



Seated Massage for Carers is Back!

We are delighted to announce that as of October the lovely Stephanie will be back at Sycamore House to offer seated massage.

Massage therapy provides so many benefits to our overall health and well-being so we are excited to be able to offer this service again.

Measures will be put in place to ensure your safety and that of the staff. Stephanie will ensure that the equipment and space used is thoroughly cleaned between appointments.

The seated massage sessions will be available on the morning of the last Thursday of each month and will last around 30 minutes. Booking is essential due to limited places.

To book your place, please call on 01506 448000 or email office@carers-westlothian.com

Emergency First Aid for Carers

In partnership with F.A.S.T (First Aid School Training) we are offering carers the opportunity to learn basic first aid skills covering CPR, bleeding, burns, choking and more!

The course will run at **Sycamore House on Saturday 4th December 2021 from 9.30am – 4.00pm**. Lunch will be provided.

The training is relaxed and delivered using practical demonstration and role play with a fully qualified instructor. Handouts will be supplied to support learning and successful participants will receive a HSE approved certificate, which is valid for 3 years.

Safety measures will be in place with adequate spacing and cleaning of any equipment used for the training.

Please get in touch by Friday 19th November to register. You can call the team on 01506 448000 or email office@carer-westlothian.com



Save the Date

Launch of 30th Anniversary Celebrations

Friday 29th October 2021

Young Carers Groups

Seniors - Tuesdays 6-7pm

Juniors - Thursdays 5-6pm

Young Adult Carers - Last Friday of the month

Over the next few months the Young Carer Teams will be spending some time in the High Schools, touching base with some young carers who we haven't seen in a while.

Going Going.... Gone!



A very sad farewell to Gill who has worked with Carers of West Lothian for 12 years!

We're going to miss you Gill and wish you all the best in the future!

Flu Vaccine for all Unpaid Carers

All unpaid carers and young carers in Scotland will be eligible for a free flu vaccine this winter.

If you are a **carer aged 70 or over**, you will be contacted by your health board with an appointment

Young carers of school age will receive the flu vaccine via the school system

Adult carers under the age of 70 will be able to register for the flu vaccine using an online booking system and national helpline number.

We will share further details as they are made available. Keep an eye on our social media and website for updates.



Challenge Poverty Week 4th-10th October 2021

With Challenge Poverty Week just around the corner, we wanted to highlight a few resources:

- **CoWL fortnightly Benefits Clinic** with an advisor from the Advice Shop. They can offer support with benefits advice, a benefits check, or form filling. These appointments are delivered via Microsoft Teams or telephone.
- **The Advice Shop West Lothian** can offer advice and support on a range of topics inc. Financial Wellbeing, Money and Debt Advice and Energy Advice.
- **Access to Food** - There are several organisations and projects across West Lothian providing support, from community fridges and pantries, shared meals to community gardens.
- **West Lothian Food Bank** offer support with food in a crisis. We are a referral partner and can help you to access a voucher where eligible.
- **Turn2us** is a national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants, and support services.
- **West Lothian Citizens Advice Bureau** offer advice on a range of topics inc. benefits, debt and money and housing.

For more information go to the individual organisation's website or call us on 01506 44800 or email office@carers-westlothian.com

Online Information Sessions for Disabled People

Thursday, 26th October at 6.30pm

Would you like to know more about various services and groups you could engage with that could assist you?

We plan to run 3 or 4 Information Sessions specifically for disabled people each year which will focus on services and groups that you can access as well as providing updates around specific topics such as benefits.

We're starting off our first session with Claire from Euan's Guide. Euan's Guide is the disabled access charity used by thousands of disabled people to review, share and discover accessible places to go. If you would like to have a look at Euan's Guide before the session, then please go to their website www.euansguide.com

If you are disabled and would like to join this session it would be amazing to have you along on Thursday, 26th October at 6.30pm. Please get in touch for the zoom code or for more information.



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

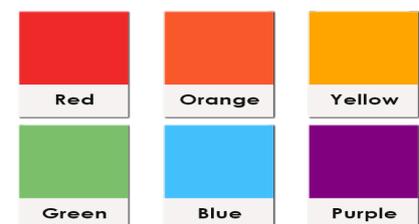
Social Group for Disabled People

Please note that the evening groups will take place at the Bathgate Partnership Centre and on Zoom. We will be social distancing whilst at the centre and remember to bring your masks.



19th October - Evening Favourite Tunes

Join us in person at the Bathgate Partnership Centre or on Zoom as we listen to Heather singing some all-time favourite tunes (Booking is essential)



26th October - Morning Colour Quiz

Yes you've guessed it! A quiz all about colours.
Zoom only



16th November - Evening Christmas Crafts

Christmas Crafts with Mandy (Booking is essential)
Bathgate Partnership centre or Zoom



23rd November - Morning Christmas Crafts

Christmas Crafts with Mandy (Booking is essential)
Zoom only



7th December 10.30am – 11.30am Christmas Party

Let's eat together, catch up and have fun! There might even be a Christmas Quiz! (Booking is essential)
Venue to be confirmed

Naloxone Training with West Lothian Drug and Alcohol Service (WLDAS)

As you may be aware, there has been a growing number of drug related deaths in Scotland for the past 7 years. Drug related deaths in Scotland are currently

the worst in Europe per head and the current crisis has been deemed a public health emergency.

Are you familiar with the drug Naloxone? Naloxone is an emergency medication that can reverse the effects of an overdose of opioids like heroin or methadone and is a lifesaving drug. Anyone can use naloxone in an emergency, you don't need to be a doctor or medical professional. Kits can be given to anyone who could use it to save a life, for example clients who use opiate drugs or those who associate with people who use opiates.

West Lothian Drug and Alcohol Service (WLDAS) facilitate online Naloxone supply training (via zoom/Teams) to front line staff and Carers to enable them to provide Naloxone kits to those involved in drug misuse. This is a great opportunity to support those affected by drug misuse and help prevent drug related deaths.

Prior to the Naloxone training you will be asked to complete the Overdose and Prevention e-learning module which is a legal requirement prior to the training. This e-learning module provides an overview of Naloxone and how to administer it and takes about 40 mins to complete as will the online training session.

If you would like to receive the above training, please do not hesitate to contact Ozzy at WLDAS direct on thomas.oswald@wldas.org

If you would rather arrange the training with WLDAS through us, please get in touch.

West Lothian Drug & Alcohol Service (WLDAS) is a 3rd sector organisation set up in 1985 to provide high quality, evidenced based, accessible services aimed at reducing the harm caused by drugs, alcohol and tobacco to West Lothian residents and communities.

WLDAS aims to provide an easily accessible, confidential and non-discriminatory services to reduce substance misuse related harm to individuals, families and the community of West Lothian.

They work closely with NHS, local authority and voluntary sector providers to ensure the delivery of the highest quality service to those in most need.

Their professional, multi-skilled staff team deliver a wide range of services which include:

- Information and Support
- Prevention, Education and Training
- Counselling and Support

For more information, visit: www.wldas.com

Tel: 01506 430225

Email: enquiries@wldas.org

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com