Lothian Centre for Inclusive Living

SDS Development Programme of events

October - December 2021

Contact us at 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.

As we continue along the road to recovery from the pandemic period, we are delivering our peer support groups and workshops as a mixture of both in-person and online. For online events, we will continue to use Zoom which is free to use on any device and has the facility to dial in by phone at a local call rate.

\*Please note that this programme is put together ahead of the three-month period that it covers. Some groups and workshops may be subject to change e.g. reverting back to online subject to Covid-19 restrictions. This will be clearly communicated between the SDS team and our service users at a later stage.

All of 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 require 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

* Making a Complaint (Online), Wednesday 27th October, 11am - 12.30pm
* PA Employment - What is it all about? (Online), Thursday 4th November, 7pm - 8.30pm
* Introduction to SDS for Disabled People, Tuesday 23rd November, 11am - 12.30pm

PA Employer Forum

* PA Employer Forum, Wednesday 1st December, 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.

Peer Support Groups

* Pandemic Peer Support Group (Online), Wednesday 6th October, 11.30am – 12.30pm
* Evening Disabled Person Peer Support Group (Online), Wednesday 6th October, 7pm - 8pm
* West Lothian Disabled Person Peer Support Group, Thursday 7th October, 11am - 12.30pm
* Edinburgh Parent Carer Peer Support Group (Online), Monday 11th October, 11am - 12.30pm
* Edinburgh Disabled Person Peer Support Group, Tuesday 12th October, 11am - 12.30pm
* Peer Support Group for Parent Carers of Adult Children (Online), Wednesday 20th October, 1.30pm - 2.30pm
* Disabled Person Peer Support Group (Online), Thursday 21st October, 11am - 12pm
* Midlothian Parent Carer Peer Support Group (Online), Wednesday 27th October, 7.30pm - 8.30pm
* West Lothian Peer Support Group for Disabled People, Thursday 4th November, 11am - 12.30pm
* Edinburgh Parent Carer Peer Support Group (Online), Monday 15th November, 11am - 12pm
* Edinburgh Disabled Person Peer Support Group, Tuesday 16th November, 11am - 12.30pm
* Pandemic Peer Support Group (Online), Wednesday 17th November, 11.30am – 12.30pm
* Peer Support Group for Parent Carers of Adult Children (Online), Wednesday 17th November, 1.30pm - 2.30pm
* Evening Disabled Person Peer Support Group (Online), Wednesday 17th November, 7pm - 8pm
* Midlothian Parent Carer Peer Support Group (Online), Wednesday 24th November, 7.30pm - 8.30pm
* Disabled Person Peer Support Group (Online), Tuesday 30th November, 11am - 12pm
* West Lothian Disabled Person Peer Support Group, Thursday 2nd December, 11am - 12.30pm
* Edinburgh Disabled Person Peer Support Group, Tuesday 7th December, 11am - 12.30pm
* Pandemic Peer Support Group (Online), Wednesday 8th December, 11.30am – 12.30pm
* Evening Disabled Person Peer Support Group (Online), Wednesday 8th December, 7pm - 8pm
* Edinburgh Parent Carer Peer Support Group (Online), Monday 13th December, 11am - 12pm
* Disabled Person Peer Support Group (Online), Tuesday 14th December, 11am - 12pm
* Peer Support Group for Parent Carers of Adult Children (Online), Wednesday 15th December, 1.30pm - 2.30pm

Some information to keep in mind

All of our peer support groups are currently still online apart from our Edinburgh and West Lothian groups for disabled people. All groups that do not specify a specific local authority area are open to ALL.

Our new Pandemic Peer Support Group is open to disabled people, parent carers and people living with long-term conditions.

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