

# Winter Isolation Short Breaks

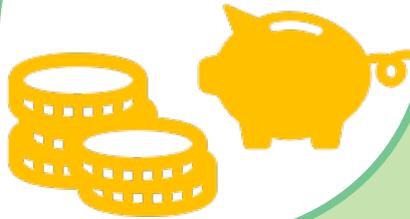
West Lothian Council additional funding

## Statistics:

**17** new carers identified as a result of the funding: **5** adult carers, **10** parent carers  
**2** young carers



**£22,000** was issued in grants. The average grant received was **£319**.



**69** grants were issued  
**30** to adult carers  
**27** to parent carers  
**12** to young carers



## Spending:

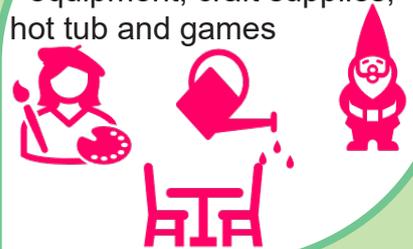
**31** purchases of IT equipment  
**4** online classes



**12** purchases of leisure and / or fitness equipment



**22** of other items such as garden furniture/ equipment, craft supplies, hot tub and games



## Outcomes:

**69%** of carers said their **health** had improved



**75%** of carers felt more **valued** after they had used their grant



**83%** of carers felt their **life balance** was better



Thank you very much. It's made such difference to receive this funding.

I've struggled in lockdown but can now invite friends to the garden and have BBQs using the gazebo even if it rains. This means so much to me! Thank you!

My caring role has remained the same but when I am using the art products for my course. I have a break from my caring role and my mind is also taking a break.



## A's Story

The laptop has made a massive difference to me. Being able to connect to the men's group on zoom and doing my story telling. It has reduced social isolation as it allowed me to connect to the people in the group. It was great to see their smiling faces as before I could only call in. My 'feeling valued' outcome has improved due to the support from CoWL to get this laptop. I am very grateful for your help. It is wonderful and makes a big difference to me.

Having a laptop also supports A's work and volunteering, which is a big part of his life and important to him.

Being able to connect and work in this way also gives A something just for him and a break away from his caring role.

## B's Story

B is a carer for her sister and also supports her mother with health needs. B really enjoyed yoga before the pandemic hit, then her classes were cancelled. B applied for the fund to purchase a block of online yoga classes, which took place via zoom.

**"Doing the yoga class gives me dedicated, structured time for myself that is beneficial for my physical and mental health. It makes me feel calmer as well as more energised and I sleep better after each yoga session. It makes me feel like a person in my own right outside of my caring role, because I usually do a lot of activities with my sister."**

B also reported feeling more valued as a carer and cannot wait to see the benefits of her health improving but has already stated that she notices reduced stress and is feeling happier.



## C's story

C is a young adult carer with multiple caring roles which takes up a lot of her time, as well as studying - she rarely takes time for herself and tends to spread herself thin. C suffers a lot of anxiety thinking about the future and really wants to do well while continuing to care. C applied to the fund for a new iPad which would help her feel more comfortable working from other locations and allow her to contact family in France. C was delighted to be awarded the fund and said:

**"The grant has really helped me as I have something to prepare and help me with college, so having the iPad will be a great benefit to my studies. It's also great as my gran (who is one of the people I care for) will now be able to see my auntie who is bed bound with MS, and my uncle who lives in France on a bigger screen. It will also give me the ability to watch/play stuff when I'd like as I can connect to my hotspot even outside so I can do this in my spare time to escape from my caring role."**

She also reported feeling less stress, less anxious and less isolated as well as feeling happier and more connected to family.

