

## For further information please contact:

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Our telephone hours are Monday – Friday,  
10am-4pm.

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

(Our venues are very easy to access and have  
parking).

All our information is in a range of formats. These  
are:

Audio

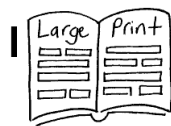


Braille

Easy



Information

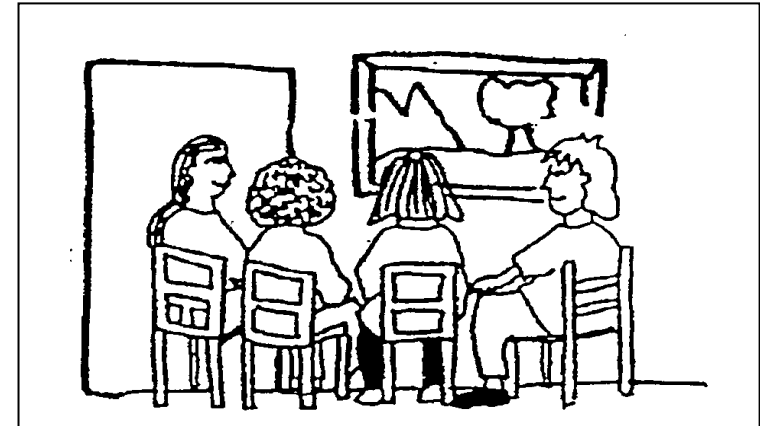


Large Print

LCiL is a registered charity number SC017954

Pictures from CHANGE Picture Bank & London People First

## Parent & Carer Peer Support Group



Are you a parent or carer living in Edinburgh?

The Lothian Centre for Inclusive Living (LCiL) facilitates a peer support group for parents and carers of disabled children and young people and children and young people with additional support needs.

The group is facilitated so parents and carers can share experiences, support each other and set discussion topics.

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Lothian Centre for Inclusive Living



## What will I get from attending?

- Meet other parents and carers
- Explore ideas and opportunities around support
- Find out practical information and resources
- Develop skills and build confidence
- Hear from guest speakers and organisations on a range of topics

### Each meeting aims to:

- be relaxed & informal with time to talk to each other & share information.
- have time for a dedicated speaker on a topic chosen by the group.

## What other parents who attend have said:

*“Great to listen to how other parents achieved something, the process they used”*

*“It was fun to just sit and chat and share experiences”*

*“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”*

## Where and When?

The group meets **once a month**, alternating Monday and Thursdays.

**Time:** 10.30am - 1.30pm.  
Lunch from 12:30pm.

**Where:** Norton Park Conference Centre  
57 Albion Road Edinburgh EH7 5QY

**Lunch and refreshments are included.**  
Please let us know if you plan to attend.

## LCiL also provides:

- An **Independent Living Service** one-to-one advice & support to manage your self-directed support package.
- A **Payroll Service** helping you by doing some of the paperwork if you are an employer.
- A **Financial Management Service** helping you to manage your self-directed support budget.
- **Grapevine** offers free, confidential information & advice, on anything about having a disability.
- **Training & workshops** on various topics.