

# Support Groups and Other Group Activities for Carers

## Support Groups

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 – as one carer told us

*"the friendship, the atmosphere & the interaction between us all is great. The realisation other people have the same difficulties is important. It helps to share problems."*

### 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 10:30am to 12:00pm

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

### 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

### Carers of Adults with Complex Needs under 65

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

Where: Haddington Day Centre, Haddington

## Other Regular Group Activities

### Care to Sing choir for carers

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

Where: East Lothian Community Hospital, Haddington

### North Berwick Support Group

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

Where: The Nether Abbey Hotel, North Berwick

### 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

### Online Support Group

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

Where: Online

### 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](mailto:raj.singh@coel.org.uk)

### Care to Create crafting session for carers

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

Where: Haddington Day Centre, Haddington

As well as the above, we run many other activities for carers. To be kept up to date please sign up to our [newsletter](#).

If you would like to come along to any of the Support Groups or Group Activities please let your Carer Support Worker know or

 0131 665 0135

 [centre@coel.org.uk](mailto:centre@coel.org.uk)