

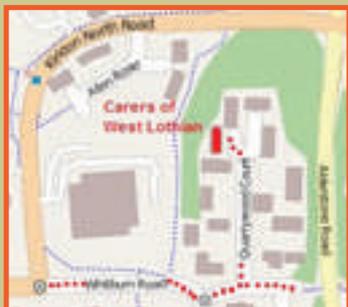


Information, advice and support for all unpaid carers & people with disabilities

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How to find us:



LOTTERY FUNDED

Royal Garden Party



This summer we were delighted to be invited to nominate a number of our staff or directors to receive invitations to the Royal Garden Party on 4 July. Subsequently ten of us received our invitations from the Office of the Lord Chamberlain on behalf of the Queen, and we organised a mini bus (which Xanthe very kindly volunteered to drive) to transport us from the office to the Palace of Holyrood.

When I arrived at Sycamore House that day, you could be forgiven for thinking a beauty parlour had set up shop in the meeting room where hair, nails, dresses, hats and fascinators

were receiving the final touches!

Jim, unfortunately, was unwell on the day, so, having first lined up for



a group photo in all our finery, a party of nine of us boarded the bus. Volume of traffic meant travel down the Cowgate in Edinburgh towards Holyrood was

very slow, but we passed the time spotting others travelling on foot to the garden party by their fascinators!

Once dropped off, and having passed the security checks at the entrance gate, we finally joined the several thousands of brightly clad guests in the gardens where the organisation of the tea tents was very impressive, as was the delicious, dainty food provided! The weather, too, was impressive and made such a difference to the enjoyment of the afternoon.

I have to take the word of others that the Queen as well as Princes Andrew and Edward were there, as due to the size of the crowd gathered around the Royal enclosure, it was difficult to catch more than a glimpse of the Queen's hat! Some of us did, however, manage to get photos of Her Majesty over the heads of the crowd.

It was a special day out for us and we shall remember it as an acknowledgement of the work we do to support carers and others in West Lothian.

office@carers-westlothian.com

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www.carers-westlothian.com

Sycamore House, Quarrywood Court, Livingston, EH54 6AX

Opening Hours: 9.00 am - 4.00 pm (Monday - Friday)



Please give us your views!

We want to improve the support we offer to carers and people with disabilities, and feel it is important to gather your views. In particular, we want to hear your views about the information, advice and service you have received and how they can be improved.



Your views are important to us and so we are asking you to take about 5 minutes to complete the questionnaire enclosed in this newsletter. For your views to count please return the questionnaire in the envelope provided by Friday, 28 September 2018. You don't need to put a stamp on the envelope.

If you have any questions or you would like any help to complete the survey then please contact us on Tel No: 01506 448000. You can email us on office@carers-westlothian.com or write to us at the address on the enclosed envelope. You can ask someone else to help you, but please remember that it is your views that are important to us.

The results will be used by Carers of West Lothian to see how happy people are with the information and support we provide and to look at ways to improve. You will not be personally identified in any report or summary but if you have indicated that you require further help or support on the questionnaire we will contact you to arrange this.

Thank you for helping us by completing this questionnaire.

We've signed up to AmazonSmile!



AmazonSmile is a simple and automatic way to support a charity every time you shop, at no cost

to you. When you shop at smile.amazon.co.uk you'll find the same products, prices and services but with the added bonus that Amazon will donate a portion of the purchase price to Carers of West Lothian.

To shop at AmazonSmile simply go to smile.amazon.co.uk from your web browser. On your first visit to smile.amazon.co.uk you will need to select Carers of West Lothian as your chosen charitable organisation before you begin shopping. They will then remember your selection. It's worth noting, you use the same account on amazon.co.uk and smile.amazon.co.uk as account settings are the same.

More information can be found at smile.amazon.co.uk

You shop. Amazon gives.

Are you Ageing well?



Did you know that Xcite have a thriving programme of activities for the over 50's in West Lothian. The Ageing well project has been running since 2001 and aims to maintain and improve the health of the over 50's across West Lothian. The project is involved in a range of

activities which encourage physical health, mental health and wellbeing. Some of the activities are listed below:

Walking groups, Line dancing, New age indoor kurling, Tai chi, Gentle exercise, Buddy swimming, Knit and natter, Singing for health seated exercise, Arts & crafts, Ballroom and Latin dance class, Tea dances, Swimming, Social afternoons, Paracise™.

Costs and venues vary and you can see their full programme on the website below or contact your local Xcite for more information.

https://www.westlothianleisure.com/media/2305/senior_booklet_timetable_april-june_2018.pdf

Don't forget that carers can access our leisure concession scheme, in which carers can access any Xcite venue activity half price. Call 01506 448000 for more information.

RADAR Key Scheme

Carers of West Lothian now distribute RADAR Keys on behalf of West Lothian Council's Free Radar Scheme.



To qualify for a free radar key you must live in West Lothian, have a disability, and provide proof of your disability, which can be:

- Disabled Persons Blue Badge
- Disability Living Allowance (DLA) letter – mobility or care component
- Personal Independence Payment (PIP) letter
- Attendance Allowance letter
- Disabled Persons Concessionary Travel Permit
- Supporting evidence from a professional in medical or social services

Forms can be obtained from:

Carers of West Lothian, Sycamore House, Quarrywood Court, Livingston EH54 6AX

Tel: 01506 448000

Email: office@carers-westlothian.com

Keys can be collected from Sycamore House or posted. A key can be collected on behalf of another person but proof of eligibility must still be provided.

Courses & Information Sessions

Basic Footcare Session

Do you look after somebody requiring help, or do you require help yourself with basic footcare tasks? Would you like to become more confident managing basic foot care?



In 2013 The Scottish Government published guidance to help individual's manage their personal footcare and clearly sets out the difference between what is personal footcare and when someone has clinical podiatry needs.

Where individuals are able to manage their footcare independently or with support they are encouraged to do so.

In partnership with an NHS Podiatrist we are running a basic footcare training session on Monday, 8th October, 10 am – 12 noon here at Sycamore House, Quarrywood Court, Livingston, EH54 6AX. This will cover nail care, skin care and checking for problems.

To register your interest, please call 01506 448000 or email office@carers-westlothian.com

Home Energy Advice Clinic

We are delighted to be working in partnership with Changeworks, a local energy charity to offer a monthly Home Energy Advice Clinic here in Sycamore House alongside our carers coffee morning.

Andy, an Affordable Warmth Advisor for Changeworks, will be here with useful energy and money saving tips for the home and to offer advice and support. The clinic will run on the last Wednesday of each month from 10 am – 12 noon.

The Advisor can advise on how to:

- Find the cheapest energy tariff
- Choose the best payment options
- Resolve billing problems with your supplier
- Understand your heating and hot water systems
- Combat condensation and dampness
- Apply for grants

To book an appointment call 01506 448000 or email office@carers-westlothian.com



Stress Management



We will again be running a Stress Management course for carers in the Autumn. The course will be informal with lots of small group and large group discussion. Discussion will be around looking at what stress is, how we respond to stress and looking at ways we can manage it. We will together look at introducing simple stress management techniques. This will be delivered over Thursdays in October, 11th, 18th and 25th from 1 pm – 3 pm. Please call 01506 448000 to register your interest.

Mindfulness for Relaxation

Mindfulness is increasingly being recognised as an effective way to reduce stress. Studies have shown that practised regularly Mindfulness can be an effective method of reducing stress and anxiety and can often lead to improvements in overall health and wellbeing. Why not come along and see if learning Mindfulness techniques would work for you in your role as a carer.

We will be offering an Introduction to Mindfulness for Relaxation over a full day session on Saturday, 6th October, 10 am – 4 pm, a light lunch will be provided. Please call 01506 448000 to register your interest.

Emotional Resilience

Emotional Resilience refers to our ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor. Resilience can be developed with a little effort. Join us to explore what emotional resilience means for you as a carer and how you can learn to develop your own resilience. This course will be delivered over 3 Thursday mornings in November 1st, 8th and 15th from 10 am - 12 noon. Please call 01506 448000 to register your interest.



Stop Smoking Service

West Lothian Drug and Alcohol Service are pleased to announce the launch of a new stop smoking support project. We would like to make all carers and people with disabilities in West Lothian aware of the new service. We can help and support you to stop smoking in your own home, or in a venue which suits you. We offer friendly free and confidential advice and Nicotine replacement or stop smoking medication without the need for a visit to your G.P. We will continue to support you on an ongoing weekly basis, either face to face or over the telephone, whichever you prefer.

If you are interested in the service please contact Lesley on 01506 446659 or 07795200267 or email lesley.brogan@wldas.org



Support for Mental Health & Well-being

At times we can all feel a bit overwhelmed with what life throws at us. And for some people managing their mental health is something that they regularly face. Below are some resources to help manage and improve our mental health and ways to help others. If you or someone else are in immediate danger, telephone the emergency services on 999.



Living Life is a free telephone service that could help you understand why you are feeling down or anxious. Their self-help coaches and Cognitive Behavioural Therapists can teach you new ways to help you cope. Call 0800 328 9655.



SAMH (Scottish Association for Mental Health) say 'whether you're living with a mental health problem or supporting someone who is, accessing information is vital', as a result of this SAMH have developed a series of information resources on mental health problems, self-help and well-being, being there for someone, suicide and knowing your rights. You can access their resources on www.samh.org.uk



Support in Mind aim to improve the quality of life for anyone whose mental health problems or mental illness has a serious impact on their life and on the lives of others, including family members, friends and supporters. Their website has lots of information on services and groups, mental health information and useful links www.supportinmind.org.uk

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.
- The helpline number is: 0800 4 70 80 90.



We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. If you're given the time and space to talk things through, you can find a way through your problems.

Samaritans help you to explore your options so you can make decisions that are right for you. **CALL US**

Call: 116 123 (UK) Email: jo@samaritans.org (UK)

Write: Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone-we're here to listen.

Call free on: 0800 83 85 87

- Monday to Friday: 6 pm to midnight
- Saturday and Sunday: 8 am to midnight

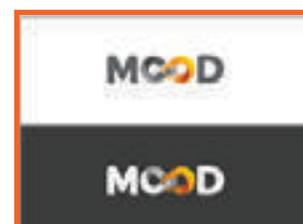
The British Sign Language interpretation service is available during the Breathing Space phone line opening hours at:

<http://breathingspace.scot/how-we-can-help/bsl-service/>



MOOD provides a range of groups and resources including 12 groups for up to 75 older people aged 55+ living in West Lothian with depression. The Group aims to develop self confidence, reduce isolation and encourage social contact to help prevent premature admission to institutional care.

Tel: 01501 749974





ALBA (Active Living Becomes Achievable) West Lothian
ALBA works in partnership with local leisure trusts in West Lothian to offer 16 weeks of free one-to-one support to individuals who want to become more active but lack the motivation, self-belief or confidence.
Email: ALBAWestLothian@samh.org.uk



Services we currently offer:

- listening via telephone/face to face.
- Support group facilitation.
- Signposting family or friends to support networks for loved ones who are considering suicide as an option.
- We can signpost family or friends to support networks for themselves when they have lost a loved one to suicide.

Support Group - For Family and Friends who have lost a loved one to suicide
1st & 3rd Wednesday of every month, 6.30 pm - 8.30 pm, Strathbrock Partnership Centre, Contact - Donna Paterson-Harvie, Tel: 07446717501



The aims of Bipolar Scotland are to provide information, support and advice for people affected by bipolar disorder, their carers and others with an interest in its work. Visit www.bipolarscotland.org.uk

Our Self-Help groups are open to anyone who has been affected by bipolar disorder. You don't need to be referred, just come along. Group meetings give you an opportunity to discuss any issues that you have around bipolar disorder. Also groups will sometimes have a guest speaker on relevant topics. Meet 2nd Thursday of each month, 7 pm - 9 pm, Bathgate Partnership Centre.

West Lothian's online source of mental health and well-being information.

The aims of the Westspace are to:

- Signpost people to appropriate mental health services in West Lothian
- Enable people to make informed choices in their treatment and care
- Inform people of factors influencing positive mental health and wellbeing
- Enable people to access services and information which may be of benefit to them or someone they support

Visit www.westspace.org.uk



The Mental Health Advocacy Project provides professional independent advocacy services for anyone who has or has had a mental health and /or addiction problems who lives in or is receiving treatment in West Lothian.

Tel: 01506 857230 or visit <http://www.mhapwl.org>

LGBT Health and Wellbeing (LGBT Healthy Living Centre) was set up in 2003 to promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland. It provides support, services and information to improve health and wellbeing, reduce social isolation and stimulate community development and volunteering.

Email: admin@lgbthealth.org.uk

Tel: 0131 523 1100

Or visit www.lgbthealth.org.uk



Dementia Course & Updates

“Caring at Home with Dementia”

Looking to the future for carers of dementia sufferers



In partnership with the Occupational Therapy department at St John's, we are running a six-week course offering advice and information to carers of someone in the early stages of dementia. Recognising the demands on you when looking after someone, we hope that by providing you with relevant information and practical advice we can offer some support in your role as a carer. Speakers who have experience and expertise in this field will deliver the sessions in a relaxed and informal environment, and don't worry; there will be plenty of time for all the questions you want to ask. Topics to be covered will include managing challenging behaviour, changing relationships, looking after you, planning ahead, legal issues and the treatment and diagnosis of dementia.

We realise that it is also important just to find time to relax and meet new friends who understand the demands on you as a carer. Carers who have participated in previous courses found they were better prepared for their new role, but more importantly they had greatly benefited from the valuable peer support, enabling them to recognise and deal with feelings of isolation and anxiety.

The course will run on consecutive Mondays from 1.30 pm – 3.30 pm from the 8th October 2018 until the 12th November 2018. The venue is the Occupational Therapy Department group room on the 1st floor at St John's Hospital, Howden, Livingston.

Any carer interested in attending this course should contact Jim Brown at Sycamore House on 01506 448010 or email at jim@carers-westlothian.com.

Carers Week Update

The beginning of June saw a busy time for staff here at Carers of West Lothian as we prepared for Carers Week. This year's campaign looked at how we come together to build communities that support the health and wellbeing of carers to help them stay healthy and connected.

Linda and Carolann started the week off by visiting a number of Xcite Leisure venues across West Lothian, giving them the perfect opportunity to chat to carers out in the community about their caring roles and the support that we can offer them.

We had an extra special Coffee Morning on the Wednesday where carers were able to get out for a walk along the River Almond and the chance to enjoy a seated massage provided by our lovely volunteer Stephanie. And not forgetting the supply of coffee with a selection of tasty but healthy treats!!

We also hosted a Health and Wellbeing Drop-In here at Sycamore House where carers were able to access short walks and gentle seated exercise. A mini health check was given by our student nurse volunteer, Emma and Linda popped along to offer a relaxing hand massage - a thoroughly relaxing and enjoyable afternoon was had!

At the carers coffee morning we asked carers to tell us what they did to look after their own health and wellbeing, some of the comments were:

"I make crafts for charity and teach small groups."

"I go outdoor bowling, swimming and walking."

"Coming along to Carers is time for me to switch off my phone and I have made lots of new friends through Carers."

The week was rounded off with Cath and Linda attending the Band of Brothers/Band of Sisters Information and Pamper Event. What fun was had by all!

The Fork and Field



As you may have seen previously in our newsletter, our first 'Eat and Meet' took place at The Fork & Field in Mid Calder during Carers week. The very kind management of the Fork and Field gastro pub have agreed to provide a meal and soft drink for carers from Carers of West Lothian (CoWL) 4 times per year.

We now have additional dates available. In order to manage numbers and demand, access to the event will be by invitation only. If you would like to be considered for this event we are now registering names. Please call to register your interest on 01506 448000.

Carers of West Lothian would like to take this opportunity to thank Angela and the rest of the team at the Fork and Field for their continuing generosity and kindness. Thank you

Dates and times are as follows:

Thursday, 20th September, 4 pm – 6 pm

Monday, 20th December, 1 pm – 3 pm

Wednesday, 27th March 2019, 5 pm – 7 pm

www.carers-westlothian.com

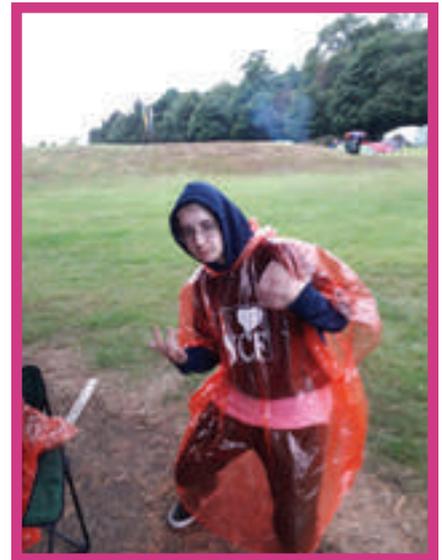
Young Carer Support Service



Xanthe & Wilma



Young Carer



Summer Festival



So summer is off with a bang! With the weather on our side, the young carers have been having an amazing time enjoying some action packed adventures.

With all the groups coming to an end in June we had some amazing activities before ending for the summer break.



The Juniors and Tweenies combined to form a MEGA-GROUP called the Junies. We dived into a swim session at Excite Bubbles in Livingston; flumes, river rapids with a big splash of fun and laughter before heading off to McDonald's for tea.



The Seniors chose to embrace the sunshine and get back to nature with an afternoon at the Five Sisters Zoo. On a beautiful walk we spotted all the different animals and took some fabulous photos. We finished off with tearful goodbyes over KFC.

Then on to our Summer Programme . . .  drum roll please.



The mega-group Junies have been out exploring with a lovely walk round Dechmont Law blowing bubbles and being wizards and warriors, cooling off with swimming in Deans Community High School.



We also had an action packed day at Leonardo's - Cash for Kids event, thank you ever so much, Forth 1 Cash for Kids Appeal, for the invitation. The young carers participating in playing hospital (Doctors & Nurses), building rockets with the chance to launch them to see how high they could reach and dancing the night away with a disco.



The 16+ group have enjoyed some new adventures with an afternoon at Langasm. They joined in on a Virtual Reality Experience where they had to take down the Ogres with a bow and arrow fighting challenge.



The Seniors had the CRAZIEST of all crazy golf tournaments filled with laughter and pizza.

With the line up of fun continuing with the Young Carers Festival coming up! . . . AND squeezing in a few more outings in the sun!

We look forward to the evening groups starting back in late August and can't wait for even more fun starting.



Lots



of Fun

Courses Oct - Nov18

(If you are interested in attending any of our courses please call to register your interest).

October			
Basic Footcare for Carers and People with Disabilities	Monday 8	10.00 am - 12 noon	Sycamore House
Caring at Home with Dementia	Mondays 8, 15, 22, 29, (See Nov)	1.30 - 3.30 pm	OT Dept Group Room, 1st Floor, St John's
Stress Management for Carers	Thursdays 11, 18 & 25	1.00 - 3.00 pm	Sycamore House
Carers Mindfulness for Relaxation	Saturday 6	10.00 am - 4.00 pm	Sycamore House

November			
Caring at Home with Dementia	Mondays 5, 12	1.30 - 3.30 pm	OT Dept Group Room, 1st Floor, St John's
Emotional Resilience for Carers	Thursdays 1, 8, 15	10.00 am - 12 noon	Sycamore House

Events Sep - Nov18

Weekly Events				
Carers Coffee Morning	Wednesday	10.00 - 12 noon	Sycamore House	A drop in coffee morning for carers.
Carers Walking Group	Wednesday	10.00 am	Sycamore House	A walking group for carers leaving from Sycamore House, walking around Livingston Village, suitable for all abilities.

(Please call to confirm if you are interested in attending any of our groups as last minute changes can sometimes occur).

Monthly Events				
Mental Health Support Group	Monday 3/9, 1/10, 5/11	6.00 - 8.00 pm	Sycamore House	A support group for carers of individuals with a mental health condition.
Bereavement Support Group	Friday 21/9, 19/10, 23/11	10.30 am - 12 noon	Sycamore House	Support Group for bereaved carers in West Lothian.
Dementia Cafe Whitburn	Tuesday 11/9, 9/10, 13/11	1.30 pm - 3.30 pm	Answer House, Whitburn	An opportunity for carers to meet socially and to bring along the person they care for.
Legal Clinic	Tuesday 4/9, 2/10, 6/11	1.00 - 4.30 pm	Sycamore House	For carers and people with a disability - contact CoWL for an appointment.
Power of Attorney Clinic	Tuesday 18/9, 23/10, 20/11	9.30 am - 4.30 pm	Sycamore House	For carers and people with a disability - contact CoWL for an appointment.
Carer Massage Drop-in	Wednesday 12/9, 10/10, 14/11	10.00 am- 12 noon	Sycamore House	Twenty minute carer massage. Call to make an appointment.
Evening Support Group	Wednesday 26/9, 31/10, 28/11	6.30 - 8.30 pm	Sycamore House	Meet other carers in a social atmosphere, share experiences and meet new friends.
Home Energy Advice Clinic	Wednesday 26/9, 31/10, 28/11	10.00 am - 12 noon	Sycamore House	Useful energy and money saving tips for the home, for carers and people with a disability.
Dementia Drop in Support Group	Friday 7/9, 5/10, 2/11	10.00 am- 12 noon	St John's Hospital OT Department	A support group for carers looking after someone with dementia at home.

Please note that views expressed throughout this publication do not necessarily reflect the views of Carers of West Lothian. We cannot endorse/recommend any service advertised within this publication. If you have a compliment or complaint to make please see above for contact information.