Carers of West Lothian

Freepost RTJJ-KRJG-HURG
Carers of West Lothian
Sycamore House
Quarrywood Court
LIVINGSTON
EH54 6AX

Carers of West Lothian
Unpaid Carer Service

You can contact us at:

office@carers-westlothian.com

www.carers-westlothian.com

01506 448000

Sycamore House, Quarrywood Court, Livingston, EH54 6AX

Open Monday - Friday

This lealet is available in large print and other languages. If required please contact the office.

A Company Limited by Guarantee.
Company No. SC226434
Scottish Charity No. SC 019628

Are you looking after someone who can't manage without your help?

West Lothian Council

NHS Lothian

CARER POSITIVE Employer in Scotland

Who are we?

Carers of West Lothian is a local charity that provides information, advice and support to unpaid carers of any age who provide unpaid care to a family member, a friend, or a neighbour who could not manage without their help. This may be due to illness, disability, frailty, mental ill health or an addiction issue.

You might support them in different ways:

- Helping with their mobility
- Helping with cooking and shopping
- Personal care
- Administering medication
- Providing emotional support
- Acting as a representative for them with health or social services

How can we help you?

Our support worker will talk with you to explore the kind of support you may need.

This might include:

- Having someone to talk to
- Peer support groups
- Workshops and courses
- Counselling
- Signposting or referral to other services
- Planning for emergencies
- Short breaks

Our information and advice service provides advice on:

- Carers rights
- Community support services available
- Legal and benefits advice
- Having a say on local services

Register for support

Please complete the form below and post it to us in an envelope using the FREEPOST address as shown on the reverse (no stamp required).

Your Details:

Name:

Address:

Postcode:

Tel No:

Mobile No:

Email:

Date of Birth:

I apply to become a member of Carers of West Lothian (no fee): Yes ☐ No ☐

Signed:

Date:

How did you hear about us?

By filling in this form and submitting it to us you consent to us using your data. You can withdraw consent at anytime by contacting COWL.
We will keep your details confidential and will use them only for statistical purposes and to supply you with appropriate information, advice and services.