



Parent Carer Group Support

Special thanks to Musselburgh Area Partnership for funding towards this programme of events.



If you are a parent carer of a child with additional support needs or the parent carer of an adult and you are looking to connect with others in similar situations, these sessions are for you!

2026 Autumn/ Winter Programme

**Thursday
Oct 22nd**

Hot and Bothy Sauna Experience - Archerfield Walled Garden

We have organised a 90 minute private booking just for parent carers at the hot and bothy sauna. For more information about what to expect, please visit their site: www.hotandbothysauna.co.uk
Session start: 6pm.

**Thursday
Dec 3rd**

Soundbath - The Hollies Musselburgh

Join Angie Garton for a one hour soundbath - a mind-body relaxation - session where Angie plays therapeutic instruments designed to help you feel calm and relaxed. Benefits include: Feelings of inner peace, improved sleep, normalised blood pressure, release of physical tension and reduced anxiety.
Session start: 10am.

**Mondays
Jan 25th
and Feb
1st**

Trauma Informed Parenting - Online, evening sessions

A two week course run in collaboration with Suzanne Scott from Trauma Informed Parenting. The sessions will cover how to manage children's challenging behaviours by applying a trauma informed approach.
The sessions will run 6:30pm - 8:30pm.

Please note, sessions are open to all Parent Carers even if a medical diagnosis has not been given.

Please contact Carers of East Lothian on centre@coel.org.uk if you would like to book a space on any of these sessions.