



Plans to Return to Sycamore House

As COVID restrictions are now being lifted and the need to socially distance is no longer legally required, we are delighted to be making plans to return to normal services.

But what will this look like?

Dependant on Scottish Government advice we would hope to return to the office in September but we will let you know when we can make that decision. As we've seen over the last few months, we can answer your calls and support you whether we work at Sycamore House, out in the community or at home.

We will review the way we work at Sycamore House and when we can confidently ensure your safety, we will invite you back to groups and support in our Livingston office and of course we will let you know what we're doing or where we will be through social media, our website and when we speak to you or see you.

To provide a safe and comfortable space for you, for our volunteers and for our staff, we will ask you to wear face masks when you do return to Sycamore House whilst moving around the building and will ask that everyone is respectful of personal space; when you return to groups or appointments, our team will explain these health and safety guidelines to you.

We cannot wait to see you all face to face once again so watch this space and we'll keep you advised when we can re-open our doors to groups, appointments and clinics. In the meantime we will continue to answer your calls, arrange online groups and appointments and support you personally as you need us.



Meet Linsey, our new member of staff

Hi, I am delighted to be working with Carers of West Lothian.

I have lived in West Lothian all my life. I have three adult children, two grandchildren age nine and six and a ten year old cocker spaniel called Roxie. I have been a volunteer with young carers for over ten years so I am very familiar with the project and some of the staff. Most of my working life has been in a supporting role and I really enjoy this type of work and I am very sociable and like a blether.

My interests are yoga, hillwalking and litter picking. Once you start litter picking you can't stop! It has become a big passion of mine.

I look forward to learning more about the adult service and getting to meet all of you and learning from my very inspirational colleagues.

Online Quiz Night

Put your knowledge to the test and join our quiz night on Thursday 30th September from 7-8pm on zoom!

Our Thursday nights are a great way to connect with others and have fun! If you would like to join in, please get in touch to put your name down and 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



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.

Young Carers have your say and have a chance of winning £25 Amazon Vouchers.

Please remember each young person has to complete a separate one, so if there are siblings in your household it may have to be completed more than once.

Please use the link below to complete our Young Carer 2021 Annual Survey.

Young Carer Annual Survey

Please complete our survey and enter the draw to win £25 Amazon vouchers.

Closing date 1st October 21

**Carers of
West Lothian**
Young Carer Service



**New Term
Young Carer Peer Support
Groups will resume week
beginning 23rd August.**

**These groups will
continue online for now.
However we are making
some plans to come into
different schools soon
to meet you face to face,
over the next few months.**



Walking for Fun, Company and Fresh Air!

It's great to get out and enjoy the wonderful walks that are on our doorstep.

We still have a few weeks of summer sunshine to enjoy the benefit of walking. Walking not only benefits us physically but is so good for our overall wellbeing, so why not join us?

We ensure our walks are suitable for all levels and as such will be suitable for people with mobility difficulties as well as wheelchair users.

Booking is essential, so please just give us a call or email.

Tuesday 31 August – Broxburn (Almondell Country Park)

Tuesday 7 September – Livingston (Bankton Mains Park)

Tuesday 19 October – Polbeth (Polbeth Football Park)

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

2021 Annual Survey

We would love to know what you think, so please click on the link below to access our annual survey and have your say.

Would you be interested in attending the following courses as part of our post-COVID Training Programme?

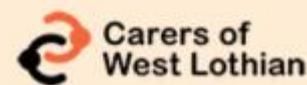
- Emergency First Aid for Carers
- Mindfulness Relaxation
- Caring for You (for carers) - This course explores subjects such as changing relationships, guilt and stress. It is supportive and fun and will assist you in connecting back to living a fulfilling and rewarding life.

We have no dates set, but would like to offer these training opportunities later this year. If you are interested in joining any of these courses, please get in touch to register your interest.

Once we have a better idea of the demand, we will confirm plans.

West Lothian Peer Support Group for Disabled People

- Connect with other disabled people, share ideas, experiences and information
- Talk about what is important to you
- Hear from other guest speakers



For more information or to book please contact:

sds@lothiancil.org.uk
0131 475 2350

Lothian Centre for Inclusive Living Charity No. SC017954



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 6th September 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 September' campaign. Spaces are limited.



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.

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com