

Carers Week 2024

Build a Hanging Basket -

THIS SESSION IS NOW FULLY BOOKED

Monday 10th June 10am - 12pm
Amisfield Walled Gardens



With huge thanks to East Lothian Council Plant Nursery who have gifted materials so that this session can happen. And to our hosts - Amisfield Walled Garden.

[Click for more info](#)

Squash Sessions



Monday 10th June

Sessions available between
12:30 - 18:30

Musselburgh Sports Centre

Come alone and play another carer/
buddy up with another carer or come
with a family member/ friend.

[Click for more info](#)

With huge thanks to Enjoy Leisure who have gifted the use of their squash courts.

An evening of mindful creativity -1 SPACE LEFT

Monday 10th June
5pm - 7pm

EL Community Hospital, Community Hall
Led by Claire and Kirsteen from CoEL



This session will involve some short meditations
and the creation of a handmade keepsake book.

[For more info, click here](#)

Carer Positive Online Event for Employers



Tuesday 11th June
11am - 12:30pm

Do you work for an organisation
that would like to know more
about how to support unpaid
carers?

If so, this online event is for you.

[For more info, click here](#)



[For more info, click here](#)

THIS SESSION IS NOW FULLY BOOKED

Join Kate from CoEL and the amazing staff at Foxlake for
some unique & exhilarating adrenaline filled outdoor
activities.

Contact us to register your interest on
centre@coel.org.uk

Sessions will be held Tuesday 11th am between 10 am
and 1 pm

With huge thanks to Foxlake Adventures who have gifted these
activity sessions in recognition of unpaid carers.

Walk with a Countryside Ranger



Date: Wednesday 12th June

Meeting point: Gifford Town Hall

Meeting time: 10:15

Walk duration: 2 hours at a gentle pace

Dogs welcome

Led by Julie from CoEL and

Countryside Ranger Richard English

[For more info, click here](#)

An afternoon of music and refreshments FINAL FEW SPACES LEFT

With music from:

Jonny Williams (guitar and singer), Karen Cameron (singer) and Eddie McFadyen (small pipes)

Wednesday 12th June

14:00 - 16:00

North Berwick RFC



With huge thanks to North Berwick RFC who have gifted their space so that this event could be possible as well as all musical performers who are donating their time and creativity to unpaid carers. This event has been organised by CoEL Carers Panel member Robin Grant.

[For more info, click here](#)

Please note, due to capacity, all sessions require booking. To book your spaces,
please contact CoEL on

01316650135 centre@coel.org.uk

Carers Week 2024

Drumming Session for Parent Carers



90 mins of fun and energizing music for all! Mat will expertly guide you through the rhythms of the djembe and bass drum in a workshop designed for complete beginners.

Wednesday 12th June
6pm - 7:30pm
Fraser Centre, Tranent
Led by Mat from
Where's The One?

[For more info, click here](#)

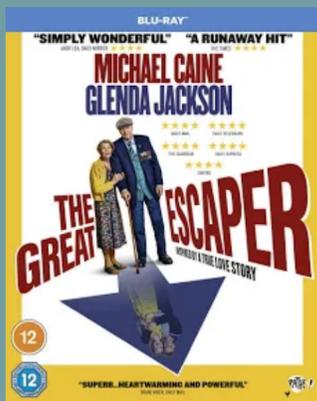
Archery Session for Male Carers FINAL FEW SPACES LEFT



Thursday 13th June
11:30am - 1:00pm
Prestonpans Community
Centre
Led by Eric from
Archery Centre Scotland

[For more info, click here](#)

Cinema Screening and Buffet FINAL FEW SPACES LEFT



Thursday 13th June
1:30pm - 4:00pm
Fraser Centre, Tranent
A screening of The
Great Escaper followed
by a light buffet

[For more info, click here](#)

Wellbeing Day - Session 1 Seasonal Yoga - 2 SPACES LEFT



Friday 14th June
10am - 11:30am
Willow Room, Cockenzie House
Led by Aimee, Wild Tide Yoga

90 mins of relaxing and nourishing Seasonal Yoga.

[For more info, click here](#)

Wellbeing Day -Session 2 Laughter Yoga



Friday 14th June
12 - 12:45pm
Willow Room,
Cockenzie House
Led by Jeannie Nairn from
Woodlands Breathing

Laughter yoga is a great way to boost your wellness and joy in life. A unique concept of initiated laughter and yogic breathing, with exercises carried out in a playful and social way.

[For more info, click here](#)

Wellbeing Day - Session 3 Forest Bathing -1 SPACE LEFT



Friday 14th June
13:45 - 15:15
Cockenzie House Grounds
Led by Jeannie Nairn from
Woodlands Breathing

Working in partnership with the land, Jeannie will support you to awaken your senses and help you to connect with nature and yourself.

[For more info, click here](#)

Notes on Wellbeing Day:

We would like to offer spaces on the wellbeing day to as many carers as possible. Therefore, we ask that you choose between sessions 1 and 3. Everyone welcome to session 2.

Please note, due to capacity, all sessions require pre-booking. To book your spaces, please contact CoEL on
01316650135 centre@coel.org.uk