




**2021**  
Scottish Learning Disability Week

**Learning Disability Week is running from 10th-16th May** and this year's theme is relationships. Scottish Learning Disability Week is a chance to focus on the lives of people with learning disabilities. The theme of relationships has been chosen because it is important that we all have other people in our lives.

Here at Carers of West Lothian we understand the importance of being able to form good relationships as part

of a support network! Back in 2018, we issued a survey asking disabled people what the services we provide should look like and unsurprisingly social groups came out on top of the wish list along with other opportunities to get out and meet other people socially. Over a year on and, our two social groups have been going really well. These groups focus on getting people together regularly at the same day and time each month whilst attempting to offer a different activity during each meeting. During the pandemic, our groups have been meeting online, using zoom, and whilst this does not replace getting together face-to-face, it has really helped people stay or become connected to others and build friendships. If you would like to join our social groups, please get in touch.

**We will be celebrating Learning Disability Week online so keep an eye on our website - carers-westlothian.com and Facebook page for details!**



**MORNING SOCIAL GROUP**  
for disabled people



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



**EVENING SOCIAL GROUP**  
for disabled people



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



27th April 2021:  
Colour Quiz



25th May 2021:  
Plant Pot Painting & Flower planting



22nd June 2021:  
Guess the Object Quiz



20th April 2021:  
Story Telling with Colin



18th May 2021:  
Sing Along with Heather



15th June 2021:  
Pizza Making

To register for your activity pack and get the Zoom code contact:



Carers of West Lothian  
01506 448 000

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

To register for your activity pack and get the Zoom code contact:



Carers of West Lothian  
01506 448 000

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



**EXPERT  
ADVICE**

## Online Advice Clinics

Benefits advice and support - appointments are available fortnightly on a Wednesday morning. If you're looking for benefits advice or help to complete an application form, get in touch. Appointments are with a Benefit Advisor from the Advice Shop using Microsoft Teams.

**Power of Attorney (POA)** - delivered by Blackadders Solicitors monthly using a variety of methods such as WhatsApp, Facetime, Zoom and Microsoft Teams. It's important that the person granting the POA has capacity and must be able to speak to the solicitor.

For more information or to book a clinic appointment, get in touch.



## Bereaved Carer Support

Our next group is Friday  
23rd April at 10.30am.  
Please get in touch for  
the Zoom Code.

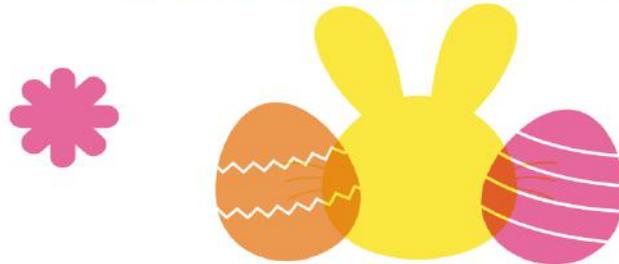


We have Community Passes for  
Five Sisters Zoo and Mill Farm,  
which are available to our young  
carers, adult carers, disabled  
adults and their families.

Passes are subject to  
availability and may be affected  
by reduced capacity at these  
attractions. If you would like to  
book the pass please call us on  
01506 448000.



## DECORATE AN EASTER EGG COMPETITION



We would like to invite you to take part in our  
Decorated Easter Egg competition

To enter, decorate a hardboiled egg and email a  
photo of it to

[wilma@carers-westlothian.com](mailto:wilma@carers-westlothian.com) Or

WhatsApp your photo to

07921 635 538

CLOSING DATE WED 14TH APRIL 12PM

There are prizes for 1st, 2nd and 3rd place.

Good luck!

# Creative Workshops

Well, 2020 was not the year any of us envisioned and neither was the start of 2021! It has certainly been a roller coaster of events and emotions. We have now had a full year of Covid restrictions and events have impacted on us in so many heart felt and lasting ways. CoWL would like you to have a chance to express your experiences of the highs and lows through shared picture, photography, poetry and prose.

In May CoWL will be holding workshops on how to express thoughts, experiences, and feelings in a variety of ways that are not only creative but fun. No previous artistic or writing expertise required!

Tuesday evenings on May 4th and 11th for Poetry and Prose.

Thursday evenings on 6th and 13th May for Photographs and Pictures.

Our free workshops are designed to help you discover your unique writing style or inner poet, with two further workshops exploring thoughts, feelings and emotions through pictures and 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!

You will receive a starter pack for whatever course you will be attending that will hopefully help your creative flow.

In June, if any service users would like to share their work, we will be holding a virtual gallery that can be viewed online, anonymously or not. We will also have signposting, information and support for mental health needs available during the workshops.

If you would like a note of interest next to any of the workshops. Please call 01506 448 000 and leave your name and what type of workshop you would like – picture / prose or both ! We'll get back to you nearer the time with packs and information.



## Do you need help at home?

Carers of West Lothian has been made aware by some of our service users that they struggle to get time for themselves or to do household chores. Whilst we know there are several “care at home” services available, we also know that many of these are either unavailable at present or are unable to take on new clients, or simply that the services



they are offering are perhaps not what you need help with at the present time. We think that something different is needed and wonder if we could develop a service to fill this gap.

We are conducting research into the idea of a chargeable home help service which could, for example, provide a sitter service or simply do shopping or household chores, giving you some much needed time out. By completing our survey, you would be helping us to understand what the potential need and uptake of such a service might be. So, if you have a few spare minutes, please help us with this research by completing the short survey using the link below.

Thank you for your help.

## Online Support and Social Groups

### Carers Coffee Morning

Wednesdays 10.00-11.30am

### Carers Mental Health Support Group

First Monday of the month 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

Please note, that due to the public holiday on Monday 5th April, our Carers Mental Health Support Group will meet the following week, 12th April where we have David Phillip from Behind Your Mind joining us, to tell about their service.



## Online Quiz Night

Put your knowledge to the test and join our quiz night on

**Thursday 29th April from 7-8pm  
on zoom!**

These nights are great fun and open to everyone we support. Why not get your family involved too!

To put your name down and for the zoom details, please get in touch.



**Carers of  
West Lothian**  
*Young Carer Service*

**HAPPY**

**Easter**

Please note our Junior, Senior and School Groups are taking a break over Easter so will not meet until the week beginning 19 April

However, the Young Adult Carer Group will continue to meet fortnightly during this time .

## Easter Opening Hours

**Good Friday 2nd April - CLOSED**

**Easter Monday 5th April - CLOSED**

**Back to normal - Tuesday 6th April**



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

## 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)**