group' Neil

'LCiL and the Champions have changed my life' Carlo

'Being a Champion makes being disabled easier - I can do something positive' Emma

**Outcomes:**  
Champions

'It's made me look wider, and it's given me the confidence to challenge wrong decisions' Rosemary

'It makes me feel a worthwhile and valued member of the community' Robert

'My confidence has really increased a lot' Brenda

'Leave a Champions meeting and you feel very empowered and enlightened' Jacqueline

The Champions formed at a crucial time – with one year to go before the Self Directed Support legislation came into force they played a key role in helping local authorities to develop their SDS training for practitioners. This built a series of strong relationships with local authority staff – something that's very important to LCiL's ability to influence policy and practice in ways that promote disabled people's rights and ability to live ordinary, independent lives.

Over their first 10 months the Champions attended all sorts of events: speaking to a local Amnesty International group about disability rights; being part of the working group developing the user's guide to SDS; taking part in consultations on the Independent Living Fund and SDS statutory guidance; talking to young people about the LCiL Living and Work Choices course; talking to children and families social workers about life transitions; facilitating a workshop at the Self Directed Support Scotland members' event – just a few examples of the huge range of things!

49

Events attended



Neil



Jacqueline

'It was invaluable to hear their perspective on the training'  
Workforce Development Officer

**Outcomes:**  
local authorities

'It's helped us keep the focus on the person and what they need, rather than what the organisation needs'  
Workforce Development Manager

'We've grown - we've grown up. There's no way back now - we have this extra dimension in the organisation'  
Florence, LCiL Chief Exec

**Outcomes:**  
LCiL

'They put a very powerful story behind the values of LCiL - it's a priceless contribution'  
Srabasti, Buddy

'... one of the most enthusiastic bunches of people I've ever come across'  
Jeff, LCiL Chair and Trainer

Their first year ended with Champions playing an important role in the launch of the Self-Directed Support Act – they talked to the Minister for Public Health (Michael Matheson), spoke about choice, control and collaboration in their support to the whole gathering – about 100 people from across Scotland – and contributed to a video: 'what I hope SDS will do for me'.



Emma & Robert

*'We tell it like it is – and that makes a difference!'*

Watch the Champions video here:

<https://www.youtube.com/watch?v=IBOgiFS25qE>

## Feedback from our service users over 2013-2014:



"It has made me more aware of benefits and services and who can help me in my ongoing situation. It is very good to know that some people are listening and able to offer positive feedback and suggestions that help to take away some of the stress and pressure that have felt." - Grapevine service user.



"It has saved me from being completely dependent on my parents, which would have meant that my mother would not have been able to work, or me having to go into residential care." - Independent Living Team service user.



"I'd like to thank the Payroll Team and the Independent Living Officer, who have helped me through getting the payroll all set up and processed, and for their continued support on my journey as a new employer, and answering all my questions."



"Today's event was truly inspiring for me, very informative as well." - Participant of Access to Work session.



"Everybody has been really nice to me and all the speakers have been very good and every seminar has shown me something that has helped so I'd just like to say thank you!"

### DIRECTORS AND OFFICERS

**CONVENOR:** Jeff Adamson

#### OTHER DIRECTORS:

Liz Pearston, Louise Doctor, Colin Cameron, Ann Robertson – deceased Aug. 14, Suselle Boffey, Robert MacPherson, John Ballantine  
Co-opted April 14

#### CHIEF EXECUTIVE:

Florence Garabedian

#### TREASURER:

Liz Pearston

#### AUDITORS:

Brown, Scott & Main, 91 West Savile Terrace, Edinburgh

#### BANKERS:

Clydesdale Bank PLC, Edinburgh & Cooperative Bank PLC, Manchester

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Income and Expenditure to year ended 31 March 2014	2014	2013
<b>INCOMING RESOURCES</b>		
Incoming Resources from generated funds		
Voluntary Income	592153	561545
Investment Income	182	664
Incoming Resources from charitable activities	198455	184275
<b>Total incoming resources</b>	<b>790790</b>	<b>746484</b>
<b>RESOURCES EXPENDED</b>		
Cost of generating funds	11820	12799
Charitable activities	634436	630838
Governance costs	13639	5726
<b>Total resources expended</b>	<b>659895</b>	<b>649363</b>
<b>NET INCOME / (EXPENDITURE) FOR YEAR</b>	<b>130895</b>	<b>97101</b>
Transfers between funds	0	0
Net Income	<b>130895</b>	<b>97101</b>
<b>OTHER RECOGNISED GAINS/LOSSES</b>		
Losses arising from defined benefit pension scheme cessation	0	-665000
Net movement in funds	<b>130895</b>	<b>-567899</b>
Total funds brought forward	<b>152212</b>	720111
<b>Total funds carried forward</b>	<b>£283,107</b>	<b>£152,212</b>

Full copies of audited accounts to 31 March 2014 are available at: [www.lothiancil.org.uk/e-library/](http://www.lothiancil.org.uk/e-library/)

# Annual report 2013-2014



Lothian Centre for Inclusive Living (LCiL) [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

Rights and choices for disabled people, people with long term conditions and older people across Edinburgh and the Lothians.

*Special feature inside - the LCiL Champions in 2013-2014 telling it like it is!*



### A word or two from the Chair



'As we reach the end of the first year of the Social Care (Self directed Support) (Scotland) Act, it is worthwhile remembering how we prepared for this major change in the way social care is delivered. In 2013-14 the year before this Act was officially launched by the Scottish Government (with LCiL), we were enthusiastically embracing new opportunities with people, to work differently with local authorities and to engage positively with other statutory and non-statutory organisations.

Through the co-ordination of all LCiL services and projects, all working toward clear goals, staff and volunteers went out to tell people about the coming changes whilst continuing to work with colleagues in other organisations to shape SDS.

I am proud to say that LCiL was (and still is), at the **heart of change** and that our organisation played an important role in

promoting a vision of **Self Directed Support** that serves our roots in, and vision of, **Independent Living**".

What happens to SDS and more importantly how Independent Living can become a reality for disabled people, people with long term conditions and older people is beyond our control. What we know, however, is that as long as we are involved and have the opportunity to play a major role in co-producing the future, there is a greater chance that we, disabled people, people with long term conditions and older people, have a future worth living.

As a volunteer in LCiL this is what makes me to continue to contribute and have faith in our organisation. As Chair I am proud and gratified to see it making a real difference to the communities we live in. Thank you to all the people who use our services, LCiL staff, volunteers, Members, funders, and those working with us to make this happen.'

**Jeff Adamson**

[www.lothiancil.org.uk](http://www.lothiancil.org.uk) Main office: 0131 475 2350 Grapevine: 0131 475 2370



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