

Do you look after a family member or a friend?

We are here to help

Carers of East Lothian supports people who provide unpaid care to others.

What we offer

- + Experienced carer support workers and counsellors to talk to in confidence
- + Information on all aspects of social care and guidance on accessing other relevant services
- + Assistance with claiming welfare benefits
- + Help with setting up a Power of Attorney
- + Support to arrange breaks from caring
- + Carer support groups, workshops and social events
- + Opportunities to have a say in how local services are run

All of our services are free, confidential and are available to any carers over the age of 18.



If you would like to refer yourself or someone else for support, please scan this QR code...

