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As the Scottish Government has announced that lock-down is to be extended, we are keen to understand how carers and disabled adults are coping. We want to know how you are feeling as the lock-down continues, how COVID-19 has impacted on your role as a carer or as a disabled adult and what help you would like from us as we move forwards. We want to hear your experiences, so we hope you can find 5 minutes to complete either the survey for carers or the survey for disabled adults which you can find by clicking the buttons below. We hope to be able to share the findings with you but in the meantime, we've provided below the latest news on support, groups and activities that we are planning over the coming weeks. We hope you can join us.
Stay Well.

Alison, CEO, Carers of West Lothian.

[Click here for CARER's Survey](#)

[Click here for DISABLED ADULT's Survey](#)

[Mental Health Support](#)

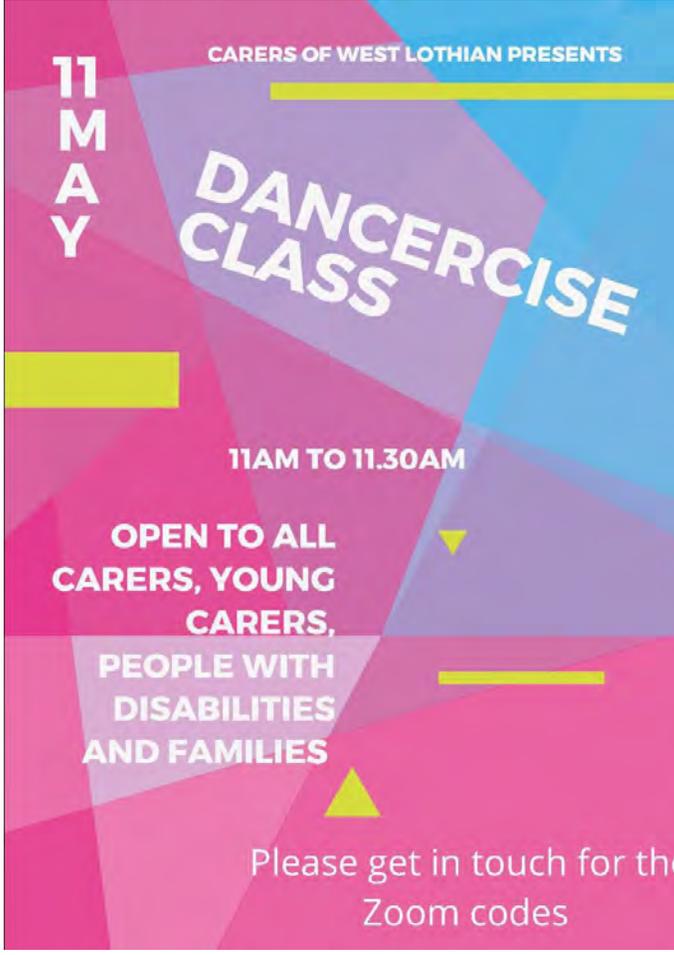
Group - New May Meeting

We have decided to run the group on Monday 11 May from 6-7pm.

This group is for unpaid carers supporting someone with a mental health condition and an opportunity for some peer support.



Update - we are now meeting on Monday 11 May 6-7pm



11 MAY

CARERS OF WEST LOTHIAN PRESENTS

DANCERCISE CLASS

11AM TO 11.30AM

OPEN TO ALL CARERS, YOUNG CARERS, PEOPLE WITH DISABILITIES AND FAMILIES

Please get in touch for the Zoom codes

Scottish Learning Disability Week 18-24 May

Social event for disabled adults Friday 22nd May via Zoom!

A dancercise session followed by a well-deserved refreshment and chat!



As the theme of LD Week is My Environment - my place, my planet, we're encouraging you to make your own refreshments (before we start) using items you have in the house. You could make flavoured water by putting fruit in it or a smoothie with fruit you need to use up. If you're feeling adventurous, you could make something to eat, like a cake and enjoy a well-deserved slice after the dance session! It's up to you and if you don't have anything lying around or you don't want to make something, then that's fine too!! The important part is getting together and having fun!

If you would like to join us, get in touch for the zoom details or if you need help getting started with zoom, we can talk you through it.

Hope to see you on the 22nd!





Painted Stones

We would like to set you all a challenge and see how many photos of your painted stones get out and about our local areas. In order to help is with this challenge we ask that you decorate a stone with 'Carers of West Lothian', 'McCowl Owl' and 'Young Carer Service' written on it and when you go for you walks put them out there for others to see.

Please put your stones somewhere with a note asking people to take your stone somewhere else, take a picture and share on Social Media and we hope others can get involved.

Remember and tag us on social media so we can see where the stones are and end up and use some hashtags #CoWL #CarersOfWestLothian #YoungCarers #Disabilities #PaintedStones #McOwlOwl #WestLothian



Stay Connected with Young Scot

Young Scot have launched digital opportunities for Young Carers. Young Scot have launched digital

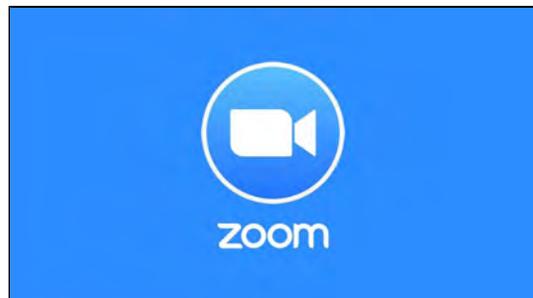
opportunities for Young Carers to have access to more online entitlements helping them stay connected with others! [Click here](#) to go to their website for more information.



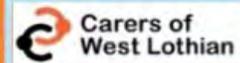
Free App to Access our usual Support Groups

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.



Weekly Zoom Sessions



Tuesday

Senior Young Carer Group – 3.30-4.30pm

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



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