

LOTHIAN CENTRE FOR INCLUSIVE LIVING

PEER SUPPORT & LEARNING EVENT PROGRAMME

January to March 2024



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

About Our Events

Who are Lothian Centre for Inclusive Living (LCiL)?

LCiL are a disabled-led organisation who provide a range of services to support disabled people and carers with Independent Living.

What does the Peer Support and Learning Team offer?

Peer support groups and workshops to help disabled people, PA employers, and parent carers increase their knowledge, skills, confidence and resilience.

Who can attend?

Disabled people, people with long-term conditions, older people and carers living in Edinburgh and the Lothians.

Why should I come along?

In a relaxed and friendly environment, you will:

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

Where are your events held?

In-person and online, in community venues across Edinburgh, West Lothian, and in future, community venues across East Lothian, and Midlothian.

- Online events are open to those living in Edinburgh and the Lothians
- In-Person West Lothian Peer Support Groups are open to those living in West Lothian only
- In-Person Edinburgh Peer Support Groups are open to those living in Edinburgh only

About Our Events

Attending an Online Event

We would appreciate if you are able to RSVP and let us know if you are able to attend our online events.

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.

Attending an In-Person Event

Registration is required to attend our in-person events.

The peer support group is followed by a light buffet lunch of savoury and sweet items, unless otherwise stated*

*Dietary requests are required one week before the event

How do I register for an event?

By emailing SDS@lothiancil.org.uk or calling 0131 475 2350, where one of the Peer Support and Learning Facilitators will complete the registration process with you.



The small print

This programme is subject to change. Any changes will be clearly communicated ahead of time. LCiL is a registered charity. Number SC017954

Disabled People's Peer Support Groups

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

Online Disabled Person Peer Support Group

via Zoom

11:00 am - 12:00pm

Wednesday 17th January

Thursday 22nd February

Tuesday 19th March

Edinburgh Disabled Person Peer Support Group

Training Room at Norton Park Conference Centre

Thursday 18th January (1.30-3pm)*

Thursday 29th February (11-1.15pm)

Thursday 21st March (11-1.15pm)

*NB- lunch will not be served as part of this event as we resume peer support groups following our festive break.

West Lothian Disabled Person Peer Support Group

Delivered with Carers of West Lothian
North Barn, Carmondean Community
Centre

11:00am - 12.30pm
(Lunch: 12.30-1:15pm)

Thursday 25th January
Thursday 15th February
Thursday 7th March



PA Employer Peer Support Groups

Our PA Employer Peer Support Groups offers those employing personal assistants a chance to come together and discuss specific issues relating to being a PA employer and managing direct payments.

Online PA Employer Peer Support Group

Via Zoom

11-12.30

Wednesday 21st February

Parent Carer Peer Support Groups

Online Parent Carers Peer Support Group

Delivered with VOCAL

via Zoom

11:00 am - 12:00pm

Monday 5th February

Monday 4th March

These Peer Support Groups are for parent carers/guardians of disabled people. 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.

Workshops

Introduction to Self-Directed Support Workshop

Online via Zoom

12.30-3pm

Wednesday 28th February

Our introduction to Self-Directed Support Workshop is for those who want to learn more about their options under Self-Directed Support.