



Carers of West Lothian are here to answer any questions or queries that you may have.

We remain open for telephone and email support for all new and existing carers, young carers and disabled adults looking for information, advice or support.

We can help you to access benefits or legal advice. Perhaps you have received a letter regarding reassessment of your financial contribution and want to talk it over? Or maybe you want to access our groups. Whatever your query we are here for YOU, no matter what your question or query is please contact us on: **01506 448000 Mon – Fri 9am – 5pm**, email office@carers-westlothian.com or www.carers-westlothian.com



Virtual Footcare Session

Would you like to become more confident managing your own or someone else's footcare? In partnership with NHS Lothian Podiatry, we are running a basic footcare session on Teams on Tuesday 6 October from 13.30-15.00.

The session will be delivered by a Podiatrist and will cover common foot problems, footwear, feet, nail and skin care to give individuals the knowledge needed to manage their own or someone else's footcare.

This session is open to all disabled adults, carers and the person they care for. To book, call 01506 448000 or email office@carers-westlothian.com

Our next Quiz Night is on Thursday 8 October, 7-8pm on zoom! These quiz nights are always good fun and a great way to test your general knowledge! Our quizzes are open to everyone we support and their families. If you've never joined us before but would like to, why not give it a go! Get in touch for the zoom details.



Quiz night
Thursday 8 October 7-8pm



Our Bereaved Carer Zoom Support Group runs on the 2nd last Friday of every month 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.

We need your help!



In our most recent survey, information and advice was identified as being important to our Service Users. This was also highlighted at a recent meeting of our Carers Voice Group. As you know, it can often be challenging to access information especially if you don't know what information you need or where to find it!

We are inviting you to share your ideas and suggestions so we can ensure the right information is available at the right time for other carers and disabled adults living in West Lothian! The questions we are asking are:

For Carers and Young Carers:

What information did you find helpful at the start of your caring journey?

What information would you have found helpful at the start of your caring journey?

What information did you/would you have found helpful throughout your caring journey?

Disabled People:

What information have you found helpful and that has supported you to live with a disability?

What information did you not have access to at the right time but feel would have been of benefit?

There are no right or wrong answers! Everyone's situation and needs are different so the information needed will be varied.

Please send your suggestions or any 'top tips' to office@carers-westlothian.com or call us on 01506 448 000

Carers of West Lothian

**CARERS OF WEST
LOTHIAN PRESENTS
VIRTUAL INFORMATION EVENT**

**(open to all unpaid carers, disabled adults
and professionals working in West
Lothian)**

**WE HAVE GUEST SPEAKERS COVERING
LEGAL, SOCIAL WORK, BENEFITS AND
HEALTH & WELL BEING TOPICS**

on October 1st from 10:30am to 11:30am

Please register your place before
Thursday 24 Sept on 01506 448000 or
email office@carers-westlothian.com and
get a ZOOM code to join us!

NEW TERM - NEW GROUPS

PLEASE JOIN US IN ZOOM

WEEKLY
SENIORS - TUESDAY NIGHT 6PM TO 7PM
JUNIORS - THURSDAY NIGHT 6PM TO 7PM

LAST FRIDAY OF THE MONTH
DROP IN - 2PM TO 3PM
YOUNG ADULT CARER 3.15 TO 4.15PM



Virtual Clinics

We are now into month 3 of delivering our Benefits Advice and Power of Attorney Clinics virtually and so far, these have been going well.

If you're looking for benefits advice or need help to complete an application form why not book an appointment!

The appointments are offered in partnership with The Advice Shop where one of their Benefit Advisors will meet with you using Microsoft Teams. These Clinics are running fortnightly on a Monday morning.

Our Power of Attorney (POA) clinic with Blackadders is running monthly where appointments are being delivered virtually using a variety of methods such as WhatsApp, Facetime, Zoom and Microsoft Teams. It's important that the person granting the POA has capacity and must be able to speak to the solicitor.

For more information or to book an appointment:

call 01506 448 000 or email office@carers-westlothian.com



We have Community Passes for Five Sisters Zoo and Mill Farm, which are available to our young carers, adult carers, disabled adults and their families. If you would like to book the pass please call us on 01506 448000.



Join us for a night of
Brazilian percussion

Thursday 24th September
7-8pm

Open to all carers, young carers,
disabled adults and their families

Get in touch for zoom code

The aim of the group is to support those who care for a relative or friend with a mental health condition.

First Monday of every month on Zoom
6pm to 7pm

Please contact us for the Zoom code.



Mental Health Support Group



Carers of
West Lothian

moneyadvicescotland
Scotland's Money Charity

Money Goals Workshops with Money Advice Scotland for CoWL

Budgeting & Saving

Discussion around how to budget, tips to cut back on spending and how to plan for savings

Tuesday 20 October 2020, 10.30-11.30am

Bank Accounts & Online Banking

A session looking at banking and why this can help with finances, along with a tutorial on

Online Banking

Thursday 29 October 2020, 10.30-11.30am

Sessions will be delivered on Zoom

**To book, call 01506 448 000 or email
office@carers-westlothian.com**

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com