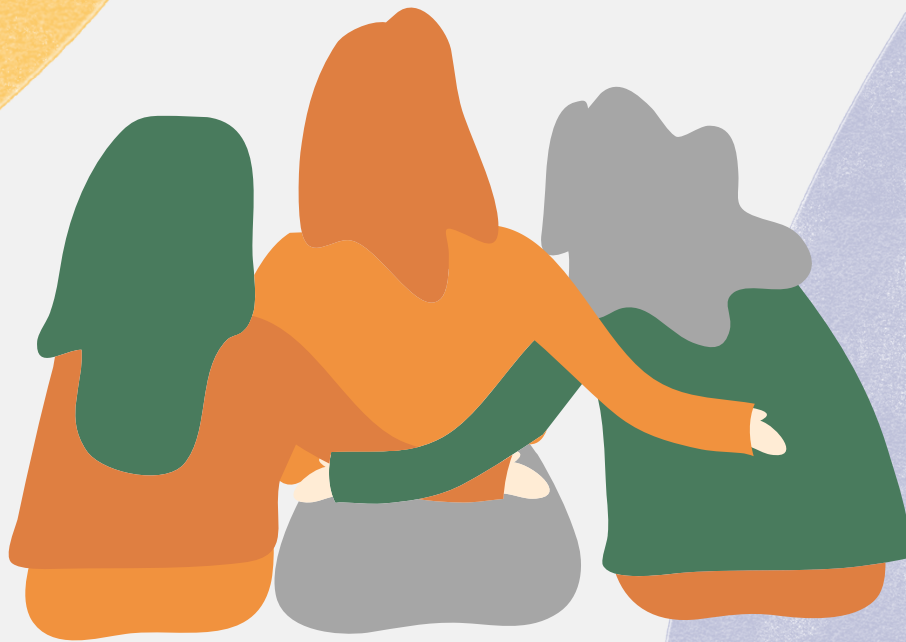


LOTHIAN CENTRE FOR INCLUSIVE LIVING

PEER SUPPORT & LEARNING EVENT PROGRAMME

October - December 2023



CONTACT US AT SDS@LOTHIANCIL.ORG.UK FOR DETAILS

LCiL hosts in-person and online peer support groups and workshops for disabled people, people with long-term conditions, older people and parent carers/guardians of disabled young and adult children living in Edinburgh and the Lothians*.

In a relaxed and friendly environment you will:

- Increase your knowledge
- Increase your confidence
- Learn new skills
- Meet new people

Register your attendance by emailing **SDS@lothiancil.org.uk** or calling **0131 475 2350**.

*Please note:

- Workshops / Forums / Online Peer Support Groups are open to those living in Edinburgh and the Lothians
- In-Person West Lothian Peer Support Group is open to those living in West Lothian only
- In-Person Edinburgh Peer Support Group is open to those living in Edinburgh only

** This programme is subject to change.

Any changes will be clearly communicated ahead of time.

PA Employer Forum
Edinburgh and Lothians
Online via Zoom
11-12.30pm

Wednesday 13th December

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.

Workshops
Edinburgh and Lothians

Our workshop offering is currently on hold- we plan on resuming workshops in 2024.

Online Disabled Person Peer Support Group

Edinburgh and Lothians

Online via Zoom

11:00 am - 12:00pm

Thursday 19th October

Thursday 16th November

Thursday 14th December

This Online Peer Support Group is facilitated by the Peer Support and Learning Team providing a safe space for people to meet, share experiences, support each other and talk about what's important to them.

Please join 5-10 minutes ahead of the start time to allow a smooth start to the session.

To avoid any disruptions entry to the group will close at 11:05am.

**Edinburgh Disabled Person Peer Support
Group**

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

Thursday 26th October
Thursday 23rd November

**West Lothian Disabled Person Peer
Support Group**

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

Thursday 5th October
Thursday 2nd November
Thursday 7th December

This In-Person Peer Support Group is facilitated by the Peer Support and Learning Team providing a safe space for people to meet, share experiences, support each other and talk about what's important to them. The group is followed by a light buffet lunch of savoury and sweet items*

*Dietary requests are required one week before the event

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

Edinburgh & Lothians

Online via Zoom

11:00 am - 12:00pm

Monday 16th October

Monday 6th November

Monday 4th December

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

Edinburgh & Lothians

Online via Zoom

10:30 am - 11:30am

Monday 23rd October

Monday 20th November

Monday 18th December

These Peer Support Groups are for parent carers/guardians of disabled children. It is facilitated by the Peer Support and Learning Team and VOCAL Edinburgh, who provide a safe space for people to meet, share experiences, and support each other.

Please join 5-10 minutes ahead of the start time to allow a smooth start to the session.

To avoid any disruptions entry to the group will close 5 minutes after start time.