

Carers of West Lothian Impact Statement

Our Response to the Coronavirus Pandemic (at October 2020)

Supported **608**

adult carers

122 young carers

82 disabled adults

352 of which were new
service users



Delivered **446**

sets of PPE to unpaid
carers and PAs



Provided **621**

pieces of information
and advice



608 attendances

at online peer support
groups



78 carers received

Short Breaks funding



Supported

58 people with
counselling



290 attendances

at social events



Provided **663**

cases of one to one
telephone support



Recruited **4** new

volunteers delivering
PPE and **3** volunteer
befrienders



Key learnings from Lockdown:

Engaging over Zoom has enabled more people, who may have been unable to physically attend groups, to participate online in peer support groups including: our coffee mornings, young carers, bereaved carers, mental health and social groups as well as our benefits and legal advice clinics.

We recognised that people were struggling to get a break and wanted to introduce something fun for the whole family. We have run regular zoom social events including: laughter yoga, Tai Chi and seated exercise, silent disco, magic show and afternoon teas.

As new carers emerge from COVID, we are working with West Lothian College students to create two videos to promote our support.

Carers' mental wellbeing is being impacted by continued restrictions.

Our survey findings tell us that people need information, advice and emotional support as restrictions continue.

I was worried about my mental health but this will help (using Zoom for groups)

It's been good using this (Zoom) as it means I can join in. I can't make the group but can join this way. It's been good to talk to people as I am in the house.

Thank you so much for letting my daughter join the YC Zoom group. She had a ball, I haven't heard her laugh like that for some months.

Additional funding was received from Scottish Government Carers Centre Remote Working Fund, Foundation Scotland's Response Recovery and Resilience Fund, SP Energy, West Lothian Council's Hardship Fund, STV Children's Appeal and Shared Care Scotland, enabling us to provide a seamless service during Lockdown.

Our Funders

