



Welcome to our 2nd e-bulletin

Welcome back to our Ebulletin, its great to have another opportunity to tell you all about what we're planning for you all here at Carers of West Lothian. We're listening to feedback from you about what support you need from us at this difficult time and hope that you'll like what we're planning over the next few weeks. Even if you've not managed to get involved in our Zoom groups so far, please give it a try. Might be a lot of fun! Whilst we're trying to help you join in group activities, please remember we're also here if you need someone to talk to. And if you have any questions or want information on other support you might need, give us a call. If you haven't already, please also follow us on our Facebook or Twitter. Stay well.

Alison, CEO, Carers of West Lothian

Phone: 01506 448000 Email: office@carers-westlothian.com

Website: carers-westlothian.com

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



Massage Course

Sally from Phoenix Health and Wellness Centre in Bathgate will take you through some basic massage techniques that you can use at home.

The aim of this session is for carers and the person they support to learn massage techniques that will support self-management.

If you and the person you support would like to join us, get in touch

Massage Course
For carers and the person they support



 **Monday 27 April**
6-6.45pm

Phone:01506 448000 email:
office@carers-westlothian.com



Boot Camp Style Fitness Class

6 week block starting Friday from 1st May at 4 pm.

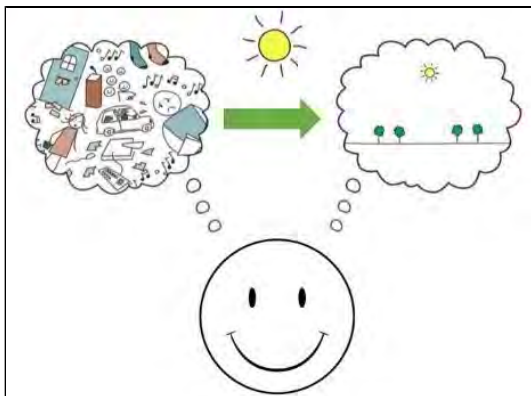
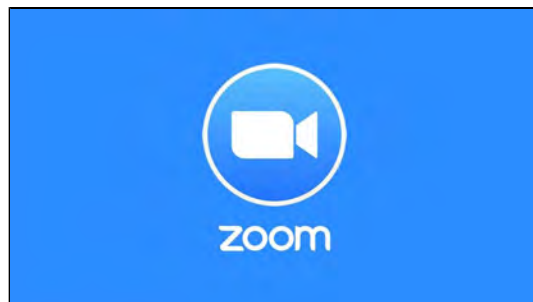
For details about this class and how to join, [please keep reading...](#)

More information on My Military Fitness can be found at www.mymilitaryfitness.co.uk

Free App to Access our usual Support Groups

We are using the video meeting tool, Zoom to continue providing our usual support groups which can be downloaded from the internet for free! [Click here.](#)

If you have any problems connecting, please contact us.



Mindfulness for Relaxation - New Day and Time!

In this time of social distancing and self isolating to protect the physical health of ourselves and others, it is extremely important that we also look after our emotional well being too.

Why not join us every Tuesday at 8pm via Zoom. 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>

Weekly Zoom Sessions



Tuesday

Senior Young Carer Group – 3.30-4.30pm

Mindfulness/Relaxation for Carers & Disabled Adults – 8-9pm

Wednesday

Carers Coffee Morning – 10-11am

Thursday

Gentle Exercise & Tai Chi for Carers & Disabled Adults – 11-11.45am

Junior Young Carer Group – 3.30-4.30pm

Friday

Young Carer Drop-in – 2-3pm

Young Adult Carer drop-in – 3-4pm



Monthly Zoom Sessions

Carers Mental Health Support Group – 1st Monday 6-7pm

Social Group for Disabled Adults – 3rd Tuesday 6-7pm

Social Group for Disabled Adults – 4th Tuesday 10.30-11.30am

Carers Evening Support Group – Last Wednesday 6.30-7.30pm

Bereaved Carer Support Group – 2nd last Friday
10.30-11.30am



Weekly Young Carer Zoom Groups



**Tues senior
3.30pm**

Thurs junior 3.30pm

Fri Drop in 2pm



Young Adult Carer Grp 3pm

Its
been good using this
(zoom) as it means I can join in.
I can't make the group but can join
this way. It's been good to talk to
people as I am in the house.

Thank you so so
much for letting my daughter
join the YC Zoom group. She had
a ball haven't heard her laughing
like that for some months.

Gentle Exercise and Tai Chi



Join us now on a Thursday at 11 - 11:45 am for a Gentle Exercise and Tai Chi session on Zoom!

The session can be done standing or sitting and is suitable for all abilities. Open to Disabled Adults and Adult Carers. Carers, if the person you care for would like to join in, they're very welcome! This is a great opportunity to improve your health and wellbeing so why not get in touch and join us!

Phone: 01506 448000 Email: office@carers-westlothian.com



Now Open to Parent Carers

In order to better support all our carers at this time, Shared Care Scotland have temporarily lifted the age restriction to include adults caring for people under 21. From now until the end of June any unpaid carer can apply for up to £250 to use in such a way that will give them a break from their caring role, e.g. garden furniture, broadband, laptop, games console etc.

Please visit our website to access the application form and guidelines:

<https://carers-westlothian.com/short-breaks-guide/>

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Email: office@carers-westlothian.com



EMERGENCY PLAN



Emergency Planning

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

[Keep Reading](#)



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