

Carers Week 2025

Are you an unpaid carer
in East Lothian?

If so, these sessions are for you!
All sessions free to attend.



**Carers of
East Lothian**

Supporting people who
care for family and friends

Carers Week 9 – 15 June 2025



Build a Hanging Basket

Monday 9th June
10am - 1.30pm
Amisfield Walled Gardens

Build a hanging basket in
beautiful surroundings and
then take it home to enjoy.

For more information,
please [click here](#).



Afternoon Tea



Monday 9th June
15:00 - 17:30

Haddington Rugby Club
Join us to mark Carers Week with
a light afternoon tea and some
music.

For more information, please [click
here](#).

Cycling Day with Cycling Scotland, Venturing Out and CoEL

Tuesday 10th June
10am - 2pm
Musselburgh Outdoor Learning Centre

A variety of cycling activities
including bike orienteering, come
and try cycling and adaptive bikes.
For a detailed breakdown of
sessions please [click here](#).



Wellbeing Evening with Cori from Koa

Tuesday 10th June
6:30pm - 8:00pm
North Berwick Community Centre

Prioritise your wellbeing, explore new resources to
better understand your nervous system and
practice balance and stillness with Cori from Koa.

1.5 hours of nervous system regulation, sound and
mindfulness.
For more information, please [click here](#).



Relaxation, meditation and silent walk

Gifford Community Woodland
Wednesday 11th June
11am - 12:15pm

Led by: Jill Alexander,
Heartfulness Meditation facilitator

For more information, please [click here](#).



Golf Taster Sessions

Wednesday 11th June
Session 1: 5:00pm - 6:00pm
Session 2: 6:00pm - 7:00pm

Carers can sign up to 1 of the 2 sessions.
All golfing abilities welcome and
equipment provided.

The Musselburgh Golf Club, Monktonhall

For more information, please [click here](#).



Walk with a Countryside Ranger



Thursday 12th June
Walk 10:15 - 12:30, followed by
refreshments at Archerfield Walled
Garden Cafe. A 3 - 4 mile walk at a steady
pace.

Led by Countryside Ranger Richard English and
supported by Julie from CoEL.
For more information, please [click here](#).

Water Activities with Venturing Out

Thursday 12th June
1:00 - 5:00

Join Venturing Out at Musselburgh
Lagoons for a mixed water activities
session where you will get the chance
to try paddleboarding, kayaking and canoeing.
For more information, please [click here](#).



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

For more information on all of the sessions, please visit www.coel.org.uk/events

Carers Week 2025

Foxlake Adventures - Foxfall and Ringo



Friday 13th June

10:30 - 1:00, followed by refreshments from JayBirds Larder
Foxlake Adventures, Dunbar

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



This event will mark Carers Week, and 10 years of Respitality.

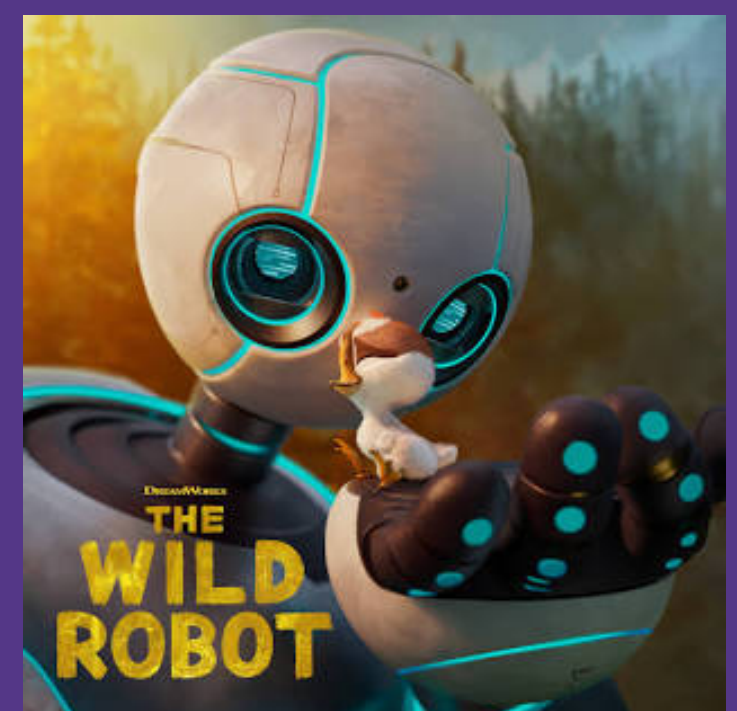
If you are interested in attending this session, please contact us on
centre@coel.org.uk

For more information, please [click here](#).

Family Film Screening for Parent Carers and the person they care for- The Wild Robot (PG)

Saturday 14th June , The Fraser Centre, Tranent
Space open from 1:30, film starting at 2:00pm

Places for this event are reserved for parent carers of children with additional needs. Parent carers are welcome to bring along the person they care for and their siblings. This will be a relaxed performance with lowered volume and lighting and seat spacing.
For more information, [click here](#).



Caring Spaces: Artworks by Carers from the Lothians

Dates and times: 7 June – 28 June 2025

Venue: Scottish Storytelling Centre, Edinburgh

This exhibition celebrates the creativity and resilience of unpaid carers across the Lothians, showcasing a diverse range of artworks produced through Art in Healthcare's Caring Spaces initiative.

In partnership with Carers of East Lothian and VOCAL, this project offers carers a supportive environment to explore various artistic techniques.

For more information, please [follow this link](#) to our website.



**art in
healthcare**

Please note, all sessions (not including exhibition) require pre-booking.
To book your spaces, please contact CoEL on 01316650135 centre@coel.org.uk