



Carers Week 2021 - Make Caring Visible and Valued

7 June - 13 June 2021

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year, during Carers Week we're celebrating unpaid carers' contribution and highlighting the continued challenges they face. So, we are raising our voices to let everyone know that unpaid carers deserve to be recognised for the vital contribution they make - and that we are there for unpaid carers during Carers Week and beyond.

How to get involved

This year there were even more ways to get involved in Carers Week. You could:

- [Add your voice](#) to Carers Trust call to **Make Caring Visible and Valued**.
- [Check out Carers Trust wall of voices](#) from people and organisations who have already added theirs.
- [Add your activity](#) and tell everyone about what you had planned for Carers Week.
- [Check out activities currently listed](#).
- [Pledge your support](#) and what you plan to do for unpaid carers - or be inspired by viewing pledges already received.

For further information on carers week, carers support and how to get involved in this years campaign, visit [Carersweek.org](https://www.carersweek.org)

Signpost of Supports

If you are looking for local information, advice and support, the Carers of West Lothian offer a range of services for all unpaid carers and people with disabilities in West Lothian.

Some of the services they provide are

- Information and advice
- Training
- One to one emotional support
- Hospital based carer support
- Peer support groups
- Counselling
- Signposting and referral to support services
- Individual & group support for young carers
- Recreational courses
- Short break funding
- Respite

You can email office@carers-westlothian.com or telephone 01506 448000. They are based at Sycamore House, Quarrywood Court, Livingston.

Alternatively, for more information visit their webpage [Carers of West Lothian](#)