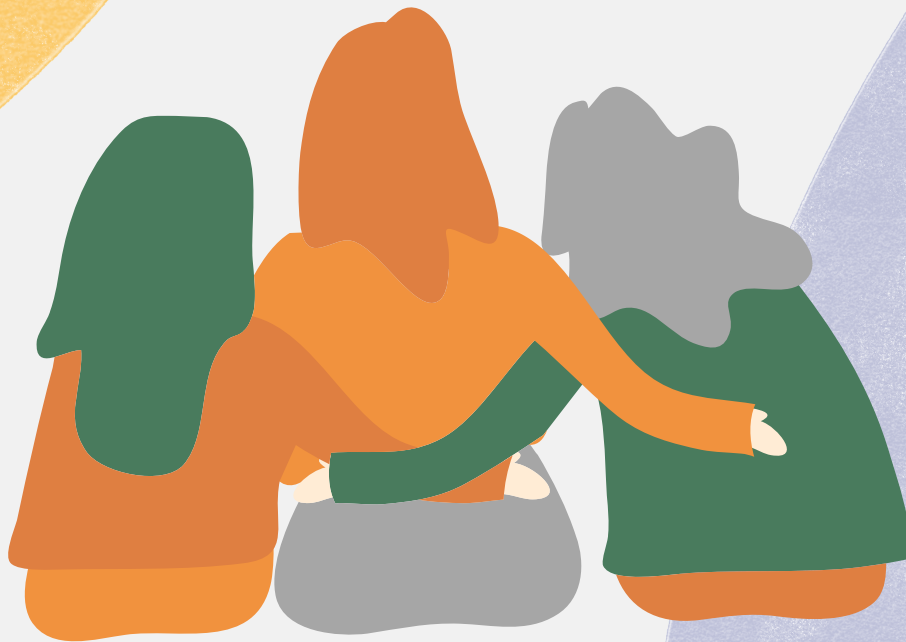


LOTHIAN CENTRE FOR INCLUSIVE LIVING

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**

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

Peer Support Groups

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

Peer Support Groups

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.