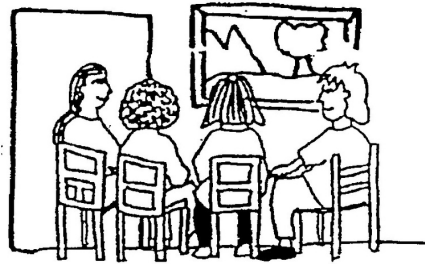


SDS DEVELOPMENT PROGRAMME



17 April 2019



January to March 2021

Contact SDS@lothiancil.org.uk for further details

LCiL hosts peer support groups and workshops for disabled people, people with long-term conditions, older people and parent carers of disabled children.

New members are always welcome.

By attending, you will:

- learn new skills
- increase your knowledge
- meet new people
- increase your confidence

All in a relaxed and friendly atmosphere.

Due to the ongoing social restrictions in response to the Coronavirus, we are delivering all of our peer support groups and workshops via a platform called Zoom. This is free to use online on any device and has the facility to dial in by phone at a local call rate.

All our workshops are open to people in all local authority areas – East Lothian, West Lothian, Midlothian and Edinburgh.

If you would like to join us, need more information or support accessing and using Zoom, contact us on **0131 475 2350** or email **SDS@lothiancil.org.uk**

LCiL is a registered charity number SC017954

Workshops for All Local Authority Areas

Getting the most from Independent Support and Advocacy for
Disabled People and People with Long Term Conditions
Thursday 11th February @ 1.30pm

Outcomes and Support Planning Part 1 for Disabled People,
People with Long Term Conditions and Parent Carers
Thursday 18th February @ 11am

Outcomes and Support Planning Part 2 for Disabled People, People
with Long Term Conditions and Parent Carers
Thursday 25th February @ 11am

SDS Next Steps for Disabled People and People
with Long Term Conditions
Wednesday 3rd March @ 1.30pm

SDS Next Steps for Parent Carers
Tuesday 9th March @ 11am

Communication Skills and Becoming More Assertive for
Disabled People and People with Long Term Conditions
Thursday 11th March @ 11am

PA Employer Forums

PA Employer Forum
Wednesday 17th February @ 11am

Our PA Employer Forum exists to offer those employing personal assistants a chance to come together and discuss specific issues relating to being a PA employer and managing direct payments.

Each session is hosted by one of our development workers alongside a member of the Independent Living Team to answer any questions that may arise.

Peer Support Groups

West Lothian Disabled People
Thursday 7th January @ 11am

Edinburgh Disabled People
Tuesday 12th January @ 11am

Edinburgh Parent Carers
Monday 18th January @ 11am

Parent Carers of Adult Children
Wednesday 27th January @ 1.30pm

Midlothian Parent Carers
Wednesday 27th January @ 7.30pm

West Lothian Disabled People
Thursday 4th February @ 11am

Edinburgh Disabled People
Tuesday 16th February @ 11am

Edinburgh Parent Carers
Monday 22nd February @ 11am

Parent Carers of Adult Children
Wednesday 24th February @ 1.30pm

Peer Support Groups

West Lothian Disabled People
Thursday 4th March @ 11am

Edinburgh Parent Carers
Monday 15th March @ 11am

Edinburgh Disabled People
Tuesday 16th March @ 11am

Parent Carers of Adult Children
Wednesday 24th March @ 1.30pm



Some things to keep in mind...

We currently only run peer support groups for Parent Carers in **Edinburgh** and **Midlothian**. We therefore highly encourage anybody from **East Lothian** and **West Lothian** to join one of our other groups.

Furthermore, we currently only run peer support groups for Disabled People in **Edinburgh** and **West Lothian**. We encourage all those from **East Lothian** and **Midlothian** to please join our **Edinburgh** groups.

As these events are online, there may be supplemental short videos and handouts to accompany the sessions.

All details on how to join these sessions will be sent to you after you confirm your place.



If you would like to join us, need more information or support accessing and using Zoom, contact us on **0131 475 2350** or email **SDS@lothiancil.org.uk**