

OPAL Services



Helping older people in West Lothian STAY CONNECTED IN 2020

Zoom Video Groups

We run several regular activity groups online. Check with us for the latest updates (contact details below).

One-to-one Support

Telephone support: regular calls from staff or a volunteer.
Socially distanced companion walks

Mail Mates/Blether Buddies

Connecting isolated, like-minded people for regular phone calls or letter writing.

Digital Support

We provide computer, tablet & smartphone support to connect with family and friends.

**For further details, call 01506 815 815
or email opal@cyrenians.scot**

West Lothian Community Health
and Care Partnership
www.westlothianchcp.org.uk



Cyrenians
OPAL Older People, Active Lives

Scottish Charitable Incorporated Organisation (SCIO) SC011052