Lothian Centre for Inclusive Living

SDS Development Programme of events

January - March 2022

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

* Preparing for Meetings and Assessments for Disabled People Tuesday 1st February, 11am - 12.30pm
* Social Care Assessments - Top Tips for Disabled People Tuesday 8th February, 11am - 1pm
* Introduction to SDS for Parent Carers Thursday 24th February, 11am - 12.30pm
* Outcomes and Support Planning Part 1 Wednesday 23rd March, 11am - 12.30pm
* Outcomes and Support Planning Part 2 Wednesday 30th March, 11am - 12.30pm

PA Employer Forum

* PA Employer Forum Wednesday 9th March, 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

* West Lothian Disabled Person Group Thursday 6th January, 11am - 12.30pm
* Pandemic Group Wednesday 12th January, 11.30am - 12.30pm
* Edinburgh Parent Carer Group Monday 17th January, 11am - 12.30pm
* Parent Carer of Adult Children Group Wednesday 19th January, 1.30pm - 2.30pm
* Online Disabled Person Group Thursday 20th January, 11am - 12.30pm
* Midlothian Parent Carer Group Wednesday 26th January, 7.30pm - 8.30pm
* Evening Disabled Person Group Wednesday 2nd February, 7pm - 8pm
* West Lothian Disabled Person Group Thursday 3rd February, 11am - 12.30pm
* Pandemic Group Wednesday 9th February, 11.30am - 12.30pm
* Edinburgh Disabled Person Group Tuesday 15th February, 11am - 12.30pm
* Parent Carers of Adult Children Group Wednesday 16th February, 1.30pm - 2.30pm
* Online Disabled Person Group Tuesday 22nd February, 11am - 12pm
* Evening Disabled Person Group Wednesday 23rd February, 7pm - 8pm
* Edinburgh Parent Carer Group Monday 28th February, 11am - 12.30pm
* West Lothian Disabled Person Group Thursday 3rd March, 11am - 12.30pm
* Pandemic Group Wednesday 9th March, 11.30am - 12.30pm
* Edinburgh Disabled Person Group Tuesday 15th March, 11am - 12.30pm
* Parent Carer of Adult Children Group Wednesday 16th March, 1.30pm - 2.30pm
* Online Disabled Person Group Thursday 24th March, 11am - 12pm
* Edinburgh Parent Carer Group Monday 28th March, 11am - 12.30pm

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.