

# Community Connections

Connecting Disabled People, those with long term health conditions and carers to peer support focused on all areas of social care



**Our peer support groups provide a safe space to connect with others through shared experiences with the aim to strengthen knowledge, skills and confidence in all aspects of Self-Directed Support (SDS) and available social care options.**

**The sessions are welcoming, relaxed and informal. We focus on bringing people together to discuss the aspects of SDS that matter to them.**



Visit Eventbrite  
**SCAN HERE**



## Upcoming Dates Midlothian



27  
JAN

**SDS Peer Support Group**  
Online via Zoom  
11.00am - 1.00pm

31  
MAR

**SDS Peer Support Group**  
Online via Zoom  
11.00am - 1.00pm

26  
MAY

**SDS Peer Support Group**  
Online via Zoom  
11.00am - 1.00pm

**CONTACT US**

**PSL@lothiancil.org.uk**