Lothian Centre for Inclusive Living

SDS Development Programme of Events, July – September 2021

Contact us as [SDS@lothiancil.org.uk](mailto:SDS@lothiancil.org.uk) for 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 Covid-19, we are delivering all our peer support groups and workshops via a platform called Zoom, which is free to use online on any device and has the facility to dial in by phone at a local call rate.

\*Please note that as Covid-19 restrictions continue to ease, we will be exploring the possibility of reverting back to in-person meetings for selected groups. This will be clearly communicated between the SDS team and our service users at a later stage.

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](mailto:SDS@lothiancil.org.uk)

Workshops for All Local Authority Areas

* Introduction to SDS for Disabled People, Thursday 15th July, 11am - 12.30pm
* Think Out Loud for Parent Carers Session 1, Thursday 19th August, 11am - 12.30pm
* Think Out Loud for Parent Carers Session 2, Thursday 26th August, 11am - 12.30pm
* Introduction to SDS for Parent Carers (with VOCAL), Tuesday 7th September, 11am - 12.30pm
* SDS Next Steps for Parent Carers, Tuesday 28th September, 11am - 12.30 pm

Peer Support Groups

* West Lothian Peer Support Group for Disabled People, Thursday 1st July, 11.00am - 12.30pm
* Edinburgh Peer Support Group for Disabled People, Tuesday 13th July, 11.00am - 12.30pm
* Peer Support Group for Parent Carers of Adult Children, Wednesday 21st July, 1.30pm - 3.00pm
* Edinburgh Peer Support Group for Parent Carers

Monday 26th July, 1.30pm - 3.00pm

* West Lothian Peer Support Group for Disabled People, Thursday 5th August, 11.00am - 12.30pm
* Edinburgh Peer Support Group for Disabled People, Tuesday 17th August, 11.00am - 12.30pm
* Peer Support Group for Parent Carers of Adult Children, Wednesday 18th August, 1.30pm - 3.00pm
* Edinburgh Peer Support Group for Parent Carers, Monday 23rd August, 11.00am - 12.30pm
* West Lothian Peer Support Group for Disabled People, Thursday 2nd September, 11.00am - 12.30pm
* Edinburgh Peer Support Group for Disabled People, Tuesday 14th September, 11.00am - 12.30pm
* Peer Support Group for Parent Carers of Adult Children, Wednesday 22nd September, 1.30pm - 3.00pm
* Edinburgh Peer Support Group for Parent Carers, Monday 27th September, 11.00am - 12.30pm

PA Employer Forum

* PA Employer Forum, Wednesday 11th August, 11am - 12pm

Our PA Employer Forum offers 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.

Service User Consultations

* Service User Consultation Evening Session, Tuesday 27th July, 7pm – 8pm
* Service User Consultation Afternoon Session, Thursday 12th August, 1.30pm – 2.30pm
* Service User Consultation Morning Session, Wednesday 25th August, 11am – 12pm

These consultation sessions offer all service users the chance to come along and tell us what you think.

We want to know what we’re doing well and where we can make it even better. As a Disabled People’s Organisation, we want to put our service users at the centre of what we do and it would be great to hear your views.

Some information 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 workshops 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.