

# Community Regeneration

## Worried about making ends meet?

### The Advice Shop can help:

- Get your benefits checked and make sure you are claiming all that you are entitled to claim.
- Those experiencing financial hardship or facing crisis as a result of the coronavirus outbreak can make an application to the Scottish Welfare Fund for a Crisis Grant. This can be done online at <https://www.westlothian.gov.uk/article/47548/Scottish-Welfare-Fund->
- West Lothian foodbank are continuing to support those in need with emergency food parcels with arrangements in place to support those who are self-isolating. If you are in need of emergency food, contact the Advice Shop on **01506 283000**
- Some suppliers will provide a one off emergency payment to customers who are supplied by pre-payment meter. If you are worried about not being able to top up your gas or electricity meter, contact the Advice Shop on 01506 283000
- If you are worried about how to manage your mortgage repayments, credit repayments such as loans or credit cards, some creditors are offering flexible payment options and even payment holidays to help customers manage during the current crisis, contact the Advice Shop on **01506 283000**
- If you are a tenant of a private or a social landlord and are worried about your rent payments, contact your Housing Officer to discuss your options or alternatively contact the Advice Shop on **01506 283000**

For further advice and support visit [www.westlothian.gov.uk/advice-shop](http://www.westlothian.gov.uk/advice-shop) or contact the Advice Shop on **01506 283000** or fill in an online referral form: <https://www.westlothian.gov.uk/advice-shop-referral>



## Business Gateway

West Lothian Business Gateway are continuing to offer support though these challenging times offering various communication channels including telephone appointments, email and Zoom/Skype.

### Start Up Support

If you are starting your own business and would like someone to contact you it's as simple as completing a few questions and an adviser will be in touch.

[www.planningtostart.com](http://www.planningtostart.com)

### Existing Business Support

Existing business can access a range of support including 1:1 Adviser Support, Digital Boost and Expert Help Programme

### Newly Self Employed Hardship Fund

The Scottish Government's Newly Self-employed Hardship Fund offers a non-repayable hardship relief grant payments of £2,000. For more information on eligibility criteria please visit [www.westlothian.gov.uk/coronavirus](http://www.westlothian.gov.uk/coronavirus)



The REGENERATION Team

### Prescriptions

To date we have delivered over **777** scripts to individuals shielding

## Access2employment

Are you currently not working, worried about your job or the certainty of your future employment?

West Lothian Council have a range of service that can provide you with support and information on what you are entitled to.

Access2employment employment advisers are available to offer telephone appointments and online support to assist with:

- Job search
- CV preparation
- Applications
- Cover letters
- Information on the latest local vacancies
- Applying for Apprenticeships



To arrange an appointment please contact: [www.westlothian.gov.uk/access2employment](http://www.westlothian.gov.uk/access2employment)

Or phone our Freephone number: **0800 032 9768** or email: [Access2employment@westlothian.gov.uk](mailto:Access2employment@westlothian.gov.uk)

## Steps n2 Work

Are you a 16 – 24 year old currently not working and looking for help to secure a full time/part time job or training opportunity. West Lothian Council's Steps n2 Work programme can help. The programme provides support to young people by creating job and training opportunities within West Lothian. Advisors are available to offer telephone and online support to access a range of opportunities.

For more information email: [stepsn2work@westlothian.gov.uk](mailto:stepsn2work@westlothian.gov.uk) or call **0800 032 9768**.

## The wellbeing team

Our wellbeing team offers a wealth of knowledge and skills that empower individuals to reach their goals. Our experienced advisers provide assistance and coaching to encourage positive personal development and support mental health issues.

If you are -

- Suffering from financial difficulties
- A lone parent
- Living in a workless household

**Our advisers offer one to one appointments via telephone or online and provide a range of services including:**

**Wellbeing workshops** – Explore ways to protect your physical and mental wellbeing during lockdown

**Life Coaching** – An accredited life coach will support you to achieve your goals

**Quantum Energy Coaching** – Helps to change how you think, feel, and act.

**Talking Therapies** – An opportunity to discuss issues in a non-judgemental and confidential setting.

**Wellness Coaching** – An assessment of current physical and emotional wellbeing in order to create an action plan of positive goals

To discuss the service further or to make an appointment call **07799131203** or Email: [a2ewellbeingteam@westlothian.gov.uk](mailto:a2ewellbeingteam@westlothian.gov.uk)