

JUNE 8 - 14TH 2026
VENUES AROUND
EAST LOTHIAN



CARERS WEEK 2026

Building Carer Friendly Communities

**IF YOU LOOK AFTER SOMEONE IN EAST LOTHIAN,
THESE FREE SESSIONS AND ACTIVITIES ARE FOR YOU!**



MONDAY 8TH JUNE 11:30 - 1:30PM PAINT AND SIP WITH MILAN CARER SUPPORT GROUP AND CARERS OF EAST LOTHIAN (FISHERROW, MUSSELBURGH) [CLICK HERE FOR MORE INFO](#)



MONDAY 8TH JUNE 6:30 - 8:30 - WELLBEING SESSION WITH YOGA AND SOUNDBATH (BLEACHINGFIELD CENTRE, DUNBAR) [CLICK HERE FOR MORE INFO](#)



TUESDAY 9TH JUNE 10AM - 1PM - WALK WITH A COUNTRYSIDE RANGER (PAPPLE, NEAR HADDINGTON) [CLICK HERE FOR MORE INFO](#)



TUESDAY 9TH JUNE 6:30 - 8:30 - BEGINNERS CROCHET FOR PARENT CARERS (MECA, MUSSELBURGH) [CLICK HERE FOR MORE INFO](#)



WEDNESDAY 10TH JUNE 9:30 - 12:30- HELP SHAPE COELS FUTURE-MORNING COFFEE AND PASTRIES WITH STORYTELLING FROM TIM PORTEUS (THE AULD KIRK, COCKENZIE) [CLICK HERE FOR MORE INFO](#)



WENESDAY 10TH JUNE 12 - 2 - DROP IN INFORMATION SESSION, (EAST LOTHIAN COMMUNITY HOSPITAL) [CLICK HERE FOR MORE INFO](#)



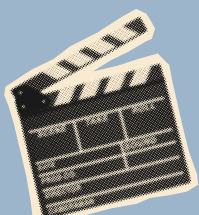
WEDNESDAY 10TH JUNE 2 - 4PM - AFTERNOON TEA AT HILTON LODGE CARE HOME, (HADDINGTON) [CLICK HERE FOR MORE INFO](#)



THURSDAY 11TH JUNE 10- 11 - THINK CARER FOR PROFESSIONALS (ONLINE SESSION) [CLICK HERE FOR MORE INFO](#)



THURSDAY 11TH JUNE AM - BARGE TRIP FOR MALE CARERS [CLICK HERE FOR MORE INFO](#)



THURSDAY 11TH JUNE 4:30 - 5:30PM YOUNG CARERS FILM PREMIERE (FRASER CENTRE, TRANENT) [CLICK HERE FOR MORE INFO](#)



FRIDAY 12TH JUNE 3:30 - 5:45PM - FOXLAKE INTERGENERATIONAL ACTIVITIES FOR CARERS OF ALL AGES WITH COEL AND EAST LOTHIAN COUNCIL YOUNG CARERS (FOXLAKE, DUNBAR) ACTIVITIES INCLUDE AQUAPARK AND RINGOS. [CLICK HERE FOR MORE INFO.](#)



PLEASE CLICK ON THE LINKS NEXT TO THE EVENTS THAT YOU ARE INTERESTED IN TO FIND OUT MORE INFORMATION.

**TO REQUEST SPACES, PLEASE CONTACT COEL ON 01316650135/
centre@coel.org.uk**

