

Lothian Disability News



Welcome to the winter edition

In this edition, we will be highlighting our wonderful Independent Living Team. We hope that you find this issue informative and inspiring.

Hello and Welcome

We hope you all have been keeping well during the winter season so far. The cozy jumpers, festive decorations over the fireplace and special holidays certainly make this time unique, however in light of the cost-of-living crisis, it has not been without its challenges.

This is why we thought that in addition to keeping you up to date with the latest Lothian Disability News, we would also share some ideas on keeping well and finding community spaces around you.

Thank you for taking the time to read this edition and for your support of LCIl.



Hubbiah Rafaqat

Social Media & Marketing Administrator

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Small Steps to Keeping Well

Some tips from Independent Living Officer Lucy Morrice on staying healthy this winter



Spring is just around the corner but the cold, wet and dark days are still here. It is tempting to fill up on comfort food and stay on the sofa, but there are lots of small things we can do to maintain our physical and mental wellbeing.

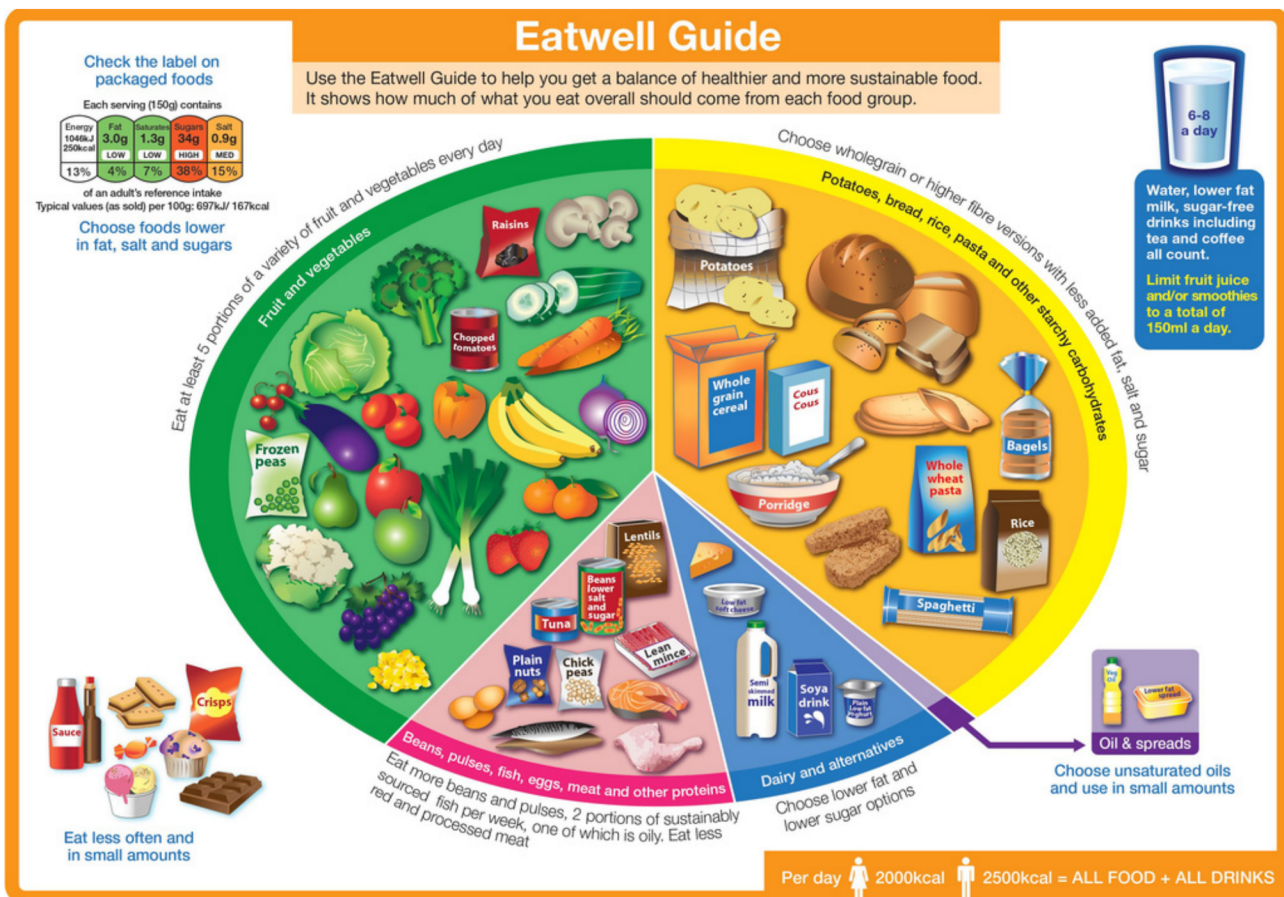
What you eat has a huge influence on your health. You don't need to suddenly cut out all your favourite foods; making some healthy swaps really does make a difference. Many of us rely on the same meals week to week, so bring in some variety to ensure you are getting a broader range of nutrients.

Try to 'eat the rainbow' every day. Different colours in fruits and veg reflect the different micronutrients we need. Add tomato and cucumber to your lunch, some blueberries to your breakfast, sweetcorn with your dinner, an orange for a snack, a handful of nuts and you are well on the way. Swap out wholegrain for white bread and limit how much processed foods and soft drinks you have. See if you feel any different!

Getting out in the fresh air and moving where you can helps with strength, flexibility, digestion and sleep, which all affect your mental wellbeing. Not everyone can get out and about to exercise, but there are plenty of exercise videos online. Try YouTube and see what you can find. If you are sitting at home, just keep reminding yourself to move, whether that is seated exercise or running up the stairs! Try box breath: Sit or lie comfortably, let your eyes close. Start to notice your breath,

then count as you breathe in for 4, hold for 4, breathe out for 4 and hold for 4. Continue this for a few minutes then allow your breath to return to normal. Notice how you feel. If this is not for you, concentrate on your breathing, slowing down and focusing on your breath, trying to extend the length of your exhalations.

Loneliness and isolation can affect how you feel both mentally and physically, and lockdown made this worse for many people. Stay in touch with friends and family; even just a text can make you feel better. Community organisations can be a lifeline and during the current cost-of-living crisis many are opening their doors as Warm Spaces (see article on page 5), providing hot drinks, maybe food and offering somewhere you can meet and connect with others.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Warm Spaces

Community resources to help stay warm this winter



In response to the ongoing cost-of-living crisis, many organisations are opening up 'warm spaces'; council and community-run buildings where people can meet with others, take part in activities or just keep warm while the weather is cold and the cost of utilities remain high.

The four Lothian local authorities all have directories on their websites where you can find a warm space near you. Some spaces also offer free, subsidised or by-donation hot drinks and/or food. Find out more by visiting these resources:

City of Edinburgh

<https://www.edinburgh.gov.uk/warmandwelcoming>

East Lothian

<https://www.eastlothian.gov.uk/warm>

West Lothian

<https://www.westlothian.gov.uk/warm-welcome>

Midlothian

https://www.midlothian.gov.uk/info/200301/cost_of_living/645/support_coping_with_rising_living_costs/4



Iain McGregor

Independent Living Service Coordinator

LCiL Updates

Read on to find out more about new staff and PSL team updates



Zoe

Hello! I joined the Independent Living Team as an Independent Living Officer in August. As an Independent Living Officer, my job is to support disabled people to access various social care options. This could be, for example, helping people to recruit staff, draft up employment contracts, or get a social care assessment. Although that is not an exhaustive list! I have really enjoyed working at LCiL so far as no two days are the same, and I'm continually learning new things. Prior to joining LCiL, I have enjoyed working for disabled children and adults in a variety of supporting roles. From being a Personal Assistant to delivering training to health and social care staff, I have been involved directly in various aspects of social care delivery.

Peer Support and Learning Team



Napier University Visit with LCiL Champions

Amanda Vickery, Julie Murray and three of our amazing volunteer Champions – Kirin, Lesley and Susie - attended Napier University in Edinburgh in January to meet with first year social work students.

The session began with Amanda welcoming the group and introducing LCiL, providing an overview of the services our organisation provides to support disabled people and those living with long-term health conditions.

The CEO, Sandy Devers, from Streets Ahead based in the Borders also attended alongside his colleague, Karen, to speak about the work they do supporting people with learning disabilities. Their support has now extended to working with people with mental health difficulties and people with dementia.



The session continued with three stations where the students split into groups and had the opportunity to hear from both LCIl Champions, and those who attended from Streets Ahead. Kirin and Lesley talked about their experience of good/not so good relationships with professionals and what makes these interactions positive as well as what is not helpful. The students were asked to think about and discuss what important things they should consider when visiting someone in their own home.

Susie talked about what LCIl does, including Peer Support, what this means and how it helps. Students were asked to think about their own peer group and what they can do to support their peers.

There were ten students and a few lecturers, who were all very engaging and gave such positive feedback on hearing about service users' lived experience of self-directed support. We will be attending another session on Tuesday 28th March and will update you all on how it went.

Guess the Payroll Desk Answers:

A: Dianne
McKeown

C: Lindsay
Richards

E: Richard
McFadden

B: Sarah Burchett

D: Richa Singh

F: Gemma Innes

PA Recruitment



Information on keeping Personal Assistant (PA) recruitment efficient and safe

The Independent Living Team (ILT) is here to support you with recruiting Personal Assistants (PAs). However, you are well placed to extend the reach of the advert to as many suitable applicants as possible. Right now, recruitment is very slow, so finding more creative ways to reach potential PAs is essential.

Some ideas on where to advertise

- Job websites. Be aware there may be a charge for this.
- Social media e.g. Facebook, Nextdoor app, etc.
- Community noticeboards, local shop windows etc.
- Word-of-mouth can be the best route to find someone local to you. The school gate, for example.



Keep recruitment safe

- Use the link to your advert on LCiL's website. This means applicants are going through the formal process and you can maintain anonymity.
- Where possible, keep your personal details private until you have met with or spoken to the applicant.

ILT would love to hear what has worked (or not worked) for you when recruiting staff. Let us know your thoughts by contacting your Independent Living Officer (ILO) directly, or email the team at ilteam@lothiancil.org.uk

Peer Support and Learning Events



January to March 2022

<p>West Lothian Disabled Person Peer Support</p> <p> Carers of West Lothian</p> <p>Thursday 12th January Carmondean Community Centre</p>	<p>Online Disabled Person Peer Support</p> <p>Thursday 16th February online via Zoom</p>	<p>Parent Carer Peer Support</p> <p> vocal</p> <p>Monday 13th March Norton Park</p>
<p>Parent Carer Peer Support</p> <p> vocal</p> <p>Monday 16th January online via Zoom</p>	<p>Parent Carer Peer Support</p> <p> vocal</p> <p>Monday 20th February online via Zoom</p>	<p>Online Disabled Person Peer Support</p> <p>Thursday 16th March online via Zoom</p>
<p>Online Disabled Person Peer Support</p> <p>Thursday 19th January online via Zoom</p>	<p>Edinburgh Disabled Person Peer Support</p> <p>Thursday 23rd February Norton Park</p>	<p>Edinburgh Disabled Person Peer Support</p> <p>Tuesday 21st March Norton Park</p>
<p>Edinburgh Disabled Person Peer Support</p> <p>Tuesday 24th January Norton Park</p>	<p>Intro to Self-Directed Support Workshop for Parent Carers</p> <p>Tuesday 28th February online via Zoom</p>	<p>PA Employer Forum</p> <p>Wednesday 22nd March online via Zoom</p>
<p>West Lothian Disabled Person Peer Support</p> <p> Carers of West Lothian</p> <p>Thursday 2nd February Carmondean Community Centre</p>	<p>West Lothian Disabled Person Peer Support</p> <p> Carers of West Lothian</p> <p>Thursday 2nd March Carmondean Community Centre</p>	<p>All events start at <u>11am</u></p> <p>We look forward to seeing you there!</p>
<p>Intro to Self-Directed Support Workshop for Disabled People</p> <p>Tuesday 7th February online via Zoom</p>	<p>Outcomes and Support Planning Workshop</p> <p>Thursday 9th March Norton Park</p>	

Lothian Centre for Inclusive Living

Peer Support and Learning Events Jan - March 2023
www.lothiancil.org.uk

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

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.

Support our Work

With your help, we can do more to support disabled people in Edinburgh and the Lothians.



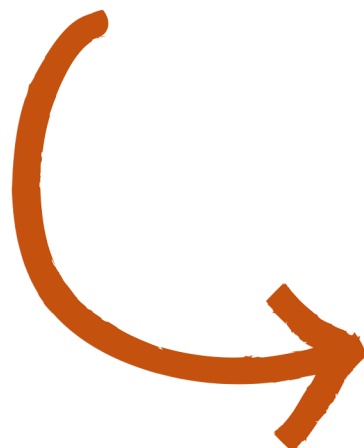
Join our Board!

Applications for joining the Board of Lothian Centre for Inclusive Living will be posted shortly on our website and social media. If you want to get involved in this voluntary role and think you have the skills required, we would love to receive your application. Please keep an eye on our website www.lothiancil.org.uk and follow us on social media for more news and updates.

Support our Work

We welcome donations from individuals and organisations. Your donation to LCiL 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

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.

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 to pass on any questions or comments!

Spring Edition Preview

That wraps up this Winter edition of Lothian Disability News. We hope the articles and look into the Independent Living Team were an interesting read.

In the next edition of our newsletter, we will bring you more of the latest disability news updates around Edinburgh and the Lothians. We'll be offering a behind the scenes look so you can get to know the LCiL team, the work they do, and how you may benefit from the services they offer!

www.lothiancil.org.uk

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www.facebook.com/LothianCIL



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