

Carers of East Lothian Newsletter

December 2024



This is the December issue of the Carers of East Lothian Newsletter. The newsletter is for unpaid carers and is sent three times each year. We hope that the newsletter keeps you up to date with relevant and important information for unpaid carers as well as keeping you in the loop with what we are up to as an organisation.

A note from Claire, our Deputy CEO



Welcome to the Winter 2024 edition of our Newsletter. The last part of 2024 has been particularly busy for our organisation, as we continue to support unpaid carers of East Lothian. We welcomed carers, professionals and volunteers to our AGM on Wednesday 27th to Musselburgh Royal Golf Club. The whole room was full of warmth, conversation and interesting discussions. If you were able to come

along, thank you. We have been working to update our webpage so it's easier to navigate and bring you more carer information and news. We are also hoping to introduce our Carers Forums, which enables carers to offer support to each other on various topics of interest. We will let you know when this happens.

Winter is a time for reflection and togetherness, but we understand it can also bring unique challenges for those who care for others. As the cold season approaches, we want to acknowledge the incredible dedication you all bring to your caring roles. In this winter newsletter, we aim to provide you with information, practical tips, heartfelt stories, and a bit of seasonal cheer to support you through this busy period. From managing winter stress to finding moments of self-care, we hope to offer something that resonates with each one of you.

This winter, we would also like to encourage you to embrace the concept of hygge—a Danish word that embodies a sense of coziness, comfort, and well-being. Whether it's enjoying a warm drink, lighting a candle, or spending time with loved ones, finding small moments of hygge can make a big difference.

Thank you for your commitment to the care you give your family and friends, your support in attending our events and training, and for making our organisation what it is. The countless ways you make a difference every day are truly appreciated. May this winter bring you peace and joy and hopefully a little bit of time for yourselves.

*Let me be kind when tiredness overwhelms , My weary brain and turns my legs to lead
Let me be brave when truths must be conveyed, Confronting the past and all things left unsaid
Let me fight on for you when various rules , Make nonsense of your rights and reinforce your fears
Grant me the stamina to speak and treat with fools , Remaining calm while biting back the tears
Help me to know that somehow life goes on , Beyond this time of stress and sleepless nights
Help me to smile and love you in the midst, Of endless, pointless and exhausting fights
And when the caring ends help me to be, Kind, in my guilt and weariness, to me – Heather Smith*

We look forward to continuing to provide our support for carers in 2025.

Team CoEL (well, most of us!)



In November, we were very kindly gifted a photo shoot by Sylvia from Goose Green Films (huge thank you!). We are renewing the staff photos on our website. We wanted to include one of the group shots in our newsletter as it is not very often you'll see this many of us together. We are often all busy in different places around the county with unpaid carers (in fact, it's too hard to get everyone in the same room and we didn't quite manage it, so there are a couple of faces missing!) But, hello from Team CoEL!

CoEL AGM 2024



CoEL's AGM was held on 27th November 2024. We were very pleased to welcome carers, members and others from the community to Royal Musselburgh Golf Course. Attendees heard from our Chair Jim Conway and our CEO, Jess Wade about CoEL's work over the past year. Lydia Eunson shared insights into our Counselling Service and Rowena Price talked about the progress being made with our Hospital Link Work pilot project. If you would like to read our annual summary, please follow [this link](#).

Thank you to all who attended.

Carers Rights Day 2024

21st November 2024 was Carers Rights Day. This year's theme was recognising your rights. Every day, 12,000 people become unpaid carers – many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits. The aim of Carers Rights Day this year is to help carers recognise and understand their rights, and to access the support available to them, whenever they need it.



As a carer, knowing your rights empowers you with information about what you're entitled to. This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

Carers of East Lothian and East Lothian Council Young Carers Service worked with East Lothian Health and Social Care Partnership to develop this short video with the aim of supporting carers to recognise their rights and find out more information about how they can access support in East Lothian. If you'd like to view the video, please do so by clicking [this link](#):

[Carers Rights Day Video](#) If you would like to read our full news article from the day, please click [this link](#).

To mark Carers Rights Day, Carers of East Lothian have also written to MSP's and MP's for East Lothian. We have asked them to commit to actions to support unpaid carers, including supporting the right to breaks from caring and increased financial support.

Good News from CoEL



The East Linton Elf

Have you ever heard of The East Linton Elf?

We are thrilled that he will be supporting Carers of East Lothian throughout December 2024 by raising awareness of our cause as well as fundraising to support our work. EL Elf will be spreading whimsy by touring East Lothian. If you see him out and about and ask politely, he may even take a selfie with you. When he's not travelling, he'll be hanging out in a window in his lovely little home town of East Linton.

The Elf started his December travels visiting us at our office in East Lothian Community Hospital. Keep an eye on his travels and his fundraising throughout the month by following him on Facebook (East Linton Elf) or Instagram (East_Linton_Elf)

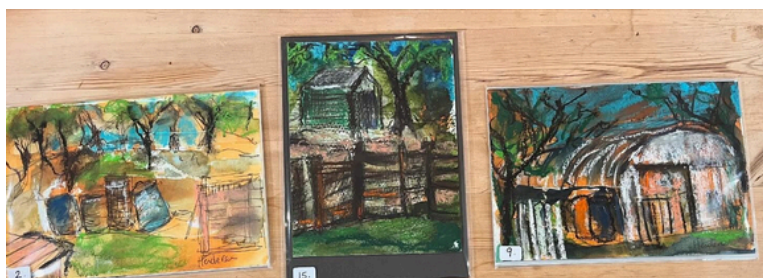
If you'd like to sponsor the East Linton Elf, you can do so on his just giving page by clicking the following link : [Just Giving Link](#)

Colour for Carers

In November, we were delighted to be supported by local artist Kate Henderson. Kate made 20 drawings of the Ormiston/Pencaitland railway walk, forming her 'Colour for Carers' project. Kate sold 14 of these pieces and generously donated 100% of the funds she raised to support the work that we do at Carers of East Lothian. Her fundraising so far totals an incredible £1150.00.

Kate said: "I wanted to support Carers of East Lothian to thank them for the support they gave to my late mother. My mum was the main carer for my dad who sadly developed Alzheimer's at 66. They provided her support and information, and she regularly attended weekly meet ups for coffee; she continued to attend these after my father died as she had established friendships within the group and was able to help others who were experiencing the same issues she had already been through. I decided to create colourful drawings inspired by walks along the Ormiston/Pencaitland Railway Walk which is close to my workshop and I thought Colours for Carers was an appropriate title to sum up the project."

If you are interested in purchasing a beautiful A5 piece of local art and supporting Carers of East Lothian, please contact us. You can see the 6 remaining pieces below. Each piece is priced at £75.00



More Good News from CoEL



Care to Sing?

We were absolutely delighted to hear the wonderful news that we have received funding from Shared Care Scotland via their creative breaks fund to continue to run our singing group for carers 'Care to Sing'. The singing group runs weekly at East Lothian Community Hospital and has supported many carers to experience a joyful and relaxing break in supportive company over the years that it has run. A carer told us about the benefits of attending this group:

"Everyone is so kind and the community feel is wonderful.... the singing group has so many rich layers to it, being able to chat to the other unpaid carers, trying a new skill, but with no pressure attached to it, it motivates me to get out of the house, where I would be stuck. Plus singing has its own health benefits and singing in a group even more! I know that many carers I have spoken to feel this way about the group, it is SO valuable for people in such isolating circumstances as caring for a relative at home. I appreciate all that CoEL also does to keep this group going. This group combination hits the mark in every way!"

We would also like to say an enormous thankyou to our volunteer Jenny and the singing teacher Anya who enable this wonderful group to continue.

A picture above of (only some of) the members of the group after a singing ward visit at East Lothian Community Hospital.

Please contact us if you're interested in attending this group that runs on Wednesday afternoons on centre@coel.org.uk

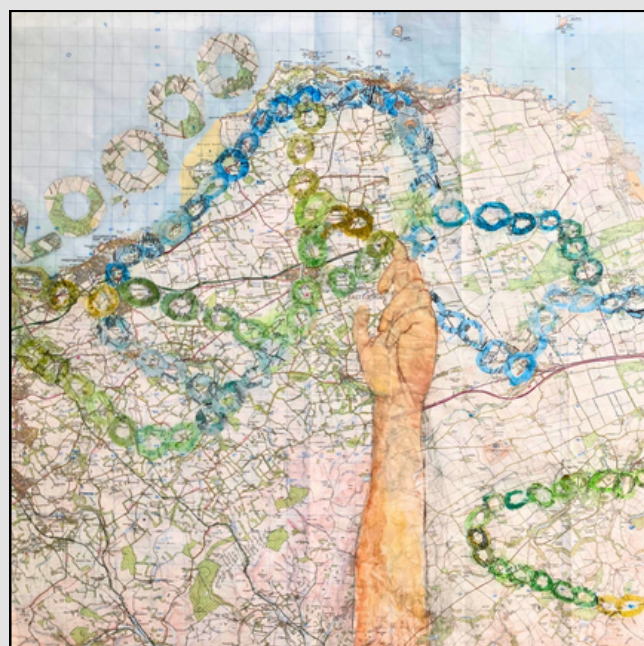
Photo credit: Louise Anne Kennedy.

Caring Spaces - Regular Art Group

We are over the moon that our art project 'Caring Spaces', which is run in collaboration with Art in Healthcare has received funding to run for its second year in East Lothian from Shared Care Scotland via their Creative Breaks fund.

Last year, participants tried collage, watercolour, gel printing, lino printing, paper making, jesmonite, cyanotype, mosaic and even an exhibition piece in East Lothian Community Hospital.

In it's second year, we have moved to Dunbar! If you're interested in being kept in the loop about the monthly art sessions, which start in January 2025, please get in touch with Gemma on gemma@coel.org.uk



Please note, this project supports people who are caring for an adult.

Caring Through the Festivities

Christmas can be a joyful time, to come together with families and relax together. However, at Carers of East Lothian, we recognise that for unpaid carers who celebrate Christmas, it can be a particularly stressful time of year. The demands of caring for a loved one don't pause for Christmas. On top of caring responsibilities, there can be the additional worries about the financial pressures that the time of year brings, feelings of pressure and responsibility that things need to run smoothly or that people need to enjoy themselves, disruption to the ordinary day to day routine, as well as some of the emotion that can arise with the occasion.



We asked our Carers Panel which is made up of carers and former carers if they have any tips for managing this time of year. Here are some of their tips:

“Keep to a routine much the same as in previous years. For example, opening presents at the same time and keeping mealtimes the same. No big surprises or too many people. Keep it as simple as possible and do as much forward planning as possible so that you as the carer can enjoy the day as along with everyone else.”

“Forget the cleaning up, take a break, however small, whenever you can catch 5 minutes.”

“Toys, books etc should keep the children amused for a little while so sit down and take advantage of someone not needing your full attention.” (Parent Carer)

“If any visitors arrive, get them to join in to help lighten your load.”

“Our Christmas day is unfortunately like every other day, so I try to make it special by hiding presents to be found as the day goes along. Quite funny when I act surprised and it's me that's bought them.”

Throughout December, Carers of East Lothian are available to support carers. If you would like to talk to someone who understands what this time of year can feel like when you are looking after a loved one, you can contact us at the centre.

Our opening hours are Monday to Friday 10 – 4. There is always a Carer Support Worker available who can arrange a suitable time to give you a call. Our regular support groups and some additional one-off sessions will be running through December. Please see later in this newsletter for more information about these.



East Lothian Health and Social Care Information for Unpaid Carers



In each issue of the CoEL newsletter, we hear directly from East Lothian Health and Social Care Partnership (ELHSCP) with information of relevance to Unpaid Carers. During this issue, they would like you to know about their new Social Care webpages, technology enabled care and winter vaccinations.

Social Care Web Pages

Have you seen our new Social Care webpages?

Following user and colleague feedback, a new section of the ELHSCP website has been developed to raise awareness and advise the process of organising social care support for individuals in East Lothian.



The ELHSCP Social Care pages provide links to ways in which people can support their own independence, at home, in the community, or by using technology. There is further section which details the process of organising social care services, from making an initial enquiry, requesting an assessment, the options available via self-directed support (SDS) and any charges that may be applied for the arrangement of social care services. Take a look for yourself by clicking [this link](#)



Technology Enabled Care

Technology is reshaping the way we live, offering practical solutions that enhance independence, safety, and quality of life. For many, technology is often something that is feared, but with a little bit of show-how and know-how, technology can be empowering and provide instant support for daily living activities that can significantly improve your everyday experiences at home!

East Lothian's Technology Enabled Care team are on hand to show you just how easily available and affordable new smart tech can be. Devices such as door sensors, voice-activated equipment, and sensor detectors, people can confidently manage their homes and lives with greater independence. These devices are designed to support people to live safely within their own homes, helping to prevent falls, and ensuring that help is at hand when needed. Plus, their simplicity, means you don't have to be tech-savvy to use them. Voice activated commands, motion sensors and wearable devices can provide direct links to family members or 24hr call centres in times of needs, offering reassurance for both the user and their families.

Technology enabled care can integrate into daily life without feeling intrusive too. For example, lights, heating systems, TVs, and other electrical devices can be linked to a tablet, allowing people to adjust their environments easily – either at the touch of a button or via voice command. Additionally, devices like video doorbells help improve security, giving users peace of mind by letting them see and communicate with visitors before opening the door.

East Lothian Health and Social Care Information for Unpaid Carers contd

Many of these tools offer great support to people with mobility challenges or health conditions to maintain their independence in tasks that might otherwise require assistance. These technology solutions are designed to be straight forward to use, and are readily available via the high street, and are cost-effective, ensuring anyone can benefit from these life-enhancing technologies.

If you would like further advice or to see technology solutions in action, public drop-in clinics are held within Well Wynd Hub, Sheltered Housing, 6 Loch Square, Tranent, EH33 2JY on a monthly basis. Dates for 2025 are as follows: (or follow [this link](#) for details).

Tuesdays (10am-12pm)	Thursdays (1:30-3:30pm)
28/01/25	16/01/25
11/03/25	27/02/25
22/04/25	27/03/25
20/05/24	08/05/25
17/06/25	05/06/25

Winter Vaccination Pop-Up Clinics

If you are over 18 and eligible, help protect yourself and your family this winter. Please see below for details of December clinics for COVID-19 and Flu vaccinations.

No appointment needed.

*****Please ensure you check your eligibility on NHS Inform - www.nhsinform.scot/winter-vaccines*****

All unpaid carers are eligible for the flu vaccine. You will be offered flu and coronavirus vaccines this winter if you're:

- living or working in a care home for older adults
- aged 65 and over
- aged 6 months and over with an eligible health condition
- pregnant
- a frontline health or social care worker



Vaccination Service
Pop-up Clinics

Tuesday, 3rd December*
Prestonpans Royal British Legion, 19 Rope Walk, Prestonpans, EH32 9HL

[The children's team will be joining us on 3rd December from 13:00 - 16:00 to give nasal flu to children age 2 - 5 (Age 2 from 1st September 2024)]

Wednesday, 4th December
Volunteer Centre East Lothian, 56 High Street, Tranent, EH33 1HH

Thursday, 12th December
Prestonpans Royal British Legion, 19 Rope Walk, Prestonpans, EH32 9HL

Thursday, 19th December
Volunteer Centre East Lothian, 56 High Street, Tranent, EH33 1HH

All Clinics
09:00 - 16:00

If you are over 18 and eligible for Covid & Flu vaccinations but haven't been able to attend a clinic, please pop in and see us at the following venues.



Useful Information for Unpaid Carers



Census information

The Scotland Census have published their data on the number of carers and people with long term health conditions.

[You can read their briefing in full here.](#)

What we heard from the census about unpaid care in Scotland

- There were 627,700 unpaid carers in Scotland in 2022. This was an increase of 27.5% (135,500) people since 2011.
- In 2022, 11.9% of people aged 3 and over in Scotland were providing unpaid care.
- 13.5% of females in Scotland provide unpaid care vs 10.1% of males in Scotland.
- In the 50-64 age group 23.9% of females provide unpaid care vs 16.7% of males.
- 24.3% of unpaid carers spend 50 or more hours per week providing care.

Could you, or someone you know be missing out on Pension Credit?



Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges. Pension Credit is separate from your State Pension. You can get Pension Credit even if you have other income, savings or own your own home. Pension Credit is worth, on average, £3,900 a year. It is estimated that up to 880,000 households across the UK are missing out on Pension Credit. If you get Pension Credit you can also get other help, including Winter Heating Payment. You must apply for pension credit before 21st December to get this year's Winter Heating Payment, which is the last date for making a successful backdated claim and still receiving a Winter Heating Payment. Please follow [this link](#) to our web article for more information about this or call us on 01316650135 if you would like to request a benefits check.

Pension Age Disability Payment



Pension Age Disability Payment administered by Social Security Scotland, will replace Attendance Allowance (DWP) at some point in 2025 and will support older people who have a disability or long term health condition that means they need assistance with looking after themselves, or supervision to keep them safe.

This is being piloted in some areas of Scotland currently and a full roll out is expected in 2025. All those who currently claim Attendance Allowance will automatically be transferred to Pension Age Disability Payment and will not have to reapply.

Scottish Budget 2024 Changes to Carers Allowance



On 4th December, the Scottish Government presented their draft budget for 2025/26 to the Scottish Parliament.

The Scottish Government are committed to matching the UK Government by raising the earnings threshold for Carer Support Payment and Carer's Allowance to £196, which means carers can earn an extra £45 a week whilst receiving these benefits.

If these proposals in the draft Scottish Budget are accepted by the Scottish Parliament then the changes to the earnings threshold will come into effect from April 2025.

More Useful Information for Carers



Improving the Cancer Journey

Is Cancer part of your story or someone you love? Do you know about local service Improving the Cancer Journey (ICJ)? ICJ is a Macmillan funded service, and it is available to support you and your family. Being diagnosed with cancer can be overwhelming and many people don't know where to go for support. ICJ can provide support around:

- Money and benefits
- Housing support
- Work
- Caring responsibilities
- Emotional concerns

Whether you, or your loved one have been recently diagnosed or lived with cancer for some time, Improving the Cancer Journey (ICJ) are available to help you live as well as possible. They can discuss what matters to you and help you to get the right support.

Since starting in Summer 2021, ICJ have worked with over 2200 people including more than 200 family members. ICJ works with services to help people with money & benefits (over £2million secured so far), become more physically and socially active and find emotional support & help with practical issues.

ICJ can usually offer an appointment within 2 weeks of hearing from you. If you want to find out how they can help, you can contact them on the following details:

Phone: 0131 537 1500

Email: loth.icj@nhs.scot

Caring For You - Adult Wellbeing Toolkit

We would like to draw carers attention to this Wellbeing Resource for adult unpaid carers, **Caring For You**.

The toolkit, developed by Carers Trust Scotland, which was co-designed by a group of unpaid carers, offers practical activities, advice and tips on how to deal with specific emotions which can arise from having a caring role. There is also a section on maintaining wellbeing which provides links to resources and ideas on how carers can maintain good wellbeing and have tools in place for additional support when needed.

To view the toolkit, please follow [this link](#) to our website.

**CARERS
TRUST
SCOTLAND**

Staff Spotlight

We are delighted this month to spotlight Raj, our Men Who Care Therapeutic Worker.



Raj Singh

Men Who Care Therapeutic Worker

We are thrilled to have been awarded funding through the The National Lottery Awards for All Community Fund. The funding will enable us to offer therapeutic support for unpaid male carers in East Lothian who are experiencing poor mental health; loneliness; anxiety and depression.

Through a confidential bespoke 1:1 coaching support service incorporating therapeutic approaches such as: Energy Care; Solution Focused Therapy and Ecotherapy (walking and talking therapy), male unpaid carers will learn techniques to cope with stress, depression and anxiety. We are delighted to announce that Raj Singh has been recruited as our Men Who Care Therapeutic Worker. Raj has been with us for some time as our Men Who Care Group Worker and he is now looking forward to working on this new and exciting project. For those of you who have not had the opportunity to meet Raj, we asked him to tell you a little bit about himself.

1.What drew you to work for CoEL?

I have always been drawn to working with organisations that deliver advice or support in a way that aligns with my own personal values and principles. Having previously worked for the organisation I was very familiar with the values, principles and ethos that underpins the support delivered to unpaid carers.....so had no hesitation in returning to work for CoEL.

2. What are you most looking forward to about your new role?

As an unpaid carer myself I have used the energy care for wellbeing techniques and found these keep me balanced and afloat, so to speak, and are incredibly beneficial to my health and wellbeing. I'm really looking forward to being able to share these tried and tested techniques with carers.

3.Tell us 3 things that you enjoy.

I've recently started practising yoga again, after a number of years and found a wonderful class that I attend on a weekly basis. I've also started playing 5 a side football again, which I love, and still harbour hopes of making it as a professional! I really enjoy walking and being in nature too. I'm really drawn to spending time by the coast and find the sea to be calming, invigorating and incredible!



Volunteer Spotlight



In this issue of the newsletter, we would like to introduce you to the volunteering that Rebecca is involved with at CoEL.

Rebecca supports our monthly support group for carers of people with mental health issues. We asked Rebecca to tell you a little bit about her experience of volunteering with us.

What attracted you to volunteer with Carers of East Lothian?

CoEL supported me in the past and made such a difference to me that I wanted to be able to give something back and this seemed like the perfect opportunity.

Can you tell us a little bit about what your volunteering has involved so far?

My volunteering is mainly about being organised. Being in touch with our carers to let them know about upcoming sessions and then being there nice and early to get everything ready - the kettle on and biscuits and cakes arranged!

How have you found volunteering with CoEL?

Very rewarding - the carers are such inspiring people as is Claire who runs the sessions.

What do you think are the benefits of volunteering?

It does feel great to be able to give back to CoEL but also as a relative new-comer to East Lothian it also makes me feel part of the community.

What would you say to someone who was considering volunteering with CoEL?

I don't think you will regret it - you can fit it in around existing commitments and there's no pressure to do any more than you can comfortably manage.

One-off Winter Sessions for carers



**Carers of
East Lothian**

Supporting people who
care for family and friends



Winter Trip to Newhailes House

We are delighted to invite carers to join us for a winter trip to Newhailes House.

VENUE: Newhailes House

DATE: Wednesday 5th December

TIME: 9:45 arrival time for 10am coffee and
10:45 tour.

To sign up for your space, see below:



01316650135



centre@coel.org.uk

Trip to Newhailes House

We have taken two groups to Newhailes this winter. Both have been well attended and we will definitely be running more National Trust trips in the future as we have purchased organisational passes that enable carers to attend the properties.

If you have an idea about a property that you would like us to visit as a group, or if you would like to borrow our passes and visit a property yourself, please contact us on 01316650135.

Rustic Wreath Making

Our rustic wreath making session with the Countryside Rangers Service proved very popular and was fully booked very quickly. We will take this on board and try to run something similar in the future.



Carers of
East Lothian
Supporting people who
care for family and friends

Winter Gathering

Warm drinks, mince pies and songs from the CoEL
Singing Group

VENUE: Haddington Rugby Club
DATE: Wednesday 11th December
TIME: 2:00 - 4:00
WARM DRINKS AND FESTIVE REFRESHMENTS
PROVIDED

To sign up for your space, see below:

☎ 01316650135 ✉ centre@coel.org.uk

27th December

We know that the time at the end of December in between Christmas and New Year can be a strange time and sometimes a reason to get out of the house is welcomed. That's why we always try to open the office for warm drinks, nibbles and good company. This year, Suzie Q will be hosting on Friday 27th December between 10 and 2. No need to book, just drop in at any point.

21st January 2025

CoEL's Carer Support Worker Claire will be running a rag rugging session on 21st January 2025 at Port Seton Community Centre. More details will follow once confirmed.



Carers of
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Supporting people who
care for family and friends

Rustic Wreath Making

with responsibly collected materials

VENUE: Willow Room, Cockenzie House
DATE: Thursday 5th December
FACILITATED BY: The Countryside Ranger Service
TIME: 10:30 - 12:00
LIGHT REFRESHMENTS PROVIDED

To sign up for your space, see below:

☎ 01316650135 ✉ centre@coel.org.uk

Winter Gathering

This event is now postponed until the new year. More details will follow once this is confirmed.



Carers of
East Lothian
Supporting people who
care for family and friends

Warm Drinks and Good Company

Suzie Q from CoEL will open the CoEL office from 10 - 2 on Friday 27th December for carers to drop by and join her for a warm drink and a chat.

VENUE: CoEL Office, Ground Floor, East Lothian Community Hospital
DATE: Friday 27th December
TIME: 10:00 - 2:00

No need to book, just drop in.

☎ 01316650135 ✉ centre@coel.org.uk

Sessions and courses at the start of 2025



Wellbeing in Nature 4- Week Course for Unpaid Carers

VENUE: Cockenzie House

DATES: Tuesdays 14th, 21st, 28th January and 4th February

TIME: 10.30am – 1pm

To sign up for your space, see below:

☎ 01316650135 ✉ centre@coel.org.uk

Wellbeing in Nature

This is a 4-week course delivered in partnership between Changes and CoEL, designed to help improve wellbeing using nature-based experiences and spending time outdoors.

The course will be based at Cockenzie House and Gardens. (There will be indoor space available in case of extreme weather).

The sessions will include time spent outdoors on the beach and in the woodland gardens participating in nature engagement activities like mindfulness walks, art, forest bathing, and fire lighting. The specific programme is yet to be confirmed.

Crisis Handling Awareness Training for Carers

Have you ever helped someone in crisis? Have you ever wondered if you did enough?

Would you like to feel confident about helping someone in crisis?

The training will give you the knowledge to help someone in any crisis as well as the specific crisis of suicide.

Please contact us if you would like to reserve a space on this course.



Crisis Handling Awareness Training for Unpaid Carers

Training session to support carers to feel more confident about helping someone at risk of suicide.

VENUE: East Lothian Community Hospital

DATE: Wednesday 26th February 2025

TIME: 9:30 - 12:30

To sign up for your space, see below:

☎ 01316650135 ✉ centre@coel.org.uk



TRAUMA INFORMED PARENTING COURSE FOR PARENT CARERS (ONLINE)

TRAINER: Suzanne Scott,

Trauma Informed Parenting

PLATFORM: Zoom (link sent on sign up) **DATE:** Session 1 - Monday 3rd March

Session 2 - Monday 10th March

Time: 10:00am - 12:00pm

To request a space on this 2 session course, please contact us on:

☎ 01316650135 ✉ centre@coel.org.uk

Trauma Informed Parenting Course (online)

Following the success and popularity of our recently run Trauma Informed Parenting sessions, we will be running this online course for the third time.

Sessions are open to all parent carers, The sessions will cover how to manage children's challenging behaviours by applying a trauma informed approach. This two part online course will run on Monday 3rd March and Monday 10th March. Sessions will be online between 10am and 12pm, A link will be sent to you on sign up.

Please contact us on 01316650135 or centre@coel.org.uk if you are interested in attending this course.

Support Groups and Other Group Activities for Unpaid Carers

Dec 2024

We run a number of monthly support groups across the county. These are a great opportunity to meet other people in the same situation, to share experiences and receive support from our Carer Support Workers. Groups are informal and everyone is welcome, but please contact us to let us know if you are keen to attend, as sometimes venues change and spaces get booked up.

Dunbar Support Group

When: Second Wednesday of each month at 10:30am to 12:00pm

Where: The Stables, Belhaven Church, Dunbar

Musselburgh Support Group

When: Last Wednesday of each month at 10:00am to 11:30am

Where: Musselburgh East Community Learning Centre, Haddington Road, Musselburgh

North Berwick Support Group

When: Second Tuesday of each month at 10:30am to 12:00pm

Where: The Nether Abbey Hotel, North Berwick

Men Who Care (for male carers with a focus on outings and activities)

When: Second Thursday of the month

Where: please contact Raj on 07483390080 or email raj.singh@coel.org.uk

Carers of People with Mental Health Issues

When: Last Tuesday of each month at 5:00pm to 6:30pm

Where: Port Seton Community Centre, Port Seton

SPACE - Parent Carer Support Group (particularly parents of children with autism/ADHD)

When: Second Tuesday of each month at 6:00pm to 7:30pm

Where: Musselburgh East Community Learning Centre, Haddington Road, Musselburgh

Online Support Group

When: First Tuesday of each month at 12:30pm to 1:30pm

Where: Online

Other Regular Group Activities

Care to Sing singing group for carers

When: Every Wednesday at 1:30pm to 2:30pm

Where: East Lothian Community Hospital, Haddington

Caring Spaces Art Group

When: Fourth Wednesday of each month at 10:15am to 12:15pm

Where: Musselburgh East Community Learning Centre

Care to Create craft group for carers

When: Third Friday of each month at 10:00am to 12:00pm

Where: Haddington Day Centre, Haddington

Please contact us on the details below if you are interested in attending any of these groups:

There are several ways that you can support our work...

Do you know that you can support Carers of East Lothian through the **Community Lottery**? Tickets are only £1.00 per week with 50% going to Carers of East Lothian and 10% going to other local causes.

Carers of East Lothian are registered as a cause with **Easy fundraising** and are able to receive donations from supporters when they shop with a huge range of retailers. For information on how it works, please follow this link: [How it Works | Easyfundraising](#)

If you are interested in signing up (at no cost to you), please visit our cause page by clicking the following link: [Easy Fundraising Cause Page, Carers of East Lothian.](#)

If you would like to make a donation to Carers of East Lothian, you can do so via just giving. [Click this link](#) for more information.

With thanks to...

We would like to thank all of the individuals who have made donations to Carers of East Lothian. And thank you to our funders for their continued support.

Special thanks go to Michelle Brown from Love Your Business - CoEL have been their charity partner of the year through 2024. We have enormously appreciated Michelle's support with awareness raising, fundraising, marketing support and networking opportunities.

A huge thankyou to Kate Henderson who sold 14 pieces of art and raised £1150.00 for CoEL.



Future Newsletters

You can ensure that you are signed up to receive our future newsletters via email by signing up to our mailing list on our website www.coel.org.uk (Select News and Information, Mailing List Sign Up)

The CoEL Newsletter will be issued 3 times a year.

Do you have an idea for something you would like to see in our newsletter that you think would be of interest to carers? If so, please contact Gemma on gemma@coel.org.uk

The deadline for sending information for the next issue is 17th March.

Please also contact Gemma if you have any queries about any of the content in this newsletter.



Thank you for reading