# **Lothian Centre for Inclusive Living Peer Support and Learning Events Program: January to March 2024**

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## **Disabled People Peer Support Groups**

### Edinburgh

For those living in Edinburgh only. For disabled people, people living with long-term conditions and older people to meet, share experiences, support each other and talk about what's important to them.

In Person at the Training Room in Norton Park Conference Centre

Dates:

Thursday 18th January, 1.30pm until 3pm (no lunch will be served at this event as we resume peer support groups following our festive break).

Thursday 29th February, 11am until 12.30 (lunch from 12.30 until 1.15).

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

### West Lothian

For those living in West Lothian only. For disabled people, people living with long-term conditions and older people to meet, share experiences, support each other and talk about what's important to them. Delivered in partnership with Carers of West Lothian.

In Person at North Barn, Carmondean Community Centre 11am until 12.30 (lunch from 12.30 until 1.15).

Dates: Thursday 25th January, Thursday 15th February, Thursday 7th March

### Online

For those living in Edinburgh and the Lothians. For disabled people, people living with long-term conditions and older people to meet, share experiences, support each other and talk about what's important to them.

Online via Zoom 11am until 12pm

Dates: Wednesday 17th January, Thursday 22nd February, and Tuesday 19th March.

## **PA Employer Peer Support Groups**

### Online

For those living in Edinburgh and the Lothians. Online guided peer support group for PA employers.

Online via Zoom, 11am until 12pm

Date: Wednesday 21st February

## **Parent Carer Peer Support Groups**

For those living in Edinburgh and the Lothians. For parent carers to meet, share experiences, and support each other. Delivered in partnership with VOCAL.

Online via Zoom 11am to 12pm

Dates: Monday 5th February, Monday 4th March

## **Workshops**

### Online Introduction to Self-Directed Support Workshop

For those living in Edinburgh and the Lothians, who want to learn more about their options under Self-Directed Support.

Online via Zoom, 12.30 until 3pm

Date: Wednesday 28th February

## **Registration**

To find out more information or book onto any of our sessions please contact the Peer Support and Learning Team by calling 0131 475 2350 or emailing us at sds@lothiancil.org.uk

Please note: all events are subject to change. For the latest information please check the events page on our website: [www.lothiancil.org.uk/events/](http://www.lothiancil.org.uk/events/)