WEST LOTHIAN SERVICE USERS NEWSLETTER

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Hi! My name is Claire.

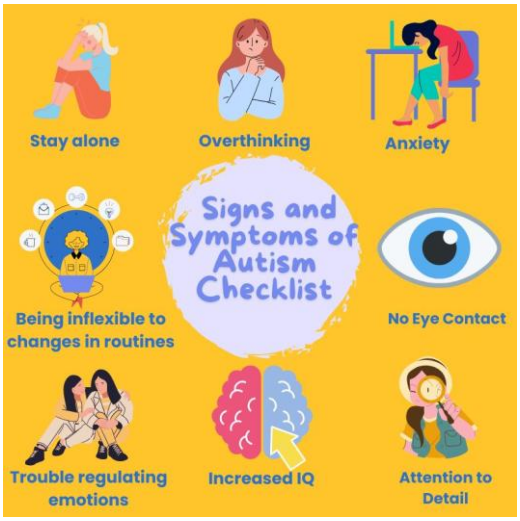
Welcome to my Newsletter!

I am a service user with a severe and enduring mental health problem, and I produce Newsletters to help share information about issues people may experience and support available in the West Lothian community.

I am a volunteer for the Mental Health Advocacy Project (MHAP) and a member of their Management Committee. I enjoy researching news and services. If you have any ideas you think may be of interest for future Newsletters, or if you have details about a local service please contact MHAP on 01506 857230 or email admin@mhap.org.uk

Health

Autism



Symptoms of autism can vary greatly and often include delays in communication, unusual reactions to sensory in-put and potential “masking” (hiding traits) to fit in, especially in girls/women. Symptoms involved in social communication and interaction include, finding it hard to make friends or preferring to be alone, trouble understanding others feelings or intentions using gestures, facial expressions, or tone of voice. People may experience restricted and repetitive behaviours/interests including unusual eating or sleeping habits or co-ordination issues (clumsiness, walking on toes). They may also exhibit repetitive movements such as hand-flapping, rocking, or spinning. People may be over or under sensitive to sounds, lights, textures, and smells. Other characteristics include delayed speech, movement, or learning. Having a “spiky” skills profile: strong in some areas (maths, music) but weaker in others. A person may have problems with anxiety and emotional regulation such as difficulty managing emotions, leading to meltdowns or shutdowns.

Symptoms vary greatly for each person. Many people hide signs to fit in which is common in girls/women, causing stress. Some children lose skills they once had.

Symptoms by age and group. Infants and toddlers. Early signs include not smiling by 6 months, not gesturing (pointing /waving) by 12 months and a loss of previously acquired speech or social skills. Older children and teens: may take things very literally, struggle to understand sarcasm or metaphors, and find it difficult to navigate peer relationships. Adults: Symptoms often include social anxiety, difficulty articulating feelings and “masking” (hiding autistic traits to fit in), which can lead to burnout. Girls and women:

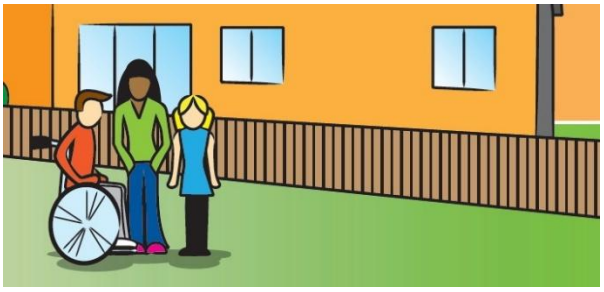
subtle signs are common. They may appear more socially adept through imitation but may experience intense internal stress. Executive functioning may be affected and include challenges with planning, organising, or making decisions. Autism is often accompanied by anxiety, ADHD, sleep problems, or GI issues. If you want more information, there is an NHS guide on autism. You can contact your GP or speak to a paediatrician or specialist in neurodevelopmental disorders. For more information on autism visit https://www.nhs.uk/conditions/autism/what-is-autism/

Autism is not an illness or disease. Your brain operates differently from other people. You are born with it. Signs may not appear until you are older. You have autism for life. Some people with autism need support from a parent or carer and they can lead a full life. Autism is a spectrum everyone is different. There are other names for autism such as Autism spectrum disorder (ASD). Asperger's syndrome is a name used to describe autistic people with average or above average intelligence. It is not known what causes autism, and some people also have a learning disability.

A study on 2018 research data found that for adults between and 40 to 59 years 91.45% of men and 79.48% of women are undiagnosed. Overall, there was an undiagnosis rate of 89.29%. For people aged 60 to 70 who are autistic 96.29% of men and 97.19% of women are believed to be undiagnosed with an overall undiagnosis rate of 96.51%. 52.54% of 20-39 year olds are undiagnosed and 23.34% people under 19 are undiagnosed.

High rates of undiagnosis means that people will not have been given the right support. This could mean they have poorer health and become socially isolated. It has also been suggested that middle aged people with autism have higher rates of health conditions like Parkinson's disease, arthritis and heart disease and higher levels of self-harm. They may also have a lower quality of life. Long term research is needed along with tailored healthcare and social support. This will allow people with autism to live happy and healthy lives.

CAMHS crisis



A third of children have been rejected from mental health waiting lists for CAMHS. Statistics show that between April and June this year 2,565 referrals to CAMHS were rejected. This is without a child even being seen. Families are deeply affected by this. The Daily Records save young lives campaign was launched in November. It is demanding that every political party in Scotland to promise to reduce waiting times for children's

mental health services in their Holyrood election manifestos. It is so important that urgent support is provided if it is required. More investment in services is required right away and current figures are extremely disturbing. It is the case that children who are rejected will not be offered alternative care or community support with their mental health getting worse as a result.

Children who are signposted it is often to less specialist services which are not appropriate to meet their needs. As a result, there will be higher costs in the future including social, education and health services. At the moment only the most acute cases are seen. Other children may not meet the criteria for CAMHS but are too unwell for non-specialist services. Greater investment in specialist CAMHS is required and out with CAMHS such as school-based mental health teams which will be able to support children rejected by them. If a child is rejected by CAMHS there must be signposting to other mental health services with follow-up to avoid leaving them without options.

Scottish Labour mental health spokesperson Paul Sweeney MSP has said "Scotland is in the grip of a mental health crisis, with far too many children and young people are being turned away from services. We cannot allow struggling young people to fall through the cracks. The SNP must ensure that CAMHS services can cope and that children are able to get the support they need. Scottish Labour will continue to call for better mental health services across the country, including a dedicated mental health worker in every GP surgery."

Seasonal Affective Disorder (SAD)



Seasonal Affective disorder is a type of depression with a seasonal pattern. Symptoms may include persistent low mood, sleeping longer than normal and difficulty

concentrating. You can visit the NHS website for information on symptoms and treatment options. https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/

If you are struggling visit your GP. The GP can check your mental health. They may ask about your mood, lifestyle and sleeping patterns and any seasonal changes. The causes of SAD are not fully understood but is often linked to reduced exposure to sunlight during the shorter autumn and winter days. These changes stop the hypothalamus in the brain from working properly. The production of melatonin and serotonin may be affected as well as changes in the body's internal clock. There may a genetic element causing SAD so it may run in families.

The main treatments include lifestyle changes to get as much natural sunlight as possible, getting regular exercise and manage your stress. Light therapy involves use of a light box to stimulate exposure to sunlight. Talking therapies such as CBT or counselling or antidepressant medication may also be treatment options.

Benefits and finances.

Help to save scheme



The help to save scheme is to be expanded and made permanent from 2028. This scheme lets parents and carers on Universal Credit build a savings buffer. The savings account will allow people who qualify be able to put away up to £2,400 over four years and get an extra £1,200 bonus. This will allow millions of working people to be able to save. Savers can put up to £50 per month into a Help to save account and at the end of the four years people will get a 50% bonus on their savings. You can save between £1 and £50 each

calendar month. You don't need to pay in money every month. Bonuses are paid on the highest amount paid in by the end of the 2nd and 4th years. More than 500,000 savers have benefited from this scheme. With an expansion planned an extra 1.5 million people will be able to join the scheme. It will now include Universal credit claimants with children in education or carers providing 35 hours of care to a disabled person to help them with the cost of living.

Cost of living support in West Lothian

In West Lothian help is provided with housing costs. If you are in debt West Lothian Council's advice shop can check if you qualify for council tax exemptions or discounts. They can arrange a repayment plan and inform people of the Scottish governments Debt arrangement scheme which can allow you to repay your debts. Don't hesitate to get in touch if you are struggling Call 01506 280000.

There is a council tax reduction scheme which allows people in West Lothian on a low income to pay all or part of their council tax. You can still apply if you own your home. The amount you get will depend on your circumstances. If you have rent arrears, you should contact your landlord immediately to discuss your situation. If you are a council tenant, they will answer any concerns you may have and discuss your options.

Housing benefit offers help to pay your rent if you are on a low income and don't already receive housing costs as part of your claim for Universal Credit. You will need to meet certain criteria before you can make a new claim for Housing Benefit. The Advice shop can help the elderly, people with dementia and other long term conditions as well as people of state pension age to maximise their entitlement to benefits. For money and debt advice there is a toolkit on the Council's website which you can use to find out about services available. On the website is a guide which gives practical information tips and resources to help you gain control of your finances. You can contact the advice shop to book an appointment face to face or by telephone. You can call or go on the Council's website. The Advice shop also offers drop in sessions at the Jim Walker partnership centre in Bathgate. These are on Monday afternoons 1pm-4pm, Tuesday and Thursday Mornings 9am-12noon.

Energy tips



There are steps you can use to reduce the amount of energy that you use in the home. You can access information on the West Lothian Council's website. Visit https://westlothian.gov.uk/energytips. The Advice shop can help if you are struggling such as issuing fuel vouchers for those on pre-payment meters (provided by the Fuel bank Foundation. The advice shop has a partnership with Home energy Scotland. They can refer homeowners and private tenants who want grants/loans and information on energy efficient upgrades they can get for their property. This includes funding for boilers, insulation, and solar panels. The Citizen's Advice Bureau recommends you contact your supplier if you are struggling with energy bills and they can create a payment plan for you.

Remember if you reduce your thermostat by around 1°C you can save more than £100 a year. Try using a setting of 3 or 4 on your radiator valves. Bleeding your radiators can help save you money by removing air bubbles that hinder your heating. You should do this once a year.

Further heating information

People across the UK are being advised to heat their homes to a specific minimum temperature to ensure safety over the winter period. When it is extremely cold health problems can get worse and vulnerable people can be in extreme danger. Older people over 65 years, those with chronic health conditions, young children and those with weakened Immune systems are particularly at risk. NHS guidance states that you should try and heat rooms that you are using most often, such as lounges or bedrooms and to heat them to at least 18°C. Families with young children should ensure nurseries are kept at a temperature of between 16 and 20°C. By doing this you will save money and help

prevent damp and mould. You should also close curtains at night and keep your doors shut to prevent cold air from circulating around your home. Do not use your heating when you are not at home.



In Scotland you will receive financial support to help with the cost of heating. There is the winter heating payment which is worth £59.75 for those on certain low-income benefits. It is paid between December and February by Social Security Scotland (SSS). It shows at "WHP" on your bank statement. For most people you do not need to apply. If you haven't received the payment by the end of February, you can request it by using a form on the www.mygov.scot website. You can also call SSS on 0800 182 222.There is also the Pension age winter heating payment which is a payment of between £101.70 and £305.10 for those of state pension age. It is paid automatically by SSS from November. It will appear as "PAWHP" on your bank statement. The exact amount awarded depends on age, living arrangements and other benefits received. The payment is per household. If you have deferred your state pension or have a joint benefit award where the main claimant is under state pension age you can contact SSS to apply.

There is a discretionary housing payment fund available for housing cost shortfalls in West Lothian. You can access supermarket vouchers from West Lothian Council through the Scottish welfare fund crisis grant for urgent needs or getting a referral from a community organisation to a foodbank. The Council also offers funding to the West Lothian Food Network and other organisations that provide food support. This may include vouchers or food parcels. The advice shop can help with maximising your income. The council's access to food page has a list of community organisations that you can contact to get a food voucher to exchange for a parcel.

Changes to Carers allowance in Scotland.



The transfer of Carer's allowance from DWP to SSS in Scotland has been completed. This has happened for around 118,000 and the new benefit is called the carer support payment. In addition, in Scotland there is the carer's allowance supplement which gives people up to £587 each year and the Young carer grant which provides £390 a year to carers aged 16-18 years. The carers support payment has now been extended to include more carers in full time education to get the award. Further improvements are planned for the next 6 months. This includes extension of the Young carer grant to 19 year olds and a new payment worth up to £520 a year for carers who care for more than one person. Extending eligibility for financial support after the death of a cared for person from 8 to 12 weeks is also planned. From March next year (subject to approval) carers may qualify for the carer supplement which is a new benefit combining 3 components. These are the carer support payment (£83.30) a week. Scottish carer supplement which replaces carers allowance (11.29 per week) and provides extra support for carers in Scotland who get the carer support payment. Finally, there is the carer additional person payment which is worth £520 per year which will be paid weekly.

Budget information

The budget announced that all benefits will increase every year in line with inflation with an additional 2.3% increase to be added to Universal Credit (UC) in 2026. The UC act states that the benefit will increase by more than inflation each year until 2030. So, payments would increase from £92 to £98 weekly for single claimants or from £145 to £154 weekly for couples. The two child limit (UC) is to be scrapped from April 2026. It allows extra "child element" for three or more children aiming to lift 450,000 children out of poverty. The Limited capability for work and work-related activity payments are frozen until April 2029.



The state pension will increase by 4.8% from Next April. The New state pension (full rate) will rise to £241.30 per week (£12,547.60 annually). The old state pension is now £184.90 per week (£9,614.80). Annual spending on health and disability benefits is predicted to increase from £83.1 billion 2025-26 to 103.6 billion in 2029/30.

The government has also made changes to the national minimum and living wage that will be implemented next April. The new minimum hourly rates will be as follows: for 21 years and over. £12.71 (up from £12.21) 18-20 year olds. £10.85 per hour (up from £10) and for 16-17 year old apprentices 8 per hour (up from £7.55).

The government aims to protect those who cannot work and to support those who can. Face -to-face assessments for disability benefits have been brought back. Funding is being provided to make training for under 25 apprenticeships completely free for small and medium sized enterprises. There will now be a new youth guarantee which will provide £820 million over the next 3 years to guarantee a young person a place in college, apprenticeship, or job support. After 18 months 18-21 year olds will be offered paid work, not benefits.

Child benefit rates will rise from April next year. It will increase to £27.05 per week for the eldest child and £17.90 per week for other children, up from £26.05 and £17.25, respectively. Guardian's allowance will be £22.95 per week.

Local News

Mobile phone use in schools

Councillors in West Lothian may be able to ban the use of mobile phones within schools. There will be an investigation. This has happened as bullying on social media has become a serious issue for pupils and mobile phone use is causing disruptions in classrooms. In Edinburgh it has been decided that there should be lockable pouches and cabinets for phones. If this were introduced in West Lothian there would be extra costs to consider. The investigation into the use of smart devices in schools will allow councillors to make an informed decision on the use of mobile phones at all stages of education. The ultimate aim is to protect young people. Technology has both advantages and disadvantages. Should it be an important part of school life or is it necessary to remove them from classrooms? Both teachers, parents and pupils will have their say. Linlithgow SNP Councillor Pauline Orr has said that she knows of pupils engaging in self-harm due to bullying by mobile phone.

Being in a connected world is important for research and learning but the rise in bullying and disruption in class is very concerning. Another area of concern is the effect of smart phones on mental health and attention span. West Lothian local authority will continue to promote safe and responsible use of digital devices through encouraging positive behaviour by agreeing on responsible use. Teaching internet safety as part of the school curriculum will be part of this as well as working closely with parents to create a balanced approach that supports learning.

Voluntary Gateway

VSGWL Publishes Stakeholder Survey Report 2025

The Voluntary Sector Gateway are pleased to share our **Stakeholder Survey Report 2025**, which brings together feedback from organisations across West Lothian's third sector. This year, **22 organisations** took part in the survey, offering honest and helpful insight into what is working well and where more support is needed.

The responses highlight some clear themes. Many organisations continue to face pressure from funding challenges, rising costs, higher demand for services, and difficulties with staffing and volunteers. Others spoke about the importance of training, good communication, working together, and feeling connected to the wider sector. The report includes a dedicated section for **Social Enterprises**, capturing feedback on sustainability, staffing, challenges around trading, and support needs. This insight will help VSGWL shape social enterprise support and strengthen partnership working across the sector.

The report also includes a **'You Said, We Will'** section, where VSGWL set out how they are responding to what organisations have told them — from improving events and training, to strengthening our advocacy work, to making our resources and communications more useful.

You can read the full report here: **VSGWL Stakeholder Survey Report 2025**

Feature Organisations

The Foodtrain

The Foodtrain, based in West Lothian operates a shopping delivery service for anyone over 65 years who has difficulty getting their grocery shopping. It helps people live in their community with access to fresh food and a well-balanced diet. Teams of volunteers can collect your shopping list and prepare your order and deliver groceries to your home. There is a charge of £7 per delivery. The service is available in West Lothian. There is a £1 Foodtrain membership fee letting you access Foodtrain services. You can complete the membership form online. Visit https://thefoodtrain.co.uk/how-we-help/shopping-delivery/ Or you can call 01506 413013 or Email: westlothian@thefoodtrain.co.uk

Other services are provided by Foodtrain in West Lothian include the meal makers service. This is a local food-sharing project. A volunteer can cook and deliver freshly prepared home-cooked food at an agreed day and time. They are also able to provide company and a friendly chat. You can find out more about this service by calling 0141 551 8188 or Email: mealmakers@thefoodtrain.co.uk The service is available for the over 55s who would enjoy a delicious home cooked meal and some company. It is available across Scotland. The service costs £5 per month.

Foodtrain also run a befriending service where you are matched with a trained volunteer and can get social contact in your home or a group outing. You can go out for a coffee and a chat or have a look round the shops. Group outings may be going out for lunch, cinema, visit a garden centre and other venues in your local area. There may be a small charge for some trips or events. Outings may not suit everyone, and this service is for anyone over 65 years and is available in West Lothian. The service costs £5 per month.

Library at home service

The library at home service is for people who enjoy reading or listening to talking books but are unable to access your local library. You may have a disability, be in poor health or be frail. Foodtrain offers a monthly delivery/uplift service which involves a one to one match with a local volunteer. You select what books you want, and they are delivered to

your home. People of all ages can access the service and there is no charge. It is available in West Lothian.

There is also Eat well Age well advice line. It provides support for the over 65 year olds with their diet. Call 0131 447 8151. This is a national project funded by the Scottish government and People's Postcode Lottery. It aims to prevent, detect and treat malnutrition in the elderly living at home in Scotland. Statistics show that at least one in ten older people in Scotland are at risk or are living with malnutrition. Malnutrition is often a silent and hidden issue. On the website you can find information on malnutrition and screening available.

Neil's Hugs Foundation

Neil's Hugs Foundation is a suicide prevention charity. It has been recognised for its peer support work in a new, national suicide prevention report. This report "creating hope with peer support: 3 years of peer power in suicide prevention" highlights the work of Neil's Hugs Foundation. The publication includes reflections, insights and real-life stories from participants, peer workers, and partners. Minister Tom Arthur has said "Peer support is vital in our efforts at suicide prevention in Scotland across all areas of policy. We not only want to ensure lived experiences are included in how we design our policy, but that those with lived experience who can provide that peer support, can make not just a life changing but a lifesaving difference. The Scottish government is committed to working in partnership with our communities and with local government to make peer support as accessible as possible."

Donna Paterson -Harvie BCAh (British Citizen Award for healthcare) started the foundation after losing her son, Neil to suicide in 2011. The foundation supports those affected by suicide and those with mental health challenges. It offers peer support services including one-to-one support, befriending, support groups, signposting and weekly "cuppa and chat" drop-ins at West Lothian college. People can reconnect and realise that they are not alone.

Carers of West Lothian

Caring for You workshops at CoWL

Recently, Carers of West Lothian launched a new series of workshops aimed at unpaid carers and the importance that these people take care of their mental and physical health. Topics explored in sessions include changing relationships, dealing with guilt, and coping with stress. It offers a quiet space to recharge and to try activities such as mindfulness and stress awareness training.

If you are interested there is an online form on the website. Visit:

https://cowl.org.uk/news/12/12/2025/caringforyou

Skills development Scotland

Skills Development Scotland offers free digital courses. You can sign up for as many as you want. You may want to advance your career, and you can learn at your own pace. Topics include AI, Data science, cyber security, and software development. For help using the "my world of work" website or to speak to a career advisor call 0800 917 8000. 9-5 pm Monday-Friday. You can also Email: mywow.support@sds.co.uk You can contact your local centre to set up a face-to-face appointment with an advisor.

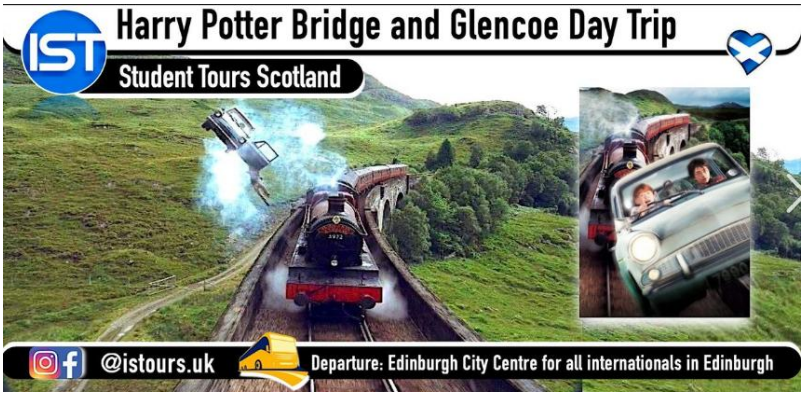
Events

Annasach's Burns night Ceilidh



There is a burns night ceilidh on January 25th at the Counting house in Edinburgh's old town. It is from 7.30pm-11pm. There will be a buffet supper of haggis neeps and tatties (vegan option available). Tickets must be purchased in advance and cost £32 and £28 for concessions. You will receive an e-ticket. Box office and venue are cashless.

Harry Potter Bridge, Glencoe, and the Highlands day trip



This day trip to Glencoe and the highlands has been organised by International student tours (Edinburgh) and is taking place on January 24th from 7am to 8pm. Everyone is welcome, students, professionals, and visitors. This is a very popular tour every year and is great for Harry Potter fans and those who love the beauty of the Scottish Highlands. It offers an extraordinary experience to visit the Scottish highlands and locations filmed in Harry Potter and the chamber of secrets and Harry Potter and the prisoner of Azkaban and other movies including Outlander, Skyfall, Braveheart, Mary Queen of Scots, and Highlander. Tickets cost £46.It offers a fully guided tour with a local guide, hiking, walking and free time for sightseeing, shopping, and visiting attractions. Places explored includes visiting the majestic three sisters of Glencoe, Fortwilliam, Rannoch Mor, Loch Tulla, and Loch Lomond. Pick up time is 6.55am, 22 Buccleuch Place, University of Edinburgh. Departure is 7am sharp. If you wish you can bring a packed lunch and it is also recommended that you wear warm clothes, proper walking/hiking shoes, bottle of water and snacks. There will be tea/coffee and toilet breaks throughout the journey. If you want to book tickets you can contact the organiser. Visit-

https://www.eventbrite.co.uk/e/harry-potter-bridge-glencoe-and-the-highlands-day-trip-tickets-1914629451229

Woodland yoga



Winter woodland yoga adventure for kids and their adults. It is taking place at the Hermitage of Braid woods in Edinburgh on Sunday 25th January from 10.30am to 1pm. Enjoy nature with your child in this workshop, spending time outside, learning yoga with Clunie Clouds. You will use yoga poses to keep warm and breathe in the fresh winter air. Discover the magic of woodlands, dig for hidden gems, listen to the Tibetan singing bowl by our campfire and have a picnic. It offers a moment of movement, mindfulness, and connection with your loved ones. Tickets cost £10-£25 and can be purchased on the Eventbrite website.

Portobello photography school workshop



Portobello photography school is offering a one-day intensive outdoor workshop with the support of photographer Alicia Bruce. Learn how to get better quality photos. It will cover exposure, shutter speed, focal length, composition and much more. The base will be the picturesque Portobello promenade, beach, and surrounding area. All students will be provided with a workshop schedule and some introductory learning resources. The tutor has 20 years' experience and over 10 years teaching experience. Alicia has exhibited and published her photography internationally.

Portobello is only 10 minutes by bus from the city centre. The course is suitable for beginners, enthusiasts, and experienced practitioners. You should bring your DSLR camera (or another camera including mirrorless and compact with manual capabilities). Make sure you charge your batteries and have a clear memory card, notebook, and pen.

A tripod is optional. Wear wind and waterproof clothing. Tickets cost £79.79 and are available on the Eventbrite website.

Suicide Prevention Scotland Gathering Hope event



The Gathering Hope event organised by Suicide Prevention Scotland is taking place in the Barracks conference centre in Stirling on Thursday the 29th January from 10-4pm. It is for charities working in suicide prevention, mental health, and community wellbeing and will give them the opportunity to deepen relationships, strengthen collaboration, and explore what can be achieved together to prevent suicide in Scotland. To book your place and get more information you can visit the Suicide Prevention website: https://www.suicideprevention.scot/gatheringhope

For support with suicide prevention, you can contact the following numbers.

Samaritans 116123, Text "shout" to 852658, NHS24 111, Childline 0800 1111.

Call 999 if you are in immediate danger such as at risk of serious injury or overdose.



Useful contacts

Advice shop
Tel: 01506 283000
Website: www.westlothian.gov.uk

Breathing Space
Tel: 0800 83 85 87
Website: www.breathingspace.scot

Bridge community project
Tel: 01506 238 980
Website: https://bridgecommunityproject.org.uk
Email: admin@bridgecommunityproject.org.uk

Carers of West Lothian
Tel: 01506 448000
Website: www.carers-westlothian.com
Email: office@carers-westlothian.com

Citizens Advice Bureau
Tel: 01506 432 977
Website: www.cabwestlothian.org.uk

West Lothian Council
Tel: 01506 280000
Website: www.westlothian.gov.uk
Email: customerservice@westlothian.gov.uk

The Foodtrain
Tel: 01506 413013
Website: https://thefoodtrain.co.uk
Email: westlothian@thefoodtrain.co.uk

Health in Mind
Tel: 0131 225 8508
Website: www.health-in-mind.org.uk
E mail: hello@health-in-mind.org.uk

Home energy Scotland
Tel: 0808 808 2282
Website: www.homeenergyscotland.org/winter

Neil's Hugs Foundation
Tel: 07446 717501
Website: https://www.neil'shugsfoundation.com
Email: admin@neilhugsfoundation.com

Samaritans
Tel: 116 123(free)
Website: www.samaritans.org
Email: jo@samaritans.org

Skills Development Scotland
Tel: 0800 917 8000
Website: www.skillsdevelopmentscotland.co.uk
Email: mywow.support@sds.co.uk

United to prevent suicide
Website: www.unitedtopreventsuicide.org.uk
Email: enquiries@suicideprevention.scot

Voluntary sector gateway
Tel: 01506 650111
Website: www.voluntarysectorgateway.org
Email: vsg@vsgwl.org

Westspace West Lothian
Website: www.westspace.org.uk
Email: westspace@health-in-mind.org.uk