

Carers of West Lothian E-Bulletin

October 2020



On Saturday 12th September Alison, Gill, Ruth and Carolann popped on their tartan and walking shoes for the first ever Virtual Kiltwalk. They clocked up 60 miles between them and raised a whopping £1318 for Carers of West Lothian.

The Sir Tom Hunter Foundation has matched this, taking our total to £2636! WOW!!

The support you have shown us has been second to none and we appreciate it more than words can convey. We are also extremely grateful for the generosity of Sir Tom Hunter and so, to him and to all of you, from the bottom of our hearts THANK YOU!!



WINTER WELLBEING DAY for Carers and the Person they Care For

THURSDAY 5 NOVEMBER
ON ZOOM & FACEBOOK

With COVID-19 impacting on our Self-Management project plans, we've come up with different ways to support our carers and the person they care for while we can't get together at Sycamore House. Looking after our own wellbeing is so important and at a time like this, even more so.

To support our carers and the person they care for at home, we're hosting a 'Winter Wellbeing Day' on Thursday 5 November.

For those who register we will

deliver a 'Winter Wellbeing Pack' to your home the day before. In the pack will be items for you and the person you care for to enjoy together.

We'll be holding 3 sessions throughout the day on Zoom and Facebook Live and would invite you both to join us if you wish. The sessions are optional so please feel free to simply enjoy the pack together in your own time. You are also welcome to join one or all of the sessions.

The sessions running are:

10.00am: Join us on Facebook Live as we take a mindful walk

12.30pm: Join us on zoom where we will enjoy a bowl of soup together (from our pack so it only needs heating) and a chat

2.30pm: Relaxation Storytelling followed by a cuppa and cake together (also from the pack) and a chat

Booking is essential as there are a limited amount of spaces! To book call 01506 448 000 or email office@carers-westlothian.com

Please let us know if you have any dietary requirements as there will be food items in the Winter Wellbeing Pack. We look forward to seeing you at our Winter Wellbeing Day!

Weekly Young Carers Groups

SENIOR GROUP - TUES 6 TO 7

JUNIOR GROUP - THURS 5 TO 6

Young Carer Drop-In

please note we have decided to temporarily stop this group.

Please get in touch, however if you want the ZOOM codes to join our weekly Junior or Senior Group.

Ran Friday 2-3pm

YOUNG ADULT CARERS GROUP

WE MEET FORTNIGHTLY, STARTING FROM 9 OCT 3.15 TO 4.14PM

PLEASE JOIN US

PLEASE GET IN TOUCH TO SIGN UP AND GET THE ZOOM CODES

Free TV License

If you are 75 or over, you can get a free TV License or if you, or your partner living at the same address, receive Pension Credit.

Discounted TV License

A discounted license may be available to you if you:

- are blind (severely sight impaired)
- live in a care home, sheltered accommodation or supported housing

More information can be found at www.tvlicensing.co.uk

If you think you are eligible for a free license but have not held one before, call **0300 790 6117** to request an application form

 **TV LICENSING**

www.tvlicensing.co.uk

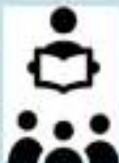
Morning Social Group for Disabled People

10.30-11.30am 4th Tuesday of Month
on Zoom

27 October - Pebble
Painting



24 November - Storytelling
with Colin



22 December - Christmas
Quiz



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 pebble painting in advance

Evening Social Group for Disabled People

6-7pm 3rd Tuesday of Month on Zoom

20 October - Tai Chi



17 November - Magic
Show



15 December - Christmas
sing a long
with Ellyn Oliver



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The Flu Season commences in October 2020 and ends in March 2021.

Adults eligible for a flu vaccine will receive a letter informing them what to do over the coming weeks.

Many patients will continue to attend their own Practice for a vaccination at an appointed time (as they did before, although social-distancing measures will be in place). Some others may be asked to attend a community venue depending on where they live/ if they were unable to attend their initial scheduled appointment.

District Nurses will attend to housebound patients, visiting them in their own homes to administer vaccinations.

School-age children will be vaccinated in their schools.

People are strongly encouraged to attend their flu vaccination appointment this year – flu can be a serious condition anyway, but a vaccination will minimise the risk of flu being spread to others. It will also help to reduce the strain that a spike in seasonal flu would place on the NHS on-top of the Covid Pandemic.



When patients attend Health Centres / community venues for their flu jag, they should:

- Turn-up for their scheduled appointment on-time (not early or late)
- Bring a copy of their Flu letter within them
- Wear a mask
- Ensure that they are dressed appropriately (e.g. wearing a short-sleeved top or loose fitting clothing)
- Attend alone if possible to prevent designated areas from becoming overcrowded
- Adhere to social-distancing instructions

If patients are displaying symptoms of Covid-19 when they are due to receive a flu jag, they should not attend their designated Health Centre/ community venue. They should self-isolate and seek guidance from NHS Inform.

Covid-19 symptoms include – a high temperature or fever, a new continuous cough, a loss of or change in sense of smell or taste, and a shortage of breath.

To receive a flu jag, patients must also have an appointment.

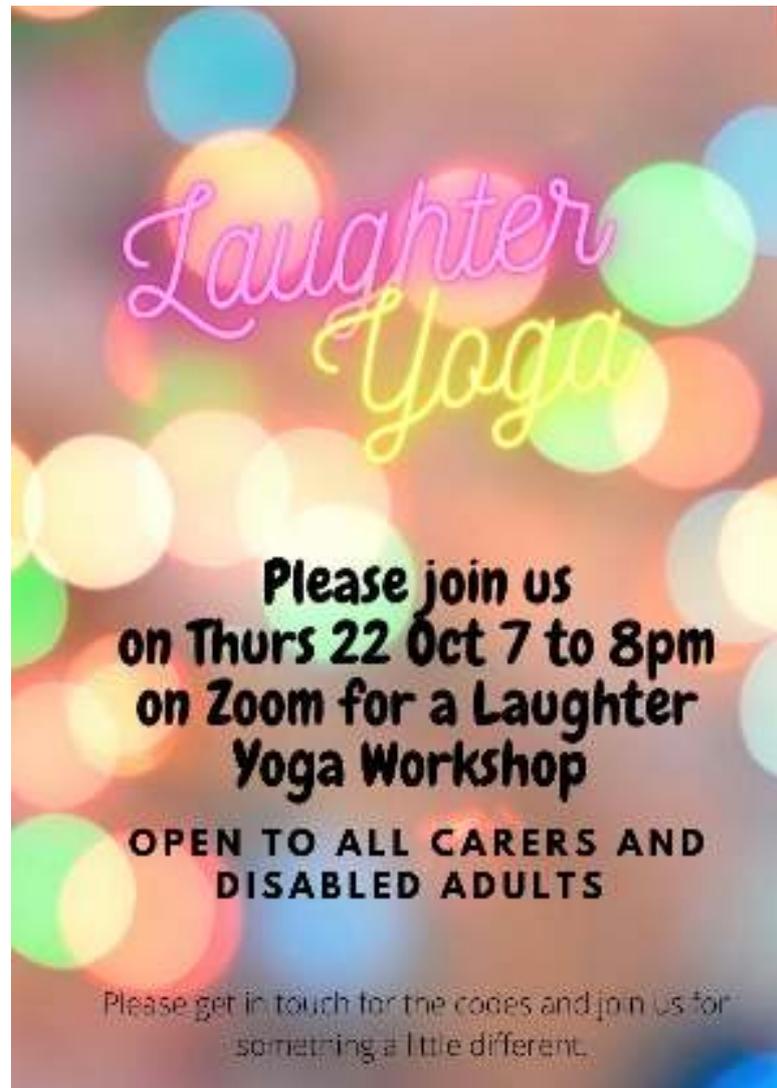


Our Bereaved Carer Zoom Support Group runs on the 2nd last Friday of every month at 10.30am.

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.

Next meeting: Friday 23rd October



Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com