



Spring Wellbeing Day

Looking after our own wellbeing is so important especially during the current pandemic. So we will host a day focusing on wellbeing on **Thursday 1st April**.

We will deliver a Wellbeing Pack to your home containing items for you and the person you care for to enjoy together. Throughout the day we will host two online sessions and invite you to join them.

Session 1: Facebook Live Walk at 10am hosted by Gill and Cath - Carers of West Lothian | Facebook

Session 2: Storytelling and cuppa together on Zoom 2-3pm

The online sessions are optional, but we do encourage you to join us if you can! To note your interest, call or email. If you received one of our Winter Wellbeing Packs in November, you will not be eligible to join this event as places are limited. Please let us know of any dietary requirements when noting your interest.



Online Craft Group Thursday 18th March 3-5pm

We are going to try our very first online craft session. For many years we enjoyed Christmas wreath making with Olive, one of our carers who sadly passed away in 2020. Olive was a great crafter, happy to share her skills and knowledge, and everyone enjoyed their crafting time with her.

As Easter is drawing near, we are going to take inspiration from Olive and make Easter wreaths! All materials will be posted out, so you are ready to join us for the group on zoom. No experience or skill required as we will guide you through the process. This is also good opportunity to meet other people for a chat while we craft together.

If you are interested, please call or email by 8th March as places are limited. Once a place has been confirmed, details of how to join the session will be sent to you via email. We do ask that if you are signing up, you will join the session on zoom.

Access to Elected Office Fund Scotland

Funding is available to help cover the extra costs that disabled people could potentially face in running for election including the Livingston South Ward By-Election taking place on Thursday 11 March.

The Access to Elected Office Fund, which is delivered by Inclusion Scotland and supported by the Scottish Government, offers financial assistance to disabled people running in the 2021 Scottish Parliament election, and in any by-elections for Local Authority and Scottish Parliament seats. Eligibility criteria applies.

For more information see the links below.



Online Benefits Advice Clinic

From week beginning 15th February our Benefits Advice Clinic will change to a Wednesday morning. Sessions are still being delivered on Microsoft Teams and run fortnightly. Reminder, these appointments are with a benefits advisor and can cover benefits checks, benefits information, and form filling. To book an appointment call or email us.



During the current pandemic, we are using social media even more to keep everyone updated.

We are especially using our Facebook page to share relevant information as it becomes available including updates specific to COVID.

If you don't Follow us on Facebook but would like to:

- Go to our Page (Carers of West Lothian).
- Click  below the Page's cover photo.

When you like a page, you automatically follow it. If you want to be notified when we post on our page, follow steps 1-3 below.

If you follow our Facebook page and want to be notified when we post something, follow the steps below. This will ensure you never miss our posts!

1. Open our Facebook page and click on  then click on  Following
2. Change Post settings to **Standard**. This means you will be notified when we post on Facebook.
3. If you want to be notified when we post Videos or Live videos, select **All** for these options.



Bereaved Carer Support

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.

Online Meat-Free Cooking Demonstrations

Claire from V for Life, a national charity working with Vegetarians and Vegans will deliver two cooking demonstrations for us in March.

Tuesday 23rd March at 2-3pm - Soup and Mexican Fajitas

Tuesday 30th March at 2-3pm - Curry and Chocolate Pudding

You are welcome to sign up for both or just one session. Claire will talk through and demonstrate how to cook each dish. There will be plenty time at the end for questions and a chat. These sessions are suitable for all cooking abilities and Claire will provide hints and tips on where things can be adapted.

To register, call or email us. These sessions will be delivered on zoom. Recipes for each dish will be emailed once you have signed up.



Online Foot Health Session

Wednesday 17th March
from 2.00pm - 3.00pm

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

It will be delivered on Microsoft Teams and is for any of our service users, registered or new. 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.





What's on?



Tuesday & Thursday Night

Tuesday night - Senior Group 6pm - 7pm

Thursday night - Junior Group 5pm to 6pm

Get in touch with staff for the Zoom Codes to join us

Wednesday Night

School Support Group - 5.30m - 6.30pm weekly

We hold a virtual support group at a different secondary school each week.

Please get in touch with Xanthe if you want more information.



Every 2nd Friday

Young Adult Carer Group 3.15pm - 4.15pm

16+ Young Adults get in touch if you want to meet other young carers your own age

All our groups are currently running virtually on Zoom.

Please contact Young Carer's Staff for access codes for any of the groups.

Easter Opening Hours

Good Friday 2nd April - CLOSED
Easter Monday 5th April - CLOSED

Back to normal - Tuesday 6th April

Virtual KILT WALK 2021

The McCowl Owls are at it again!

The team has signed up to the Virtual Kiltwalk this April to raise funds for Carers of West Lothian. Last year saw donations pour in, raising just over £3000 and our target is to beat that this year. Alison, Carolann, Ruth, Leah and Maureen are excited to walk, run, cycle, and dance their way to 21 miles each before coming together on Saturday 24th April to walk and boogie the last 5 miles together.

With the money raised we were able to offer our service users winter wellbeing packs, afternoon teas, a Christmas cracker meal and a pamper event. These have all been vital in helping with the isolation our service users have felt during the pandemic.

We understand times are still incredibly tough, but a little does go a long, long way. We would love for you to sign up and walk for us. Anything that is raised for Carers of West Lothian, Sir Tom Hunter will generously top up by 50%!!

If it's not your thing and you are able to, you can show your support by going on to our Just Giving page and leaving a donation.



We are closed on Monday 3rd May for the bank holiday

Contact us

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