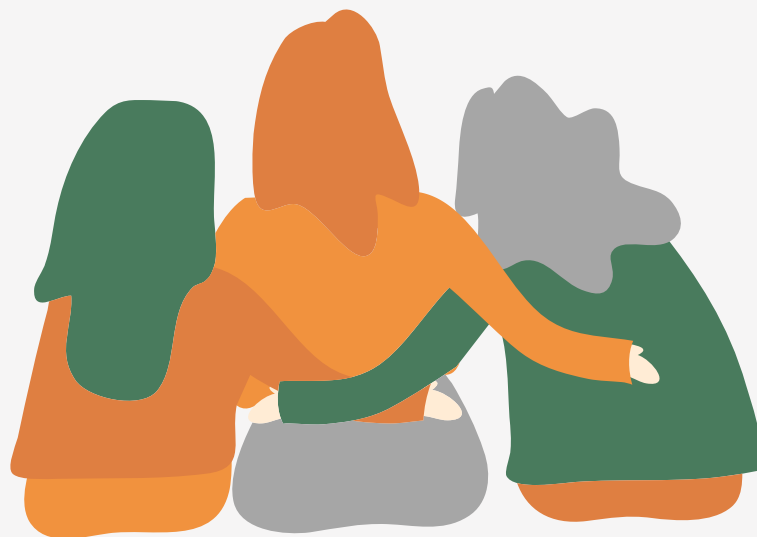




Peer Support and Learning

Instilling a sense of empowerment within our service users is at the heart of everything the Peer Support and Learning (PSL) Team at LCiL does.

We aim to bring people together and will work closely with you to help you discover what support works best for you, your child, or your family. We will endeavour to help you feel better informed about your rights and reduce stress. It is clear that having information about your rights and knowing where you can go for help can make the process of getting the right support a whole lot easier.



Tel: 0131 475 2350
Email: SDS@lothiancil.org.uk
Website: www.lothiancil.org.uk

How We Operate

Our team offers monthly Peer Support Groups, Online Sessions, Workshops, and Signposting. These aim to build people's confidence, knowledge, and skills, increasing their resilience overall. We work with people to reduce their isolation by connecting them with others and empowering them to access the support they need to live an independent life.

Who we work with:

Disabled people, people with long-term conditions, older people and parent carers of disabled people and children with additional support needs

Quotes from service users who have attended our events

"Great to listen to how other parents achieved something, the process they used"

"It was fun to just sit and chat and share experiences"

"A very positive experience. Good to know other people are in the same boat"

"I really do benefit from the group. I felt that I came away with tons of useful information that I have already acted on"



What to expect on the day

We ask those who are attending our online groups to join the zoom meeting 5-10 minutes ahead of the start time. This allows the groups to get underway smoothly with the full length of time being utilised for peer support.

For in-person groups, we offer complimentary lunch and transport to and from the group if needed.

We usually have a selection of sandwiches / buffet food. We ask that you notify us of any dietary requirements you have.



LCiL also provides:

- An **Independent Living Service** one-to-one advice & support to manage your self-directed support package
- A **Payroll Service** helping you by doing some of the paperwork if you are an employer
- A **Financial Management Service** helping you to manage your self-directed support budget
- **Grapevine** offers free, confidential information & advice, on anything about having a disability
- **Training & workshops** on various topics



For further information please contact:

Phone: 0131 475 2350

Fax: 0131 475 2392

Email: SDS@lothiancil.org.uk

Website: www.lothiancil.org.uk



Find us on Facebook @LothianCIL



Follow us on Twitter @LothianCIL

Our telephone hours are Monday – Friday, 10am-4pm.

Address:

LCiL, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

(Our venues are very easy to access and have parking).

All our information is in a range of formats. These are:

Audio - Braille - Easy words - Large Print

