



Carers of
West Lothian

e-bulletin

No.6 June 2020



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Parliamentary Motion

We are delighted to share with you that a Parliamentary Motion has been raised with the Scottish Government for our service to carers and disabled adults in West Lothian.

Carers of West Lothian have been recognised for their work with unpaid carers and disabled adults throughout lockdown with a Parliamentary Motion stating, "That the Parliament commends Carers of West Lothian on its efforts to provide its core service during the lockdown; understands that the group, which supports unpaid carers and disabled adults, has been providing telephone

support, online Zoom peer groups, information advice and counselling to help people through this crisis, and believes that this is an excellent effort to continue to offer the support it provides".

We just wanted to share this with you and remember we are here if you need our support!

Name the Movie Quiz Night

Thursday 25 June 7-8pm

For all carers, young carers, disabled adults and your family



We'll have, guess the movie song, guess the movie scene, and if you want to send any song requests in, we can play these at the end of the quiz!

Get in touch to register and for zoom details.

01506 448 000 or office@carers-westlothian.com

Carers Week 2020

During Carers Week, we wanted to support you with the many challenges you face and recognise



the contribution you make to families and communities here in West Lothian. We had a fabulous week with a virtual campaign and many carers getting involved to help make caring visible.

Our coffee morning carers enjoyed a cake with their cuppa, which had been personally delivered to their door by our team. This gave a great sense of togetherness and camaraderie which is needed now more than ever! Here's what some of you said:



Our Young Adult Carers also received a special delivery to their door! Carolann and Marion dropped off lemon, chocolate and red velvet cake for everyone to enjoy together at our Young Adult Carer weekly zoom drop-in and I think it's safe to say, it was thoroughly enjoyed!

We rounded the week off with songs from Sandy Stewart who led us in a game of Singo, singing some good old favourites, Sweet Caroline, Delilah and many others and although the sound on Zoom isn't always great, we couldn't resist singing our hearts out and having a bit of a laugh!

Please remember we're continuing to run our groups and extra events during

lockdown to help you feel involved and supported and we're always here to support, listen and care! Please don't hesitate to contact us if there's anything you need to know or if you just want to chat. If you've never been to any of our groups on Zoom and feel apprehensive or unsure about this then please get in touch and we'll see what we can do to help!

Carers Week might be over for this year but the team here at CoWL will continue to help 'Make Caring Visible'!



The poster features a blue background with a white central box containing session details. The title 'Weekly Zoom Sessions' is in a large, bold, blue font at the top left. The Carers of West Lothian logo is in the top right corner. A blue Zoom logo icon is tilted on the right side. The session details are organized by day of the week.

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 – 1st Monday 6-7pm
Evening Social Group for Disabled Adults – 3rd Tuesday 6-7pm
Morning 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

Why not join one of our zoom groups! We have weekly and monthly groups running offering peer support and social groups as well as exercise and Tai Chi. These groups a great opportunity to look after you own wellbeing, whether that's by connecting with others or taking time out to exercise. Get in touch for more information or to get the zoom codes.

We also wanted to share the Carers Week 2020 Research

Report with you. This report is based on polling carried out by Carers Week and YouGov in May 2020 on the rise in the number of unpaid carers during the coronavirus (COVID-19) outbreak.

Some very interesting reading!

[Click here to read the report](#)



Coronavirus Carer's Allowance Supplement

[Click here for more information](#)



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