Lothian Centre for inclusive Living

SDS Development Programme of Events

April - June 2022

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

* Introduction to SDS for Disabled People (In person) Tuesday 17th May, 11am - 2.00pm
* Introduction to SDS for Parent Carers (On Zoom) Thursday 19th May, 6.30pm - 8.00pm
* Empowering Conversations for Disabled People Wednesday 1st June, 11am - 12.30pm

PA Employer Forum

* PA Employer Forum Thursday 16th June, 11.00am - 12.00pm

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 Group Wednesday 6th April, 11.30am - 12.30pm
* West Lothian Disabled Person Group Thursday 7th April, 11.00am - 12.30pm
* Edinburgh Disabled Person Group Tuesday 12th April, 11.00am - 12.30pm
* Parent Carers of Adult Children Group Wednesday 20th April, 1.30pm – 2.30pm
* Edinburgh Parent Carer Group Monday 25th April, 11.00am - 12.30pm
* Online Disabled Person Group Tuesday 26th April, 11.00am - 12.00pm
* Midlothian Parent Carer Group Wednesday 27th April, 7.15pm - 8.30pm
* Edinburgh Disabled Person Group Thursday 28th April, 11.00am - 12.30pm
* Pandemic Group Wednesday 4th May, 11.30am - 12.30pm
* West Lothian Disabled Person Group Thursday 5th May, 11.00am - 12.30pm
* Edinburgh Disabled Person Group, Tuesday 10th May, 11.00am – 12.30pm
* Parent Carers of Adult Children Group Wednesday 18th May, 1.30pm - 2.30pm
* Edinburgh Disabled Person Group Thursday 19th May, 11.00am – 12.30pm
* Edinburgh Parent Carer Group Monday 23rd May, 11.00am - 12.30pm
* Midlothian Parent Carer Group Wednesday 25th May, 7.15pm - 8.30pm
* Online Disabled Person Group Thursday 26th May, 11.00am – 12.30pm
* West Lothian Disabled Person Group Thursday 9th June, 11.00am - 12.30pm
* Edinburgh Disabled Person Group Tuesday 14th June, 11.00am - 12.30pm
* Parent Carers of Adult Children Group Wednesday 22nd June, 1.30pm - 2.30pm
* Edinburgh Parent Carer Group Monday 27th June, 11.00am - 12.30pm
* Midlothian Parent Carer Group Wednesday 29th June, 7.15pm – 8.30pm

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.