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Smoking Cessation

If you want to stop smoking, a range of help and support is available:

Action on Smoking and Health Scotland (ASH) Ash is an independent Scottish Charity and is a key campaign organisation that aims for a smoke free Scotland. Currently ASH is reviewing services for people with mental health issues. If you want to stop smoking, or if you are interested in their work you can contact them at: Tel: **0131 225 4725** Email: ashscotland@ashscotland.org.uk Or visit their website at www.ashscotland.org.uk

Pharmacy Scheme

All local Pharmacies in West Lothian can provide direct access to Nicotine Replacement Therapy without the need to contact your GP. Visit your local pharmacy for details, help and support.



Icoach

I coach is an online coaching tool which can help you to give up. For more information visit

www.exsmokers.eu

West Lothian

There are a variety of local stop smoking services in West Lothian that takes a variety of forms so depending on your preference you can access individual support, and group support. Your local health centre should have details or you can visit www.canstopsmoking.com or www.smokefree.nhs.uk or to join in on an online forum for smoking cessation, visit www.wequit.co.uk.

Welfare Benefits

Useful numbers:



Personal Independence Payment General Enquires Telephone: **0345 850 3322**
Personal Independence Payment New Claims Telephone: **0800 917 2222**

Jobcentre Plus General Enquiries Telephone: **0345 608 8610**
Jobcentre Plus New Enquiries: **0800 055 6688**

If you need support to speak to welfare benefit services you can visit West Lothian Advice Shop in Bathgate, CAB in Livingston, ask your keyworker or tenancy support worker for assistance. You can also contact Advocacy on **01506 857230**.

Learning Opportunities: computing

Having computer skills is really important in today's society. Not only will it be a source of information, if you are applying for benefits for example but it can really help your chances in gaining employment. Not everyone has their own computer at home. There is free computer access in all West Lothian libraries where you can search the internet or use Microsoft Office if you are a member. Check the council website for membership details and how to book a session at www.westlothian.gov.uk Also on the website you can read the Get into Digital learning leaflet for full details of computing opportunities for both beginners and SQA courses if you have more experience. You can also contact the Customer Service centre for further information. Tel: **01506 280000**. In West Lothian there are free



adult classes on a wide range of other topics: check the council website for information. You can call free to apply on **0800 121 4695** or Email: cbal@westlothian.gov.uk



Advice Services

Both the Advice shop and Citizens Advice Bureau (CAB) offer a wide range of services. In particular you can check what benefits you are entitled to and can receive help in filling in forms and assist with appeals. CAB has their main office in Shiel Walk, Craigshill.

Opening hours are on the website. See www.cabwestlothian.org.uk or tell **01506 432 977**. There is a dedicated telephone advice service, Citizens Advice Direct on **0808 800 9060**. You can also enquire by Email; enquiries@cabwestlothian.casonline.org.uk.

The Advice shop is based at Bathgate Partnership Centre. See the website for opening hours and a full list of sessions across West Lothian at

www.westlothian.gov.uk/advice-shop. If you are registered in Blackburn you can pop in to the Outreach centre or Tel: **01506 654 965**

There is a new benefits service for disabled people in West Lothian being offered by West Lothian advice shop in partnership with Capability Scotland. You need to book: contact Capability Scotland Advice and support service on this free number **0800 820 3820**. This service is based in the Ability centre Carmondean, Livingston.

Health and Wellbeing

There are many exercise opportunities in West Lothian this summer. These are advertised on the Council website; www.westlothian.gov.uk. The “Get Moving” Activity programme is based at Strathbrock, Broxburn. Classes available are kettle bells, cycle and yoga. See the website for details. The cycle class is free to Xcite members.

There is a free weight maintenance monitoring service being offered at a number of locations across Livingston. You can just pop in. contact the Health Improvement Team for information on classes or weight service. Tel **01506 775626** or Email HIT@westlothian.gov.uk .



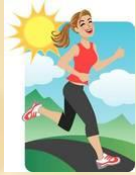
Park Run

This free run takes place in Livingston every weekend and is suitable for all abilities. For more information visit www.parkrun.org.uk/livingston . You can register at www.parkrun.org.uk/register



Buggy fit

This weekly class is for mums and babies and centres on the buggy or pram. See the council website for more information at www.westlothian.gov.uk



Outdoor fitness

These classes are ladies and men's only fitness classes. For more information contact Leith Lauder; Tel: **01506 858 057** or Email l.lauder@busc.org.uk



Knit and Natter

This fun knitting class is for the over 50's and is based at several venues across West Lothian including Boghall community centre and Almondbank centre, Craigshill. It is run by Ageing Well in partnership with Cyrenians Golden years project. For more information contact Avril on **07768 090 008**



Buddy swimming.

This swimming class is run by Ageing Well and is for the over 50's. You receive one to one support in the water to build your confidence. Classes are in both Bathgate and Linlithgow Xcite leisure centres. The class is free for the over 60,s. For more information contact Avril Clerkson the Ageing Well co-ordinator on **07768 090 008** or visit the Xcite leisure website for times and prices at www.westlothianleisure.com

Local News

New partnership centre

Work on a new Partnership centre in Blackburn has begun in May this year. It is being developed in partnership with West Lothian Council and NHS Lothian. It will open in late 2017. A variety of services will be offered including a GP practice, employment service, credit union and dentist.



Council services

The new Kirkton service centre has opened in April this year. It will offer six West Lothian services, including museums and heritage and a community inclusion team which provides work opportunities for adults with learning disabilities.



New council premises

The Customer Information service has moved in May from West Lothian Connected in Livingston Centre to Arrochar house on Livingston Boulevard.

The Advice shop has drop in sessions here. You need to phone to book and appointment. Tel: **01506 283 000.**

Living Wage

West Lothian council is now a living wage employer. More than 2000 employees will benefit over time. This includes Xcite employees, Apprentices and care staff.

Poverty Alliance Director, Peter Kelly:

“We are delighted to welcome West Lothian Council to the living wage movement as an accredited employer.”

General Interest

SAMH Active Living Scheme.

This scheme (the ALBA scheme) is a new exercise programme produced in partnership with SAMH and the Scottish Government. It aims to encourage people with mental health issues to be more active in the long term. This has been funded by the Scottish government. £992 000 will be provided over 3 years. This programme will be reviewed by Napier University, which has received a grant of £83,000. Participants will be followed till the end of the programme and outcomes will be reported, including attitude and lifestyle changes.

Entertainment

The Regal Community Theatre in Bathgate has some great performances on this summer, including a musical evening “Typically Tina” in which Karin Bellow performs as Tina Turner. Call the box office to book your seat on **01506 630**

085. For further information and details of other performances you can visit the website at www.bathgateregal.org



Linlithgow Exhibition

At Linlithgow’s Low Port Centre this summer there is free exhibition by James Cumming of the Linlithgow mural: A festival of time. For further information and details of the Summer Programme see the website

www.linlithgowburghhalls.co.uk

Nova short breaks

Bookings are now being taken for respite and recovery breaks. These breaks are organised by Penumbra and are for people with mental health issues and their carers. Breaks are particularly important for a person’s mental wellbeing. There are experienced staff on hand throughout the holiday and the breaks are very competitively priced. For more



information and to book call Mandy McLernon on **07799 191 114**. You can also check the website: www.penumbra.org.uk/NovaShortBreaks. A client's keyworker or tenancy support worker may be able to secure funds for these breaks.



Eating out

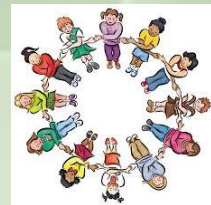
There is a Bar and Bistro at Howden Park Centre, Livingston which is a very stylish and relaxing venue in the heart of Livingston. You can see the website for menus and opening hours.

www.howdenparkcentre.co.uk You are advised to book: Tel **01506 773 880** or e-mail bistro@westlothian.gov.uk

Local support groups

Carers of West Lothian

There is a monthly informal peer support group to support people who care for someone with a mental health problem. It is an opportunity to share experiences. It is located in Livingston village. See the council website for details www.westlothian.gov.uk



New OCD Support group

This new group is for OCD sufferers and those people who support them. People can share their stories in an informal secure environment. You are welcome to just come along. It is based in Edinburgh. For more information Email Kirstie; www.k.mcbryan@ocduk.org
Meeting dates meetings are on the following website: www.ocduk.org/edinburgh

Contacts

Advice Shop

Bathgate Partnership Centre

Telephone: **01506 283000**

Website www.westlothian.gov.uk/advice-shop

Email advice-shop@westlothian.gov.uk

Carers of West Lothian

Telephone: **01506 448 000**

Website: www.carers-westlothian.com

Email: office@carers-westlothian.com

Citizens Advice Bureau

Telephone: **01506 432 977**

Website: www.CitizensAdviceBureau-WestLothian

Email: enquiries@cabewestlothian.org.uk

Capability Scotland Advice and support service, West Lothian

Telephone: **01506 674 955**

Website: www.capability-scotland.org.uk

Email: AdviceWestlothian@capability-sscotland.org.uk

Customer Information Service, Livingston

Face to face service

See website for offices in your area

www.westlothian.gov.uk

Health Improvement Team, West Lothian

Telephone: **01506 775 626**

Website: www.westlothianchcp.org.uk

Email: hit@westlothian.gov.uk

Howden Park Centre

Telephone: **01506 777 666**

Website: www.howdenparkcentre.co.uk

Email: boxoffice@westlothian.gov.uk

Scottish Association for Mental Health SAMH

Telephone: **0141 530 1000**

Website: www.samh.org.uk

Email: enquire@samh.org.uk

Xcite Bathgate

Telephone: **01506 237 870**

Website: www.westlothianleisure.com

If you have any ideas you think would be of interest for future newsletters or if you just need to ask any questions please phone or e mail advocacy. The help will be very much appreciated! Thanks.

Mental Health Advocacy Project West Lothian SCIO. Mental health Resource centre, Strathbrock Partnership Centre, 789a West Main Street, Broxburn, West Lothian, EH52 5LH [Tel:\(01506\) 857230](tel:01506857230) F: (01506 852954) Email: admin@mhap.org.uk

Mental Health Advocacy Project (West Lothian) is a Scottish incorporated Charitable Organisation Charity No. SC01 1560

This newsletter was produced by Claire. I am a service user with a severe and enduring mental health problem. I currently am a volunteer with the Advocacy project in Broxburn and produce this newsletter for them. I am also a member of the reps group and service users forum that advocacy runs.