

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 a similar 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: Monthly activities and outings at various locations.

North Berwick Support Group

When: Second Tuesday of each month at 10:30am to 12:00pm
Where: TBC (Jan 2026) Please see website for updates.

Carers of People with Mental Health Issues

When: Last Tuesday of each month at 5:20pm to 6:45pm
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 3:00pm
Where: Community Hall, 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: Third Monday of each month at 10:00am to 12:00pm
Where: The Fraser Centre, Tranent

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