



Happy new year to you and your family! 2021 has started with further restrictions to our daily lives which we know is having an effect on everyone.

At Carers of West Lothian we are working hard to ensure we're giving you the information and advice you need to guide you through these restrictions and will, when we can, provide information on the roll out of the vaccination programme in West Lothian. There is light at the end of the tunnel giving us all something to look forward to but if you need help, or want to join one of our peer groups, please join us or give us a call.

Please also remember to follow us on Facebook and Twitter and visit our website www.carers-westlothian.com to keep up to date with how we can help you.

We hope your family stays safe and well in 2021.

What better way to beat those January blues than to pamper yourselves? Our Carers Pamper Event will look very different this year as we take it online but we do have a treat up our sleeves. The lovely Stephanie will be on hand to provide tips on self-massage and pressure points to help ease any wintry aches and pains. You will receive a pamper pack beforehand which will meet all your pampering needs.

This event will take place on Monday 1st February from 6pm – 7pm via zoom. If you would like to attend please contact us to note your interest no later than Wednesday 20th January.

Due to limited funding and very limited places, if you have already received an Afternoon Tea, Christmas Cracker Meal or a Winter Wellbeing Pack then on this occasion you will not be eligible.

To register your interest email office@carers-westlothian.com or call 01506 448000.

Pamper Event



**"DO SOMETHING NICE FOR
YOU.
BECAUSE YOU DESERVE IT."**

Young Carer Groups

All groups start back the week beginning 11th
January

Senior Group - Every Tuesday 6-7pm

Junior Group - Every Thursday 5-6pm

Young Adult Carer Group - Every 2 weeks on a
Friday 3:15-4:15pm (starts 15th January)



VIRTUAL INFORMATION EVENT for Young Carers' Issues

Friday 19th February 2021 at 2.30pm

Guest speakers covering:

- Social Work
- Benefits
- Education
- Young Scot

Open to young carers, parents and professionals working with young carers in West Lothian

To register your place (by 5th February) and receive the Zoom code contact:



01506 448 000

office@carers-westlothian.com



Due to lockdown restrictions we are currently unable to use the Community Passes for Five Sisters Zoo and Almond Valley. However, Five Sisters Zoo grounds are open to local residents to use for exercise from 10am to 4pm (last entry 3pm). Please follow Government Guidelines.



Our Short Breaks, Time to Live fund is now available to unpaid carers across West Lothian.

Unpaid carers can apply for up to £250 to use in such a way that will give them

a break from their caring role, e.g. sports equipment, broadband, garden furniture, games console etc. Breaks away will only be considered if restrictions allow. We encourage you to apply online or call our team for assistance. If you print off and mail the application to us, we may not receive this in time as staff are still working from home.

When words are not enough...

2020 was not the year any of us envisioned! Many of the year's events have impacted on us in so many heart felt and lasting ways. CoWL would like you to have a chance to express your thoughts, feelings and experiences of the highs and lows through shared pictures, photography, poetry and prose.

In February and March we will be holding free workshops, designed to help you discover your unique writing style or inner poet, with two further workshops using pictures, photographs and collage materials. So, hold onto inspirational images, poetry or words that you would like to share with others and join us for some creative fun in 2021! No previous artistic or writing expertise required!

We will also have signposting, information and support for mental health needs available during these workshops.

If you are interested, call 01506 448 000 or email office@carers-westlothian.com



Covid-19 Vaccine

Please follow our social media for the latest updates and information on the vaccination roll out in West Lothian.

To see Covid-19 vaccine information for carers please click the link below:





MORNING SOCIAL GROUP
for disabled people

4th Tuesday of the Month at 10.30-11.30am
on Zoom



26th January 2021:
Gill's storytelling for
relaxation



23rd February 2021:
Bingo



23rd March 2021:
Easter Crafts



EVENING SOCIAL GROUP
for disabled people

3rd Tuesday of the Month at 6 -7pm on Zoom



19th January 2021:
Games Night



16th February 2021:
Jar Painting



16th March 2021:
Easter Crafts

Groups

- Carers Coffee Morning - every Wednesday 10.00-11.30am
- Carers Mental Health Support Group - First Monday of the month (except for January, when it's on 11th) from 6-7pm
- Evening Social Group for Disabled People - 3rd Tuesday of month from 6-7pm
- Morning Social Group for Disabled People - 4th Tuesday of month from 10.30-11.30am
- Carers Evening Support Group - Last Wednesday of month from 6.30-8pm
- Bereaved Carers Support Group - 2nd last Friday of month from 10.30-11.30am

Child Winter Heating Assistance

This is a new £200 payment to help families with a child on the highest rate care component of Disability Living Allowance for Children to heat their homes. These payments are made automatically using information provided by the Department for Work and Pensions. If you believe that you are eligible for this payment and haven't had a letter or a payment, you should contact the Social Security Scotland Freephone helpline on 0800 182 2222 or through web chat at mygov.scot/contact-social-security-scotland/.

Child Disability Payment

This will be Piloted in 3 areas next Summer before a national rollout across Scotland in Autumn 2021. This will replace Child DLA for those resident in Scotland and the Scottish Government are extending eligibility for those already receiving Child DLA from 16 to 18 years old. Most existing recipients will be automatically transferred over and will not have to reapply for the new Scottish replacement but all those approaching the age of 16 will be contacted over the coming months by Social Security Scotland.

Thursday Night Event

During lockdown we were asked by our service users to introduce a quiz night. This led to the introduction of a Thursday night event which saw us delivering not only quizzes but singo, magic and music just to name a few.

From January 2021, we will continue to run an event on the last Thursday of each month on zoom from 7-8pm. These events are for everyone we support and why not bring your family too! The more the merrier!

These nights will be a mix of quizzes and other fun events. Keep an eye on our website and Facebook page for updates and get in touch for the zoom codes.

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com