**Lothian Centre for Inclusive Living (LCIL)’s Peer Support and Learning Team**

**Eligibility Criteria**

Disabled people, people with long-term conditions, older people and carers of disabled people, who live in Edinburgh, West Lothian, East Lothian, and Midlothian.

**What does LCiL’s Peer Support and Learning Team offer?**

* Disabled People’s Peer Support Groups (online and in-person)
* Workshops about accessing Self-Directed Support
* Personal Assistant (PA) Employer Forums

All our event offerings 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.

**What do people say about our service?**

‘’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’’

**Get in touch**

To register with the Peer Support and Learning Team, please contact the team using the following contact details:

Phone: 0131 475 2350

Email: [SDS@lothiancil.org.uk](mailto:SDS@lothiancil.org.uk)

**LCiL’s Contact Information**

Office telephone: 0131 475 2350

Email: [admin@lothiancil.org.uk](mailto:admin@lothiancil.org.uk)

Address: Norton Park, 57 Albion Road, Edinburgh, EH7 5QY