



## Welcome to our new e-bulletin

which we will be sending out on a regular basis. We hope you are all keeping well and have the support you need at this difficult time; remember we are here to help you. Our new e-bulletin has been designed to give you the latest news, tips and advice on COVID19 as well as other general information you may need. We also want to tell you about new online peer support groups we're arranging through the Zoom platform, reminding you of what's coming up so that you can easily get involved. Please stay well and get in touch by phone, email or via our website.

Alison, CEO, Carers of West Lothian

---

**[COVID-19 update on Social Security Benefits in Scotland](#)**

# COVID-19 : Update on Social Security Benefits in Scotland.



## Carer's Allowance

Carer's Allowance will continue to be paid even when the carer is unable to provide care due to self-isolation or infection of coronavirus to either them or the person they care for. The care provided can now include mental and emotional care and not just physical care. The Scottish Government will also still pay the Carer's Allowance Supplement in June and December.

## Young Carer Grant

Applications for the Young Carer Grant can still be made through all the usual channels. If someone applies for a young carer's grant after their 19th birthday their application will still be considered as though it was on time. This is to ensure that coronavirus doesn't stop anyone accessing the support they deserve.

## Child DLA and PIP

The Scottish Government are unable to introduce the devolved Child Disability Payment or Personal Independence Payment until Social Security Scotland return to normal operations. Given the uncertainty, there is currently no precise timescale on how long that will take.

## Scottish Carer's Assistance

Given the current uncertainty, it is unclear what this will mean for timescales to deliver the Scottish Carer's Assistance and Carer's Additional Child Payment. We will continue to update you of revised timelines as they become clear.

On Wednesday, the Cabinet Secretary for Social Security and Older People, updated the Scottish Parliament on potential delays to the devolved Social Security Benefits in Scotland. **To read the statement in full:**

[Click here](#)

**Given the uncertainty around COVID-19, we will continue to update on any changes to the devolved social security plans as they become**

clearer.



## Gentle Exercise and Tai Chi

**Join us on Tuesday 7 April at 11am for a Gentle Exercise and Tai Chi session on Zoom!**

This session is if for any adult we support, why not get the person you support to join in! Suitable for all levels as the exercises can be done sitting or standing.

Get in touch if you would like to join in! Let's get moving!

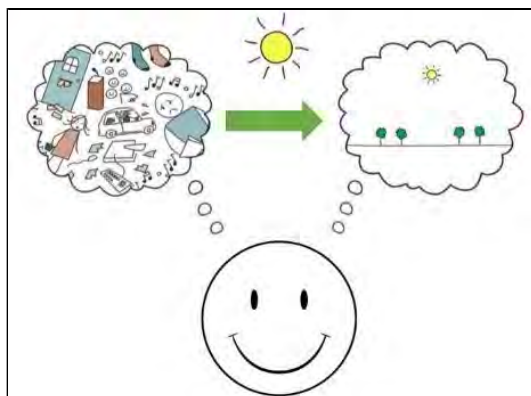
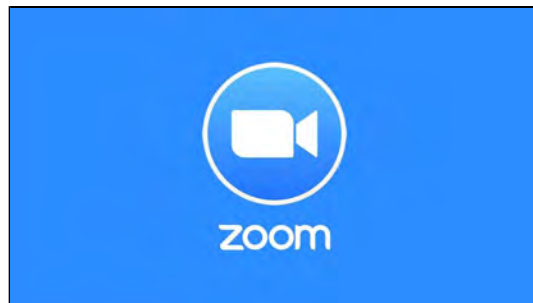
**Phone: 01506 448000 Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)**

## Accessing our usual Support Groups

We are using the Zoom platform to continue providing our usual support groups and some new ones too!

[Find out which groups we have and how to access them!](#)

We are also looking at other ways we can use Zoom so watch this space!



## Mindfulness for Relaxation

Mindfulness for relaxation can be an effective way of dealing with some of the overwhelming feelings that I'm sure we've all been experiencing over the last few weeks.

**Why not join us each Wednesday from 8th April at 3.30 – 4.30 via Zoom every. All of our adult service users are invited to attend.**

Meeting room code is 164-651-403

Zoom meeting link:

<https://zoom.us/j/164651403>

## Emergency Planning

There is no time like the present to prepare for the future!

[Keep Reading](#)



Under current circumstances many carers will now find themselves unable to access short breaks opportunities out with their home For information on how you can access the grant for breaks within the home [please read more...](#)

## Counselling

Our counselling service is still open although we're only able to hold sessions over the phone or via Zoom.

Phone:01506 448000 email:  
[office@carers-westlothian.com](mailto:office@carers-westlothian.com)







## Easter Opening Hours

Mon 6th -Thur 9th April open as normal

Good Friday 10th April - CLOSED

Easter Monday 13th Aril - CLOSED

Back to normal - Tuesday 14th April

We are closed on Monday  
4th May for the bank holiday



*Copyright © 2020 Carers of West Lothian, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).



