

# Lothian Disability News



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Lothian Disability News is your source of news and updates from around Edinburgh and Lothians. In this edition you can find all the latest disability news from LCiL and around Scotland.



## Hello and welcome

At the time of writing, Scotland is experiencing a bit of a, not entirely unexpected, mini heatwave in the middle of June. Here in the LCiL offices at Norton Park we have resorted to having the fans on full-blast and plenty of cold water nearby in an effort to stay cool.

With this summery weather it feels very appropriate to be introducing the new summer edition of Lothian Disability News. In this edition we have the pleasure of introducing our new CEO Gaby Nolan (page 3) and sharing a poem written especially for us by a longstanding LCiL service user (page 5). We also have exciting news to share from our volunteers (page 4) and all the latest disability updates from around Scotland.

As usual, we hope you are well and enjoy reading this edition of Lothian Disability news.



**Callum Ogden**

Disability Information Coordinator

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# LCiL appoints new CEO

**LCiL is delighted to welcome Gaby Nolan to the team as our new Chief Executive Officer.**

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Lothian Centre for Inclusive Living welcomes Gaby Nolan to the team as our new Chief Executive Officer. Gaby has worked for many years across various areas in the third sector at management and senior management level, including health and social care, and organisations supporting carers.

Commenting on the appointment, Jeff Adamson, Chair of LCiL said: "I and the entire Board are delighted to announce the appointment of Gaby as Chief Executive Officer of our organisation. Gaby has extensive experience leading third sector organisations and is particularly adept at securing funding for them. At a time when funding is precarious we are confident that Gaby is the person to keep LCiL on a secure financial basis while being proactive in taking the organisation forward by further enhancing our service provision and relationships with funders."

Incoming CEO Gaby Nolan said: "I am delighted to join the team at LCiL to lead the organisation's work supporting disabled people to live independently and take control over their own lives. LCiL is firmly rooted in the disability movement, and as a Disabled People's Organisation, is directed and governed by disabled people, with an intrinsic commitment to the social model of disability. LCiL champions issues I am passionate about and, bringing a broad range of experience from across the third sector, I look forward to working alongside service users, colleagues and partners, to strengthen the vision and ambition to promote and advance the human rights of disabled people."

# Staff Updates

**We're delighted to welcome some new faces to the team at LCIl as we sadly say goodbye to some longstanding colleagues.**

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## Hazel

"My Name is Hazel Campbell and I started working with LCIl on 16 March 2023 as a Credit Controller. My working hours are 16 hours per week and I work on a Tuesday, Wednesday, and Thursday.

I had previously worked with the Cyrenians as an Administrator at the Supported Accommodation on Ferry Road, Edinburgh, this role was a very busy role and I enjoyed the interaction with the Service Users. My working background has been mainly been within Housing/Financial tasks with working with Hanover, Old Town and Bield Housing Associations.

I have also enjoyed working with Service Users and I look forward to meeting the rest of the LCIl staff and Service Users. On a personal note we extended our family at New Year with a lovely puppy, Lottie, now 7 months old and I'm enjoying all chatting to other dog owners while out walking."

## Team Updates

It is with sadness that we say goodbye to Amanda Vickery and Amanda McCulloch from the Peer Support and Learning (PSL) team. Both Amanda Vickery and Amanda McCulloch have made a massive difference to the team, ensuring our service users and volunteers are supported and that the project has continued to grow, despite what has been a very difficult period with COVID-19 and other challenges.

Everyone at LCIl wishes both Amandas all the best for the future and thanks them for all their hard work within the team.





# Inspiring Volunteers

## Awards success for LCiL volunteer Champions at the 2023 Inspiring Volunteer Awards.

The LCiL Champions were recently recognised and awarded as a team for outstanding volunteering in Edinburgh over the last year at the annual Inspiring Volunteer awards.

With over 150 thousand active volunteers in Edinburgh, it is truly an honour to receive this recognition of the time and energy our dedicated volunteers give back, to help further the Independent Living Movement throughout Edinburgh and the Lothians.

LCiL Champions are a group of disabled people and parent carers with an incredible passion for making a difference; dedicating their time to helping others become more aware of their rights and the support available to them. They act as positive role models by sharing their lived experience to empower disabled people to live the life they choose.





# What is independent living?

A poem by M.A.Elder

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You may need to ask for help  
to live an independent life.  
When you become disabled  
there is often strife.

Is it wrong to take some pills  
when you have chronic pain?  
If a wheelchair helps you out,  
surely that's your gain.

You can be creative.  
An assistant you may need.  
You may need a TENS machine,  
but still you can succeed.

You may need a walker  
to help you move around.  
You can adapt it for your  
needs;  
at least that's what I've found.

Can you tune your television,  
draw or colour in?  
Can you look out of a window?  
Then you may begin...

Let your mind imagine,  
what you would like to do,  
as an independent person,  
who still may need help too.

You may keep yourself  
informed,  
make choices every day,  
learn new skills, find talents;  
some may even pay.

You can find some  
happiness  
with help or on your own.  
You can choose who helps  
you stay connected; zoom  
or phone.

Living independently  
is not one size fits all.  
It means you have the right  
to choose.  
When ready, make that call.



# News and Policy Corner



**News and updates from around Scotland.**

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## **A new dementia strategy for Scotland**

The Scottish Government recently published a new strategy which sets out a 10-year plan to deliver a better experience for people living with dementia, their families and carers.

"The new Dementia Strategy for Scotland is a 10-year vision for change. This strategy was developed in collaboration with people with lived experience and our wider partners. It is the culmination of eight months of engagement with people across Scotland, focussed on how we improve delivery"

Find out more about the new dementia strategy for Scotland on the Scottish Government website:

<https://www.gov.scot/publications/new-dementia-strategy-scotland-everyones-story/>

## **Scottish COVID-19 Inquiry launches listening project**

The independent Scottish COVID-19 Inquiry has launched its listening project, "Let's Be Heard: Sharing Scotland's COVID Experience", and is inviting the public to take part.

"Let's Be Heard" is the main channel for people who were impacted by the COVID-19 pandemic in Scotland between 1 January 2020 and 31 December 2022, to share their experiences and any lessons they believe should be learned so we are better prepared in future.

Experiences shared with Let's Be Heard will help guide the Inquiry's investigations and inform its reports. This will include identifying any disproportionate or unequal impacts on particular groups or communities.

Find out more online at <https://www.covid19inquiry.scot/>



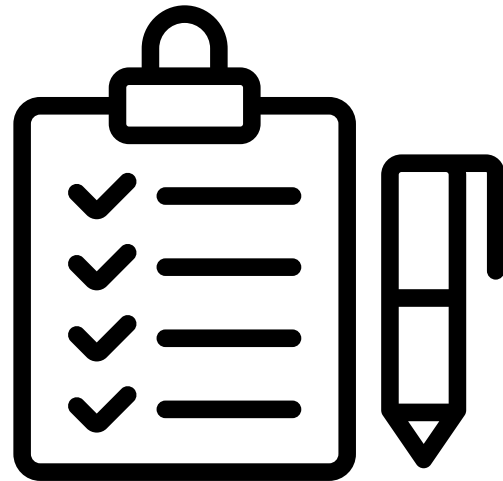
# Share your views

**If you have used LCIl services recently we want to hear from you.**

In the coming weeks we will begin sending out copies of our annual service user satisfaction survey. If you have recently used LCIl services including Grapevine, Independent Living Service, Peer Support, Self-Management or Payroll, then you may receive a survey by post.

## Why are we doing this?

Constructive feedback on your experience with our services is invaluable to us. With this feedback we can make changes to the way our services are offered and better tailor them to meet the specific needs of the people we work with.



## How can I share my views?

The LCIl Service User Satisfaction Survey will be made available in a range of accessible formats, including paper copies sent by post and online surveys. The survey you receive may contain questions about multiple LCIl services, depending on those you have worked with. Please note, all survey responses are fully anonymised and may be included in future LCIl publications and reports.

Your feedback is important to us at LCIl and welcome all year round, not just during this period of annual surveys. If you have any questions about this survey or want to get in touch, visit us online at [www.lothiancil.org.uk/contact](http://www.lothiancil.org.uk/contact) or telephone [0131 475 2350](tel:01314752350).



# Adult Disability Payment



**Adult Disability Payment launched in 2022 in Scotland and replaced Personal Independence Payment. Read on to find out more about this new benefit.**

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Adult Disability Payment (ADP) is a new benefit in Scotland that replaced Personal Independence Payment (PIP) and Disability Living Allowance (DLA) for adults. It is a non-means-tested benefit, which means that your income and savings do not affect how much you receive.

To be eligible for ADP, you must have a disability or long-term health condition which affects your ability to do everyday activities. You will also need to be aged 16 or over and live in Scotland.

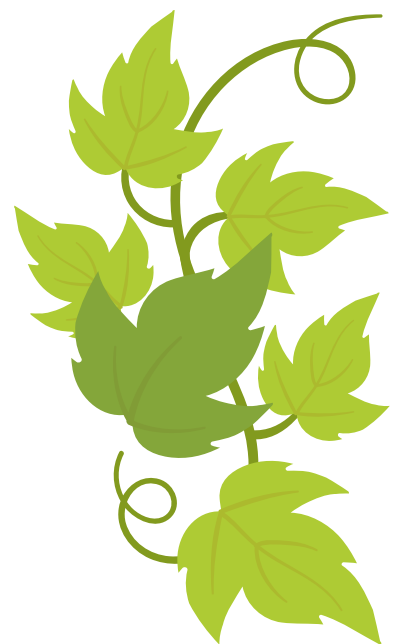
## **ADP is made up of two parts**

- **Daily living:** This part of the payment helps with the cost of things like personal care, cooking, and cleaning
- **Mobility:** This part of the payment helps with the cost of things like getting around, such as taxis or public transport.

The amount of ADP you receive will depend on how your condition affects your ability to do everyday activities and get around. You can find more information about the current payment rates on the Social Security Scotland website.

If you think you may be eligible for ADP, you can apply online, by phone, or by post. You will be asked to provide information about your condition and how it impacts your daily living.

The application process for ADP can be complex, so it is a good idea to get help if you need it. You can get help by phone or by email by getting in touch with [Grapevine Disability Information](#) - telephone 0131 475 2370.



# Peer Support and Learning



**Find out more about peer support groups and upcoming workshops near you.**

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In our latest calendar you will find all the dates for upcoming peer support groups for disabled people and parent carers of disabled children in Edinburgh and the Lothians.

Our Peer Support Groups are facilitated by the Peer Support and Learning Team and provide a safe space for people to meet, share experiences, support each other and talk about what's important to them.

After in-person groups, a buffet with a selection of sweet and savoury items is provided for lunch. Taxis to and from the group will be organised by LCIl, if required.

## **Why attend a Peer Support Group?**

- Meet other disabled people and people with long term conditions
- Explore ideas and opportunities around support
- Find out practical information and resources
- Develop skills and build confidence.

## **The group:**

- Is relaxed and informal
- Allows time to talk to each other
- Allows sharing of resources and information.

## **Find out More**

You can find out more about the work of our Peer Support and Learning team by visiting us on the LCIl website or by emailing [sds@lothiancil.org.uk](mailto:sds@lothiancil.org.uk)





# Peer Support & Learning Event Programme July - September 2023



## **PA Employer Forum**

Edinburgh & Lothians

Online via Zoom

11:00am - 12:30pm

Wednesday 20th September

## **Online Disabled Person Peer Support Group**

Edinburgh & Lothians

Online via Zoom

11:00 am - 12:00pm

Thursday 20th July

Thursday 24th August

Thursday 21st September

### **Edinburgh Disabled Person Peer Support Group**

Edinburgh Residents Only  
Norton Park Conference Centre  
11:00am - 1:15pm

Thursday 27th July  
Thursday 31st August  
Thursday 28th September

### **West Lothian Disabled Person Peer Support Group**

West Lothian Residents Only  
Carmondean Community Centre  
11:00am - 1:15pm

Thursday 6th July  
Thursday 3rd August  
Thursday 7th September

### **Parent Carers of Young Children Peer Support Group**

Edinburgh & Lothians  
Online via Zoom  
11:00 am - 12:00pm

Monday 10th July  
Monday 14th August  
Monday 11th September

### **Parent Carers of Adult Children Peer Support Group**

Edinburgh & Lothians  
Online via Zoom  
10:30 am - 11:30am

Monday 24th July  
Monday 28th August  
Monday 25th September

Please note, this Events Programme is subject to change. Any changes will be clearly communicated on the LCiL Website and via Email



# Support our Work

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



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## Become a member of LCIl

As a user-controlled organisation, we welcome the support of individuals and organisations through our membership programme. Being a member of LCIl shows that you value our work and the importance of user-led disabled people's organisations. It also enables you to get involved in LCIl and to have your say by voting at our AGM.

If you would like to become a member of our organisation, please visit us online at [www.lothiancil.org.uk/support-us/become-a-member](http://www.lothiancil.org.uk/support-us/become-a-member).

## 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](http://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.**

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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.



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