



Carers of
West Lothian
e-bulletin
No.8 July 2020



Phone: 01506 448000 Email: office@carers-westlothian.com
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Afternoon tea for all!!

Thursday 30 July, 12 noon to 1pm.



As you may have expected we've been unable to host our annual bus trip this year, so instead we would love for you to enjoy an afternoon tea on us.

Everything will be delivered to your door and there's going to be lots of lovely goodies for you to enjoy. If you would like a chat, then please join us on zoom but please feel free to simply enjoy in peace and quiet as joining on zoom isn't necessary. This is your time to relax and have a treat.
This invitation is open to anyone who uses our service.

Booking is essential as there are a limited amount of spaces and please let us know if you have any dietary requirements.

Looking forward to seeing you there!



Carers of West Lothian **Morning Social Group for Disabled Adults**
10.30-11.30am on 4th Tuesday of Month on Zoom

28 July - Brunch with Scones 

25 August - Bingo 

22 September - Sing-a-Long (get in touch with your song requests) 

01506 448 000 or office@carers-westlothian.com

Please let us know if you will be joining us so we can deliver items for the Brunch in advance. Remember to tell us if you have any dietary requirements



Carers of West Lothian **Evening Social Group for Disabled Adults**
6-7pm on 3rd Tuesday of Month on Zoom

21 July - Story Telling by Colin 

18 August - Pizza Making Night 

15 September - Card Making 

01506 448 000 or office@carers-westlothian.com

Please let us know if you will be joining us so we can deliver items for the pizza and cards in advance. Remember to tell us if you have any dietary requirements

Social Groups

Our morning and evening social groups for Disabled Adults are still running once a month on Zoom.

Following some feedback, we have planned activities for the next few months and it would be great if you join us!

If you would like to attend any of the groups please let us know in advance because some of the activities require us to deliver items to you so you can join in.

You can get us on 01506 448 000 or office@carers-westlothian.com

If you would like to join us but don't want to take part in the activity, that's fine too!



**Bereaved Carer Support Group
Friday 24th July**

Our Bereaved Carer Support Group runs on the 2nd last Friday of every month, the next one being on 24th July at 10.30am. We meet for one hour to offer peer support and a listening ear.

If you are an unpaid carer going through a bereavement, or if you have any questions about the group then please get in touch.



YOUNG CARER WEEKLY SUMMER GROUPS

Summer Programme 6th July to 7th
August

TUES @ 1.30PM - SENIORS

WED @ 1.30PM - OPEN
DROP IN

THURS @ 3.30PM -
JUNIORS

FRI @ 3.15PM - YOUNG
ADULT CARERS

Please contact us for Zoom
Codes



A NIGHT OF MAGIC AND AMAZEMENT WITH GREG

Greg's Magic Show

Thursday 13th August

7pm to 8pm

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

WITCHES AND WIZARDS WELCOME!

Please get in touch for the [Zoom Codes](#)



ARE YOU READY TO BOOGIE
THE NIGHT AWAY?

Silent Disco
27th August
7pm to 8pm

OPEN TO ALL CARERS, YOUNG CARERS,
DISABLED ADULTS AND THEIR FAMILIES.

PLEASE TOUCH FOR ZOOM CODES

CARERS OF WEST LOTHIAN ZOOM GROUP

Weekly Adult Groups:

Wednesday

Carers Coffee Morning – 10-11am

Thursday

Gentle Exercise & Tai Chi for Carers & Disabled Adults –
11-11.45am

Monthly Adults Groups:

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

Relaxation for All – First Wednesday 8pm

Carers Evening Support Group – Last Wednesday 6.30-
7.30pm

Bereaved Carer Support Group – 2nd last Friday
10.30-11.30am

PLEASE CONTACT US FOR ZOOM CODES



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