



30 year anniversary celebrations with Carers of East Lothian.

**APR
8TH**

BOTANIC GARDENS TRIP

Join the Dunbar Carer Support group for a trip to the Botanic Gardens.

**APR
30TH**

AFTERNOON TEA

Join the Musselburgh Carer Support group for a light afternoon tea.

**MAY
12TH**

EAST LOTHIAN HISTORY TALK

Join the North Berwick Carer Support Group for an East Lothian history talk with Historic Environment Scotland.

**JUNE
5TH**

MENTAL HEALTH Q&A

Talk and Q&A about mental health support in East Lothian with a local Consultant Psychiatrist.

**JUNE
8TH- 14TH**

CARERS WEEK ACTIVITIES

Events will run for this nationally celebrated week. Announcements due start of May.

**AUG
13TH**

ARCHERY SESSION

Join the Men Who Care group for an archery session.

**AUG
25TH**

POETRY SESSION

Join the Mental Health Carer Support group for a poetry workshop.

**SEPT
DATE TBC**

WELLBEING EVENT

A series of wellbeing activities for carers. More details coming soon.

**OCT
19TH**

ART SESSION

Join our Caring Spaces art group for a creative session on the theme of 'pearl' with Carers of East Lothian and Art in Healthcare.

**NOV
DATE TBC**

VOLUNTEER CELEBRATION

A celebratory event for the amazing Carers of East Lothian volunteers. Details to follow closer to the time.

To stay updated, sign up for our mailing list [here](#).