



We could never have predicted how 2020 would have ended and as we approach Christmas, we again face COVID19 restrictions as cases of the virus increase.

We hope that we have supported you to care for your loved ones during the pandemic or even enabled you to have some fun with friends in our peer groups.

On behalf of the whole team here at Carers of West Lothian, we wish you and your families a healthy, happy and safe Christmas and look forward to returning to some kind of normality in 2021.

Christmas Sing a long

Join us for a fun filled evening as we enjoy a festive sing a long. Come in your favourite Christmas outfit, jumper, T shirt or hat and lets create some festive spirit. The singalong will be held via Zoom on Thursday 3rd December at 7pm.



Christmas Quiz

Put your Christmas Knowledge to the test and join us for our festive Quiz, via zoom on Thursday 17th December. We may even have a few treats in store for you. Pulling on the Christmas outfit is optional...but go on, you know you want to! Lets see just how much we know about all things Christmas.

Would you like to be part of our Christmas Cracker day?

We will be delivering a Christmas cracker along with a Christmas meal on Wednesday 9th December, ready for you to heat up and enjoy on our Christmas Cracker Day. What's the catch?

We'd like you to share your cracker jokes with us via zoom, facebook, or email while enjoying our meals together. Our Christmas Cracker event will be held Thursday 10th Dec via zoom from 1pm to 2pm. Together we can enjoy a treat, a joke and some Christmas cheer.



To register your interest for any of the Christmas activities please phone: 01506 448000 or email: office@carers-westlothian.com



Christmas Hamper Auction
Thursday 3rd December
10-11am



We have kindly been donated hampers to help raise much needed funds. All money raised through donations like these enables us to offer some of the 'extras' enjoyed by our service users. Events like our afternoon tea, Christmas Cracker Meal, and young carer activities have only been possible because of your generous donations.

To join us for our first ever Facebook Live auction go to:  CarersofWestLothian

Please note, with West Lothian being in Tier 4 restrictions, we are unable to deliver items out with the locality.



Young Carers Groups in December

Senior Group
Tuesday 8th December
6 to 7pm

Junior Group
Thursday 10th December
5 to 6pm

Weekly sessions will start again in January 2021

Young Adult Carer Group
Friday 11th December 3.15 to 4.15pm.
Fortnightly sessions will start again in the new year.



Next meeting: Friday 18th December 2020

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.

Adult Groups Over the Festive Period

All of our adult groups will run as usual over the festive period, except for our Mental Health Support Group for Carers. Due to the public holiday this group will be held on Monday 11 January at 6pm.

All zoom codes remain the same, but if you need the zoom codes please get in touch.



How to get Zoom on your IT device.



You can access zoom by signing up on a PC, laptop or download the app to your mobile phone or tablet.

- For PC and Laptop - sign up via www.zoom.us
- For the App - download from App Store or Google Play
This is what the app logo looks like:



If you would like to join one of our Zoom sessions, please get in touch and we can provide you with the meeting number or link.

The zoom details are different for each of our groups and events.

Alternatively:

You don't need to download the app. Instead of trying to download the zoom app and installing it on the desktop, you can use the web-based version of

Zoom to access any zoom meetings (events/groups).

To do this:

1. Open your web browser (e.g. Google, Microsoft Edge, Bing etc.)
2. In the address bar type in zoom.us
3. Tap enter or the return key
4. When the Zoom page loads, click on 'join meeting'
5. Enter the meeting code and wait to join

Coping during the festive period.

Christmas can be a difficult time of year and we don't always feel like celebrating. This year has certainly had its challenges too! If you need any support during the festive period, these services can be contacted in an emergency or if you need support out of hours:

**Social Work Out of Hours - 281 028 or
281 029**

NHS 24 - 111

Breathing Space - 0800 83 85 87

Samaritans - 116 123

Childline - 0800 1111



Festive Opening Hours

Thursday 24th December **10am - 3pm**

Friday 25th December **CLOSED**

Monday 28th December **CLOSED**

Tuesday 29th December **10am - 3pm**

Wednesday 30th December **10am - 3pm**

Thursday 31st December **10 am - 3pm**

Friday 1st January 2021 **CLOSED**

Monday 4th **CLOSED**

Tuesday 5th January **Normal opening hours**

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com