



Picnic in the Park

As part of our Self-Management project, we are inviting carers and the person they support, to join us for a 'picnic in the park' on **Wednesday 30 June** from 12.30-1.15pm.

We would love to get together to have a chat face to face in the beautiful outdoor space we are lucky to have here in West Lothian, and of course, enjoy some nice food together!

Due to restrictions we cannot meet in large numbers so we will pick 5 carers names at random from those who have registered to join and invite them and the person they support, to meet us for a socially distanced picnic in the park (picnic provided). We will meet at the park near Sycamore House in Livingston Village.

The park is accessible and there is seating available but no toilet. Everyone else will have their picnic delivered to their home to enjoy together and with the option to join us on zoom for a chat while you enjoy your picnic at home.

Register your interest by Wednesday 23rd June via telephone or email and let us know of any dietary requirements, please don't put your name down if you've registered for the Big Breakfast.

30th Anniversary

Later this year we will be celebrating our 30th anniversary!

As part of our celebrations, we would like to make a commemorative patchwork quilt to hang on the wall in Sycamore House with help from our CoWL community. The theme for the quilt is 'What does Carers of West Lothian mean to you?'

We would like you to decorate a patch representing the theme. The patches will then be used to make the quilt. They can be sewn, embroidered, appliqued, knitted, crocheted or drawn.

All we ask is that you use bright, bold colours to make it stand out. Feel free to use materials you have at home to decorate the patch but if you need anything, let us know. If these crafting suggestions are not for you but you still want to get involved, you could make a design on your computer and email it to us. We can print this onto a patch for you. Anyone wishing to take part should get in touch by Friday 18th June. We will post the patch along with instructions and a return envelope week beginning 21 June.

You are welcome to work on this in your own time, but we will be hosting a virtual session on zoom on Thursday 8 July from 3-5pm. This is a nice opportunity to meet other people for a chat while crafting together and to get any hints and tips from the team.

All completed patches need to be returned to us by Thursday 12 August.





The Big Breakfast!

We would like to invite you to join our Big Breakfast on Thursday 22nd July. A breakfast pack will be delivered to you the day before containing treats such as pastries, jams and more. We'll even include our very own 'Cowl Times' for you to read as you eat! You are also invited to join us on zoom from 10.30 – 11.30am and although this is optional, we do encourage

you to join us if you can!

This is open to everyone registered with us. Places are limited so please call or email before 9th July to note your interest and to inform us of any dietary requirements.

Support for Ethnic Minority Carers and Disabled People



Over the last year, we have been working towards making our service more inclusive. We want to make sure that the support we offer meets the needs of everyone who needs it in West Lothian.

If you are from a Black or Ethnic Minority background, we would like to speak to you to find out what we could

be doing to support you in your caring role or with your disability.

Please email emma@carers-westlothian.com or give us a call 01506 448000 we would be so grateful to hear from you and to find out how we can improve the support we offer you.

7 - 13 June 2021 Making Caring Visible and Valued

Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of unpaid carers in the UK.

This year, carers across the country are continuing to face new challenges because of the COVID-19 pandemic. Many people

are taking on more caring responsibilities for their relatives and friends who need support.

With an estimated 1.1 million carers in Scotland alone, it's vitally important we recognise the contribution carers make to families, local communities, workplaces and society, and that they get the support they need.

This Carers Week, our support staff will be making visits to different areas across West Lothian. During these visits, our staff will go for a walk in the beautiful surroundings we have in West Lothian which will be streamed Live on our Facebook page. This is a great opportunity to hear what support is available in your local area and to share your thoughts and ideas on what we could do in the future.

Our walks will stream on Facebook at 10am on the following days:

Monday 7th - Linlithgow

Thursday 10th - Armadale

Friday 11th - West Calder

If you need support, please get in touch. We also encourage everyone to help other carers by telling them about us so they can get support.

Why not help make caring visible by printing and displaying this poster in your window during Carers Week:





Bereaved Carers Support Group

When caring comes to an end through bereavement it's not only the loss of your loved one that you are grieving but also the end of your caring role.

The support we can offer here at Carers of West Lothian will continue beyond your caring role.

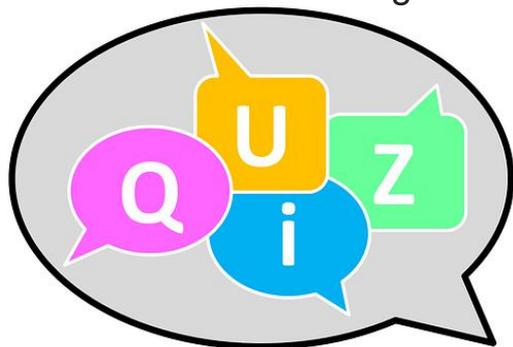
One of the ways in which we can help is through our Bereaved Carers support group. This takes place on Zoom the 2nd last Friday of the month at 10.30am. It's a relaxed and informal setting and is facilitated by our volunteer Jeff, with staff on hand should they be needed.

Please contact the office for more information on this group, or for any other ways in which we can offer you support.

Are you struggling to buy food?

There are several organisations and projects across West Lothian providing support, from community fridges and pantries to shared meals and community gardens.

Visit www.westlothian.gov.uk and search access to food for more information.



Online Quiz Night

By popular demand, we are hosting another quiz night on Thursday 27th May from 7-8pm on zoom! These nights are great fun and open to everyone we support. Why not get your family involved too! Get in touch for the zoom details, get in touch.

Easing of Coronavirus Restrictions in Scotland

As restrictions ease across Scotland, you can keep updated on the protection levels by going to www.gov.scot and search for Coronavirus (COVID-19) protection levels: what you can do

COVID-19 Testing - Regular rapid testing for everyone

Everyone in Scotland can access rapid COVID-19 testing, even if they have no symptoms. Free lateral flow home test kits will be available for pick up without an appointment from some local walk-in or drive-through test sites from 3.30pm each day, or by ordering online For more information go to www.gov.scot and search for Coronavirus (COVID-19): getting tested in Scotland

Thank you, you helped us raise £5,636.96!

On Saturday 24th April, Alison, Maureen, Ruth, Leah and Carolann along with supporters Ross and Jim, dug out their tartan and walking shoes for the Virtual Kiltwalk. Our ladies clocked up 130 miles between them and raised a whopping £1765 for Carers of West Lothian. WOW!! The Sir Tom Hunter Foundation will top this up by 50%! The final figure raised with your support was over £5630. The support you have shown us has been second to none and we appreciate it more than words can say. 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!



Online Foot Health Session: Tuesday 15th June from 2-3pm

This foot health session will be delivered by an NHS Podiatrist and aims to increase confidence in managing your own or someone else's foot care.

The session will cover: Foot, nail, and skin care; Common foot problems; Footwear

The session is accessed via Microsoft Teams and is for any of our service users. Carers and the person they care for are welcome to join together. There will be time for questions during the session.

To register your interest, please call or email us. Details of how to join the session will be sent to you via email.



Online Support and Social Groups

Carers Coffee Morning
Wednesdays
10.00-11.30am

Carers Mental Health Support Group
First Monday of the month
6-7pm

Evening Social Group for Disabled People
3rd Tuesday of month
6-7pm

Morning Social Group for Disabled People
4th Tuesday of month
10.30-11.30am

Carers Evening Support Group
Last Wednesday of month
6.30-8pm

Bereaved Carers Support Group
2nd last Friday of month
10.30-11.30am



**Carers of
West Lothian**
Young Carer Service

**Fortnightly
YOUNG ADULT
CARER GROUP**

**Fridays
3.15pm - 4.15pm**

SECONDARY SCHOOL

SUPPORT GROUP

Each week we meet a different school group virtually from 5.30 -6.30pm

**Tuesday Senior
Group 6 to 7pm**

**Thursday Junior
Group 5 - 6pm**

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com