



## Our 30th Anniversary Launch

On Friday 29th October we were delighted to be joined by our two main speakers Sir Geoff Palmer and Paul Weddell, as well as MSPs, Councillors, third sector partners and most importantly some of our service users, at Craigsfarm Community Hub to kick start our year of celebrations.

Paul Weddell

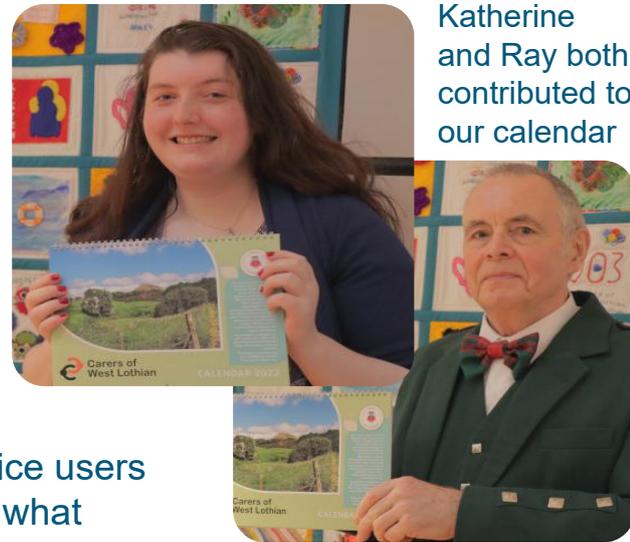


Sir Geoff Palmer OBE



Our first ever calendar was launched, inspired by our service users, staff and volunteers. Some of the words and pictures used, came through our Mental Health Workshops where people had the opportunity to explore feelings and emotions through art and the written word. Staff and volunteers also submitted photos of areas within West Lothian that they visit to maintain their physical and mental well-being.

Katherine and Ray both contributed to our calendar



Over the Summer we asked service users to create a fabric patch depicting what Carers of West Lothian meant to them. These patches were then used to create a commemorative quilt which was unveiled at our launch event by two contributors to the project. The quilt is now displayed in our office at Sycamore House.





## The Perfect Christmas Gift!

Buy a copy of our first ever calendar for £8.50 or 2 for £15 plus £1.50 for postage and packaging.

**Call 01506 448000 to place an order.**

Following the First Ministers COVID update on Monday, we have taken the decision to close our centre (Sycamore House) and for staff to return to home working. This is to ensure the safety of all service users, volunteers and staff.

Our team will still be available Monday-Friday 9am-5pm on the telephone or online for any support so please get in touch.

This means all in-person support and groups will stop with immediate effect until further notice.

We will continue to run our groups online ONLY as we have the last 20 months. Please get in touch for more details or the zoom codes. If you have been before, all zoom codes remain the same.

We will review the situation in early 2022 and update as soon as we can.

Remember, you can get in touch if you need support. We are still here for you!



**Young Carers**  
Groups will finish up for Christmas the week beginning 6th December 2021 and we plan to

restart groups late January 2022 and with a little luck, face to face but looking a little different.

We would like to wish you all a very Merry Christmas and Happy New Year when it comes, and we look forward to seeing more faces in 2022.

## GROUPS

Morning Social Group for Disabled People	4th Tuesday of Month 10.30am - 11.30am
Evening Social Group for Disabled People	3rd Tuesday of Month 6pm – 7pm
Bereaved Carer Support Group	2nd last Friday of Month 10.30am – 12noon
Mental Health Carer Support Group	1st Monday of Month 6pm – 7pm
Carers Coffee Morning	Every Wednesday 10am – 12pm
Carers Evening Support Group	Last Wednesday of Month 6.30pm - 8.30pm
Armadale Carers Cuppa and Chat	Postponed until further notice



**Christmas Cracker Meal**  
**Thursday 16th December**  
**1 - 2 pm**

Open to all carers, the person they care for and disabled adults. Meals will be delivered by our volunteers the morning of 16th, ready for you to heat up for our zoom meet at 1pm or to enjoy in private.

Please contact us to register interest and make sure you let us know if you have any dietary requirements. Closing date to register interest is **Monday 6th December.**



## Our Carers' Pamper event will be in person next year.

After the year we've had, who doesn't need a bit of pampering? And what better way to beat those January blues than massage therapies and a natter with some fellow carers.

The event will take place at Sycamore House early next year. We ask that you phone or email to note your interest and understand that places are very limited. We will of course follow all guidelines to ensure the safety of all those in our building!

## Christmas Opening Hours

Carers of West Lothian will be open over the festive period via phone or email, with the exception of the public holidays.

**Christmas Eve, 10am - 3pm**

**Christmas Day - Tuesday 27th December - CLOSED**

**Wednesday 29th December, 10am - 3pm**

**Thursday 30th December, 10am - 3pm**

**Friday 31st December, 10am - 3pm**

**Hogmanay - 10am - 3pm**

**New Years Day - Tuesday 4th January - CLOSED**

**Back to normal - Wednesday 5th January 2022**

Due to the public holiday, our Mental Health Support Group for Carers will be held on **Monday 10th January at 6pm.**



## Psychoeducation Group - Coming out of COVID: managing anxiety and boosting wellbeing.



Hello, my name is Erin and I am a Trainee Counselling Psychologist who has offered psychological therapy for Carers of West Lothian for the past 4 years.

Over the past six months, many of my clients have expressed some anxiety and stress about coming out of COVID-19 restrictions and returning to 'normal' life – and rightly so!

This is another huge, and unpredictable transition in our lives that will most likely create some difficulty. However, as carers for vulnerable children or adults, there is the potential months.

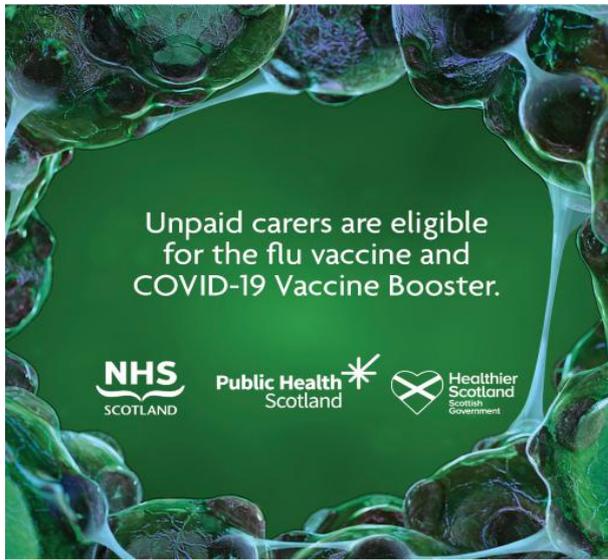
Thus, it's important to identify our stressors, and boost our self-care to help manage our wellbeing during this time.

I have designed a free psychoeducation group to explore and discuss the stressors attached to this new transition and develop some new self-care acts to help you cope during this time.

The group will be run via Zoom on

**Monday January 17th January at 3pm** for around 90 minutes and will have 8 spaces available.

If you are interested in attending this group, please call or email to register your interest. Thank you!



## Flu Vaccine and COVID-19 Vaccine Booster

All unpaid carers aged 16+ can book their flu and COVID-19 booster by calling 0800 030 8013 or going online ([www.nhsinform.scot/carersregister](http://www.nhsinform.scot/carersregister)).

If you're eligible for both the flu and COVID-19 booster vaccinations, you only need to book one appointment.

If you or the person you care for are housebound and therefore need a home vaccine/booster please call 0300 790 6266

## New Fire and Smoke Alarm Regulations

The law on fire alarms is changing from February 2022, which means all homes in Scotland will need to have interlinked fire alarms. The new law has come about because of the Grenfell fire in London in 2017, and it applies to all Scottish homes.

There is online guidance available on the Scottish Government website.

[www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/](http://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/)



It is the property owner's responsibility for meeting the new standard.

By February 2022 every home must have:

- one smoke alarm in the living room or the room you use most
- one smoke alarm in every hallway or landing
- one heat alarm in the kitchen
- All smoke and heat alarms should be mounted on the ceiling and be interlinked.

If you have a carbon-fuelled appliance - like a boiler, fire, heater or flue - in any room, you must also have a carbon monoxide detector in that room, but this does not need to be linked to the fire alarms.



### Contact us

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