

Community Regeneration



Child Safety Week

Safety makes sense: 1-7th June 2020

Child Accident Prevention Trust (CAPT) have a host of engaging social content for you to share with families, kicking off with popular TV presenter Jean Johansson from Channel 4's *A Place in the Sun* and BBC's *The One Show*.

Jean is showing her support for Child Safety Week by tasting the bitterest substance on earth, Bitrex to raise awareness of the heightened risk of poisoning from all our cleaning and sanitising products, and how Bitrex helps ensure children don't swallow products. You can see the film [here](#) and simply share the post with families you work with.

The Parents' Pack is [here](#) and free for families. It has lots of useful information CAPT have created lots of new content for parents under pressure during the pandemic. It's available [here](#) for you to use and share.



Exploring local greenspaces is a great way to have [fun with the family](#) for free. Being active outdoors can also help to reduce anxiety and give our bodies a healthy boost. In the last few weeks many people have found 'new' green spaces on their doorstep! To find greenspaces near you try [scotland's greenspace map](#). Woodlands are great for family mini-adventures. The Woodland Trust can help you [find your nearest woodland](#) and they have lots of [activities](#) to help you explore. Sunshine isn't essential! Here's [some ideas](#) for having fun outdoors when the weather's not so great. group.

Making use of our greenspaces

If home schooling gets stressful, take it outside for some fun - children will still learn through exploring and play. For ideas and support, join the [Learning Through Landscapes](#) Facebook group.

You can also try growing flowers, herbs, veg and fruit at home. You [don't need a garden](#) and it can be done at really low cost. YouTube has many 'how to' guides on growing at home - [here's one](#).



Adult Learning



The Adult Learning team is here to help get you digitally connected. We can show you how to use your devices, set up an email account, or use social media and other tools to keep in touch with friends and family. Being digitally connected can make lockdown much easier to manage.

Whether you need just a few pointers to get you started or would like more intensive, ongoing support, just drop us an email or leave a voicemail and we'll get right back to you with the support you need.

Contact us at adultlearning@westlothian.gov.uk or on 0800 731 1831

Linlithgow Young People's Project (LYPP) has continued to support young people in the village by: distributing 100 'boredom bags' via the primary school full of fun activities & advice cards to help with anxiety & stress; producing daily videos via LYPP YouTube for young people & their parents; delivered over 100 informal drop in sessions via Facebook & Instagram (weekdays, 1-3pm & 7-9pm), held 1-2-1 conversations through online 'clicks & likes'; developed an online Mental Health Art Project & created an 'Anxiety' video stream via Instagram.

For more see <http://lypp.org.uk/corvid-19-lypp-update/>

Spotlight on volunteers Bridgend

and the wider Linlithgow area
working together

LYPP, Bridgend Primary school, Linlithgow CDT & 1st Steps Café have been promoting & providing support to the village through the wider Linlithgow Coronavirus Support group to help vulnerable families & young people who may be in need of food parcels and other services.

access2employment

Wellbeing Team

Support and coaching to make positive changes and achieve your goals

We can support you if you are -
A lone Parent
Living in a jobless household
Living in a low income household

Our Wellbeing team can offer 1:1 support and coaching online or via telephone to help you set and achieve your goals

For more information

Call 07799131203

or email

a2ewellbeingteam@westlothian.gov.uk



access2employment

WELLBEING TEAM

Access2Employment Wellbeing Team offer individuals a wealth of knowledge and experience in coaching, mental health issues, support and personal development via telephone and online.

Our approach is person centred providing service users with tools, techniques, therapies and support to empower and allow positive life changes.

We work in partnership with services within West Lothian Council as well as various health care providers, charities and partner organisations to ensure service users receive the most appropriate support throughout their personal transformation.

Our service is available to the following client groups-
Lone parents
Those living in a workless household
Those living in a low income household



Services offered

Wellbeing workshops - Explores fitness, nutrition, routine, and sleep as well as providing practical techniques such as mindfulness, meditation and journaling, as methods of dealing with stress, anxiety and unhelpful thoughts.

Life Coaching - An accredited Life Coach uses various tools and techniques to encourage self-awareness, problem solving and goal setting.

Quantum Energy Coaching (QEC) - This coaching technique is designed to re-programme the sub conscious mind to change the way individuals think, feel and act.

Talking Therapies - Listening to individuals in a caring and non-judgemental manner. Utilising various communication skills to encourage open conversations on sensitive matters.

Wellness Coaching - A professional assists individuals to assess their current physical and emotional wellbeing in order to set a realistic action plan of positive goals.

For further information or to make a referral please -
Call - 07799131203
or

Email - a2ewellbeingteam@westlothian.gov.uk



Prescriptions

To date we have delivered over **655** scripts to individuals shielding

The
REGENERATION
Team