

Mental Health & Wellbeing

Befriending, listening ear, specialist support and counselling

This time can be particularly hard for those self isolating, shielding, vulnerable and on their own. In this issue we have compiled a list of befriending, listening ear, community support and counselling services.

This is not an exhaustive list. More can be found at Westspace -West Lothians online source of mental health and well being information

<https://www.westspace.org.uk/service/befriending-peer-support>

If you are self isolating or shielding and require befriending or additional support call our WLC call centre on 01506 281000 <https://www.westlothian.gov.uk/covid19-support>

Macmillan cancer Support	07801 307086
Bridge Community project	07976144720
WL financial Inclusion Network	01501 771775
Alzheimer Scotland	07500 498574
Circle	07703 714764
Carers of WL	01506 448000
Victim Support WL	0800 160 1980
Cross points Community Church	07939 038179
New Directions	01506 464446

Young people

WLYAP Integr8 befriending 01506 431430

Useful sites and information

West Lothian CLD Youth Services

<https://www.facebook.com/West-Lothian-CLD-Youth-Services-10583417791401>

WLYAP <https://www.wlyap.org.uk/>

Young Scot

<https://young.scot/campaigns/national/coronavirus>

Smile Counselling info@smilecounselling.org.uk

<https://www.smilecounselling.org.uk/useful-apps/>
Young Minds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Enable Scotland <https://www.enable.org.uk/>

Livingston wide

Church of Scotland 07366 622365

Salvation Army 07818 689929

West Lothian wide

Craigshill Good Neighbour Network 07473 102669

West Lothian 50+ Network 01506 635510

Men Matters, 07938 159593
Women Matters

Children & families



Armadale The Dale Hub 01501 733248

Blackburn Family Centre 01506 653324
01506 633438

WL wide Safe Families 07766 365733
Home Start 01506 415755

Useful downloads for schools and families <https://www.westlothian.gov.uk/article/50765/Coronavirus-Helpful-Resources>

The Dale Hub

supports local families with emotional and practical needs including home schooling, activities and play ideas. Donation tables are available 3 times a week (Mon, Wed and Fri) filled with craft items, books, toys, puzzles and toiletries that the community can pop along and access. Every Friday is a donation station day where people donate items from 11am to 6pm. For others to rehome and appreciate. Dale-y Boredom Busters on social media range from collecting/decorating/distributing to finding stones when out for their daily exercise, to building dens helping with team building and problem solving skills.

Spotlight
on
volunteers



Armadale

Community Regeneration

Befriending & listening ear



Armadale	The Dale Hub	10501 733248
Bathgate	Coronavirus community support	07584 421710
Craigshill	The Tower Action Group Craigshill Good Neighbour Network	07538 184376 07473 102669
East Calder	East Calder CDT Church of Scotland	07713 990201 07791 524504
Kirknewton	KCDT Church of Scotland	07734 884320 07791 524504
Mid Calder	Mid Calder CC Kirk of Calder	07823 328609 01506 882495
Pumpherton	Pumpherton CC & Neil's Hugs	07534 761457
Linlithgow	Coronavirus support group	07539 127265
Carmondean	St peters RC Church	01506 438787
Knightsbridge	St peters RC Church	01506 438787
Ladywell	Ladywell NN Baptist Church	07565 536398 07841 290184
Fauldhouse	Fauldhouse & Breich Valley	07599 442 822
Polbeth	Polbeth Community Hub	01506 536123
Stoneyburn	Future Vision group	07399 231814



The
Regeneration
Team

Prescriptions

To date we have delivered over **513** scripts to individuals shielding