



West Lothian  
Council



# question...

what do all of these people  
have in common?

Social care worker



Consultant



Lead officer  
child protection



Community health  
development officer



Mental health officer



Receptionist



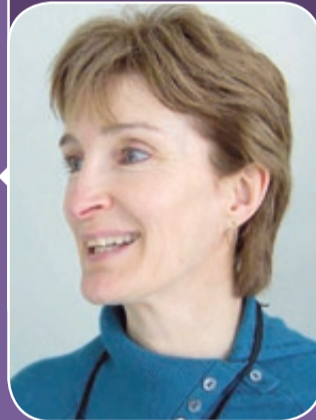
Treatment room nurse



Service coordinator



Social worker



District nurse



Occupational therapist



Speech and  
language therapist



Personal care worker



GP



Community care assistant



turn the page to find out!

# answer:

they are all working for you in West Lothian  
Community Health and Care Partnership

 making life better for you



A warm welcome to our first newsletter

I have recently been appointed Chair of West Lothian Community Health and Care Partnership (CHCP), following the departure of Bob Anderson, who very effectively performed the role since the CHCP began in 2005.

The CHCP builds on years of partnership working bringing together health and social care services to develop and deliver services in new and more effective ways. We want to make best use of our resources to deliver the care people need, appropriately, quickly and effectively. That way, we will improve the quality of life and reduce inequalities across West Lothian.

Our recent independent evaluation commented that the CHCP was delivering significant benefits for the people of West Lothian. That good work and the progress made over the last three years is due to the many people who work for us and in partnership with us. Our thanks are due to every one of them.

You will read more about them and the services we provide in the pages of this newsletter. I hope it will give you a greater understanding of the work being done on your behalf.

Theresa Douglas

Chair, West Lothian CHCP



West Lothian Community Health and Care Partnership (CHCP) has been up and running for about three years. During that time we have worked hard to bring together council social care services and NHS primary care services.

The establishment of the CHCP demonstrates a move away from traditional models of health and social care, bringing together community based healthcare and social work services.

West Lothian has a well-earned reputation for delivering ground-breaking and quality-driven public services to local people and with the formation of the CHCP, NHS Lothian and West Lothian Council have joined forces to continue this tradition by bringing health and social care services closer together wherever possible and working in partnership to deliver more accessible, integrated and high quality services which are jointly planned and community-focused.

We want better health, more joined-up health and social care services and better outcomes for people in West Lothian.

Over the next few pages, you'll find information about the range of services we offer, read about what has been achieved and our plans for the future.

**We're always interested in receiving feedback. If you have any comments you'd like to make, please contact us on 01506 775550 or email [info@westlothianchcp.org.uk](mailto:info@westlothianchcp.org.uk) visit [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk) or write to: Director, West Lothian CHCP, Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH.**

Unfortunately we cannot include all CHCP services in this newsletter. Full details of CHCP services can be found on our website [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk) or contact us using the details above.

Do **YOU** care about the development of local healthcare services?



If the answer is **YES** then West Lothian Public Partnership Forum (WL PPF) needs you...

The CHCP works with the WL PPF to take forward development of local healthcare services. It is vitally important to have a wide cross section of the community involved in the PPF to ensure local healthcare service provision is developed to meet the specific needs of our community.

For more information contact Julie Cassidy, WL Public Involvement Worker on 01506 771 883 or email: [wlpf@wlt.scot.nhs.uk](mailto:wlpf@wlt.scot.nhs.uk)



Jim Forrest Acting CHCP Director

The work of the CHCP is governed by the Partnership Board which was created to reflect the equal involvement of NHS Lothian and West Lothian Council and is made up of four members from each.

The Board meets every six weeks and copies of the agendas and minutes can be accessed at [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)

# community health and wellbeing



## keep on moving...

Finding ways to fit physical activity into your daily routine and getting motivated can sometimes be a challenge, but there are a number of ways in which we could help kick start you into a healthier and more active lifestyle.

## West Lothian on the move

Many people believe that only vigorous exercise, like going to the gym or playing sport counts as healthy activity. Yet substantial health benefits can be achieved from doing regular activity, such as brisk walking, painting, vacuuming and mowing the lawn, all count and are enough to benefit health, promote wellbeing and prevent illness.

West Lothian on the Move aims to encourage inactive people to participate in activities. It achieves this by creating more opportunities and reducing barriers to enable residents to be physically active where they live, work, learn and play.

For further information, please contact Jen Johnston, West Lothian  
On the Move coordinator: 01506 771792 [jen.johnston@westlothian.gov.uk](mailto:jen.johnston@westlothian.gov.uk)

## get a mobile health check!

Body Checkout, a nurse-led mobile health service that runs in shopping centres and community venues throughout West Lothian has given 2,200 check ups since it started.

Body Checkout provides people with blood pressure and cholesterol checks, height measurement and weigh-in.

As a result of the service a number of residents are now receiving treatment for, what could have been, extremely dangerous health issues.

Attendees are also given information on how to improve their health through regular physical activity, healthy eating and advice on how to give up smoking

For further information, or to find out where your nearest Body Checkout station is contact Helen Yewdall, Public Health Practitioner on 01506 771849 or email: [helen.yewdall@wlt.scot.nhs.uk](mailto:helen.yewdall@wlt.scot.nhs.uk)

## put your West Foot Forward

Looking for a free and easy way to increase your fitness and a chance to meet new people?  
Then your local walking group could be for you!

'Put Your West Foot Forward' runs five morning walks and four evening walks throughout West Lothian, which are aimed at beginners. Everyone is welcome!

For further information please contact Rili Craig, Health Walk Development Officer on 01506 775207 or email: [rili.craig@westlothian.gov.uk](mailto:rili.craig@westlothian.gov.uk)

## first steps to Health & Wellbeing

If you haven't been active for a while and/or have a medical condition that would benefit from you being more active, it is likely that you may be able to join the First Steps Initiative programme.

If your GP, nurse or other healthcare professional feels that you are appropriate, you may then be referred to your nearest leisure centre or class.

You will be assessed by a qualified instructor and given a personal programme of activity.

For further information, please contact Hazel Dodds, Project Manager on 01506 771872 or email: [hazel.dodds@wlt.scot.nhs.uk](mailto:hazel.dodds@wlt.scot.nhs.uk)

## get your five a day the local way!

As well as fitting in physical activity into your routine, it's also important to have a healthy diet.

We support the development of food initiatives to improve the supply of affordable, good quality fresh fruit and vegetables in local communities, making it easier for people in West Lothian to buy local produce. The establishment of West Lothian Food and Health Development (WELFEHD) assists this work by improving the supply and distribution of the produce.

With 14 food co-ops, butchers and shops stocking locally produced fruit and vegetables, healthy tuck shops and breakfast clubs, delivery box schemes and Get Cooking classes... It's easy to get your five a day in West Lothian!

Operated by more than 50 volunteers, 14 food co-ops are spread throughout local facilities such as neighbourhood or community centres. They sell a range of seasonal, local and low cost fruit and vegetables.



## Get Cooking



There are several cooking courses running in West Lothian, all offering participants a chance to learn more about food, health and cooking.

For further information, please contact Shiona Jenkins, Community Health Development Officer, Get Cooking on 01506 771793

For further information about WELFEHD, contact: 01506 429000 or email: [welfehd@btconnect.com](mailto:welfehd@btconnect.com)

# caring for West Lothian's children & families

The CHCP wants every child to be given the best possible start in life, making sure that all children and young people in West Lothian are safe, nurtured, active, healthy, achieving, included,

respected and responsible.

That's why we provide a range of initiatives that support families and children, right through from newborn to young adult.



You can't get fitter than a breast-fed nipper!

The CHCP is committed to increasing the levels of breastfeeding by supporting parents with young children to choose to breastfeed both around the time of birth and to continue as their child grows and develops.

West Lothian also has a network of breastfeeding support groups across the area. These provide encouragement and help from both health professionals and other mothers. Allied to the groups, we will shortly be training our first cohort of West Lothian Breastfriends – mothers who have breastfed and are passionate about supporting other families in their local area to start and continue breastfeeding.

If you would like more details on breastfeeding support groups, or West Lothian Breastfriends, please contact Dorothy Bradley, Infant Feeding Advisor on 01506 771786 or email: [Dorothy.Bradley@luht.scot.nhs.uk](mailto:Dorothy.Bradley@luht.scot.nhs.uk) or contact Helen Yewdall, Public Health Practitioner on 01506 771849 or email: [Helen.Yewdall@wlt.scot.nhs.uk](mailto:Helen.Yewdall@wlt.scot.nhs.uk)

Are you a baby-friendly business?

CHCP offers local business the opportunity to apply for the West Lothian Breastfeeding Friendly Award, an award that demonstrates a business commitment to supporting breastfeeding on their premises.

If you would like to apply for an award or would like further information please contact Helen Yewdall, Public Health Practitioner on 01506 771849 or email: [Helen.Yewdall@wlt.scot.nhs.uk](mailto:Helen.Yewdall@wlt.scot.nhs.uk)

Did you know? You probably know that breastfeeding gives every baby the best possible start in life, but do you know why?

- ☑ Breastmilk is constantly changing to meet baby's growing needs and is all the baby needs for the first six months of life. It is very easily digested and includes all the mother's own antibodies
- ☑ Breastfed babies are at much less risk of developing tummy upsets, earaches and colds. They are also less likely to develop diabetes, allergies and obesity in childhood
- ☑ Premature babies who are breastfed are less likely to develop gut problems, and can show improved development of their brain, nervous system and sight.

- ☑ Children who were breastfed show increased IQ scores

As well as lots of benefits for the baby, breastfeeding also provides advantages for mothers, for example

- ☑ Reduction in the risk of developing breast cancer and some forms of ovarian cancer
- ☑ A lower incidence of hip fractures in women over the age of 65

## A Sure Start



The aim of Sure Start is to give children from pre-birth to three years the best possible start in life by working closely with parents (grandparents/carers) and other agencies through the provision of a range of services.

Sure Start offer a range of local activity based parent support groups providing opportunities for children's development through play, opportunities to develop social networks and support and assistance for families with parenting or child development.

They also offer structured parenting programmes that promote behaviour management and an understanding of children's needs.

In addition to this, career development advice is also available, encouraging parents of young children to move forward and prepare for their future employment needs.

For further information contact Paula Huddart, Manager on 01506 775836 or email: [surestart@westlothian.gov.uk](mailto:surestart@westlothian.gov.uk) or visit [www.wlcsurestart.org.uk](http://www.wlcsurestart.org.uk)



are you a young person that wants to

'Chill Out'?



**"COZ is a place where you can get help for everything."** Jamie (15)

Based in Bathgate, the Chill Out Zone (COZ) is a purpose-built healthy living service for young people aged 12-20 in West Lothian.

The staff team is made up of professionals from various fields including CHILDREN 1st, medical staff, a counsellor and community education staff.

The diversity of the team allows COZ to offer confidential advice and to engage meaningfully with young people, on a number of issues, such as:

- ☒ Healthy eating
- ☒ Drugs and alcohol
- ☒ Smoking
- ☒ Sexual health, contraception and relationships, including LGBT
- ☒ Mental health
- ☒ Throughcare and Aftercare

The voluntary drop-in sessions are based on helping young people gain lifelong skills related to their own health and wellbeing through a variety of methods, including issue-based sessions, one-to-one work and informal leisure activities.

Come along, we're based at 7 Gardners Lane, Bathgate or contact us on 01506 652 436 or email: [coz@children1st.org](mailto:coz@children1st.org)

## healthy teeth for life



**Good teeth help your child feel confident, but tooth decay can cause pain and discomfort. Children who develop tooth decay in their baby teeth are far more likely to have serious dental problems in later life.**

With a little support and the right advice your child can grow up with healthy teeth and a confident smile.

That's why a comprehensive programme called Childsmile has been set up in West Lothian to improve the dental health of children.

To encourage twice daily brushing at home every child is provided with fluoride toothpaste and toothbrushes. Families should expect these on at least six occasions between birth and five years of age. In addition babies get a free-flow drinking cup to help with healthy weaning.

Every child who attends nursery can take part in daily-supervised tooth brushing with fluoride toothpaste from the age of three upwards. Some communities will also be offered daily-supervised tooth brushing in P1 and P2 classes.

Where consent is provided, children in nursery/primary school who would benefit from additional preventive care can:

- ☒ Have fluoride varnish applied to their teeth by specially trained dental nurses in the education environment twice a year.
- ☒ Take part in fortnightly fluoride rinsing programme.
- ☒ Get support from Oral Health Support Staff who are attached to nurseries and schools to provide the main dental contact point for teachers, parents and school nurses. They can also advise on finding a dentist.



For further information contact Susan Whyte, Manager of Dental Prevention Services on 0131 537 5159 or email: [susan.whyte@nhslothian.scot.nhs.uk](mailto:susan.whyte@nhslothian.scot.nhs.uk) or visit [www.child-smile.org](http://www.child-smile.org)

## Family Centres



**Family centres focus on providing a range of support services for children from pre-birth up to the age of five years and their families.**

**The range of services on offer are:**

- ☒ Full or part-day group care (transport provided if necessary)
- ☒ Outreach in the families' homes/communities
- ☒ Groups for children
- ☒ Groups for parents
- ☒ 1:1 support where required for children with additional needs
- ☒ Access to other services such as speech and language therapist, Access2Employment, health visitor
- ☒ Some staff are trained to deliver specialist group work or 1:1 work such as Video Interaction Guidance, baby massage, Get Cooking, Picture Exchange Communication System

The effectiveness of the work that is done by family centres is due very much to building trusting relationships with the children and their families, and working in partnership with other agencies and professionals (such as health visitors, social workers, drug support workers, speech and language therapist, support services for adults) with the child's needs being considered as central to interventions and care planning.

**For further information contact:**

- ☒ Livingston Family Centre - **01506 775775**
- ☒ Whitdale Family Centre - **01501 744380**
- ☒ Broxburn Family Centre - **01506 857158**



## Child Protection



It's everyone's responsibility to ensure that children are safe and looked after properly, that means everyone in the community not just professionals paid to protect children.

Child abuse takes many forms: physical injury, physical neglect, sexual abuse and emotional abuse.

When concerns are raised Social Work, Police and Health share information and decide what to do. A child may have to be interviewed and medically examined. A family may be offered help and support from agencies. In some cases no further action is necessary. A case conference may be arranged to make a plan to work with the family and keep the child safe.

In the majority of cases children are not removed from their

homes and continue to live with their own families with help and support as required.

If you are concerned that a child is unsafe or being abused contact:

- ☒ Bathgate Social Work Centre – **01506 776700**
- ☒ Broxburn Social Work Centre – **01506 775666**
- ☒ Livingston Social Work Centre – **01506 777777**
- ☒ Out of office hours: If you need to speak to someone urgently please phone the Social Care Emergency Team (Social Work) on **01506 777401**.
- ☒ Police – **01506 431200**



## NHS Lothian Mental Health services

West Lothian Community Health and Care Partnership provides a range of mental health services available for people in the community. A community mental health team provides health and social work services for people with mental health issues.

Perinatal (Mother and Baby) Unit, St John's is for women who experience perinatal mental health problems. Early detection is key.

As well as working with the mother, baby and family, staff also liaise with community services, to ensure a smooth and supported return home.

For more information please speak to your GP.

## Suicide prevention is everyone's business

**In any one year, as many as 6% of the population have serious thoughts of suicide.**

Most people considering suicide share their distress and intent, whether it is verbally or in their behaviour. The more people who feel confident and willing to explore signs of suicide risk and provide support and help, the more lives could be saved.

By providing suicide prevention training, the CHCP is working towards lifting the stigma attached to suicide, and encouraging people to talk about suicide as a serious community issue.

safeTALK (Suicide Alertness For Everyone) and ASIST (Applied Suicide Intervention Skills Training) are delivered by Choose Life, the national strategy and action plan to prevent suicide in Scotland.

Learn how you can help by calling June Giffether, Service Development Officer, Choose Life on 01506 771728.

***Suicide prevention...it is your business.***

# Your health in mind

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions and affect about a quarter of the population.

Our mental health can vary according to our circumstances and can change across our lifetime, in the same way as our physical health does.

The majority of people who experience mental health problems can get over them or learn to live with them, especially if they receive help early on.

Mental health services in West Lothian cover many aspects of care, from promoting better mental health in the community through to providing in-patient care for people with severe illness.

## Do you need support at home ?

If you have mental health or addiction difficulties and live in your own home or tenancy, the Service Co-ordination Team can provide support when you need it.

Anyone between 18 and 65 years of age who lives in West Lothian and has mental health/addiction difficulties, who lives in their own home / tenancy and who needs support to manage their home can access this service.

Referrals are accepted by the Adult Duty Social Work system. For general information contact Paul Nicolson, Team Leader on 01506 771745

## Did you know ?

**A new source of support to help people cope with emotional problems is now available in West Lothian thanks to the Books on Prescription scheme, a partnership initiative between the CHCP and West Lothian Library Services.**

Health professionals in West Lothian can prescribe self-help reading materials and recommend websites as an alternative or in addition to prescribing medicine to patients with certain health problems.

The patient can take the prescription along to their local library and borrow the recommended book for free.

For further information contact Hazel Dodds, Project Manager on 01506 771872 or email [hazel.dodds@wlt.scot.nhs.uk](mailto:hazel.dodds@wlt.scot.nhs.uk)

# Living life to the full

The CHCP offers a wide range of services for older people, with the aim of giving vital help to carers, supporting people and encouraging independence for people wishing to stay in their own homes.



## West Lothian...leading the way with technology!

West Lothian is once again leading the way in using cutting edge technology to benefit people's health.

### Home Safety Service and Telecare

The Home Safety Service is a package of technology comprising of a Lifeline unit and a range of sensors protecting the person and their home by means of a 24-hour telephone link to West Lothian Careline. Sensors include a pendant, flood detectors, smoke detector, movement sensors and an extreme temperature sensor.

Set up in April 2000, the service has already supported 11,500 households in West Lothian, and has contributed

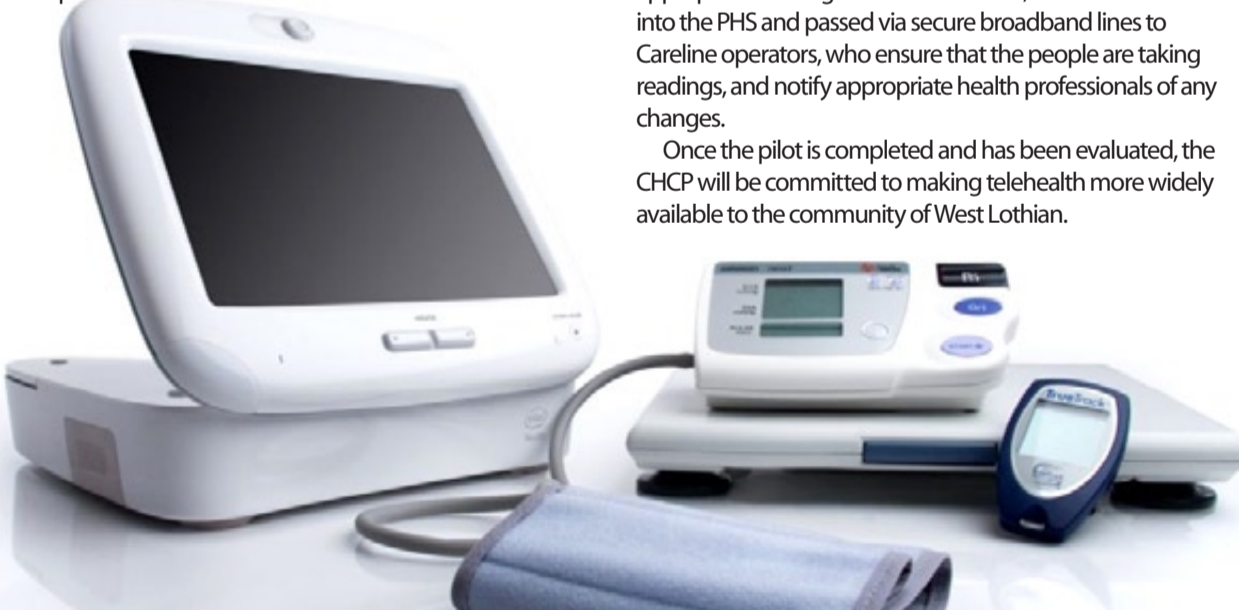
to a reduction in the average length of stay in care homes from 36 months to 12.4 months.

The Home Safety Service can be applied for, or on behalf of, anyone who is considered to be vulnerable at home. There is no charge for this service but a working telephone landline is essential.

**For further information contact the Home Safety Service on 01506 771770**

## Telehealth

Our state-of-the-art Telehealth system empowers people to take control of their health via a hi-tech Personal Health System (PHS), which uses touch screen technology to analyse health measurements such as glucose levels, blood pressure, pulse and weight, ask relevant health questions and provide useful advice.



It is part of a new approach to dealing with the management of chronic conditions, such as chronic obstructive pulmonary disease (COPD), heart failure, strokes and diabetes.

Users spend around 15 minutes per day checking the appropriate readings for their condition, which is then fed into the PHS and passed via secure broadband lines to Careline operators, who ensure that the people are taking readings, and notify appropriate health professionals of any changes.

Once the pilot is completed and has been evaluated, the CHCP will be committed to making telehealth more widely available to the community of West Lothian.

## Did you know ?

Occupational therapists will carry out an assessment of an individual's needs if he/she has problems maintaining their independence at home due to either a physical disability or general frailty

A self-assessment procedure has been introduced which means that if only a simple piece of equipment or

adaptation is required, for example a shoe horn or grab rail/hand rail, a member of staff will be happy to arrange delivery and installation by telephone.

**For more information contact Bathgate Social Work Centre on 01506 776700**

## Do you require assistance in your home ?

**The Personal Care Service aims to keep people independent and provide a range of services which will enable people to remain in their own homes for as long as possible.**

Working closely with health and colleagues in other service areas, the personal care service, supported by care technology, delivers services seven days a week, targeting those in greatest need.

The service is customised to your own needs, but in addition to complex personal care, information and advice can be offered in relation to a range of other services, such as shopping, meals service and benefits advice.

**For more information contact:  
Bathgate Social Work Centre on 01506 776700**

## Did you know that West Lothian has the lowest number of people awaiting discharge from hospital in the Lothians?

The number of patients who need support to enable their discharge from hospital has stayed consistently low and met all Scottish Government targets.

## Did you know that 50% of 85s fall every year?

The Scottish average response rate for a fall is 4 hours, but in West Lothian the response rate for people who have Careline is 22 minutes!

This year we're trying to reduce the response rate even more by appointing a dedicated Falls Coordinator in West Lothian.



## Housing with care

There are six housing with care developments in West Lothian, each providing one-bedroomed tenancies (most of which can accommodate two people) supported by a core package of telecare technology.

The aim is to help individuals to remain as independent as possible with the added reassurance that if tenants do need some help they can get assistance from the housing support staff on site.

People who require at least six hours formal or informal care a week can apply for these tenancies which cater well for people with dementia.

**For further information contact Marion Reid on 01506 775534**

## A day in the life of a social worker...



Ever wondered what a social worker actually does? We shadowed a Social Worker with the Children & Families Practice Team for the day and found out!

**Background:** I graduated as a social worker nine years ago following a career in finance and raising my children. Since then I have worked in Edinburgh and West Lothian Council. Every day as a social worker is different but each one is guaranteed to be busy!

### A Typical Day

**8.30am:** I am meeting with a new family. The Reporter to the Children's Hearing System has asked for a background report. This is one of my favourite parts of the job as I really enjoy working with new people and putting them at ease about the whole process.

**11.00am:** My next stop is picking a mum up to take her for contact with her children. Her children are in care with two different carers, this means a lot of three-way liaising with the carers and mum. Time in the car with mum allows me to build up a good relationship with her and deal with any issues before she has contact time with her children and on the way home we get to talk about future care plans and

anything that might have arisen during the visit.

**12.45pm:** Back in the office and another staff member stops by to say hi, it's the first time we've both been in the office together for over a week.

**1.30pm:** Time for lunch and a quick bit of admin before heading off to another meeting. I am attending an Early Years Resource Group Meeting where I am asking for a placement for a family in a family centre.

**3pm:** Attend a Children's Hearing. It is an annual review of a Supervision Order; the family have made good progress but are still requiring ongoing support.

**4.30pm:** I'm back in the office writing reports and catching up on admin.

**6pm:** Home visit to see a family whose children are on the Child Protection Register. I'm visiting at this time because Dad works and can't afford to take time off and he plays an important role in the family.

**7.00pm:** Home...feet up, cup of tea, dinner and Coronation Street!!!

## Customers with special requirements

Information is available in Braille, tape, large print and community languages. Please contact the interpretation and translation service on **0131 242 8181**

هذه المعلومات متوفرة بلغة بريل وعلى شريط وبخط كبير وبلغات الجالية.  
الرجاء الإتصال بخدمة الترجمة على الهاتف 0131 242 8181

এই তথ্য আপনি ব্রইল, টেপ, বড় অক্ষরে এবং কমিউনিটির বিভিন্ন ভাষাগুলিতেও পাবেন। অনুগ্রহ করে ইন্টারপ্রিটেশন আরড ট্রান্সলেশন সার্ভিসের সঙ্গে যোগাযোগ করুন। টেলি: 0131 242 8181

這份資料是可以凸字、錄音帶、大字印刷及社區語言的式本提供。請聯絡傳譯及翻譯服務部，電話：0131 242 8181

ਇਹ ਜਾਣਕਾਰੀ (ਬੋਲ) ਨੈਬਰੀਨ ਟੇਪ, ਵੱਡੇ ਫੋਂਟ ਅਤੇ ਸਮਾਜ ਦੀਆਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਟਿੱਪਣੀ ਕਰਕੇ ਇੰਟਰਪ੍ਰੀਟੇਸ਼ਨ ਅਤੇ ਟਰਾਂਸਲੇਸ਼ਨ ਸੇਵਾਵਾਂ ਨੂੰ ਇਸ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰੋ: 0131 242 8181

یہ معلومات بریل (تعمیر کے رسم الخط)، ٹیپ، بڑے حرف کی خط اور کمیونٹی میں ہونے والی زبانوں میں دستیاب ہے۔  
یاد رکھیں: ہر زبان میں ہونے والے سہولت کاروں سے رابطہ کریں۔ 0131 242 8181 پر رابطہ قائم کریں۔

Informacje te mogą być przelozone na jezyk Braille'a, dostepne na tasmie magnetofonowej lub wydane duzym drukiem oraz przetlumaczone na jezyki mniejszosci narodowych. Prosimy o kontakt z Uslugami Tlumaczeniowymi pod numerem 0131 242 8181.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is **01506 464427**.  
A loop system is also available in all offices.

The **CHCP** is a partnership between **NHS Lothian** and **West Lothian Council** and provides health and social care services to people in West Lothian

To find out more about the CHCP and its services visit our website at

[www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)

If you don't have the Internet at home, visit your local library where you will find free access and advice.



### Out of hours service

The out of hours service is for people in West Lothian who need an emergency social work service out with office hours - for example, if you are concerned about abuse or protection of a child or vulnerable adult, a mental health emergency, or a carer taken ill suddenly.

Call 01506 777401 or 01506 777402. Textphone for Deaf or hard of hearing people telephone: 01506 777404

For any enquiries about the CHCP please contact us on 01506 775550 or email [info@westlothianchcp.org.uk](mailto:info@westlothianchcp.org.uk) or visit [www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk) or write to: Director, West Lothian CHCP, Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH.

