



**Carers of
West Lothian**

e-bulletin

No.5 June 2020



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Carers Week 2020 – 8-14 June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

This year's theme is Making Caring Visible - something that's more important than ever as carers across the country continue to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and

understanding.

This year's Carers Week will be virtual and we're joining the campaign by hosting groups and events online for carers and young carers as well as providing useful information and advice. We're running our usual carer and young carer groups on zoom and well as a fun event on the Friday called 'Singo'. Please also keep an eye on our social media and website.

[Click here for more information](#)



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

In a previous bulletin we asked carers to get in touch with a story, poem, diary etc. on how they are coping with life in the current situation.

One of our carers sent us in song lyrics they have recently written on their thoughts.

We would like to say thank you to Irene for sharing this with us and what better time to share it with you, than during Carers Week!

Lyrics fit to the backing track of
The Sound of Silence by Simon & Garfunkel

As Time Goes By.....

Heartfelt Thoughts Are Running Wild. I Sometimes Feel So Weak and Mild.
I Know I Must Be Strong For Him.
I Must Not Let This Weakness In.
I Just Can't Afford To Let Him See Me Cry.
Keep Spirits High.
Struggles as Time Goes By.

All The Days Roll Into One.
Very Challenging Are Some.
So With A Smile, A Word, I Cope To See.
Everything Wash Over Me.
We Know We Have To Try Our Best To See This Through.
With Family Too.
Treasuring All As Time Goes By.

Life Is Hard If You Let It Be.
Let The Sun In And You Will See.
Memories So Good They Never Die.
So Precious To Us Now As Time Flies.
Live, Love, Laugh For All The Days To Come.
Support From Everyone.
Memories As Time Goes By.

By Irene Walker

During Carers Week 2020, why not help raise awareness by printing this poster or drawing your own and displaying it in your window next week to help Make Caring Visible! Please feel free to send us a photo of your drawing to

office@carers-westlothian
#MakingCaringVisible

[Click here for Carers Week poster](#)

To celebrate Carers Week 2020 we're hosting a Singo afternoon! Singo is a twist on bingo but instead of listening for a number, players are listening to music. This event is open to all carers, young carers and their families and is an opportunity to have a bit of fun and a wee sing song. If you'd like to join us, please get in touch by Wednesday 10th June so we can arrange to get your singo card to you and give you zoom details. Why not give it a go!



Friday 12 June 3-4pm

using zoom

**For all carers, young carers and
your family**

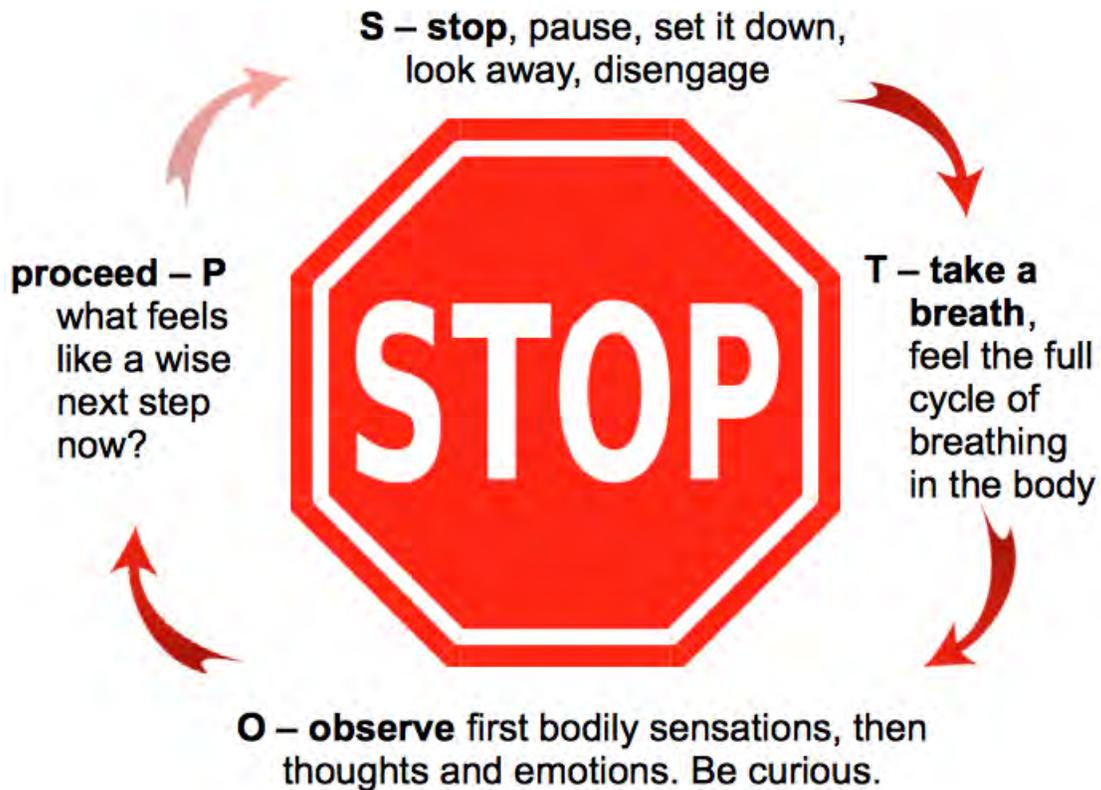
**Booking required so we can get
your singo card to you**



Feeling overwhelmed? Needing a minute to yourself? Why not try S.T.O.P for a minute?

The STOP practice

*Feeling alarmed?
Stressed? Reactive?
Stop!*



£250 to help with their next big step.



**Apply
between
1 June 2020 &
28 Feb 2021**

If your child was born between 1 March 2015 and 29 Feb 2016 and you get benefits or tax credits, you could be eligible for School Age Payment. And you don't need to take up a place at school to get it. Go to mygov.scot/beststart or call **0800 182 2222**.

Best Start Grant. Help at every step.

ParentClub.scot



Scottish Government
Riaghaltas na h-Alba
gov.scot

Coronavirus Carer's Allowance Supplement

The Coronavirus (Scotland) Bill 2 which was unanimously supported by the

Scottish Parliament passed on 20 May. The Bill includes provisions to make a one-off Coronavirus Carer's Allowance Supplement payment. Social Security Scotland will issue the extra payment of £230.10 to eligible carers alongside the June Carer's Allowance Supplement payment. The payment is in recognition of the additional pressure that carers with the most intense caring roles and lowest incomes are under as a result of the ongoing pandemic.

As with the current Supplement, carers will not need to do anything to get this extra payment. It will be paid automatically to people who were living in Scotland and in receipt of Carer's Allowance on the qualifying date of 13 April 2020. Information on the extra payment will be included in the letter carers receive about the Supplement.

The extra payment would mean that eligible carers receive an additional £690.30 this year on top of their Carer's Allowance and any other income. This supplement is not paid in the rest of the UK.

Young Carer Grant

Carer Grant is a yearly payment of £305.10 for young carers who live in Scotland

[Click here for more information](#)



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