

LCiL's Self- Management Support Service

Norton Park Centre,
57 Albion Road,
Edinburgh,
EH7 5QY



Telephone: 07396 591871
Email: SMW@lothiancil.org.uk
Website: www.lothiancil.org.uk

What is LCiL's Self Management Support Service?

Self Management Support is about finding out what matters to you? It can help you...



The service can also help connect you with other people or activities in your local community.

The service is free and support is available for up to 3 months and in exceptional circumstances this support can be extended.

Who might benefit from Self Management Support?

If you are an adult living in Edinburgh with a long-term physical health condition(s) and this is having an impact on your mental health and wellbeing then please do get in touch for an informal, confidential chat, 07396 591871 or email SMW@lothiancil.org.uk



Normal opening hours:
Tues-Thu, 10am-4pm

Our values

LCiL is managed by disabled people for disabled people. We work to enable individuals, irrespective of impairment or condition, to take up their rights and make informed choices based on their own needs and circumstances.

All requests for information are treated on a confidential basis.



Self-Management Support Service is part of LCiL

LCiL works with disabled people, people with long-term conditions and older people, parents and carers in Edinburgh and the Lothians.

We support people to take control of their own lives, support their choice to take up their rights and enable their full participation in society, and to:

- live more independently
- be more in control
- use self-directed support
- Disability Equality and Improving Access

