

Community Regeneration

Carers Week

Carers of West Lothian

are continuing to face new challenges and additional pressures as a result of the pandemic which is impacting on all aspects of life. Caring or living without the right information and support can be tough.

Carers of West Lothian's are here to offer support to all unpaid Carers, Young Carers and Disabled Adults living in West Lothian. Their zoom sessions offer the opportunity to connect with others during this time of social distancing for peer support, activities to look after physical health and well-being, and just for a bit of fun!

Remember Carers of West Lothian are here to offer telephone and online support Monday-Friday 9am-5pm so please get in touch if you need support.

Telephone: 01506 448000 Email: office@carers-westlothian.com

Website: www.carers-westlothian.com Facebook: <https://www.facebook.com/CarersofWestLothian/>

Here are their groups for week beginning 15 June:

This weeks Zoom groups

Tuesday
Senior Young Carers Group 3.30-4.30pm
Social Group for Disabled Adults - 6-7pm

Wednesday
Carers Coffee Morning 10-11am
Danceclass for all 2-2.30pm

Thursday
Gentle Exercise & Tai Chi all adults we support (inc. the person you support) 11-11.45am
Junior Young Carer Group 3.30-4.30pm

Friday
Bereaved Carer Support Group 10.30-11.30am
Young Carer Open Drop In 2-3pm
Young Adult Carer Drop In 3.15-4.15pm

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The team are responsible for coordinating, picking up and delivering prescriptions to those shielding and most vulnerable. Many of the recipients of prescriptions have been isolating for over 8 weeks with no social contact. As part of their scripts service the team take the opportunity to check in with the recipients with a friendly informal chat to not only check they have everything they need and have no immediate concerns but also to help reduce social isolation.

Some feedback of thanks the team have received include:

"Thanks for taking the time to speak to him when he delivers and to all he has spoken to on the phone. He feels that we all take the time to talk to him and feel cared for as he can go a long time without speaking to someone as family live away."

"Thank you so much for collection our prescriptions it was something that we were unable to do ourselves....your kindness and friendliness was very much appreciated."

The team have also played a small role in supporting the national food parcel delivery to those eligible shielding individuals

Do you work with children in West Lothian experiencing financial hardship? If so, [The School Bank West Lothian](#) needs your help. Following the Coronavirus pandemic, we have extra funding for casual clothing and playtime packs. This project will only run until July 18th. To help us reach as many children as possible, if you know a child who would benefit from this initiative, don't hesitate to get in touch by emailing meg@schoolbank-westlothian.org.



Developing a post COVID-19 Plan of Action



The business gateway have designed a webinar to help business devise a recovery plan post Covid-19 where they cover

- re-evaluating your business model - including a SWOT and PEST analysis
- goals and objectives for the business going forward
- financial projections
- re-evaluating your target audience
- a competitor analysis
- market research
- new ideas - diversifying, adapting & collaborating

a branding and marketing review to communicate your plans for the future

Pre-register on the Zoom link.

<https://www.bgateway.com/events/developing-a-post->

Craigshill organisations & residents are working closely together to ensure they have every base covered within the community. From birth: with the Daisy Drop In: FB Storytime & activity sessions through playworkers, early years info & caring packs, through to Almond Housing, Youth Action Project, Tower Team, Livingston Round Table, Men Matter & Craigshill Good Neighbourhood Network providing: the community fridge, making & delivering meals. Over 200 reusable cloth masks have been made locally & distributed to the most vulnerable individuals & families. Daily FB posts of activities & mental health messages, bike 1-2-1 sessions & growing activities supporting young people & adults through this period. The Tower Action Group delivering scripts & shopping weekly to many isolating & shielding. Their team of professionals attending emergency repairs on gas, electrics, plumbing, grass cutting & even a house move. The COVID 19 FB page is full of local & national information to be shared & disseminated with handy 'need to know stuff' & Craigshill Good Neighbour Network delivers activity packs & weekly phone catch ups to our elderly households & those isolating.

Spotlight on volunteers

Transform Craigshill

Today Tomorrow Together

The REGENERATION Team

Prescriptions
To date we have delivered over **722** scripts to individuals shielding