Carers of West Lothian

Since starting our journey in 2020, we have seen an increase of



300%

in the number of ethnic minority carers being supported by CoWL.

Supporting Ethnic Minority Carers & Disabled People in West Lothian

At Carers of West Lothian we know the impact being an unpaid carer has. It can be both rewarding and challenging and especially since the pandemic and now through the cost of living crisis, ensuring that carers have access to information, support and breaks from caring has become more essential than ever.
Supporting carers to look after their own health to they can continue in their caring role if they want to is an essential part of our service at Carers of West Lothian.

2020

Carers of West Lothian attended at Ethnic Minority Carers Network meeting run by the Coalition of Carers in Scotland and MECOPP. We participated in Cultural Competency training and realised that we were unconsciously incompetent when supporting EM carers. We started our journey to better supporting these carers and disabled people in West Lothian.

2021

With the support of lottery funding, COWL embarked on researching the needs of Ethnic Minority carers and disabled people in West Lothian. We connected with FJSS - a local grassroots legal charity furthering equality in the Scottish Justice System. We joined the West Lothian Community Race Forum and participated in sharing critical vaccination information.

2022

We met with the recently formed West Lothian African Women's Network and delivered a capacity building session on who a carer is and shared our goal to have Ethnic Minority representation on our Board. We also attended the launch of the West Lothian Chines Community Hub and supported them with a funding bid to support carers which was unfortunately unsuccessful. This was a big lesson in the additional barriers Ethnic Minority organisations face when accessing funding.

2023

We saw great success when three Ethnic Minorty organisations in West Lothian made successful funding bids to support unpaid carers - Milan Senior Welfare Organisation, West Lothian African Women's Network and West Lothian Chinese Community Hub. We supported these organisations to join the West Lothian Community Race Forum to ensure their voices are heard at a local level and participated in a hugely successful event at the Chinese Hub bringing carers and cultures together. We are delighted to have engaged an Equality, Diversity and Inclusion professional to our Board.

Connecting With Local Ethnic Minority Groups

To reach these ethnic minority communities, we learned to collaborate with existing groups and organisations within West Lothian. Over the last three years, we now proudly collaborate with a number of local organisations.



West Lothian African Womens Network

West Lothian African Women's Network is a black women led organisation. They are a community focused organisation dedicated to advancing equal participation and representation of African women in appointed and elected positions to affect policy and decision-making.

West Lothian Chinese Community Hub



West Lothian Chinese Community hub provide a venue for local members of the community and the local Chinese community to meet, support each other and socialise. They offer support and education to both Chinese and Asian families and also local families. They aim to break down cultural barriers and reduce isolation.



The Fair Justice System for Scotland (FJSS) Group

FJSS Group is a grassroots-led legal charity based in West Calder, West Lothian. Their mission is for a fair, just, tolerant and inclusive Scotland where opportunities are defined by need and the diversity of talent.