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

Carers of East Lothian Newsletter Summer 2026

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

We share a newsletter three times a year. We hope that it keeps you up to date with useful information about caring and what we are up to as an organisation.

If you are providing support to someone and you need support yourself, you can view a list of our services on our website by clicking this link: Link to list of services
If you would prefer to talk to someone about what we do, please call us on 01316650135.

You can ask for support using an online referral form on our website. Here is the link:

Use this link to request support directly.

A note from Jenny, our Chief Executive Officer

As we embrace the warmer, brighter summer months, I am reminded of the image of footsteps in the sand—a sight so familiar along our beautiful East Lothian coastline. For many, those footprints represent a relaxing summer stroll, but for our unpaid carers, the journey can often feel like walking through heavy sand while carrying an immense weight alone.

When your caring responsibilities intensify as regular routines change over the summer, it is easy to feel isolated, as though you are making this difficult journey entirely on your own with no one walking beside you.

That is exactly why Carers of East Lothian exists: to walk right alongside you so that you never have to leave your footprints in the sand alone. Our ongoing mission remains firmly focused on providing you with steady, reliable access to the clear information, expert advice, and welcoming peer support groups that you depend on year-round. I am incredibly proud of how our team works consistently to ensure you always have a supportive companion on your journey, no matter the season. Please remember that our doors and phonelines are always open; I encourage you to reach out to us, make use of our resources, and let us walk with you just as wonderfully as you support your loved ones.

EXCELLENCE FOR CARERS
Carers Trust Quality Award

Carers of East Lothian updates

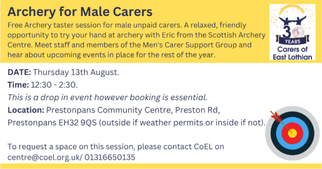
30 YEARS
Carers of
East Lothian
Supporting people who
care for family and friends

Carers of East Lothian - 30 year anniversary

In our previous newsletter, we introduced a series of exciting events planned throughout the year to mark our 30th anniversary. We're delighted to share the next few events as we continue to mark this special milestone together.

If you'd like to book a space on any of these sessions, please contact us on centre@coel.org.uk, 01316650135 or by simply replying to this email.

First on the list is **archery for male carers**. Join Raj from the men's carer support group for a relaxed, friendly opportunity to try your hand at archery with Eric from the Scottish Archery Centre. Meet staff and members of the Men's Carer Support Group and hear about upcoming events in place for the rest of the year.



Archery for Male Carers

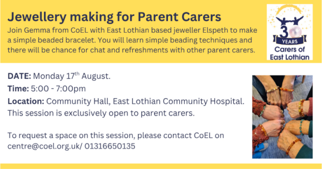
Free Archery taster session for male unpaid carers. A relaxed, friendly opportunity to try your hand at archery with Eric from the Scottish Archery Centre. Meet staff and members of the Men's Carer Support Group and hear about upcoming events in place for the rest of the year.

30 YEARS
Carers of East Lothian

DATE: Thursday 13th August.
Time: 12:30 - 2:30.
This is a drop in event however booking is essential.
Location: Prestonpans Community Centre, Preston Rd, Prestonpans EH32 9QS (outside if weather permits or inside if not).

To request a space on this session, please contact CoEL on centre@coel.org.uk/ 01316650135

Next is **jewellery making for parent carers.** Join CoEL staff and local jeweller Elspeth to make a simple beaded bracelet to take away. Enjoy this activity in the company of other parent carers. There are only a few spaces left on this session. **THIS SPACE IS NOW FULLY BOOKED.**



Jewellery making for Parent Carers

Join Gemma from CoEL with East Lothian based jeweller Elspeth to make a simple beaded bracelet. You will learn simple beading techniques and there will be chance for chat and refreshments with other parent carers.

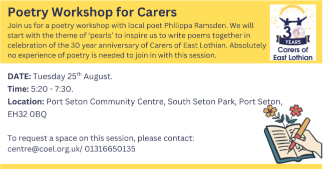
30 YEARS
Carers of East Lothian

DATE: Monday 17th August.
Time: 5:00 - 7:00pm
Location: Community Hall, East Lothian Community Hospital.
This session is exclusively open to parent carers.

To request a space on this session, please contact CoEL on centre@coel.org.uk/ 01316650135

Next is a creative writing and poetry session for unpaid carers with an interest in mental health and wellbeing. A relaxed, friendly opportunity to try your hand at writing some poetry with local poet Phillipa Ramsden. We will be starting off with the theme of 'pearls' to mark our anniversary year. We are looking forward to seeing where this takes us.

Meet staff and members of the Mental Health Carer Support Group and hear about recent and upcoming events in place for the rest of the year.



Poetry Workshop for Carers

Join us for a poetry workshop with local poet Philippa Ramsden. We will start with the theme of 'pearls' to inspire us to write poems together in celebration of the 30 year anniversary of Carers of East Lothian. Absolutely no experience of poetry is needed to join in with this session.

30 YEARS
Carers of East Lothian

DATE: Tuesday 25th August.
Time: 5:20 - 7:30.
Location: Port Seton Community Centre, South Seton Park, Port Seton, EH32 0BQ

To request a space on this session, please contact: centre@coel.org.uk/ 01316650135

---

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

30-year 'pearls'

In our last newsletter issue, we told you that we are using pearls to celebrate our 30 year anniversary at Carers of East Lothian. Pearls are traditionally associated with 30 - year anniversaries. And like pearls, unpaid carers are valuable and often hidden from view.

You may remember that a very creative member of the CoEL team is making a pearl sculpture that we are going to fill with 'pearls of wisdom' from one carer to another. We would love to hear from you if you'd like to share a pearl of wisdom. We are asking carers to answer the question:

"If you could give a piece of advice to a carer who was just starting out in their caring journey, what would it be?"

We will fill the sculpture with all of the pearls and open it later in the year at our annual general meeting. Please click the button below to submit your pearl.

Share your pearl of wisdom

---

people
vision
STRATEGY
development
Marketing

Carers of East Lothian Strategy

As we continue to develop our next five year strategy at Carers of East Lothian, it is really important that we hear directly from carers about how we can provide the best possible support.

We have already held some sessions where we have heard from carers and we would like to invite more carers to share their views. Please see below for details of how you can get involved in the conversation.

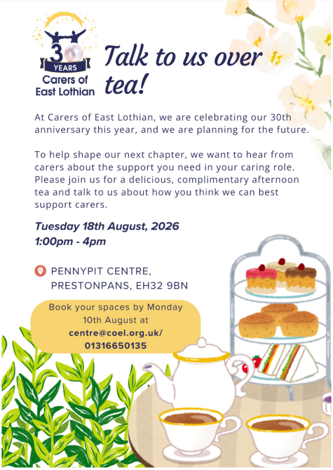
Join us for Afternoon Tea
On Tuesday 18th August, we will be hosting a special afternoon tea at the Pennypit Centre, Prestonpans to celebrate 30 years of Carers of East Lothian and to look ahead to our next chapter.

There will be an opportunity to enjoy a complimentary afternoon tea, meet other carers and share your views and ideas about support for carers through Carers of East Lothian. There are just a few spaces remaining for this session.

Complete our short questionnaire
We have also created a **short** and simple questionnaire. It asks just a few questions about:

- Support you found most helpful
- Any gaps in the support currently available
- What you would like us to focus on in the future
-

You can complete the questionnaire here:
[Help us to shape our next chapter at Carers of East Lothian. – Fill in form]



30 YEARS
Carers of East Lothian

Talk to us over tea!

At Carers of East Lothian, we are celebrating our 30th anniversary this year, and we are planning for the future.

To help shape our next chapter, we want to hear from carers about the support you need in your caring role. Please join us for a delicious, complimentary afternoon tea and talk to us about how you think we can best support carers.

Tuesday 18th August, 2026
1:00pm - 4pm

PENNYPIT CENTRE,
PRESTONPANS, EH32 9BN

Book your spaces by Monday 10th August at
centre@coel.org.uk/
01316650135

Email us to book a space

New staff members at Carers of East Lothian

We have welcomed two new staff members at CoEL recently. We are delighted to introduce them to you below.

Doug Anthoney has joined Carers of East Lothian as **Carer Support and Caseload Manager**. This is a new role for the organisation and we are very excited about the added level of focused support this role will bring to the carer support team.

Doug has worked in the charity sector at a national level for many years. He was drawn to work for CoEL by the opportunity of working with a local frontline support service where he could see first hand the differences made to carers' quality of life. Doug says that he is “looking forward to working with an inspiring and dedicated team, and to hopefully adding value to their efforts on behalf of carers.”

Outside of work, Doug enjoys being creative and performing as a singer-songwriter, being part of his local choir and being active outdoors.

Stuart Pe-Win has joined Carers of East Lothian as **a Finance and Admin Assistant** where he hopes to assist the rest of the team.

Stuart has worked in various roles ranging from the civil service, education and the private sector.

He was drawn to work for CoEL as having been a carer he is aware of the highs and lows of the role and is glad that organisations like CoEL are there to help people in their caring roles. Stuart is "looking forward to getting to know the rest of the team and in taking up the challenge of getting up to speed in his new role".

Outside of work, Stuart likes tinkering about on various DIY jobs, volunteering in the community and enjoying life with his family and children.

Innovation and Improvement

We mentioned in our last newsletter that Linda Walker moved into a new role at CoEL as Innovation and Improvement Manager.

Many of you will know Linda from her previous role, *Building Better Breaks Coordinator*. Linda is continuing to oversee the Time for Me Fund to enable carers to take breaks from caring. As well as this, Linda's new role focuses on making it easier for carers to get the support they need, from their first contact with us right through to when their support ends. Over the next two years, Linda will be involved in a range of projects designed to help ensure carers get the right support at the right time.

Linda would love to hear from you if you have any ideas about how we could improve our services. Email her at: linda@coel.org.uk or you can complete our short survey here:

Link to complete survey

Click to email Linda

East Lothian Carers Week #CarersWeek2026

Reflections on Carers Week 2026

We ran a busy programme of events for this year's carers week, with sessions running across the county for different groups of carers.

There was high demand for our wellbeing activities. Thanks to Angie Garton (Sound Bath Practitioner) and Anna from Flowering Cactus Yoga, we were able to add a second relaxation session, giving more carers the opportunity to rest, recharge and take time away from their caring responsibilities. It was wonderful to hear how these sessions supported carers to rest, and we are currently exploring funding opportunities to offer more sessions like this in the future.

We are also grateful to Foxlake Adventures and JayBird's Larder for providing an Aquapark session for carers for the fourth consecutive year. The event brought young and adult carers together, helping to build new connections.

Other highlights included a beautiful countryside walk in Papple with Julie from CoEL and the Countryside Ranger Team, a joint art activity with Milan East Lothian carers group who support carers from South Asian communities, afternoon tea in North Berwick, a crochet session for parent carers, and a popular barge trip.

The theme of this year's Carers Week was **Carer Friendly Communities**, providing a valuable opportunity to celebrate carers and raise awareness of the vital role they play across East Lothian. We worked with East Lothian Health and Social Care Partnership to develop a media kit for organisations supporting them to recognise carers and learn more about available support. This had a lot of engagement on social media and we are very grateful to other community organisations for thinking carer and getting involved with the campaign.

If you have any further comments on how we support the Carers Week campaign, please direct them to Gemma on gemma@coel.org.uk

Please see a small selection of photos from the week below.

Photo Credit: Louise Anne Kennedy

Updates on some of our support groups

Mental Health Carers Group Support

In our last issue, we were looking for feedback from carers who support somebody with mental health issues about what they might need from us in terms of group support.

We received lots of very helpful feedback about the benefits of peer support, the format and location of sessions and the topics you would like to see us focusing on. A huge thank you to everyone who contributed.

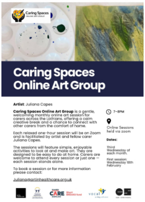
Claire, our mental health carer support worker, along with Gemma, our communications and engagement manager are now on the case planning a 12 month programme. Please stay tuned for updates on the sessions that will be available.

Back in June, as part of our 30th anniversary celebrations in June, CoEL's Mental Health Carer Support Worker, welcomed a local Consultant Psychiatrist to give an insightful and informative talk to a group of carers.

The session explored the challenges facing mental health services and discussed how we can best support people experiencing mental health difficulties, as well as their families and carers, during these challenging times.

We were able to record the session. If you would like to watch this session, you can do so at this link: Link to watch talk with consultant psychiatrist

---



Caring Spaces Online Art Group

Artist: Juliana Capes

Caring Spaces Online Art Group is a gentle, welcoming monthly online art session for carers across the Lothians, offering a calm creative break and a chance to connect with other carers from the comfort of home.

Each relaxed one-hour session will be on Zoom and is facilitated by artist and fellow carer Juliana Capes.

The sessions will feature simple, enjoyable activities to look at and make art. They are designed to be easy to do at home. Carers are welcome to attend every session or just one – each session stands alone.

To book a session or for more information please contact:

Juliana@artinhealthcare.org.uk

7–8PM

Online Sessions held via zoom

Dates:

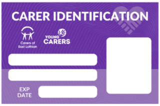
Third Wednesday of each month.

First session: Wednesday 18th February

Online art group

We would like to remind carers that Art in Healthcare run an online art group for carers across the Lothians. During sessions, carers explore work from the Art in Healthcare collection to inspire creative works by the group.
If you are interested in joining inwith this group, you can contact Gemma on gemma@coel.org.uk who can share the joining link with you so that you can try out creativity in your own home.

Information from East Lothian Health and Social Care Partnership



Apply for your Carer ID Card

Carer ID Cards
If you provide unpaid care for a friend, neighbour or loved one, you can now apply for an East Lothian Carer ID Card.

We are very pleased about this at Carers of East Lothian because we have heard from many carers that this would be useful.

Why should you apply for a Carer ID card?

- Recognition: carers can feel that places and services don't recognise their role and it would be helpful for them to have something to show that recognises the support they provide and encourages others to think carer.

- In case of emergency: carers worry about what might happen to the person they care for if something was to happen to them, the carer ID card will give two emergency contact numbers that should be used in case of emergency.

- Creating a carer friendly community: we already have great relationships with many local businesses and carers would like to use their cards to access discounts or special offers. For more information and for how to apply please click the red link below:

Apply for a carer ID card.

East Lothian Integration Joint Board

Carers Strategy 2026 to 2029

East Lothian Integration Joint Board Carers Strategy 2026 -2029

The East Lothian Carers Strategy sets out how East Lothian Health and Social Care Partnership will improve the identification, support and inclusion of unpaid carers between 2026 and 2029, responding to carers' lived experience and closing the gap between legislation and reality.

The strategy has recently been published. You can click on the link below to read the strategy. There is also a video summarising the strategy.

Link to view the East Lothian IJB Carers Strategy

Holidays or Isolation? A local perspective

THANK YOU

to the young people, carers and providers of holiday activities that were involved in an engagement project about the challenges that families with children and young people with additional support needs face during school holidays.

Report is now available online!

Holidays or Isolation Report
Back in June, **East Lothian Health and Social Care Partnership** sent out their thanks to the young people, carers and providers of holiday activities that were involved in an engagement project about the challenges that families with children and young people with additional support needs face during school holidays.

An East Lothian focused report titled "Holidays or Isolation", produced in partnership with Shared Care Scotland is now available to view online.

Please follow the link below if you would like to read their report.

Link to view report - Holidays or Isolation.

East Lothian
Rehabilitation Service

Drop-in education sessions for daily living equipment, technology solutions, and carers.

We are sharing new dates for free public drop-in education sessions in East Lothian
on behalf of the rehabilitation teams designed to support East Lothian residents with everyday living, showcase helpful technology, and provide support for carers.

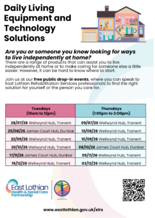
These sessions bring together
community OT-led small aids service and **consumer technology support** in one convenient setting—making it easier than ever to access practical advice and explore solutions. The Occupational Therapist working in the OT Caregivers Pathway is also present to support conversations with those in a caregiving role.
What to expect:

- Hands-on opportunities to **see and try a wide range of daily living equipment**
- Guidance on **technology that can support independence and safety at home**
- Dedicated advice for those in a **family caregiving role**

There's **no need to book**—people can simply drop in during the two-hour session at a time that suits them.

Whether you are looking to support someone at home, maintain your independence, or make caring a little easier, these sessions are designed with you in mind.

Please see below for **dates and locations**.



Daily Living Equipment and Technology Solutions

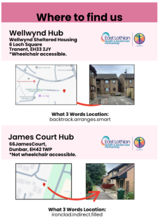
Are you or someone you know looking for ways to live independently at home?
There are a range of products that can assist you to live independently at home or to make caring for someone else a little easier. However, it can be hard to know where to start.

Join us at our **free public drop-in events**, where you can speak to East Lothian Rehabilitation Services professionals to find the right solution for yourself or the person you care for.

Tuesdays **(10am to 12pm)**	**Thursdays** **(1:00pm to 3:00pm)**
28/07/26 Wellwynd Hub, Tranent	**09/07/26** Wellwynd Hub, Tranent
25/08/26 James Court Hub, Dunbar	**13/08/26** Wellwynd Hub, Tranent
22/09/26 Wellwynd Hub, Tranent	**10/09/26** Wellwynd Hub, Tranent
20/10/26 Wellwynd Hub, Tranent	**08/10/26** James Court Hub, Dunbar
17/11/26 James Court Hub, Dunbar	**05/11/26** Wellwynd Hub, Tranent
15/12/26 Wellwynd Hub, Tranent	**03/12/26** Wellwynd Hub, Tranent

East Lothian Health & Social Care Partnership

www.eastlothian.gov.uk/elrs



Where to find us

Wellwynd Hub
Wellwynd Sheltered Housing
6 Loch Square
Tranent, EH33 2JY
***Wheelchair accessible.**

What 3 Words Location:
backtrack.arranges.smart

James Court Hub
66JamesCourt,
Dunbar, EH42 1WP
***Not wheelchair accessible.**

What 3 Words Location:
ironclad.indirect.filled

The Occupational Therapy Caregivers' Pathway - 4 week self-management programme

The OT caregivers' pathway is running a 4-week self-management programme for caregivers (maximum 8 participants) in September 2026.

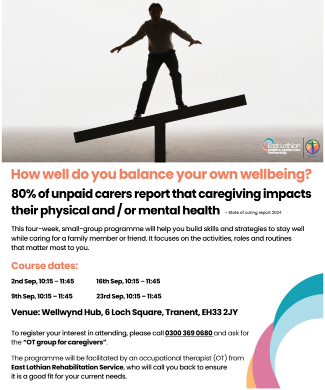
The programme will run for 4 consecutive weeks, from **Wednesday 2nd Sept, 10:15 to 11:45, in the Well Wynd Hub, Tranent**.

Interactive sessions will explore:

- Importance of self-care and retaining your own identity amidst caregiving
- Balancing different types of activities to meet your needs and manage your energy levels
- Building rest into everyday routines
- Managing stress and distress
- Living with uncertainty and adapting change across the span of your caregiving role

If you are interested in this programme, you can self-refer by calling 0300 3690 680, selecting option 2, and asking for "OT group for caregivers", or you can ask someone at CoEL to refer you to the programme.

Do you provide unpaid care for family member or friend?



How well do you balance your own wellbeing?

80% of unpaid carers report that caregiving impacts their physical and / or mental health - State of caring report 2024

This four-week, small-group programme will help you build skills and strategies to stay well while caring for a family member or friend. It focuses on the activities, roles and routines that matter most to you.

Course dates:

2nd Sep, 10:15 – 11:45
9th Sep, 10:15 – 11:45
16th Sep, 10:15 – 11:45
23rd Sep, 10:15 – 11:45

Venue: Wellwynd Hub, 6 Loch Square, Tranent, EH33 2JY

To register your interest in attending, please call **0300 369 0680** and ask for the **"OT group for caregivers"**.

The programme will be facilitated by an occupational therapist (OT) from **East Lothian Rehabilitation Service**, who will call you back to ensure it is a good fit for your current needs.

The Occupational Therapy Caregivers Pathway is a service for unpaid carers who live in East Lothian.

It offers:

- An assessment (a check of your needs)
- Support and activities to help you

The service aims to:

- Improve your health
- Improve your wellbeing
- Help you take part in activities that matter to you

At present referrals primarily come from healthcare workers. They would like to expand this and consider self-referral. They are looking for views from carers about this development.

Please click on the survey link below to share your views on this:

Share your views on the occupational therapy caregivers pathway

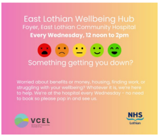
Other Local Updates

Information hubs

Are you looking for help, advice, or just

HELP
SUPPORT
ADVICE

curious about what's available locally? **Information Hubs** bring advice and support straight to your community. If you are looking for help, advice, or you are just curious about what's available locally, the information hubs bring together friendly faces from charities, the council and the NHS - all in one place. You can find out more about when they are running by clicking this link.



East Lothian Wellbeing Hub
Foyer, East Lothian Community Hospital
Every Wednesday, 12 noon to 2pm

Something getting you down?

Worried about benefits or money, housing, finding work, or struggling with your wellbeing? Whatever it is, we're here to help. We're at the hospital every Wednesday - no need to book so please pop in and see us.

Wellbeing Hub
Do you know that there is a wellbeing hub at the East Lothian Community Hospital in Haddington every Wednesday? The hub offers confidential support, practical help, and friendly advice from local services and is open to all. Please follow this link if you'd like to know more about the hub.

Have you, a family member or a friend been affected by cancer?

Macmillan Cancer Support and NHS Lothian are seeking feedback to help improve cancer services across the region.

Whether you are a patient, carer, family member, or friend, your experience can help shape future cancer care.

You can take part in a quick survey or get in touch for a one-to-one conversation with them. You can contact Anne-Marie who is the Macmillan Engagement Manager at annemarie.barry@nhs.scot or 07483 692322. Click on the relevant survey below if you would like to share your views:

Link to Carer Survey
Link to Patient survey

Special News Feature

Mr Strongman Competitor - Derek Marr – "The Weight of Caring!"

We are delighted to share Derek's story. Derek is a full-time carer for his wife and a parent carer for his children. Suzie Q from team CoEL recently met with him to hear about his experience competing in the Scottish Strongman league.

During the event, Derek proudly wore a CoEL t-shirt to help raise awareness of the importance of support for carers in balancing their caring role with their own interests and ambitions. Read on to hear more from Suzie about Derek's journey, what it has meant to him and how it links to carers.

Derek was always passionate about sport. As his caring role developed, he had to give up work, sport. During lockdown, a friend introduced him to 'Strongman' heavy weights and lifting in his garage.

Derek "immediately got the bug" and quickly realised this sport could be flexible to fit around his complex and busy caring life and give him personal joy and pride.

As his strength and skills developed, he needed to get his own equipment and sportswear to continue. He applied for a Time for Me grant from Carers of East Lothian. This helped him buy a belt, knee and elbow sleeves and access a specialist gym. The gym is open 24 hours a day, giving him the flexibility to take his children to school, support everyone and fully engage in his family life.

He reflects on the importance of having self-care breaks, what ever they are. His mental, physical and emotional wellbeing have greatly improved. He is coping better with his daily caring challenges and is much more resilient as a person.

Derek's 'Pearl of Wisdom' to other Carers is "Don't Accept Defeat, Ask for Help!"

National Updates

Scottish Government
Riaghaltas na h-Alba
gov.scot

Right to Breaks Update

As of July 2026, the Right to Breaks for unpaid carers in Scotland has been passed into law, but it has not yet been fully implemented. The Scottish Government is currently working through how the new right will operate in practice.

The Scottish Government ran a consultation from 27 February to 22 May 2026 on implementation of the new right.

Responses are currently being considering before final regulations and guidance are produced.

Carers of East Lothian submitted a response to the consultation. Carers Centre Managers and senior staff working within local carers' centres across Scotland also submitted a collective response.

If you'd like to read more about what National carer organisations heard from carers and carers centres, Coalition of Carers in Scotland organisations have published some excellent summaries including visual representations which can be viewed here: https://www.carersnet.org/right-to-breaks-consultation-what-carers-told-us/

Important updates about changes to Motability vehicles.

On July 14th, Motability confirmed how changes already introduced in England and Wales from 1 July 2026 will apply to Scotland.

The Motability changes will reduce mileage allowance, increase excess mileage fees, cut tyre replacement limits, and introduce a charge for taking the car abroad. Motability has confirmed:

- Scheme changes for new leases will apply to customers receiving a Scottish allowance from 1 September 2026.
- Your current lease will not be affected.
- Customers in the most rural areas and on islands across the UK will get additional mileage support which will be applied automatically, and eligible customers will be contacted by letter or email.

  *Please also note, that there may be some support from Motability for customers with higher mileage needs. There is a link to more information about this in the article below.

Click on the link below for more information.

Motability scheme - click link for more information.

Benefits Information

Pension Credit - You may be entitled to Pension Credit. Pension Credit is a benefit for people over State Pension age on a low income.
Many people who are eligible to claim pension credit do not claim it. To find out if you could be eligible to claim, use this link to the Government website: https://www.gov.uk/pension-credit-calculator

---

Pension Age Disability Payment
Social Security Scotland

Pension Age Disability Payment is replacing Attendance Allowance for people in Scotland. The payment can give people extra money if they have:

- a disability or long-term health condition that means they need help looking after themselves or supervision to stay safe.
- reached State Pension age

It is also available to people of State Pension age with a terminal illness.

People already getting Attendance Allowance from the DWP don't have to do anything as their awards have already started to gradually transfer to Social Security Scotland.

Pension Age Disability Payment is now open for applications across Scotland. Find out more at mygov.scot/PensionDisability

---

CHILD
BENEFIT

Receive the Child Benefit payments you are entitled to

You can get Child Benefit until your child turns 20 if they're in certain types of education or training and they:

- are accepted onto the course before they turn 19
- do not get Universal Credit

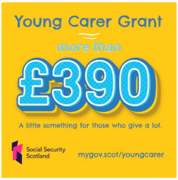
You must tell HM Revenue and Customs (HMRC) about their education or training. Only the person who is claiming Child Benefit can do this.

You may be sent a letter in your child's last year at school asking you to tell HMRC about your child's plans.

Your Child Benefit automatically stops on 31 August on or after your child's 16th birthday if:

- they leave education or training
- you do not tell HMRC that they're staying in education or training
- they're staying in a type of education or training where you cannot get Child Benefit

For more information about this, please follow this link: Child Benefit Information.



Young Carer Grant

Young Carer Grant is available to 19 year olds!
If you're:
☑ aged 16, 17, 18 or 19
☑ look after someone who gets a disability benefit
You could be eligible for over £390.
Please help spread the word so that more young adult carers who are 19 are aware of this change in eligibility! Follow this link for more information.

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

To get specialist welfare rights advice from Carers of East Lothian for any benefit changes mentioned in this newsletter, or for support with any other benefits or money matters, please call 0131 665 0135 or fill in the referral form on our website. You can click this link to find it.

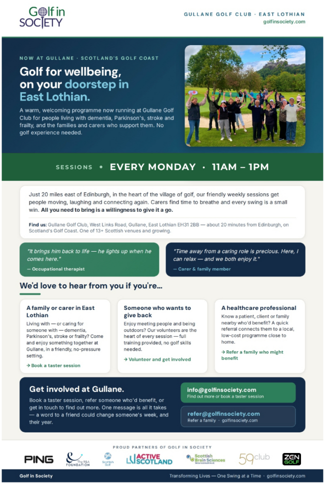
If you need extra time or support because of language difficulties, communication needs, digital skills, a disability, a health condition, or any other reason, we can do this in a way that meets your needs.

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

---



Golf in SOCIETY

GULLANE GOLF CLUB · EAST LOTHIAN
golfinsociety.com

NOW AT GULLANE · SCOTLAND'S GOLF COAST

Golf for wellbeing, on your doorstep in East Lothian.

A warm, welcoming programme now running at Gullane Golf Club for people living with dementia, Parkinson's, stroke and frailty, and the families and carers who support them. No golf experience needed.

SESSIONS • **EVERY MONDAY · 11AM – 1PM**

Just 20 miles east of Edinburgh, in the heart of the village of golf, our friendly weekly sessions get people moving, laughing and connecting again. Carers find time to breathe and every swing is a small win. **All you need to bring is a willingness to give it a go.**

Find us: Gullane Golf Club, West Links Road, Gullane, East Lothian EH31 2BB — about 20 minutes from Edinburgh, on Scotland's Golf Coast. One of 13+ Scottish venues and growing.

> *"It brings him back to life — he lights up when he comes here."*
> — Occupational therapist

> *"Time away from a caring role is precious. Here, I can relax — and we both enjoy it."*
> — Carer & family member

We'd love to hear from you if you're...

A family or carer in East Lothian
Living with — or caring for someone with — dementia, Parkinson's, stroke or frailty? Come and enjoy something together at Gullane, in a friendly, no-pressure setting.
→ Book a taster session

Someone who wants to give back
Enjoy meeting people and being outdoors? Our volunteers are the heart of every session — full training provided, no golf skills needed.
→ Volunteer and get involved

A healthcare professional
Know a patient, client or family nearby who'd benefit? A quick referral connects them to a local, low-cost programme close to home.
→ Refer a family who might benefit

Get involved at Gullane.

Book a taster session, refer someone who'd benefit, or get in touch to find out more. One message is all it takes — a word to a friend could change someone's week, and their year.

info@golfinsociety.com
Find out more or book a taster session

refer@golfinsociety.com
Refer a family · golfinsociety.com

PROUD PARTNERS OF GOLF IN SOCIETY

PING · The R&A Foundation · Scottish Golf · Active Scotland · Scottish Brain Sciences · 59club · ZEN GOLF

Golf in Society Transforming Lives — One Swing at a Time · golfinsociety.com

Golf in Society

A warm, welcoming programme running at Gullane Golf Club for people living with dementia, Parkinson's, stroke and frailty, and the families and carers who support them. No golf experience necessary. Sessions run every Monday 11am-1pm. If you are interested in booking a taster session for the person you care for and you to go along, contact them on info@golfinsociety.com. Alternatively, give us a call at Carers of East Lothian and we can support you to get involved.

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

If you are you an unpaid adult carer living in East Lothian who likes spending time being active and outdoors, look no further than the East Lothian Carers' Adventure Wellbeing Group run by [Venturing Out](#)
Activities are free to access for carers with the aim of providing a break from the caring routine, meeting other carers and taking time to focus on health & wellbeing. Activities run on weekdays and weekends and cater for varying levels of fitness and ability.

There are just a few activities left in their current programme, including coasteering on 15th August, bushcraft on 19th August and a trail cycle on 31st August. They always share their programme with us at Carers of East Lothian and we will upload it to our website for carers.

To find our more, email claire@venturingout.org.uk

Volunteering with CoEL

Volunteer
Telephone Befriending

Volunteer with Carers of East Lothian

We are always keen to hear from people who are interested in volunteering and supporting our work with their time. At the moment, we are particularly keen to hear from people who might be interested in becoming a volunteer befriender with us.

We are looking for people who are good listeners to maintain regular contact with carers on the telephone. If you have two to four hours to spare each month, for up to a year, please consider volunteering with the befriending service, especially if you have personal experience of some of the challenges that caring for another person who relies on your support can bring.

What we can offer you:

- training, ongoing support and supervision
- opportunities to meet new people
- opportunities to develop your skills and confidence
- opportunities to make a difference to carers in your community
- references and recognition of your service

For an informal chat about volunteering with the befriending service, please contact Catherine Cain by clicking the button below.

Email Catherine

The Kiltwalk September 2026

Did you know that Carers of East Lothian is a registered charity for The KiltWalk?Would you like to take part to support carers and the work that we do?

The Edinburgh Kiltwalk is on Sunday 13th September 2026. It is a fantastic fundraising event that attracts thousands each year, wearing tartan and raising money for their chosen charity. For the last two years, small teams have taken on the challenge for CoEL and raised vital funds for Carers of East Lothian! If you're up for the challenge, please do consider signing up and nominating us as your chosen charity. There are three routes to choose from:

21 miles - The Mighty Stride
11 miles - The Big Stroll
4.5 miles - The Wee Wander (family friendly)

CoEL will contribute £5.00 towards your entry fee and provide a bright yellow Carers of East Lothian t shirt so that you can raise awareness of support for carers along the way!

Follow the link to find out more about the Kiltwalk: https://thekiltwalk.co.uk/
If you are considering walking on the day, please contact Catherine on Catherine.Cain@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.**

Yoga for carers

We have been running regular yoga sessions with Anna from Flowering Cactus Yoga. These sessions have offered welcoming, mat-based yoga class. We've had lots of interest and we have heard from carers that the sessions have been really beneficial. We are making plans for more sessions in the near future. Please watch this space for further opportunities.

Carers Rights

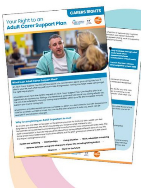
Make Work Pay: Employment Rights for Unpaid Carers and parents of seriously ill children.

The UK Government is seeking the views of unpaid carers and employers for a consultation on workplace rights.

This consultation will explore a range of options to help unpaid carers remain in and return to work, including the introduction of a statutory right to paid Carer's Leave.

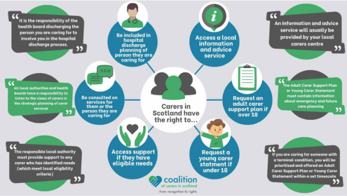
We encourage individuals and employers to take part and share their experiences, to help shape future employment rights and workplace support for unpaid carers. You can click the link below to read more about the consultation.
Link to consultation.

Please see links below for leaflets we developed with East Lothian Health and Social Care Partnership. The leaflets aim to help carers to understand their rights around Adult Carer Support Plans and carers right to be involved in hospital discharge. Please click on the images below to download the leaflets. If you'd like a copy of either of the leaflets posting to you, please contact us on centre@coel.org.uk



CARERS RIGHTS
Your right to be involved when the person you care for is being discharged from hospital

This handy visual from Coalition of Carers in Scotland outlines carers rights in a clear and simple way. For more information, you can follow this link to visit our web page on carers rights. If you have any questions about your rights as a carer, please contact us on 01316650135.


It is the responsibility of the health board discharging the person you are caring for to involve you in the hospital discharge process.
Be included in hospital discharge planning of person they are caring for
Access a local information and advice service
An Information and advice service will usually be provided by your local carers centre
All local authorities and health boards have a responsibility to listen to the views of carers in the strategic planning of carer services
Be consulted on services for them or the person they are caring for
Carers in Scotland have the right to...
Request an adult carer support plan if over 18
The Adult Carer Support Plan or Young Carer Statement must contain information about emergency and future care planning
The responsible local authority must provide support to any carer who has identified needs (which meet local eligibility criteria)
Access support if they have eligible needs
Request a young carer statment if under 18
If you are caring for someone with a terminal condition, you will be prioritised and offered an Adult Carer Support Plan or Young Carer Statement within a set timescale
coalition
of carers in scotland
from recognition to rights

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.**

We would like to thank all of out funders for their continued support.

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 9th November. Please also contact us if you have any queries about any of the content in this newsletter.

Email us

View email in browser

Carers of East Lothian, East Lothian Community Hospital, Alderston Road, Haddington, EH41 3PF

update your preferences or unsubscribe