

# 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 Thursday of each month at 10:00am to 11:30am

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

### 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)

### 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

## 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

### Care to Create craft group for carers

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

Where: Haddington Day Centre, Haddington

### Caring Spaces Art Group

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

Where: The Ridge, Dunbar

If you would like to come along to any of the Support Groups or Group Activities please contact us on the details below:



0131 665 0135



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