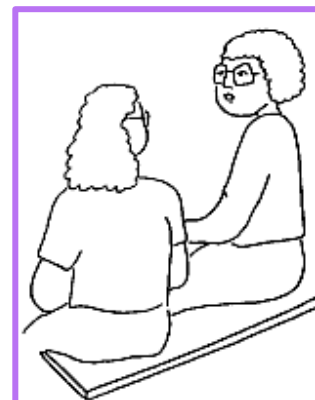


One-to-one Peer support – Now open!

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!**



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?

Speak to your ILO, Payroll officer or advice worker – they'll pass your details on so that you can be matched.

Or call Emma on 0131 475 2554 or email emma.wynack@lothiancil.org.uk