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## Welcome to Lothian Disability News

Welcome all to this packed edition of Lothian Disability News. This year we are excited to be able to bring a Spring edition of the newsletter to you focussing on the news and updates from our very own Self-Directed Support (SDS) Development Team. The first months of any new year tend to be busy ones here at LCiL as we gear back up from winter and look ahead to all we hope to achieve in the coming year. 2022 has so far been no different with every team at LCiL working hard to continue delivering crucial supports and services to disabled people, people with long term conditions, and older people in Edinburgh and the Lothians.

In this edition we'll be taking an in-depth look at some of the recent work the SDS team has been undertaking, and sharing some of the good news stories and achievements from the amazing people we work with and our new volunteers.

We are delighted to share that our project funding through the Support in the Right Direction (SiRD) fund has been renewed for a further year. This additional year will allow the team to continue delivering a range of peer support groups and workshops, and provide scope for us to develop new opportunities to get involved which we look forward to sharing in the coming months. For now though, we hope you enjoy reading this edition of Lothian Disability News!



**Callum Ogden**

Service Development Manager



**In this edition we  
will be focussing on  
the new and  
exciting updates  
from our SDS Team**



# LCiL News



## News and updates from around the teams at LCIl

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As with most organisations in Scotland, we remain affected by the ongoing COVID-19 pandemic, with many of our teams continuing to work from home. We are however pleased to be able to offer increased face-to-face working opportunities including in-person peer support groups, volunteer training and workshops.

### Independent Living Team

Following a tender process, LCIl are delighted to have secured the Independent Living Service for West Lothian Council. The contract is for an initial four year period—beginning 1st April 2022—with the option to extend for up to an additional four years. Retaining this contract with West Lothian Council means that our Independent Living service can continue to provide support to West Lothian residents using Direct Payments to employ Personal Assistants as well as provide people with independent advice and information regarding Self-Directed Support.

### Payroll Team

Now that 2021 - 2022 has come to an end and as a kind reminder to all our Service Users, can we please request you ask your Personal Assistants to keep their P60's issued to date in a safe place. Starting 06/04/22 we're now into a new financial year. How time flies! Already there have been a few notifications issued regarding uplifts to Personal Assistant (PAs') rates. If you have not received word of these from your funding authority or wish to check your PAs are on the correct rate please get in touch with the Payroll Team by phoning into the main office (0131 475 2350) or emailing them direct: [payroll.team@lothiancil.org.uk](mailto:payroll.team@lothiancil.org.uk). The Government has confirmed that from 24th March 2022 the Covid-19 provisions within the Statutory Sick Pay (SSP) scheme will be removed. This means is SSP, where applicable, will no longer be paid from Day 1 but instead revert back to the standard SSP rules.

### LCiL 30th Anniversary Year

We are also pleased to continue celebrating the 30th anniversary of LCIl in 2022. Founded originally in 1991, LCIl has over the last thirty years thrived into a leading champion of the Independent Living Movement in Scotland. Thank you to all our staff, volunteers and supporters over the years who have helped LCIl grow into what it is today – we couldn't have done it without you!



# LCiL Champion Volunteer Training



## Congratulations and Welcome to our new Volunteer LCiL Champions Naomi, Shawn, Colin, Mandy and Dave

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At the start of February 2022 we were very excited to get started with a new round of Champion training and welcome six trainees to join our existing team of LCiL Champions. Four of them hail from West Lothian, meaning we will now have Champions in most local authority areas that LCiL operates in.



Our Champions are disabled people, people with long-term health conditions, and parent carers who can share their lived experience of independent living, self-directed support, and LCiL and its services. For this reason, LCiL Champions are an integral part of our organisation.



Unlike the previous Champion training, which saw us inducting three parent carer Champions online via Zoom, this has been the first longer training that has taken place in person since the start of the pandemic, with safety precautions taken. It has been a great joy to bring people together to share experiences and learn, and we have received a lot of positive feedback from the trainees about LCiL services and the support we provide, our workshops, and the training itself



which aimed to accommodate different learning styles and provide the space for learning from each other. However, the Champions' training aside we know that in person events are not yet a possibility for everyone, and continue to offer a combination of online and in-person peer support groups moving forward.

The training included such topics as the history of the Independent Living Movement among others, and the trainees have passionately discussed the social model of disability and disability justice.

This all culminated in a 'mock event' on 31st March at the Norton Park Conference Centre, where we invited our colleagues to listen to the new Champions' presentations aimed at a range of audiences where they would normally get a chance to offer their input and experience: for example, social work students or staff from other voluntary sector organisations.



It was great to see the hard work of the Champions pay off: their stories spoke to the value of peer support and our services, as well as the importance of continuing advocating for disabled people's rights and empowerment. With training completion certificates awarded, we cannot wait to see what the new Champions get up to, and will be supporting them every step of the way in making a difference by sharing their lived experience.



**Dylan**

SDS Development Worker

# Self-Management Project

## Self-Management support is available in Edinburgh and Midlothian

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It's been 2 years since I started at LCIl in my role as a Self-Management Support Worker. Starting a new role right at the start of a lockdown brought on by COVID-19 has presented many challenges for the service and the people I support. The service has adapted well though and made many new connections which has opened up new referral routes and is now reaching people often in a different way to what was originally intended.

People have mainly been provided with access to one-on-one support but Workshops and Peer Support Groups have also been delivered to help address key areas such as managing pain, heightened anxiety and loneliness brought on by COVID.

What people accessing the Self-Management Support Service say:

"I have learned that I can do more at times than I think I can do to help myself. A small change or improvement in what I can do for myself can result in bigger and widespread changes in my health especially in my mental health and chronic pain."

"It's stimulating and energising to go over a difficulty or a problem with someone else sharing ideas and thoughts."

Should you wish to have a chat about this service and how it could support you or someone you know please send an email to [SMW@lothiancil.org.uk](mailto:SMW@lothiancil.org.uk) or contact Paula on 07396 591871.

**Paula**

Self-Management Worker

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# New SDS Project Video Resources



**The SDS team are hard at work creating new resources. Thank you to all who were involved in sharing their experience.**

In recent months, the SDS team were delighted to invite some of our champions and peer support group members to share their lived experience and contribute to the creation of an exciting new video project.

Thank you to everyone who was involved in this project and took the time to share their experience and views. As a team we are currently in the process of editing and applying the finishing touches to these short videos and can't wait to share them!



Once completed, these videos will be an excellent resource for anyone looking to navigate the SDS system or just to find out more about peer support and the difference it could make for them. Stay tuned to our website and social media for more updates on this project!

# Support LCI

**With your help, we can do more to support disabled people, people with long term conditions and older people in Edinburgh and the Lothians.**

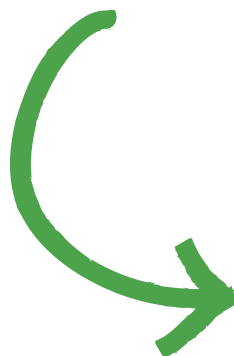
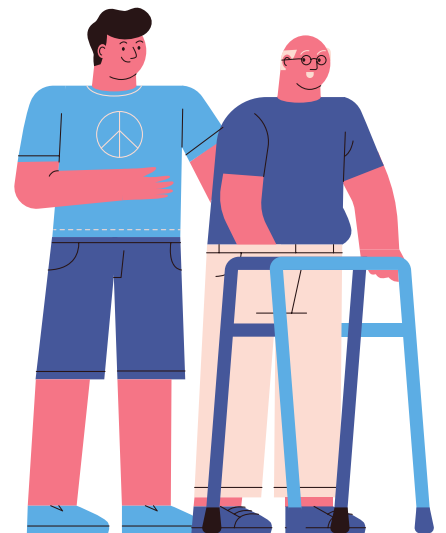
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As a registered charity in Scotland, we depend on the support of the public and funders to be able to continue providing our services in Edinburgh and the Lothians. One of the ways you can help support LCI and our essential services is by helping to raise funds, or by directly supporting our work through a donation.

If you want to directly support our work, you can now do so simply and securely online by Debit/Credit card payments, on either a one-off or recurring basis.

We welcome donations from individuals and organisations. Your donation to LCI will help us to deliver our services, advance the rights of disabled people and ensure that Independent Living is a reality for disabled people, people with long-term conditions and older people in Edinburgh and the Lothians.

- £5.00 could help to provide independent up to date disability information and advice.
- £10.00 could help to run peer support workshops and groups for disabled people and parents/carers.
- £50.00 could help to train volunteer Champions to inspire and educate peers, professionals and policy.



**Visit us Online to  
find out more**






**[www.lothiancil.org.uk/support-us/make-a-donation](http://www.lothiancil.org.uk/support-us/make-a-donation)**



# LCiL SDS Events

April to June 2022



<b>Parent Carers of Adult Children Peer Support</b>  <i>Wednesday 20th April</i> <i>1.30pm on Zoom</i>	<b>West Lothian Disabled Person Peer Support</b>  <i>Thursday 5th May</i> <i>11am West Lothian Venue</i>	<b>Edinburgh Parent Carer Peer Support</b>  <i>Monday 23rd May</i> <i>11am on Zoom</i>	<b>PA Employer Forum</b>  <i>Thursday 16th June</i> <i>11am on Zoom</i>
<b>Edinburgh Parent Carer Peer Support</b>  <i>Monday 25th April</i> <i>11am on Zoom</i>	<b>Edinburgh Disabled Person Peer Support</b>  <i>Tuesday 10th May</i> <i>11am Edinburgh Venue</i>	<b>Midlothian Parent Carer Peer Support</b>  <i>Wednesday 25th May</i> <i>7.15pm on Zoom</i>	<b>Parent Carers of Adult Children Peer Support</b>  <i>Wednesday 22nd June</i> <i>1.30pm on Zoom</i>
<b>Online Disabled Person Peer Support</b>  <i>Tuesday 26th April</i> <i>11am on Zoom</i>	<b>Introduction to SDS for Disabled People</b>  <i>Tuesday 17th May</i> <i>11am Edinburgh Venue</i>	<b>Online Disabled Person Peer Support</b>  <i>Thursday 26th May</i> <i>11am on Zoom</i>	<b>Edinburgh Parent Carer Peer Support Group</b>  <i>Monday 27th June</i> <i>11am on Zoom</i>
<b>Midlothian Parent Carer Peer Support</b>  <i>Wednesday 27th April</i> <i>7.15pm on Zoom</i>	<b>Parent Carers of Adult Children Peer Support</b>  <i>Wednesday 18th May</i> <i>1.30pm on Zoom</i>	<b>Empowering Conversations for Disabled People</b>  <i>Wednesday 1st June</i> <i>11am on Zoom</i>	<b>Midlothian Parent Carer Peer Support</b>  <i>Wednesday 29th June</i> <i>7.15pm on Zoom</i>
<b>Edinburgh Disabled Person Peer Support</b>  <i>Thursday 28th April</i> <i>11am Edinburgh Venue</i>	<b>Edinburgh Disabled Person Peer Support</b>  <i>Thursday 19th May</i> <i>11am Edinburgh Venue</i>	<b>West Lothian Disabled Person Peer Support</b>  <i>Thursday 9th June</i> <i>11am West Lothian Venue</i>	
<b>Pandemic Peer Support</b>  <i>Wednesday 4th May</i> <i>11.30am on Zoom</i>	<b>Intro to SDS for Parent Carers</b>  <i>Thursday 19th May</i> <i>6.30pm on Zoom</i>	<b>Edinburgh Disabled Person Peer Support</b>  <i>Tuesday 14th June</i> <i>11am Edinburgh Venue</i>	

## Lothian Centre for Inclusive Living

Self-Directed Support Events April to June 2022

[www.lothiancil.org.uk](http://www.lothiancil.org.uk)

Lothian Centre for Inclusive Living  
57 Albion Rd  
Edinburgh  
EH7 5QY

All of our events are free to join and are currently taking place via Zoom due to the Covid-19 restrictions. If you have any questions or would like to book on to an event then please get in contact via **0131 475 2350** or email **SDS@lothiancil.org.uk** to obtain the Zoom link.

**Please Note:** Our workshops are open to people in all local authority areas – East Lothian, West Lothian, Midlothian, and Edinburgh. Furthermore, we encourage those in local authority areas without a currently listed peer support group to please join one of our other groups for the time being.

# Around Edinburgh & the Lothians

**Updates from partner organisations supporting disabled people, people with long term conditions and older people in Edinburgh and Lothians**

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## Connect Here Community Resources

Connect Here is a community resources directory. In it, you will find local and national resources that can help with managing long term conditions.

- Find contact details, e.g. addresses, email addresses and websites
- Short summary about each service
- Social media channels
- Regularly updated

Not all services can be accessed directly, but referral can be made by a GP, Health and Social Care Worker or Link worker.

Visit <https://www.edinburghhsc.scot/connecthere/> to find out more.

## Connect Here Guides

On the website you will also find Connect Here Guides. These are quick access guides that cover a wide range of different topics. You can access information on:

- The Edinburgh Crisis Support Guide – contains information about groups and services that could help in a crisis, like foodbanks, housing and money advice. The guide was updated in January 2022. Access the latest edition.
- The Connect Here Guide to Counselling Services – contains information about counselling services in Edinburgh. The guide was updated in January 2022.
- Connect Here guide to the Community Gardens – contains information about Community Garden Projects in Edinburgh. The guide was updated in January 2022.
- Coming Soon - Connect Here Guides to: Arts, Culture and Creative activities, Befriending Services, Cycling, Dementia Services, Employability and Mental Health Apps.



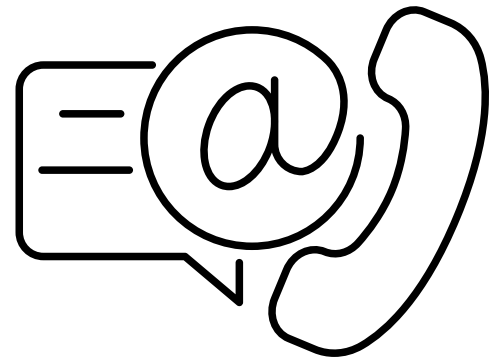
# Get in Touch

**Thank you for reading this edition of Lothian Disability News - read on to see how you can get in touch with feedback and suggestions.**

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## Contact Us

If you have questions or comments about anything you have read in this newsletter, or have feedback on how we can improve this newsletter for future editions, we would welcome your feedback.



Please email [callum.ogden@lothiancil.org.uk](mailto:callum.ogden@lothiancil.org.uk) to pass on any questions or comments!

## Summer Edition Preview

That wraps up this spring edition of Lothian Disability News. We hope you had as much fun finding out about some of our work as we had sharing it.

In our next edition of our newsletter we will be putting a spotlight on the amazing work carried out by our Grapevine team. We'll be offering a behind the scenes look so you can get to know this team, the work they do, and how you may benefit from the services they offer!

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@LothianCiL

0131 475 2350

[lcil@lothiancil.org.uk](mailto:lcil@lothiancil.org.uk)

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Lothian Centre for Inclusive Living (LCiL)  
Norton Park, 57 Albion Road  
Edinburgh EH7 5QY