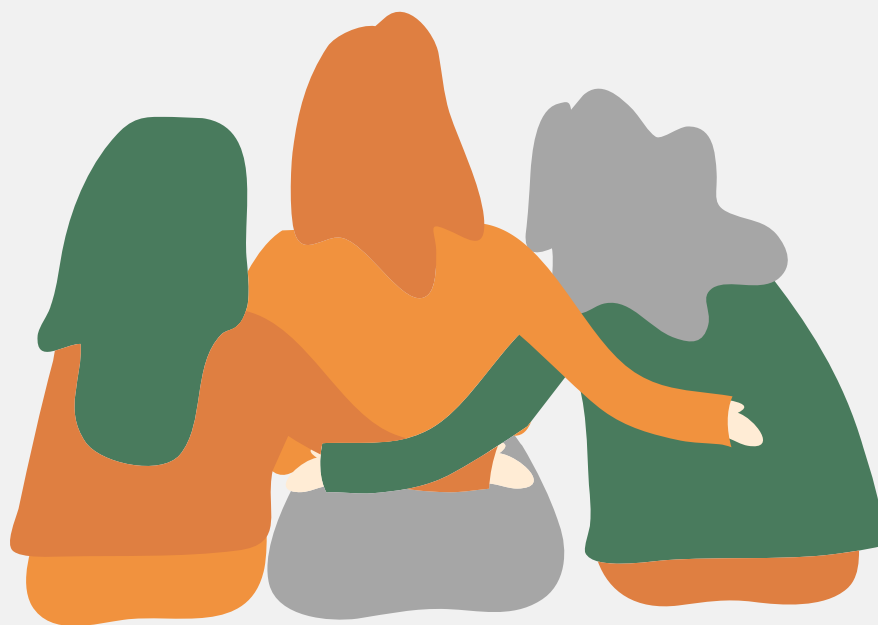




LOTHIAN CENTRE FOR INCLUSIVE LIVING

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**

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, 11am - 12pm

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

Peer Support Groups

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

Peer Support Groups

Pandemic Peer Support Group (Online)
Wednesday 8th December, 11.30am - 12pm

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.