

# Do you provide unpaid care for family member or friend?



East Lothian  
Health & Social Care  
Partnership



## 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:

4th Nov, 11:00 – 12:30

18th Nov, 11:00 – 12:30

11th Nov, 11:00 – 12:30

25th Nov, 11:00 – 12:30

**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.