

East Lothian

Carers

#CarersWeek2026

Week



Media Toolkit

8 June - 14 June 2026



Carers Week is a national campaign to raise awareness of caring, highlighting the challenges unpaid carers face, and recognise the contribution they make to families and communities. This toolkit is intended to support you to think about what you could do locally to improve the lives of unpaid carers and build carer friendly communities in East Lothian.

8 to 14 June is Carers Week!

You can click [HERE](#) for the national Carers Week graphics for use on social media.

Who are unpaid carers? A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. A carer isn't someone who volunteers or is employed to provide support.

This year's national campaign theme is "Building carer friendly communities". Carer friendly communities are places, spaces, services and community groups where unpaid carers are recognised, understood and valued. They exist anywhere carers live, work, study or spend time.

Carer friendly communities are made up of people who:

- Raise awareness of unpaid caring.
- Help people who don't think of themselves as having caring responsibilities to identify as carers and access support.
- Recognise unpaid carers and the vital role they play in our families and communities.
- Understand the realities and impact of caring and highlight the challenges carers face.
- Take action to identify and support carers in practical ways.
- Empower carers to live fulfilling lives.

These places, spaces and groups include our workplaces, local communities, faith communities, GP practices, hospitals, local NHS neighbourhoods, pharmacies, schools, colleges and universities, businesses or online communities supporting unpaid carers.

Even small changes in these places can, and do, make a big difference to carers' daily lives. No matter the size of your community or how you connect, there are practical and meaningful steps you can take to make your community more carer friendly.



You can help make East Lothian communities carer friendly by:

Raising awareness

Could you post on your social media platforms using the 'Proud to Support Unpaid Carers' sticker?

When sharing the social media tile, please also detail anything you're doing to mark the week, and to support unpaid carers.

[Click to download!](#)



Hosting an event

Could the activities that you are running during Carers Week (8 to 14 June 2026) have a focus on carers?

Could you offer an opportunity for carers to come together, share their experiences and offer support to each other?

Could you do something to celebrate the carers involved in your group to make them feel seen and valued?

Signposting to local support

Do you know where carers can go for support?

If you or someone you know is a young carer could you make sure you know about the support that is available?

Click below to visit:



**Support for
adult carers**



**Support for
young carers**



Signposting to local support continued

Could you display information about local carers organisations, helplines and support services in your space, such as **Carers of East Lothian** or support for unpaid carers from **East Lothian Health and Social Care Partnership**?



Carers of East Lothian



East Lothian Health and Social Care Partnership



Carers of East Lothian

Could you add a link to carer support services to your website?

Could you display the Carers of East Lothian leaflet in your space?



Carers of East Lothian's Carer Support Services leaflet

You can request printed versions from the Carers of East Lothian office on:

Telephone: 0131 665 0135

Email: centre@coel.org.uk



Could you inform unpaid carers of Carers of East Lothians activities programme? This programme has a whole host of sessions and activities which are free to unpaid carers.



Carers of East Lothian's activities programme



Supporting more people to “Think Carer”

During Carers Week, there are 2 opportunities for you to hear more from staff at Carers of East Lothian about supporting unpaid carers.

1. Carers of East Lothian will be at the **Wellbeing Hub in East Lothian Community Hospital**. You can talk to a variety of staff about local support for carers, carers rights and welfare rights for carers.

Wellbeing Hub can be found on the ground floor of East Lothian Community Hospital.

June 10

Wednesday

Time - 12pm to 2pm

2. **Think Carer online session.** This online session aims to equip professionals to know how to support carers they may meet through work.

This is an online event, contact **Catherine.Cain@coel.org.uk** to request a space.

June 11

Thursday

Time - 10am to 11am

Could you **print and share** the following poster and resources to help carers to access support?

Click to download!

Could you organise **training for your staff** or members in carer awareness to help people understand what caring is, how it affects people and how to respond with empathy and flexibility?

If you'd like Carers of East Lothian to support you with this, please contact **Catherine.Cain@coel.org.uk**



Recognising our new Carer ID card

An East Lothian Carer ID card scheme will be launched during Carers Week 2026 by East Lothian Health and Social Care Partnership. Carers said that a Carer ID card is important to help with recognition of carers, to use in case of emergency and to help create a carer friendly community.

Some local businesses offer carer discounts or special offers.

Could you consider doing the same for people who hold a Carers ID card? If so, please contact:

Email: carers@eastlothian.gov.uk



Carer ID card

Becoming “Carer Positive”

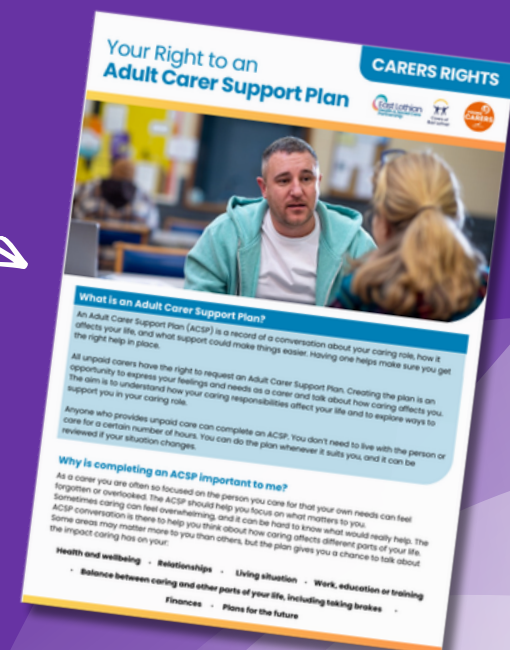
Could you show your commitment to carers in your workforce by becoming a Carer Positive employer?

Find out how you can achieve this by visiting www.carerpositive.org

Knowing carers rights

Could you make sure you know what rights carers have and promote these rights by sharing our resources?

- **Click to find out about unpaid carers legal rights.**
- **Download and share** – Your right to an Adult Carer Support Plan.
- **Download and share** – Your right to be involved when the person you care for is being discharged from hospital.



Even small changes can really make a difference, Thank you for helping make East Lothian communities more carer friendly this Carers Week.

If you would like to talk about how you might offer more support to unpaid carers please email: carers@eastlothian.gov.uk

Could you add something to your newsletter to mark Carers Week? Here is some draft copy that you could use

Carers Week 2026: Building Carer Friendly Communities 8 to 14 June 2026.

Carers Week is here! Carers Week is a national campaign that recognises the vital role unpaid carers play in our communities. This year's campaign is highlighting the impact carer friendly communities can have in making a real and lasting difference to the lives of carers everywhere. Carer friendly communities ensure carers are recognised, understood, and valued. We are taking this opportunity to raise awareness of the support that is available locally for unpaid carers.

If you look after someone who couldn't manage without your help—whether it's a family member, partner, friend, or neighbour – you are a carer. This could be due to illness, disability, a mental health problem, or addiction. Many people don't see themselves as carers but recognising this can be the first step to getting support. There is support available locally to help you look after your wellbeing, take breaks, understand your rights, access welfare rights information, and connect with other people who are in similar situations.

A good place to start is Carers of East Lothian. Take a look at their website to view the variety of support available to carers. You can contact them on the details below if there is specific support that you need.

Email: centre@coel.org.uk

Phone: 0131 665 0135

Website: www.coel.org.uk

To self refer: www.coel.org.uk/contact-us/online-referral-form/

If you are a young person caring for someone or you know someone who is a young carer you can find support by completing a brief questionnaire here

www.eastlothian.gov.uk/young-carers

or contacting **youngcarers@eastlothian.gov.uk**

Caring can be rewarding, but it can also be challenging. You don't have to cope alone. Carers Week is a chance to look into the support that's there for you.

Click below to view and book into one of the activities available during Carers Week 2026.



**Carers Week 2026
Programme Events**



Thank You

for your support. Whether you shared a post, hosted an event or simply took the time to “Think Carer”.

You are helping build an East Lothian where unpaid carers feel recognised and valued for the support they give and are supported by their communities.

Small changes can make a big difference!





www.eastlothian.gov.uk/elhscp

Versions of this leaflet can be provided in Braille, large print, audiotape, or your own language.

For assistance please call: 01620 827827.

British Sign Language (BSL) users can contact us via www.contactscotland-bsl.org

**John Muir House, Brewery Park
Haddington**
Tel: 01875 824309