



Have you got Green Fingers?

CoWL are having an hour or so planting up our new planters at the front of the office, and we have space for a small group of people to help us on Mon 9th Aug at 2pm. If you would like to plant and natter, bring a flask of tea with you and you can try out our new bench.

If you are interested, please contact CoWL on 01506 448 000 and ask to be put on the 'Planting in August' campaign. Spaces are limited.

Beat the COVID Blues Brunch

Saturday 4th September

11.30am - 12.30pm

Are you a disabled person living in West Lothian? Are you looking for a chance to off load and talk about how COVID has made you feel or affected you over the last 15 months? We are inviting you to join us on zoom for an informal chat while we enjoy a nice brunch together.

Brunch packs will be delivered to you the day before.

This is a great opportunity to talk about how you are feeling in a safe and open space.

If you are interested in joining us, please call or email.



Lets get Walking!

What better way to get out, get moving and meet people, than going for a walk? As restrictions around meeting others outside ease and the weather improves, we are going to be holding short walks in different locations across West Lothian.

Walking not only benefits us physically but is so good for our overall wellbeing, so why not join us?

Our walks are for everyone we support and suitable for all walking abilities. To ensure we comply with Government guidelines regarding numbers, booking is essential. We ask that you book the walk that is closest to where you live so as many people can join a walk. Walks will be:

Thursday 29 July – Linlithgow (Linlithgow Loch) 10am

Tuesday 17 August – Polbeth (Harwood Water) 10am

Tuesday 31 August – Broxburn (Almondell Country Park East Entrance) 10am

The meeting points will be confirmed with everyone who has booked later.

If you require support from your PA/support worker to attend the walk, please let us know when booking so we include them in the numbers.



Magic Show! Back by popular demand!

Throughout 2021, on the last Thursday of the month we've been gathering on zoom to connect up and have fun! On **Thursday, 26th August 7-8pm** we're delighted to announce that we have Greg performing his wonderful tricks. Join us on zoom for a fantastic evening of fun and magic! If you would like to join please get in touch for the zoom code.



Online Support and Social Groups

Carers Coffee Morning

Wednesdays
10.00-11.30am

Mental Health Carers 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

Thursday Evening Event Last Thursday of month 7-8pm

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



**Carers of
West Lothian**
Disability Service

Online Social Group for Disabled People



27 July 10.30 – 11.30am

Bingo

Join us for a fun game of Bingo with Kenny! Your Bingo Card will be delivered so booking is essential.



17 August 6-7pm

Beats of Brazil

Join us and be entertained by the amazing band "Beats of Brazil". Dance the night away!



24 August 10.30-11.30am

Hobby Chat

Bring your favourite hobby, craft or colouring in project to do at the group and have a chat about why you enjoy it so much!



Summer Programme

Week 2 - Scavenger Hunts

Tuesday 20th July 1.30pm
Kirkton Park - Bathgate
Park hunt & environment art

Thursday 22nd July 1.30pm
House Scavenger Hunt Zoom

WEEK 3 - LETS GET CRAFTY

Tues 27th July 1.30pm
Design your own bag
Armadale

Thurs 29th July at 1.30pm
Colours & Art Quiz on Zoom

WEEK 4 - GAMES WEEK

Monday 2nd August 1.30pm
Playground Games
Broxburn

Thurs 5th August 1.30pm
Online Zoom Games

YOUNG CARER BIG PICNIC



Wednesday 11th August at
12.30pm on Zoom

YOUNG ADULT CARER GROUP

**2ND, 16TH & 30TH JULY,
13TH & 27TH AUGUST**

3.15PM - 4.15PM



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.

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com