Carers of East Lothian Newsletter Summer 2025

Carers of East Lothian support people who care for family members or friends.

The Carers of East Lothian Newsletter is sent three times a year. We hope that it keeps you up to date with relevant and important information and in the loop with what we are up to as an organisation.

A note from Jenny, our new CEO

We are delighted to open this issue of our newsletter with a welcome to our new CEO Jenny White. Jenny joined us in July and has been getting to know the team and the organisation. Here, she introduces herself and tells you a little about her journey into her role as CEO of Carers of East Lothian.

"Hi everyone,

I started out my career as an Assistant Accountant before moving into the banking industry—but I quickly realised that world wasn't for me. As a single parent of two boys, I decided to return to education and earned a BA in Learning Difficulties and Disabilities. That choice opened the door to a career in the voluntary sector, where I've now worked for over 20 years.

Throughout that time, I've worked with people with autism, families of prisoners, and older people. Along the way, I also completed a Diploma in Leadership and Management with the Chartered Management Institute.

Caring has been a big part of my personal life too. I was a parent carer for my son and I also cared for my mum for 10 years, moving her into our family home, until she passed away with bowel cancer. Before that, I supported her while she cared for my dad, who had a rare illness.

These caring experiences inspired me to join the board of Carers of West Lothian and later apply for this role at Carers of East Lothian.

I am looking forward to supporting the staff team, ensuring they have the resources to carry out their role and provide a quality service to unpaid carers across East Lothian, as well as working with carers, the staff team and board to create innovative services that support carers in their role and strengthen the organisation.

Outside of work, I love getting out into the countryside with my Dalmatian, Bonnie. I love being a Granny to our 8 grandchildren and baking, drawing and playing games with them. A big enjoyment of mine is DIY, decorating a room and creating a new feeling and atmosphere or refurbishing furniture to give it a new life.

I'm looking forward to working with you all."

EXCELLENCE FOR CARERS
Carers Trust Quality Award

CoEL updates

Reflections on Carers Week 2025

We were delighted to host a range of events throughout Carers Week in June 2025. This year's programme was shaped by the feedback we've gathered from carers over the years.

We offered a variety of events at different times of day, aiming to include as many carers as possible. We also trialled a couple of events where carers could bring along the person they care for, recognising how difficult it can be for some to leave the person they support.

We were incredibly grateful for the support of local businesses and organisations, who generously gifted activities, food and drink, venues and staff support to make these events possible. Thanks go to Amisfield Walled Gardens, East Lothian Council Plant Nursery, Haddington Rugby Club, Musselburgh Golf Club Monktonhall, all of the wonderful musicians who played at our afternoon tea, Foxlake Adventures, the Countryside Rangers, Venturing Out, Cycling UK and Jill Alexander, Heartfulness facilitator. Our amazing team of volunteers also played a vital role, helping to run events so that our Carer Support Workers could continue offering their essential support to carers throughout the week.

While Carers Week shines a welcome spotlight on caring, it represents just a small part of what we do at Carers of East Lothian. Our team provides support all year round, including:

- 1:1 carer support
- Training and support groups
- Help with benefits and welfare rights
- Access to grants for respite breaks
- Counselling
- Telephone befriending

...and much more.

Thank you to everyone who took part, contributed, or supported Carers Week 2025 — we couldn't have done it without you.

Hospital Link Carer Support Work

We are absolutely delighted to have received continuation funding from the East Lothian Health and Social Care Partnership to deliver Hospital Link Carer Support Work at East Lothian Community Hospital.

Our focus in this work includes:

- **Identifying carers** early in the hospital journey
- Providing clear **information about the ward and hospital processes**, including admission and discharge
- Offering an **Adult Carer Support Plan (ACSP)** to carers who may benefit from further support

Rowena Price (pictured) continues in role to deliver this important work.

Parent Carer Group Support

Earlier this year, we consulted with parent carers to help us to review the group support that we were offering. We received a fantastic response that has really helped to inform our redevelopment of the group support. Parent carers told us that they'd like to see us offering a combination of in person and online sessions, a variety of learning based sessions, self-care, opportunities to connect with other parent carers and opportunities to learn new skills.

We have taken all of the feedback on board and we have designed a programme of group support that will be delivered over the next year. Learning themes include children's mental health, strategies for managing challenging behaviour, self harm, neurodiversity and crisis handling. Opportunities to connect with others include crafts, pampering and family baking sessions.

Please follow this link for an outline of the sessions we will be offering.

WE ARE RECRUITING FOR OUR BOARD OF DIRECTORS
Carers of East Lothian
Supporting people who care for family and friends

We are Recruiting - Board of Directors

We are currently recruiting for our board of directors. We are particularly keen to hear from people with experience in HR, Finance or Fundraising. Please follow this link below for more information and for details of how to contact us if you are interested in hearing more.

Caring Spaces - Exhibition

We would like to celebrate the recent exhibition of artworks from the Caring Spaces art project that ran throughout June. Several members of the group have never made art before and others are in the early days of a creative journey. We were very proud to be part of this collaboration with Art in Healthcare.

The monthly sessions are fun, creative, restful and kind and the exhibition was a wonderful opportunity to see some of the work that the members have made hanging in central Edinburgh venue, The Scottish Storytelling Centre.

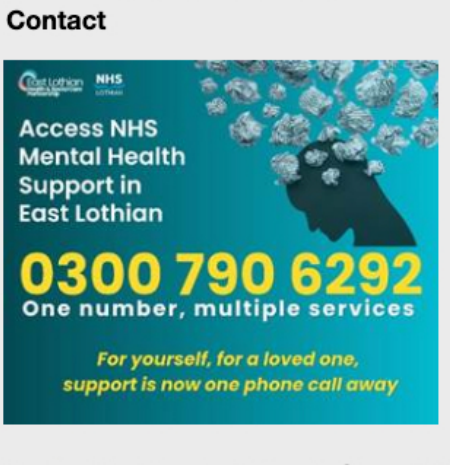
Big thanks to Juliana Capes who leads the project and the monthly sessions. It's a special group.

Thank you to Barbara for these pictures of exhibiting carers, Art in Healthcare staff and staff from CoEL and VOCAL.

From East Lothian Health and Social Care Partnership

In each issue of the CoEL newsletter, we hear directly from East Lothian Health and Social Care Partnership (ELHSCP) with information of relevance to Unpaid Carers. During this issue, they would like to share information about their recently launched single point of contact for mental health services.

Mental Health Single Point of Contact


East Lothian NHS
Access NHS Mental Health Support in East Lothian
0300 790 6292
One number, multiple services
For yourself, for a loved one, support is now one phone call away

East Lothian Health and Social Care Partnership Mental Health teams have recently launched a new single point of contact support telephone line to access a wide range of mental health services.

The phoneline is available for members of the public to self-refer into, as well as GPs, medical professionals and community groups looking to support individuals presenting with mental health concerns.

The East Lothian Mental Health Support Line is open Monday - Friday 9am - 4pm.
For more information about what happens when you call, please follow the link below:
Mental Health Services - Single Point of Contact

Other Local Updates

East Lothian Services and Resources for People Living with Dementia and Care Partners

East Lothian Dementia Special Interest Group have recently launched a document that aims to provide an accessible, '"one-stop" overview of the services and resources that can benefit people living with dementia and care partners across East Lothian. The Special Interest Group is composed of staff from East Lothian Health & Social Care Partnership and Third Sector Organisations (Alzheimer Scotland, Carers of East Lothian, and Dementia Friendly East Lothian).

As with any document attempting to capture information that is liable to change, the details contained within are accurate at the time of recording (the document will be reviewed annually). Also, while the group have attempted to gather as much relevant information as possible, they are mindful that there will be some things that they did not know about!

If you find there is information missing or out-of-date, please contact: Michael Huddleston, Alzheimer Scotland Dementia Advisor (0131 654 114 / mhuddleston@alzscot.org)

Please follow this link if you would like to view the resource on our website.

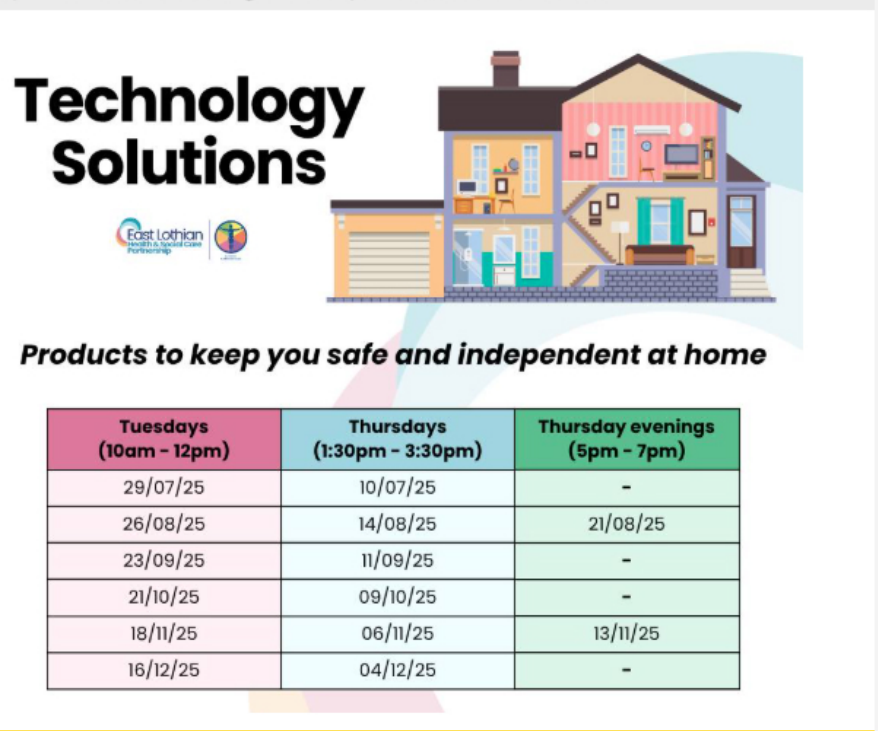
Technology Enabled Care

Join East Lothian Rehabilitiation Service for their Tech Drop-In Sessions. Sessions run on Tuesdays and Thursdays, with some morning, afternoon and evening availability. Dates between now and December are shared on the image below. Next session this Thursday!

Are you curious about how technology can help you stay safe, active, and independent at home? Visit them at the WellWynd Hub, Tranent and discover a range of smart solutions.

Explore simple lighting systems, medication reminders, GPS trackers, smart speakers, and interactive screens—all in one place.
Plus, chat directly with health professionals ready to answer your questions and guide you to the perfect tech for your needs.

Well Wynd Sheltered Housing, Loch Square, Tranent, EH33 2JY



Technology Solutions

Products to keep you safe and independent at home

Tuesdays (10am - 12pm)	Thursdays (1:30pm - 3:30pm)	Thursday evenings (5pm - 7pm)
29/07/25	10/07/25	-
26/08/25	14/08/25	21/08/25
23/09/25	11/09/25	-
21/10/25	09/10/25	-
18/11/25	06/11/25	13/11/25
16/12/25	04/12/25	-

National Updates

Care Reform Scotland Bill Passed

On 10th June 2025, the Scottish Parliament passed the Care Reform Bill, and for the first time, unpaid carers in Scotland will have a legal right to breaks from caring. This is a huge step forward for Scotland's 800,000 unpaid carers — recognising the essential role they play in our communities.

The true impact of this new legislation will depend on how it is implemented in practice - carers must be able to access the support they are entitled to in a way that works for them. This will inevitably take time, resources, and a genuine commitment to delivery.

You can read the Scottish Government update here: Care Reform Scotland Bill - Government Update

Universal Credit Bill

The Universal Credit Bill passed in the House of Commons on 9 July 2025 and completed its final stage in the House of Lords on 22 July 2025.

It is now awaiting Royal Assent. The Bill has been amended significantly since it was first introduced. Although social security is partly devolved in Scotland, Universal Credit remains a reserved benefit, meaning these changes will apply across all parts of the UK, including Scotland. Here is a summary of relevant information for carers:

- **No changes to PIP**

Plans to reform Personal Independence Payment (PIP) have been dropped. Any future changes will now be considered as part of the Timms review in Autumn 2026.
In Scotland, a devolved replacement for PIP – Adult Disability Payment roll out is almost complete (see update below).

- **Boost to Universal Credit Standard Allowance**

The Universal Credit (UC) standard allowance will increase by more than inflation each year until 2029–30.

- **Changes to the UC Health Element**

From April 2026, the Universal Credit (UC) Limited Capability for Work and Work-Related Activities (LCWRA) element, referred to in the Bill as the health element, will be halved and frozen for most new claimants, though existing claimants and those with severe or terminal illnesses are protected.

The Bill is now awaiting Royal Assent, but it may still go through additional steps before becoming law. This means that further changes could be made.

We will share any further updates on this topic.

Adult Disability Payment Independent Review

An independent review of Adult Disability Payment (ADP) has called for a simplified and more accessible application process, urging the Scottish Government to protect and improve access to support for disabled people.

Led by experienced charity leader, Edel Harris OBE, the review highlights that while Adult Disability Payment is significantly more compassionate than the UK benefit it replaced, some people still face barriers, complexity and distress when applying for the benefit. The recommendations are focused around the experience of people applying, application processes and systems, staff training and accessible communication and decision making.

If you are interested in reading the full report, please follow this link: final report and recommendations

Adult Disability Payment

If you get personal independence payment (PIP) and have not yet received a letter from the DWP to tell you that your PIP is being transferred to adult disability payment (ADP) you should contact Social Security Scotland (SSS).

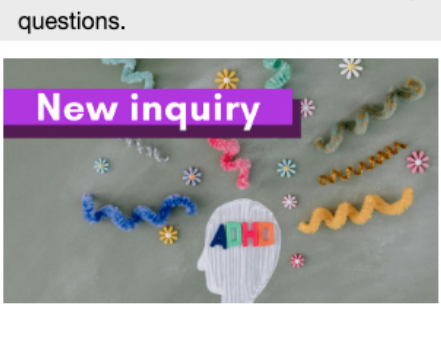
The transfer of PIP claimants is almost complete and you should either have been told that the transfer is in progress or have been transferred to ADP already. You can contact SSS by calling 0800 182 2222

Pension Age Winter Heating Payment

This winter, the Pension Age Winter Heating Payment will replace the Winter Fuel Payment for Scottish pensioners. Delivered by Social Security Scotland, around 860,000 pensioners with an income of £35,000 or less are expected to receive this new support to help heat their homes.

Those who are eligible for this payment should automatically receive a letter from Social Security Scotland informing them. You can find more information on the benefit, including information about eligibility here:
https://www.mygov.scot/pension-age-winter-heating-payment

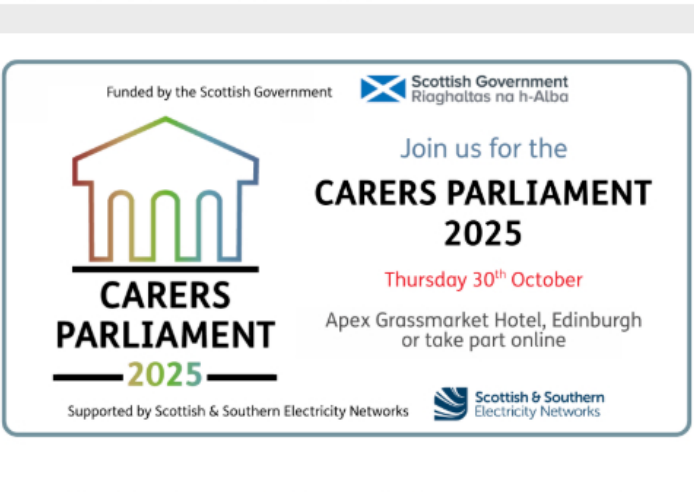
Our Welfare Rights Carer Support Worker Diane will attend an information session soon to find out more about the changes, so please contact us if you have any questions.



ADHD AND ASD pathways and support

The Health, Social Care and Sports Committee are undertaking an inquiry into ADHD & Autism pathways and support.
The Committee wants to hear the experience of individuals, families and professionals.

Follow this link to add your experience: https://ow.ly/kCXs50WeBBE
The platforms will close for submissions on 18 August.



Funded by the Scottish Government

Join us for the
CARERS PARLIAMENT 2025
Thursday 30th October
Apex Grassmarket Hotel, Edinburgh or take part online

Supported by Scottish & Southern Electricity Networks

The Carers Parliament 2025 is your chance to put your concerns and questions on caring directly to national and local Government decision-makers.
Thursday 30th October, Apex Grassmarket Hotel, Edinburgh, or join online
Book your place today: https://www.surveymonkey.com/r/NYHXCRV

National Wellbeing Champions Network
National Wellbeing Week
1-7 September 2025
supporting workplace culture in health, social care, social work, local government and third sector

National Wellbeing Week 2025 takes place from Monday 1st to Sunday 7th September, offering a week-long programme of free online sessions designed for professionals across health, social care, social work, local government and the third sector.

Unpaid carers can also access any of the sessions. There is an excellent programme of free sessions. Highlights include: personal resilience, mindful self compassion, burnout, menopause cafe and moving more for mental health.
Click here to access the programme.

POLICE SCOTLAND
SafeConnect
Alzheimer Scotland

SafeConnect

In partnership with Police Scotland, **Alzheimer Scotland** have recently launched SafeConnect – a new safeguarding initiative to support people with dementia who may be at risk of going missing.
The SafeConnect fob is a small, yellow device that can be carried or attached to clothing. It holds secure emergency contact details and can be scanned with a smartphone using Near Field Communication (NFC) to help quickly reunite someone with their loved ones or carers.

After a successful pilot in Argyll & Bute and West Dunbartonshire, they are now rolling out SafeConnect fobs free of charge to anyone living with dementia across Scotland.
To request a free SafeConnect set-up pack or learn more about the initiative, please visit their website - www.alzscot.org/safeconnect-request/

Get Safe Online

Join Carers Trust and their internet safety partner Get Safe Online for a one-hour online workshop to help you protect yourself, those you provide care for and others you love, from the multitude of harms we find when going online.
Join the free internet safety webinar on **Thursday 9th October 2025 at 6.30pm** by clicking the link below.

The session will cover everyday issues like impersonation scams (such as phishing emails, WhatsApp messages falsely claiming to be from family members and phone calls impersonating a business or other organisation you trust) and identity theft.

Click this link to join the session

More CoEL updates

kiltwalk
EDINBURGH • 14 SEPT 2025
for people

The Kiltwalk September 2025

Two of our wonderful volunteers, Trudi and Carol, along with Hilary from the CoEL team are participating in the Edinburgh Kiltwalk this year. Not only are they walking the whole 20 miles, they are doing so dressed as caring bears! That's what we call commitment to the cause!

They are raising funds to support the work that Carers of East Lothian do locally to support unpaid carers.

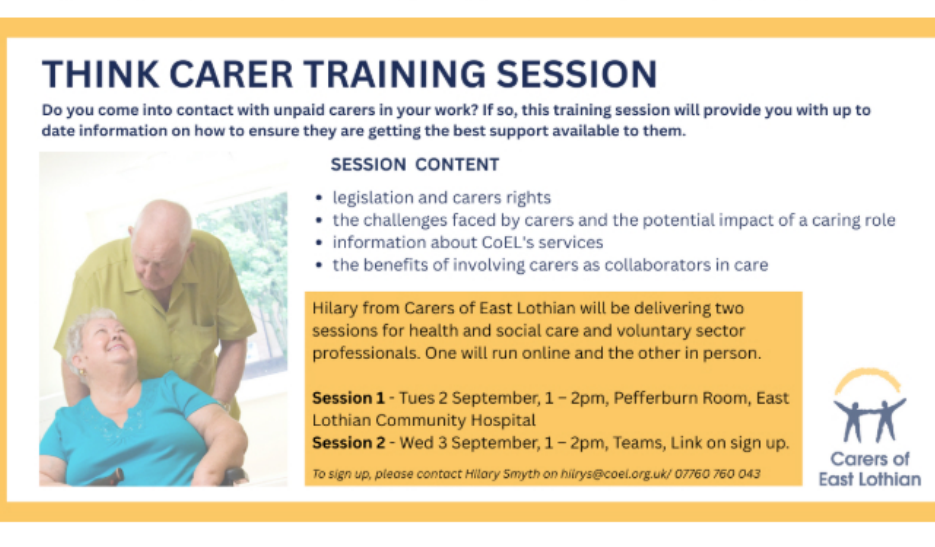
You can read more about it and support their amazing efforts by following the link below to their Just Giving pages.

Link to justgiving pages

There is also still time to sign up if you'd like to join them. If you're up for the challenge, please do consider signing up and nominating us as your chosen charity. There are opportunities to walk short or long distances on the day.

Follow this link to find out more about the Kiltwalk.

If you are considering the Kiltwalk, please contact Hilary on hilarys@coel.org.uk



THINK CARER TRAINING SESSION

Do you come into contact with unpaid carers in your work? If so, this training session will provide you with up to date information on how to ensure they are getting the best support available to them.

SESSION CONTENT

- legislation and carers rights
- the challenges faced by carers and the potential impact of a caring role
- information about CoEL's services
- the benefits of involving carers as collaborators in care

Hilary from Carers of East Lothian will be delivering two sessions for health and social care and voluntary sector professionals. One will run online and the other in person.

Session 1 - Tues 2 September, 1 – 2pm, Pefferburn Room, East Lothian Community Hospital
Session 2 - Wed 3 September, 1 – 2pm, Teams, Link on sign up.

To sign up, please contact Hilary Smyth on hilarys@coel.org.uk/ 07760 760 043

Hilary will be running two Think Carer Sessions for professionals who may come into contact with unpaid carers in their work.
To sign up for either of these sessions, please contact Hilary on hilarys@coel.org.uk

Other Local Support for Carers

Milan Senior Welfare Organisation

offer support for 50+ older people from Indian, Pakistani, Bangladeshi & Mauritian communities in Edinburgh & Lothian. The organisation runs a support group for South Asian unpaid carers in East Lothian.

If you would like to know more about this group, please contact Rukhsana Ali, Senior Day Care/ Carers Engagement Officer on rukhsana@milanswc.org

Venturing Out

"East Lothian Carers' Adventure Wellbeing Group (run by Venturing Out CIC)

This amazing group is going from strength to strength and they have been taking part in a wide range of adventurous activities over the last couple of months.

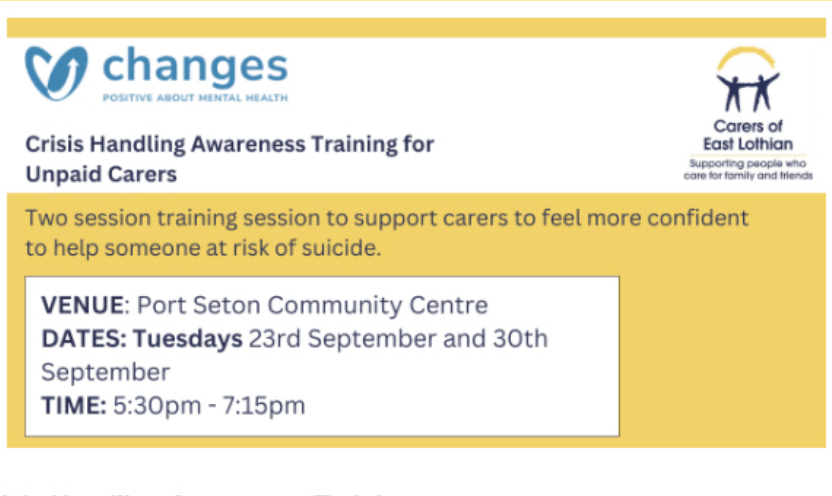
They have been relaxing and cooking in the woods, climbing rock faces, paddleboarding & kayaking in Musselburgh Lagoons and exploring East Lothian on foot and bike with coastal and countryside walks and trail cycles.

They also left East Lothian back in April to head to Ben Lawers to climb a Munro (actually 2!) and for 5 of the group, it was their first Munro! The group has now grown to 90 members and they have a lot more fun to come!

Primarily this group is about adventurous activities, offering a break from the caring routine and a setting for social connection. It is definitely meeting all of these aims but is going way beyond this! The peer support element that has emerged is incredible. This is a space where people really get what it means to be a carer. People do not need to come and speak about what is happening in life, with many group members reporting that simply taking part alongside others that they know "get it" is a comfort and very powerful for them. What Venturing Out hoped would happen is that the new connections that would grow outside of the group. Some group members now meet away from the group to walk and cycle and, rather impressively, have recently completed another Munro together!

If you are interested in joining this group and taking part in some fun adventurous activities, please contact claire@venturingout.org.uk"

Upcoming Training Sessions from CoEL for Unpaid Carers



changes
POSITIVE ABOUT MENTAL HEALTH

Crisis Handling Awareness Training for Unpaid Carers

Two session training session to support carers to feel more confident to help someone at risk of suicide.

VENUE: Port Seton Community Centre
DATES: Tuesdays 23rd September and 30th September
TIME: 5:30pm - 7:15pm

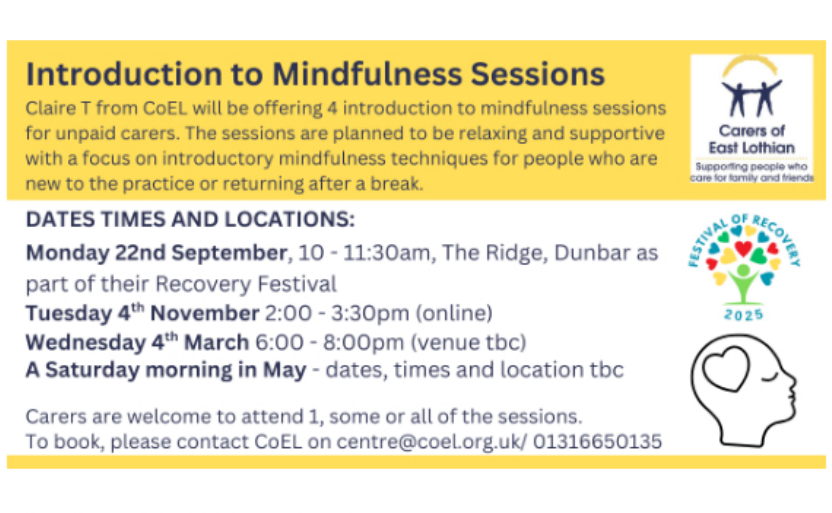
Crisis Handling Awareness Training

In February, we ran a session in collaboration with Changes, supporting carers to feel more confident about helping someone at risk of suicide. The session was well attended, so we wanted to offer the opportunity again. We heard from some carers that they would like to see us offering this in the evening. Therefore, in September, we will run this session again over two evenings.

The session aims to give you the knowledge to help someone who is thinking about killing themselves/ having thoughts of suicide. We will also have the opportunity to think about how we can look after ourselves to avoid 'burn out'.

This session is suitable if you are caring for an adult or a child.

Please contact us on 01316650135 or centre@coel.org.uk if you are interested in participating in this group. Carers will need to commit to attending both sessions.



Introduction to Mindfulness Sessions

Claire T from CoEL will be offering 4 introduction to mindfulness sessions for unpaid carers. The sessions are planned to be relaxing and supportive with a focus on introductory mindfulness techniques for people who are new to the practice or returning after a break.

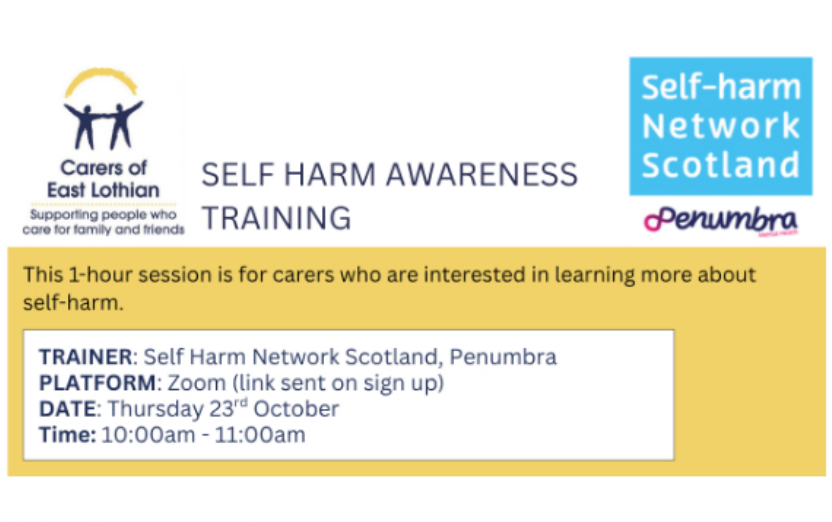
DATES TIMES AND LOCATIONS:
Monday 22nd September, 10 - 11:30am, The Ridge, Dunbar as part of their Recovery Festival
Tuesday 4th November 2:00 - 3:30pm (online)
Wednesday 4th March 6:00 - 8:00pm (venue tbc)
A Saturday morning in May - dates, times and location tbc

Carers are welcome to attend 1, some or all of the sessions.
To book, please contact CoEL on centre@coel.org.uk/ 01316650135

Introduction to Mindfulness Sessions

We will be offering 4 introductory mindfulness sessions for carers between now and May 2026. These sessions will be offered at a variety of times, in a variety of locations to try and support different carers to attend.

Sessions aim to be relaxing and supportive with a focus on introductory mindfulness techniques for people who are new to the practice or returning after a break. The first of these sessions will be run as part of the Ridge Dunbar's Festival of Recovery. All carers welcome to come along to one, some or all of the sessions. Contact us on 01316650135 or centre@coel.org.uk to request your spaces.



SELF HARM AWARENESS TRAINING

Self-harm Network Scotland
Penumbra

This 1-hour session is for carers who are interested in learning more about self-harm.

TRAINER: Self Harm Network Scotland, Penumbra
PLATFORM: Zoom (link sent on sign up)
DATE: Thursday 23rd October
Time: 10:00am - 11:00am

Self Harm Awareness Training

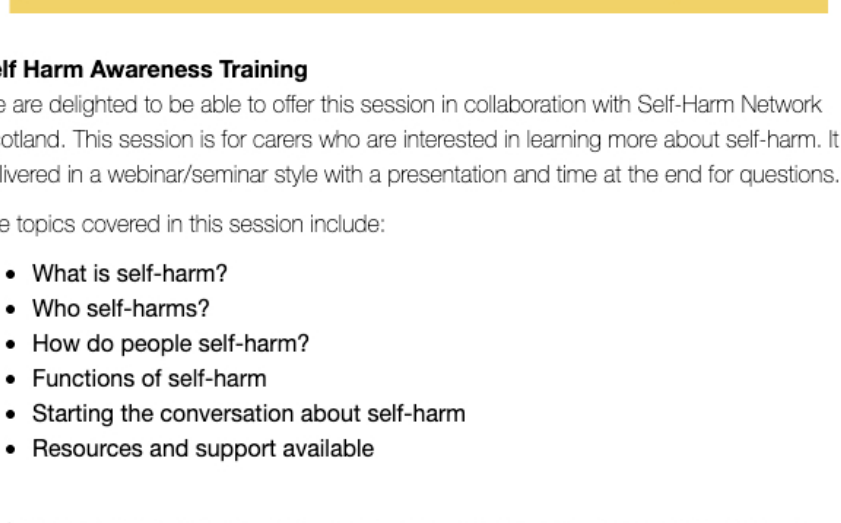
We are delighted to be able to offer this session in collaboration with Self-Harm Network Scotland. This session is for carers who are interested in learning more about self-harm. It is delivered in a webinar/seminar style with a presentation and time at the end for questions.

The topics covered in this session include:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm
- Starting the conversation about self-harm
- Resources and support available

Self-harm is any non-accidental behaviour which causes, or has the potential to cause, harm to a person. Self-harm is often where someone harms themselves as a way of coping with difficult, distressing or overwhelming feelings or experiences.

Please follow this link to a short video titled 'What is Self Harm?' from Self Harm Network Scotland who will lead this training. This may help you to decide if this training is relevant for you: **What is Self Harm?**



TRAUMA INFORMED PARENTING COURSE FOR PARENT CARERS (ONLINE)

TRAINER: Suzanne Scott, Trauma Informed Parenting (TIP)
PLATFORM: Zoom (link sent on sign up)
DATE: Session 1 - Monday 26th January 2026
Session 2 - Monday 2nd February 2026
Time: 10:00am - 12:00pm

We will be running Trauma Informed Parenting sessions for the fourth time in collaboration with Suzanne Scott (TIP). Sessions are open to all parent carers, The sessions will cover how to manage children's challenging behaviours by applying a trauma informed approach. This two part online course will run on Monday 26th January and Monday 6th February. Sessions will be online between 10am and 12pm, A link will be sent to you on sign up. Please contact us on 01316650135 or centre@coel.org.uk if you are interested in attending this course.

Please follow this link to our website where this cours is advertised and you can view a short video from Suzanne Scott to help you decide if this course is for you.

Click this link.

Staff Spotlight

In this issue, we will highlight the work of Hilary Smyth, our Volunteer and Training Coordinator. Hilary joined us recently on a maternity cover while Catherine Cain is on maternity leave. Hilary leads on volunteering at CoEL. She has a particular focus on supporting people with lived experience of caring to volunteer. Hilary oversees our telephone befriending programme. Hilary delivers CoEL's 'Think Carer' training for professionals, raising awareness around carers.
We asked Hilary to introduce herself to you.

What drew you to work for CoEL?
Having spent the last 10 years working and volunteering in East Lothian for various charities and community groups, I had heard about the amazing support CoEL had given to people in my own local area. I know from personal experience just how life changing and challenging caring for a family member can be. The work of Carers of East Lothian is such a vital support for unpaid carers, it's a privilege to be part of this team.

What are you most enjoying so far about your new role?
The people! I've spent the last few months getting to know the incredible staff and volunteer team, as well as many of the carers we support. Their passion, kindness, dedication and experience has made my role as Volunteer and Training Coordinator hugely enjoyable and I look forward to continuing my work with this fantastic team.

Tell us three things that you enjoy
Dog walks in the beautiful East Lothian countryside, running around after my three energetic children and, when I get the chance, playing the piano.

Volunteer Spotlight

During this issue of the newsletter, we would like to introduce you to Trudi. Trudi is one of CoEL's fundraising volunteers.

What attracted you to volunteer with Carers of East Lothian?

When we moved to East Lothian and I stopped working full time, I knew I wanted to get involved with some volunteering. I was scrolling through the Volunteer Centre website and saw a role for Carers of East Lothian. Like so many people, I have seen how tough caring can be and the difference that some support and acknowledgement for the carer can make. So this seemed like the perfect opportunity for me to get involved in something I really care about.

Can you tell us a little bit about what your volunteering has involved so far?
I started off supporting the Time for Me project which provides grants for carers to enable them to do something personally enjoyable, including things like short breaks, visits and outings, gym and swimming, and going to a football match.
I helped with some fundraising at Musselburgh Racecourse with the East Linton Elf in December, It was lovely to meet so many supportive and generous people and to tell them a little about CoEL. I am now part of a new, small group of volunteers working to expand fundraising activities.

How have you found volunteering with CoEL?
Volunteering with CoEL is very rewarding. The staff team and other volunteers are lovely and supportive and there is a very positive culture that doesn't pressurise volunteers to do more than they can manage. And it is fabulous to see the difference that COEL makes to carers

What do you think are the benefits of volunteering?
I am quite new to East Lothian and volunteering has given me lots of insights into living here. I'm met very friendly people and I also feel good to be giving some of my time and experience to such a good cause.

What would you say to someone who was considering volunteering with CoEL?
Have an informal chat with Hilary about the potential roles and what you feel able to do. I'm sure many volunteers would also be happy to have an informal chat too. The team at COEL are very appreciative of the volunteers and will work with you to come up with a contribution you can make that fits your interests and time.

Please follow this link to find out more about our volunteering opportunities, or contact Hilary Smyth on hilarys@coel.org.uk

Support Groups and other Group Activities for Carers

We run regular Carer Support Groups in different locations across the county as well as for people in different caring situations. In addition to this, we run a weekly singing group, a monthly craft group and a monthly art group. Please follow this link to our website where you can find more information about these groups.

Carers Rights

carers SCOTLAND
carerscotland.org
Being Heard
A self-advocacy guide for carers
Scotland

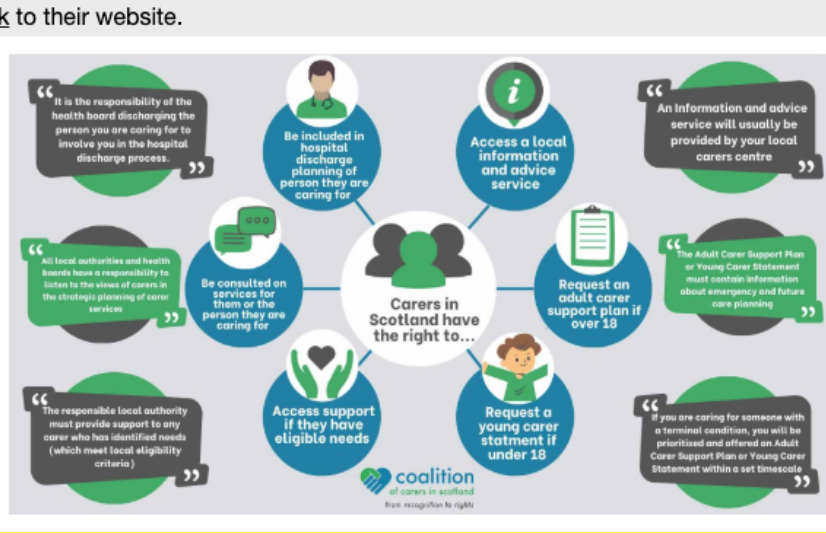
Click on this image to download the guide.

Caring can be rewarding but also very isolating. You may not know what help to ask for, how to ask, or indeed who to ask.

Being Heard is a guide developed by Carers UK that can help you get your voice heard when you care for someone. Self advocacy is also about being able to have your own needs listened to, as well as speaking up for the person you care for.

As well as being a solid source of information on your rights as a carer, the guides offer helpful tips on how to speak up and look after your wellbeing.

The handy visual below is from Coalition of Carers in Scotland. It gives an overview of the rights that carers have in Scotland. For more detailed information, follow this link to their website.


Carers in Scotland have the right to...
Be included in hospital discharge planning of person they are caring for
Access a local information and advice service
Be consulted on services for them or the person they are caring for
Request an adult carer support plan if over 18
Access support if they have eligible needs
Request a young carer statement if under 18
coalition of carers in scotland

There are several ways that you can support our work...

Do you know that you can support Carers of East Lothian through the Community Lottery? Tickets are only £1.00 per week with 50% going to Carers of East Lothian and 10% going to other local causes. Follow this link to the to find out more about supporting us through the Community Lottery.

Carers of East Lothian are registered as a cause with Easy fundraising and are able to receive donations from supporters when they shop with a huge range of retailers. For information on how it works, please follow this link: How it Works | Easyfundraising If you are interested in signing up (at no cost to you), please visit our cause page by clicking the following link: Easy Fundraising Cause Page, Carers of East Lothian.

If you would like to make a donation to Carers of East Lothian to support us to continue the work that we do to support unpaid carers, you can do so using the Carers of East Lothian just giving link.

With thanks to...

We would like to thank all of the individuals who have made donations to Carers of East Lothian. And thankyou to our funders for their continued support.

East Lothian Health & Social Care Partnership · NHS Lothian · SHARED CARE SCOTLAND · Short BREAKS fund · East Lothian Council · COMMUNITY FUND

Future Newsletters...

The CoEL Newsletter is issued 3 times a year. Do you have an idea for something you would like to see in our newsletter that you think would be of interest to carers? If so, please contact Gemma using the button below.

The deadline for sending information for the next issue is Monday November 17th. Please also contact us if you have any queries about any of the content in this newsletter.

Email us

Carers of East Lothian
Supporting people who care for family and friends