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Website: [carers-westlothian.com](http://carers-westlothian.com)**

Its time again for our E-bulletin telling you about what we have planned over the coming weeks. With Carers Week coming up from 8<sup>th</sup> June, we're keen to give you all an opportunity for a break but also perhaps a bit of fun too so please watch our website and social media feeds for news on our planned events. If you would like to take part but can't get Zoom to work, please give us a call and we can help you out. We've had a great response to our Surveys but if you haven't already and would like to tell us how the lockdown is impacting on you, please click the buttons below. We will close the surveys next week and will share findings very soon.

We hope we're providing you with the information or advice that you need during lockdown, as we gradually move towards a "new normal" but if you can't find what you're looking for on our website, just give us a call.

Alison, CEO, Carers of West Lothian.

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

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

## More Carer Massage!

We are hosting another massage course for carers and the person they support on Monday 25 May 6-6.45pm using Zoom.

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

Massage has so many benefits for our physical and mental wellbeing so the aim of this session is to learn massage techniques that will support self-management.

**Want to join us? Get in touch on 01506 448000 or [office@carers-westlothian.com](mailto:office@carers-westlothian.com)**



**Massage Course**  
For carers and the person they support



 **Monday 25 May**  
**6-6.45pm**

### Covid-19 Route Map

To find out how the Scottish Government intend to pave Scotland's way out of lockdown, click the button below to view the **Scottish Government Covid-19 Route Map** which sets out the gradual steps that will be taken, and are based on the framework set out by the World Health Organisation (WHO).

**For now, the advice remains to #StayHomeSaveLives.**

[Covid-19 Route Map](#)

**We are all in the same storm  
we are not all in the same  
boat.**

With this in mind, we would love to hear about your day. The good.

The bad. The ugly.

Would you like to write a diary for us,



or maybe a story. Or how about a video clip showing us what your life is like just now?

If you are a carer, a young carer or a disabled adult, we'd love to hear from you.

Even if you just want to answer some questions from one of our team to share what life is like for you just now, please get in touch.



**The Short Breaks Time Out Fund is now closed.**

Check out our Social Media in October 2020 for the start of next years fund.

CARERS OF WEST  
LOTHIAN



**FAMILY DISCO & QUIZ**

THURSDAY 28TH  
MAY 7PM

**PLEASE JOIN US FOR A  
FUN NIGHT**

please get in contact for the Zoom code

**Don't forget to contact us to request some of your favourite  
songs for the Disco!**

**01506 448000**

**[office@carers-westlothian.com](mailto:office@carers-westlothian.com)**

## Weekly Zoom Sessions



### Tuesday

Senior Young Carer Group – 3.30-4.30pm

### Wednesday

Carers Coffee Morning – 10-11am

Dancercise for all – 2-2.30pm

### 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 – 1<sup>st</sup> Monday 6-7pm

Social Group for Disabled Adults – 3<sup>rd</sup> Tuesday 6-7pm

Social Group for Disabled Adults – 4<sup>th</sup> Tuesday 10.30-11.30am

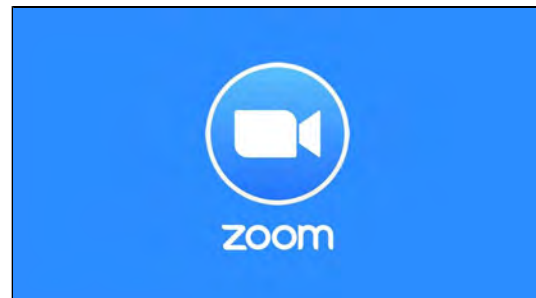
Carers Evening Support Group – Last Wednesday 6.30-7.30pm

Bereaved Carer Support Group – 2<sup>nd</sup> last Friday  
10.30-11.30am

## 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.





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