



Carers of  
West Lothian

# e-bulletin

No.7 July 2020



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## Message from our CEO

In May you will recall we sent out 2 surveys which a total of 151 people completed; thank you for your responses.

[Click here for the summarised survey results](#)

We will use your responses and our two focus groups, Carers Voice Group and Disabilities Steering Group, to help us plan how we will support you over the next few months as we ease out of lockdown and retain some kind of “new normal” back into our lives.

Stay well

*Alison*



## Mental Health Support Group Monday 6th July

Our Mental Health Support Group runs on the first Monday of every month, the next one being on 6 July at the usual time of 6pm. We meet for one hour and generally have a guest speaker but also try to keep time aside for peer support. If you care for someone with a mental health condition, then this group is for you. You don't have to speak, just come along and listen if you want. This month we have Lorraine Keith from Caring Connections coming to let us know about their service.

Please get in touch if you have any questions about the group.

**YOUNG CARER ZOOM GROUPS**

**SUMMER PROGRAMME**

**6TH JULY TO  
7TH AUGUST**

 Tuesday - 11.30 Senior Group

**Wednesday - 11.30 Drop in**

 Thursday - 3.30 Junior Group

Friday - 3.15 Young Adult Carers



**PIC•COLLAGE**

Young Carer Summer Programme will run from 6<sup>th</sup> July to 7<sup>th</sup> August and each week will include a different theme and challenge. Keep an eye out on Social



Media and your inbox for weekly updates. Zoom codes will be texted and emailed out weekly by the Youth Support Workers.

# KILT WALK



You might have seen McCowl the Owl out and about getting to grips with his training regime for the Edinburgh Kiltwalk taking place on 13<sup>th</sup> September. At this stage, the Kiltwalk is still going ahead and some people have already signed up to walk for COWL. Any funds raised will be topped up by the Sir Tom Hunter Foundation which is extremely generous and monies raised will help us to pay for the extras we're hoping to offer including tickets to local attractions, activities such as massage and self care, and also when we can, hopefully a couple of trips for carers and disabled adults. Its these extras that do make a big difference so please help us to raise as much money as we can. If you would like to walk with McCowl the Owl, please sign up at

<https://www.thekiltwalk.co.uk/events/edinburgh> We'll send you your very own McCowl the Owl and a t-shirt to advertise Cares of West Lothian for us. Alternatively we will soon be issuing our Team Just Giving page if you'd like to donate to the cause.

## Are you looking for benefits advice, a benefits check or help to complete a benefits form?

We're delighted to be working with our partners at The Advice Shop again to offer a fortnightly benefits advice clinic. Due to the current COVID-19 restrictions these appointments will be delivered virtually online and provide the opportunity to have a 1 to 1 session with an advice worker.

The clinic will run on a Monday morning from 9.30am-12.30noon. Dates for July are Monday 13<sup>th</sup> and 27<sup>th</sup>. If you would like to book an appointment get in touch on 01506 448 000 or email [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

### Virtual Benefits Advice Clinic

Benefits Advice  
Benefits Check



Form Filling



**QUIZ NIGHT**

**Thursday 16 July 7-8pm  
using Zoom**

**For all carers, young carers,  
disabled adults and families**

Carers of West Lothian

We're hosting a virtual quiz night for all on Thursday 16 July from 7-8pm so why not join us for a bit of fun! There's plenty of time to brush up on your general knowledge before the night! We'll be using zoom so please get in touch to put your name down and for the zoom details.



NEW!!!! New 'Relaxation for all' sessions via zoom. These sessions will be held on the 1st Wednesday of each month, next session Wednesday 5th August and are open to all our service users and volunteers. They will consist of a mixture of Mindfulness and guided relaxation. During the session you will have your video and microphone muted so privacy is assured. Why not give yourself a break and come along to try it. Contact us on 01506 448000 email [office@carers-westlothian.com](mailto:office@carers-westlothian.com) or message for the zoom code. Additional sessions may be added if there is a demand.



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

## Help applying for benefits

[Click here for more information](#)



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