



Groups Update

As restrictions have eased over the last few months, we are now able to offer some in-person groups. Our online groups on zoom over the last 19 months have worked really well and for some people made engaging much easier. With this in mind, we will be trialing a number of approaches including blending in-person and online sessions. This will ensure we are being inclusive while following COVID safety precautions. What does this mean? It means some groups will be in-person only, some will be online only, and some will be a mix of both at the same time! We are very lucky to have a smart board at Sycamore House which will aid us in delivering sessions in this way.

One of the big changes we've implemented, is the introduction of a booking system. To allow us to safely manage numbers, we will require anyone wishing to attend a group in-person, to book in advance so this means no drop ins at this time.

You can register interest or book a place by calling or emailing us in advance of the group. We're aware that some people may need to cancel last minute but we would ask that you give us as much notice as you can so your space can be offered to someone else. If you are joining via zoom you do not need to book and zoom codes will remain the same.

Changes will commence from 1st November.

We are delighted to have started our Armadale Carers Cuppa & Chat group back up. Unfortunately we were only able to meet a few times before COVID hit us so its great to be back. If you are a carer living in Armadale or the surrounding area, you would be most welcome to come along. Please get in touch for more details and to book.

GROUPS

Evening Social Group for Disabled People	3rd Tuesday of Month 6pm – 7.30pm	Bathgate Partnership Center & Zoom	Blended - inperson and online
Morning Social Group for Disabled People	4th Tuesday of Month 10.30am - 11.30pm	Zoom	Online only
Bereaved Carer Support Group	2nd last Friday of Month 10.30am – 12noon	Sycamore House & Zoom	Blended - inperson and online
Mental Health Carer Support Group	1st Monday of Month 6pm – 7.30pm	Sycamore House & Zoom	Blended - inperson and online
Carers Coffee Morning	Every Wednesday 10am – 12noon	Sycamore House or Zoom	In-person only except for the last Wednesday of month when it will be online only
Carers Evening Support Group	Last Wednesday of Month 6.30pm - 8.30pm	Sycamore House & Zoom	Blended - inperson and online
Armadale Carers Cuppa and Chat	2nd Thursday of Month 10am– 12noon	Armadale Parish Church	In-person

YOUNG CARER GROUPS



New Term - We continue to meet on Zoom

Tues - **Seniors** from 6 to 7pm

Thurs - **Juniors** from 5 to 6pm

Young Adult Carer Group meets on last Friday of the Month.

Please contact us for more details on **01506 448009**

Young Carer Groups

This term our groups will run from the week beginning 18th October until the week beginning 6th December.

We are excited to say that our Young Adult Carer drop in will now meet face to face on the last Friday of the month, 3pm – 5.30pm. The group will next meet at Sycamore House on Friday 29th October.

Booking for this is essential. Young adult carers will still have the chance to meet via zoom. For more information on the changes to this group, please contact a member of staff.

Please contact us if you would like more information on 01506 448000.



Christmas Sing-a-Long

Join us for a fun filled evening as we enjoy a festive sing a long. Come in your favourite Christmas outfit, jumper, T shirt or hat and lets create some festive spirit.

The singalong will be held via Zoom on Thursday 9th December at 7pm.

Christmas Crafts

Please come and join us on Zoom again to make a Christmas Wreath.

Sign up and we will send you everything you need to make a fabulous Wreath for your door. No skills required, just your imagination.

The session will be held on 25th November from 3 to 4.30pm, so please register your interest today!

CHRISTMAS WREATH MAKING WORKSHOP

When? 25th November from 3 to 4.30pm on Zoom.

Please register interest before 15th November by calling 01506 448000





Carers Rights Day 2021 - 25 November

Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home. This Carers Rights Day, is all about empowering carers with information and support, so they can feel confident asking for what they need and know what to do when their rights are not being met.

It's important carers understand their rights and are able to access the support that is available. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. The pandemic has had a massive impact on the lives of carers, affecting access to services, the ability to juggle work and care and much more. That's why it's more important than ever that carers are aware of what they have the right to.

Each year, Carers Rights Day helps:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

For more information about Carers Rights and Carers Rights Day, have a look at Carers UK: www.carersuk.org/scotland

We are here to offer information and advice so please get in touch for support.

Amazon Smile (put logo pic)

Starting your Christmas shopping? Why not shop at AmazonSmile and support us at the same time with no extra cost to you!



At AmazonSmile, you'll find the exact same low prices, selection and shopping experience as amazon.co.uk, with the added bonus that Amazon will donate a portion of the purchase price to CoWL.

To shop at AmazonSmile simply go to www.smile.amazon.co.uk and select Carers of West Lothian as your chosen charity.

AmazonSmile is also available in the Amazon Shopping App on iOS and Android phones. For more info: <https://smile.amazon.co.uk/>



This takes place on the 2nd last Friday of the month. It's a relaxed and informal setting and is facilitated by our volunteer, Jeff with staff on hand should they be needed.

We are excited to say that from November the group will be held in person at Sycamore House.

The next group will take place in Sycamore House and on Zoom on Friday 19th November at 10.30am.

Booking for this is essential and you will still have the option to join via zoom. Please contact the office for more information.

Online Information Sessions for Disabled People

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

We plan to run 3 or 4 Information Sessions specifically for disabled people each year which will focus on services and groups that you could access as well as 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: www.euansguide.com

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



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.



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

Contact us

Phone: 01506 448000

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com