



## Junk/ Spam Email

Many of you who receive our e bulletins and e mails are reporting to us that occasionally they seem to end up in your Junk or Spam folders. Please can we ask you to check these folders regularly as we don't want anyone to miss out on the information and details about upcoming events. Once you move our messages into your inbox ,this should prevent future e mails ending up in the Junk or Spam mail.

Many thanks.

## Online Bingo Night

Why not join our Bingo Night on Thursday 29 July from 7-8pm on zoom! Our Thursday night events are great fun and open to everyone we support. Please register your interest by Thursday 22 July so we have time to post your bingo card should you need it. Where possible, we will email digital cards. Call, email or message us on Facebook to register.



## Disability Steering Group Update

Our Disability Service Steering Group met recently, and it was suggested that regular easy read updates around Covid-19 restrictions would be helpful. This was suggested as a way of keeping everyone informed of any recent changes made by the government. These will be shared on our Facebook and Instagram pages. We hope to begin this soon so please start following us, if you don't already do so.



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.



## Summer Programme

### Week 1 - The Great Outdoors

**Monday 12th July 1.30pm**  
**Livingston**

Outdoor planting and walk along the river

**Thursday 15th July 1.30pm**  
**Great Outdoor Quiz on Zoom**

### 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

Every Thursday we will host a Zoom session with a similar theme to the outdoor programme and numbers will not be limited for this. Each week we will send out the zoom codes so please keep an eye out for them.

**Calling all Young Carers!** We would like to invite you to register an interest in this year's Summer Programme by calling 01506 448000 and asking for Xanthe or Wilma, or emailing [wilma@carers-westlothian.com](mailto:wilma@carers-westlothian.com) When places are allocated, we will contact you to confirm your place either way.

This year's Summer Programme will run between 12th July and 12th August and is open to all our young carers, aged 8 to 16. Numbers are limited so it is very important you get in touch.

Each Tuesday during this period we plan to be in Livingston, Bathgate, Armadale and Broxburn with our gazebo offering face to face sessions to those who live local to these areas. Please note, there will be restrictions we need to follow and have no access to toilets. These outdoor plans are also subject to change depending how we move in the different tiers. Numbers will be limited to 12 young people per session.

- Week 1     **12th July (Livingston)** - Outdoor planting and a walk along the river
- Week 2     **20th July (Bathgate)** - Scavenger Hunt and Environmental Art
- Week 3     **27th July (Armadale)** - Bag decorating
- Week 4     **2nd August (Broxburn)** - Games

**YOUNG ADULT CARER GROUP**

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

3.15PM - 4.15PM

**Carers of West Lothian**

**YOUNG CARER BIG PICNIC**

**Carers of West Lothian**  
Young Carer Service

Wednesday 11th August at  
12.30pm on Zoom

# Online Social Group for Disabled People



**20 July 6-7pm**

## **Recipe Time!**

Bring your favourite smoothie, snack or cake to the group and have fun chatting about the recipe and telling us all why you like it so much.



**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**

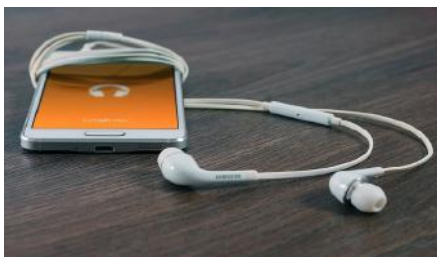
Join us and be entertained by the amazing band "Beats of Brazil". Dance the night away!



**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!



**21 September 6-7pm**

## **Music Night**

Let's have a chat about the music or songs we like and have your phone or laptop ready to share some of your favourites with the group on zoom.



**28 September 10.30am – 11.30am**

## **Lets Bake Together!**

Enjoy a morning of baking something tasty. Everything you need to join in will be delivered to you, so booking is essential.



## 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**

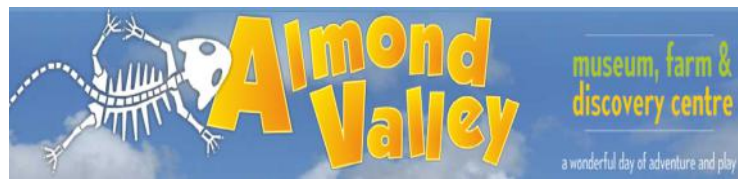
4th Tuesday of month  
10.30-11.30am

### **Carers Evening Support Group**

Last Wednesday of month  
6.30-8pm

### **Bereaved Carers Support Group**

2nd last Friday of month  
10.30-11.30am



We have Community Passes for Five Sisters Zoo and Almond Valley (Mill Farm), which are available to our young carers, adult carers, disabled people, and their families. These local attractions are a great day out and benefit the people using them. Passes are subject to availability and may be affected by COVID reduced capacity at these attractions. If you would like to book the passes, please get in touch with us.



## **Mental Health Carer Support Group**

Our Mental Health Carer Support Group are meeting on zoom at the later time of 7pm on Monday 5 July.

We have Greg Stark, Senior Development Manager for Mental Health with West Lothian Health and Social Care Partnership joining us to talk about the work taking place within Mental Health with plenty time for questions.

If you are a carer supporting someone with mental health difficulties, why not join us! The group is a great way to get information on support available and for peer support. Get in touch for the zoom code. If you have been before, the code is the same.

## **Contact us**

**Phone:** 01506 448000

**Email:** [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

**Web:** [www.carers-westlothian.com](http://www.carers-westlothian.com)