

# 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 - 12pm  
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 - 17:00

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

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, mediation and silent walk

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

**Led by:** Jill Alexander,  
Heartfulness Mediation 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  
10:15 - 1:00  
Archerfield Walled Garden Cafe  
A 3 - 4 mile walk at a steady pace,  
followed by refreshments at Archerfield

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

For more information on all of the sessions, please visit [www.coel.org.uk/events](http://www.coel.org.uk/events)



# Carers Week 2025

## Foxlake Adventures - Foxfall and Ringo



Friday 13<sup>th</sup> 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](mailto:centre@coel.org.uk)

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

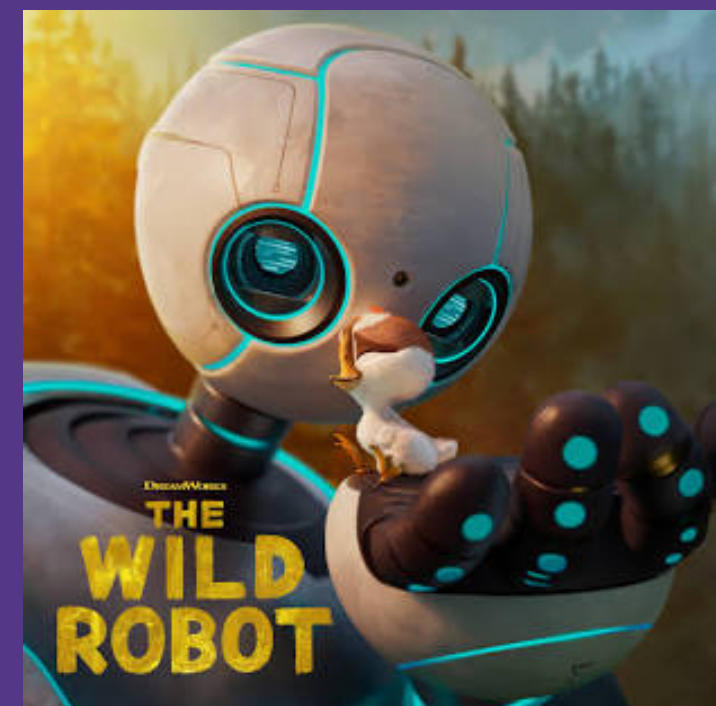
## Family Film Screening for Parent Carers and the person they care for- The Wild Robot (PG)

Saturday 14<sup>th</sup> June

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

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