

Carers Week 2023 Schedule

Please get in touch with us if you would like to find out more about any of our events!

Tuesday
6th June

Carers Week Event

The Linburn Centre. 2:30–4pm.

A lovely opportunity to meet other carers, find out information to help your caring journey and a chance to focus on your wellbeing.

Wednesday
7th June

Carers Coffee Morning

Sycamore House. 10–11:30am.

Join us for our famous coffee mornings with Nancy! This week we promise to make it extra special for carers week.

Online Carers Coffee Morning

11:45am–12:30pm.

If you can't make it along to our in person coffee morning, why not hop on to zoom for a chat? Get in touch for the zoom codes.

Reflexology

Sycamore House. Appointment only.

The lovely Fiona Allan is coming down to Sycamore House to deliver some amazing reflexology sessions, get in touch to book.

PASDA Support Group

Sycamore House. 7–8:30pm.

Our West Lothian Support Group with PASDA. Designed for parents, partners, siblings and carers of autistic adults over the age of 16, it's a great opportunity to meet people in similar circumstances.

Thursday
8th June

Armadale Cuppa & Chat

Colinshiel Court. 10am–12pm.

A lovely opportunity to meet fellow carers in Armadale and the surrounding areas.

Pan-Lothian Employers Event

Edinburgh.

We're teaming up with Carer Positive & other carers centres within the Lothians to inform employers how they can support their staff with caring responsibilities.

Friday
9th June

CoWL Information Stand

Morrisons Almondvale. 10am–2pm.

We'll be in Morrisons ready to provide any information about our services we can! Come along if you'd like to have a chat about how we can help you, or someone you know.

Saturday
10th June

CoWL Information Stand & Collection

Matalan Livingston. 10am–2pm.

We'll be in Matalan ready to provide any information about our services, as well as raise some funds for CoWL! Come along if you'd like to have a chat about how we can help you.