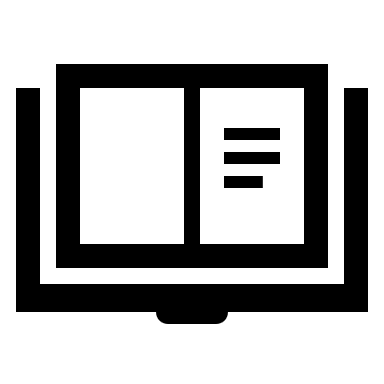


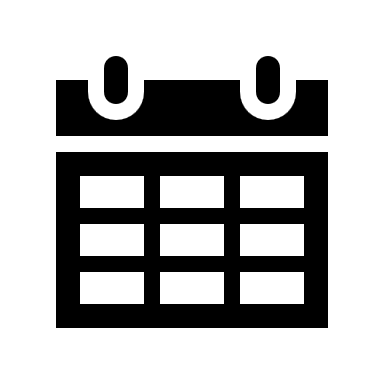
**Lothian Centre for Inclusive Living Peer Support and Learning Events List- Easy Read Format**



We are pleased to publish our latest list of **Peer Support** and Learning events.

**Going out - community centre BS 8051 8005**

**Peer support** is where people with similar experiences can come together to share experiences and knowledge with each other.



The events listed are being held between January and March 2024.



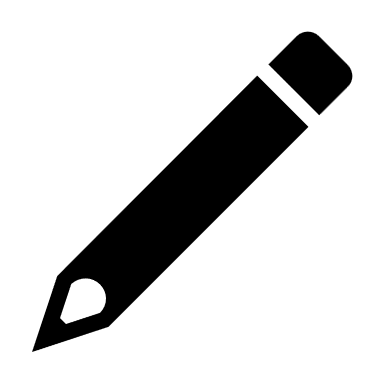
If you have any questions or you’d like to sign up for any of these events, you can contact us by:



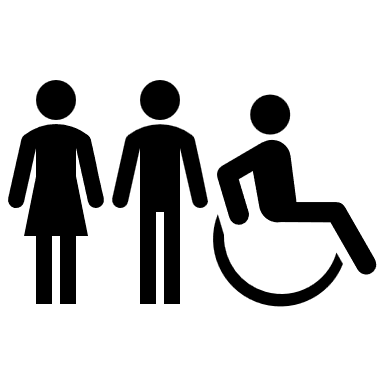
Emailing us: [sds@lothiancil.org.uk](mailto:sds@lothiancil.org.uk)



Or phoning us: 0131 475 2350



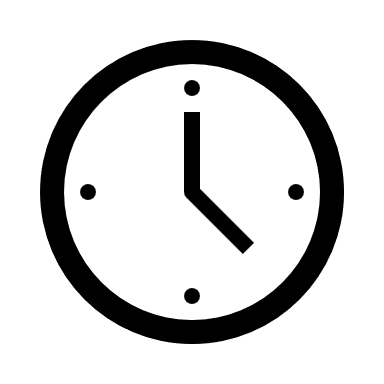
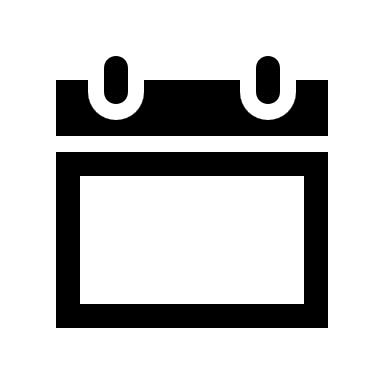
Or writing to us at: Lothian Centre for Inclusive Living, Norton Park, 57 Albion Road, Edinburgh, EH6 4HL

**Peer Support Group Events**

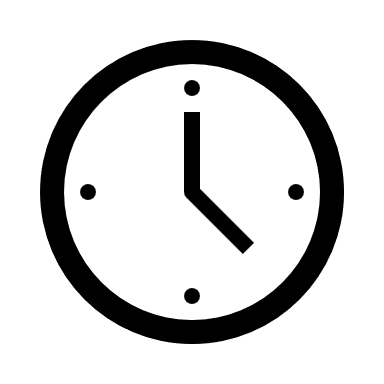
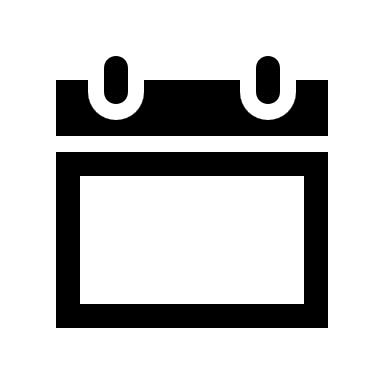
We have **Peer Support** groups for Disabled People



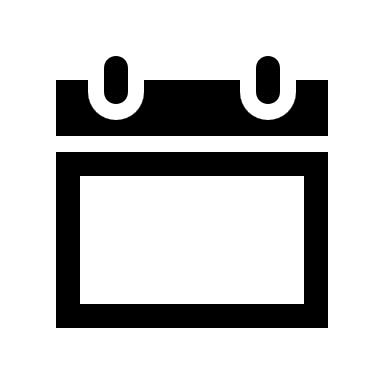
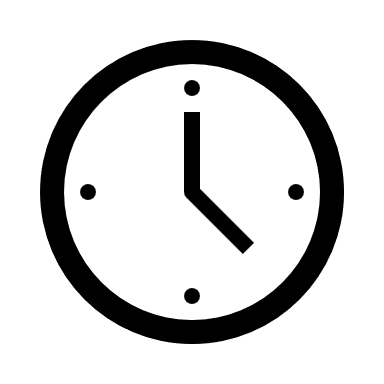
We are holding our Edinburgh Disabled People **Peer Support** Group on:



Thursday 18th January, 1.30pm until 3pm



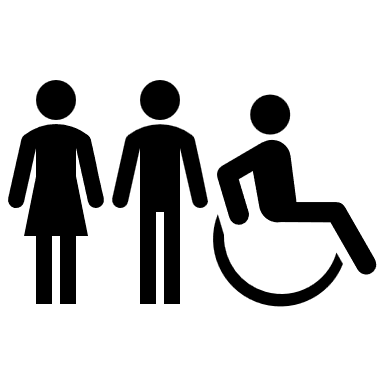
Thursday 22nd February, 11am until 12.30 (lunch from 12.30 until 1.15).

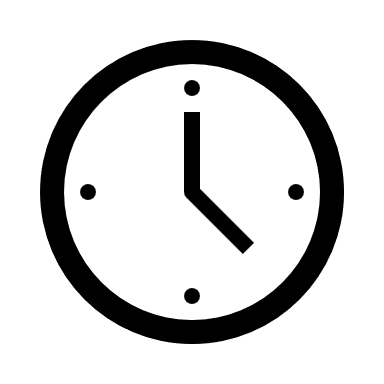
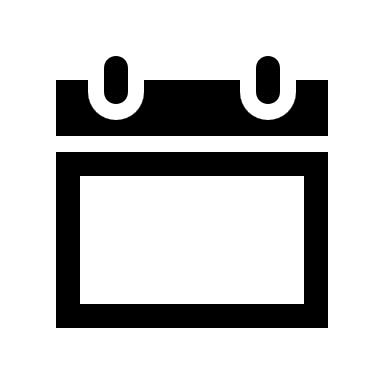


Thursday 21st March, 11am until 1.15pm (lunch from 12.30 until 1.15).

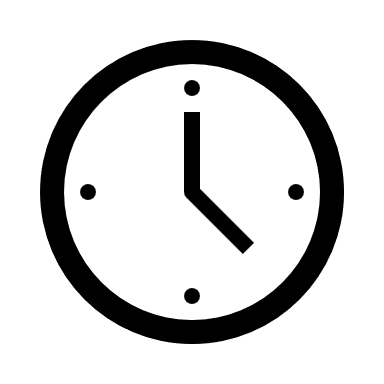
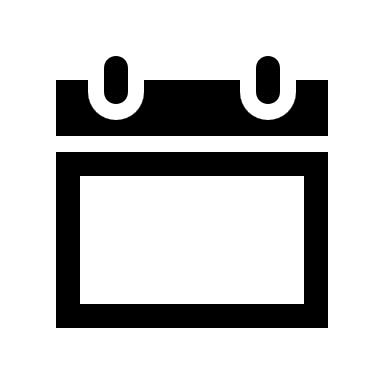


At Norton Park Conference Centre, 57 Albion Road, Edinburgh, EH7 5QY.

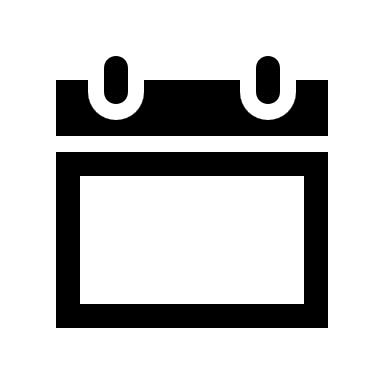
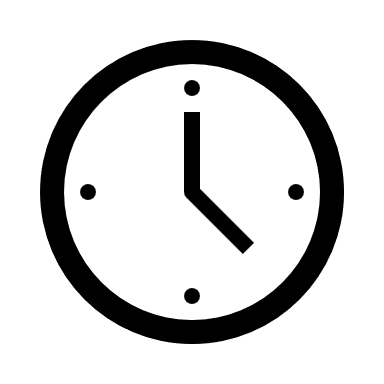
We are holding our West Lothian Disabled People **Peer Support** Group on:



Thursday 25th March, 11am until 12.30 (lunch from 12.30 until 1.15).



Thursday 15th February, 11am until 12.30 (lunch from 12.30 until 1.15).

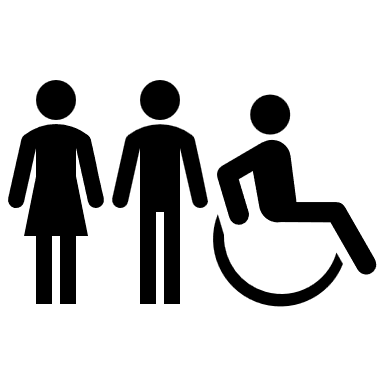


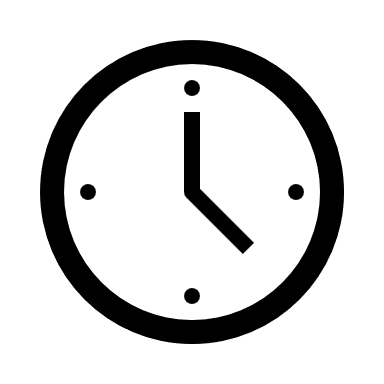
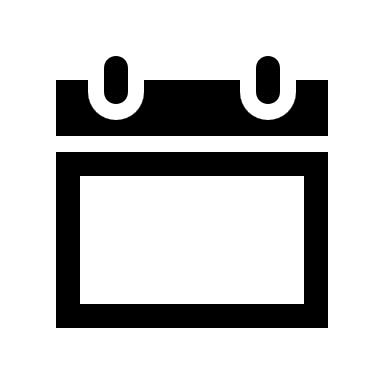
Thursday 7th March, 11am until 12.30 (lunch from 12.30 until 1.15).



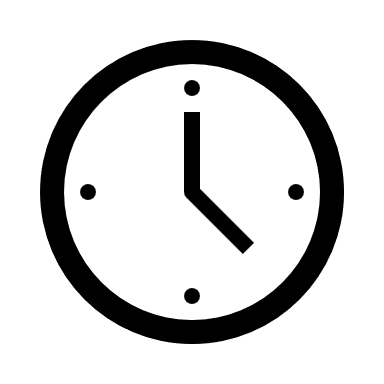
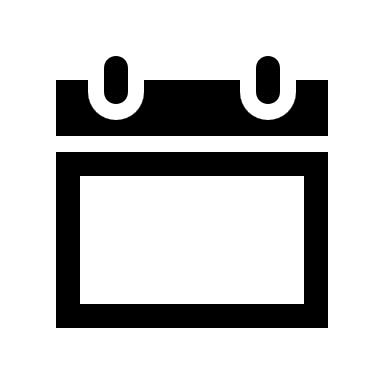
At North Barn, Carmondean Community Centre, Livingston, West Lothian, EH54 8AX

Someone from Carers of West Lothian will be in attendance at these events.

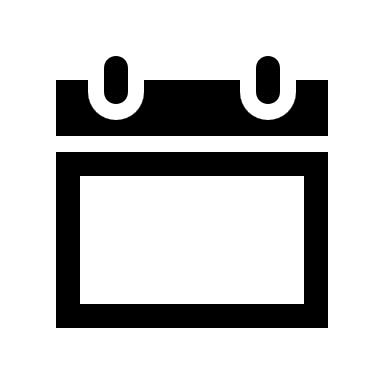
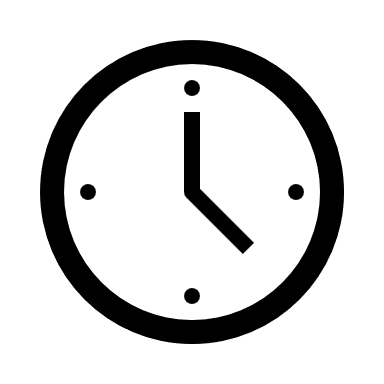
Using the internetWe are holding our Online Disabled People **Peer Support** Group on:



Wednesday 17th January, 11am until 12 noon

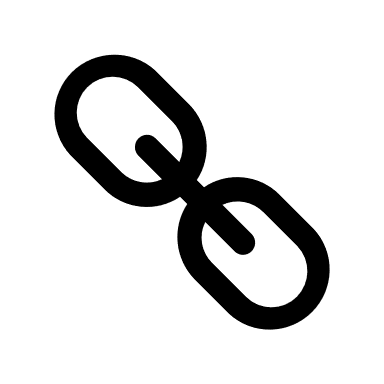


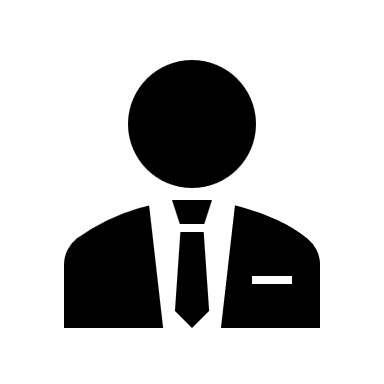
Thursday 22nd February, 11am until 12 noon

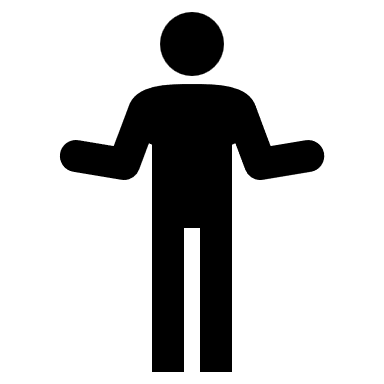
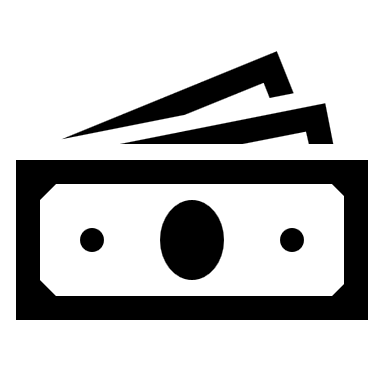


Tuesday 19th March, 11am until 12 noon

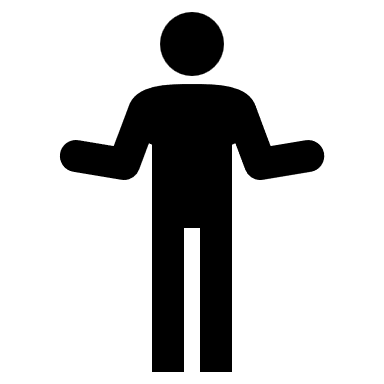
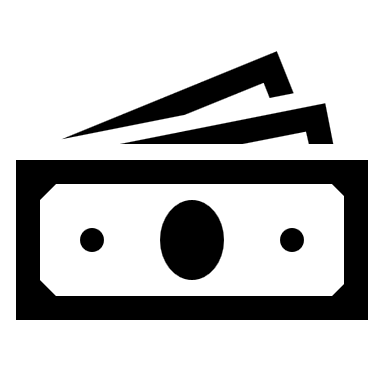
These groups are held on Zoom.

We will send you the link to these ahead of each session.

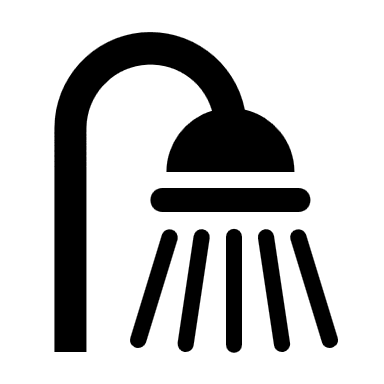
We have peer support groups for **Personal Assistant** **Employers.**

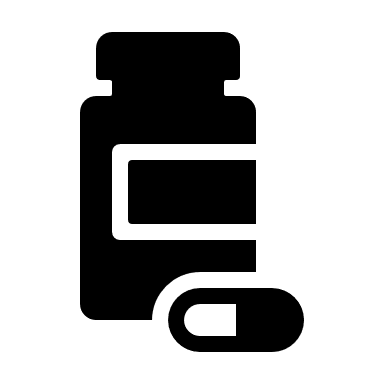


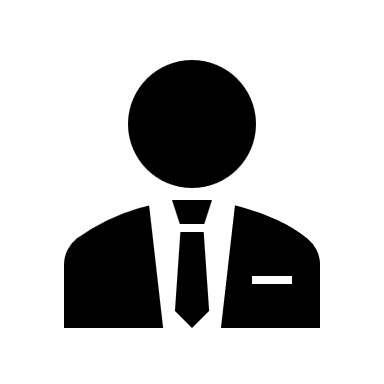
A **Personal Assistant Employer** is someone who pays someone else for help to take care of themselves.

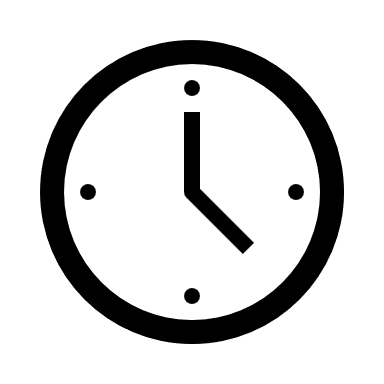
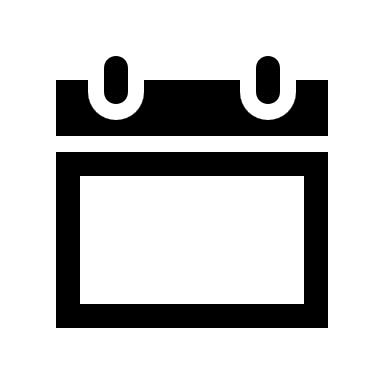


For example, a **personal assistant employer** may pay someone to help them with:

Showering themselves

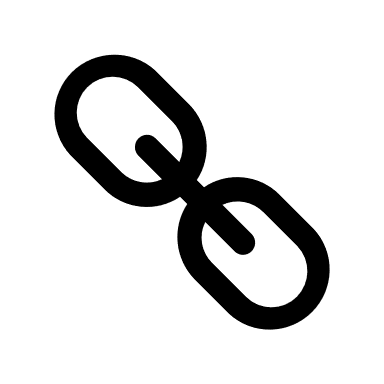
Taking medication

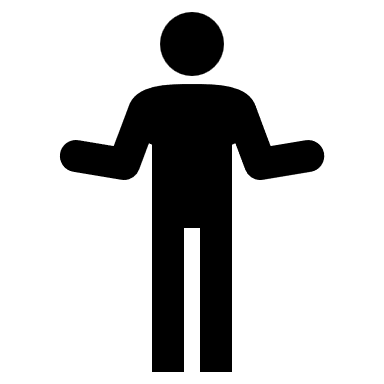
Using the internetWe are holding our Online **Personal Assistant Employer** **Peer Support** Group on:

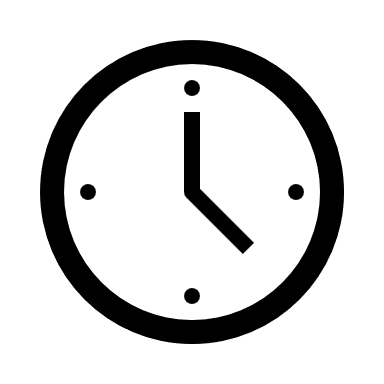
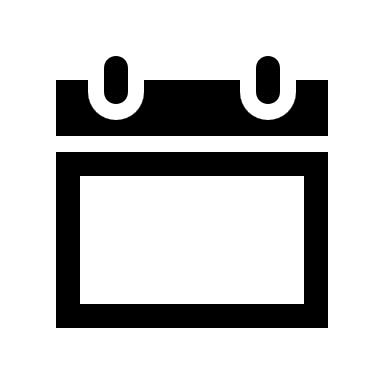


Thursday 21st February, 11am until 12.30pm

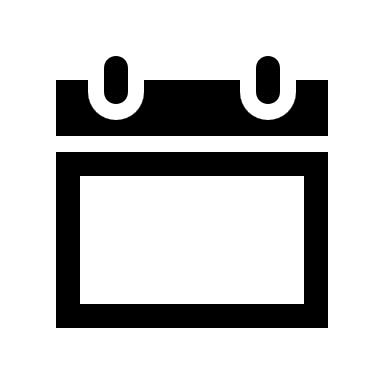
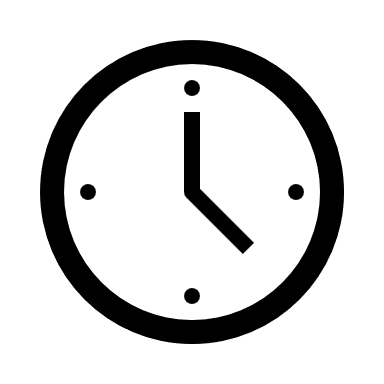
These groups are held on Zoom.

We will send you the link to these ahead of each session.

Using the internetWe are holding our Online Parent Carer **Peer Support** Group on:

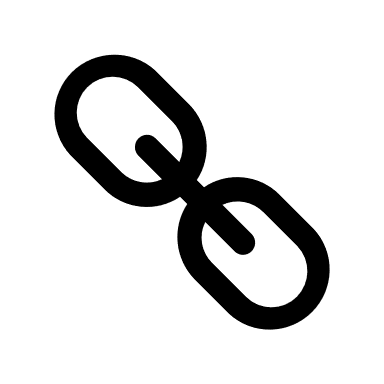


Monday 5th February, 11am until 12 noon



Monday 4th March, 11am until 12 noon

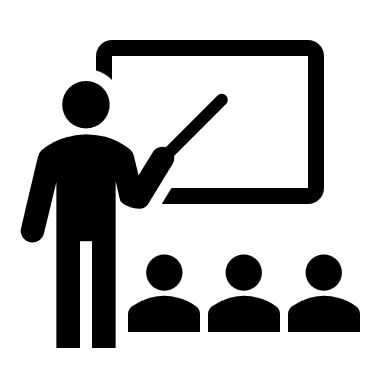
These groups are held on Zoom.

We will send you the link to these ahead of each session.

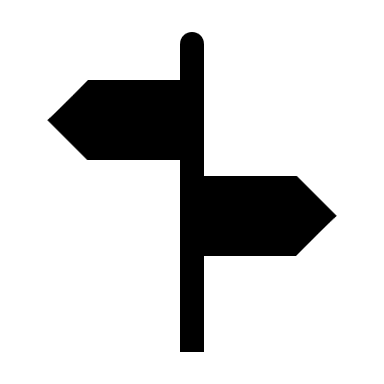


Someone from VOCAL will be in attendance at each of these events.

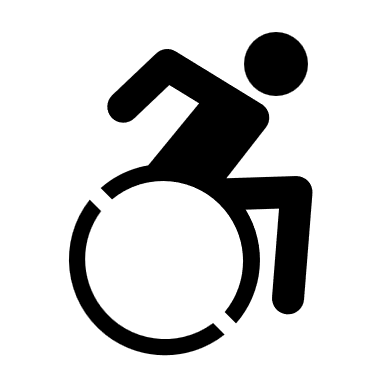
**Workshop Events**



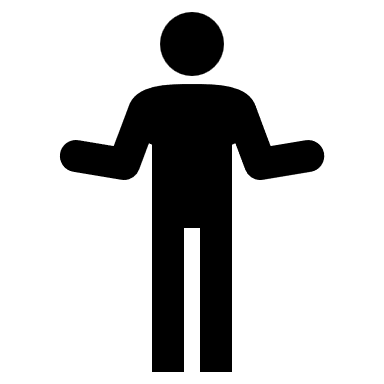
We are holding a workshop called ‘Introduction to **Self-Directed Support**’.

****

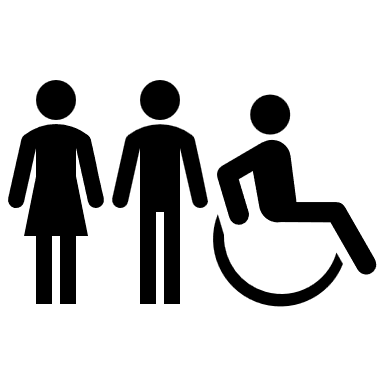
**Self-Directed Support** is the name of the social care support options offered in Scotland.

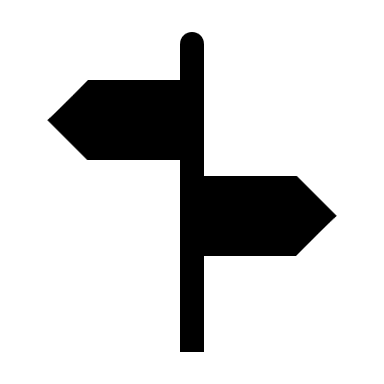
****

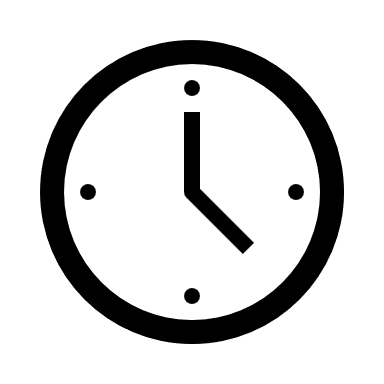
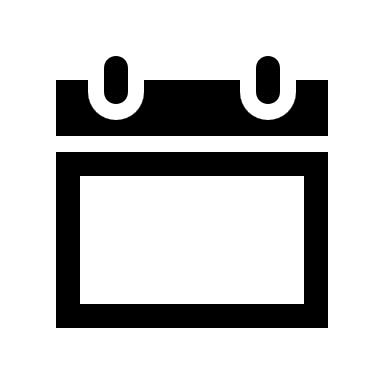
**Self-Directed Support** is for people who need help to live independently at home



**Self-Directed Support** is also for people who care for someone who needs help to live independently at home.

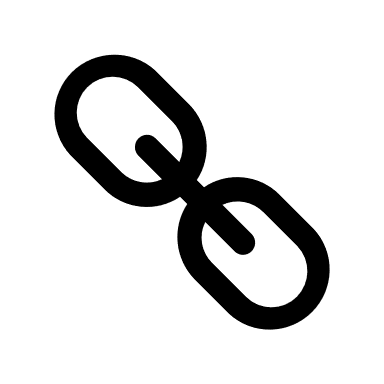
****Our ‘Introduction to **Self-Directed Support**’ Workshops are for Disabled People and Carers.

****Using the internetWe are holding our Online ‘Introduction to **Self-Directed Support**’ Workshop on:



Wednesday 28th February, 12.30pm until 3pm.

These groups are held on Zoom.

We will send you the link to these ahead of each session.