



# Carers Week 2021

## **Pilates Pamper Package\* - Mon 7th June, 10 to 10:40 am**

Stretch and de-stress with an online Pilates class led by instructor Johanna Dollerson of Lark Pilates. All participants will be given access to a 7 day replay of the relaxation focussed session and be sent a lavender themed self-care kit to complete the pamper package. This event will be delivered on Zoom.

**\*Please note** you will be sent a health form to complete and return to the instructor by Mon 31st May to help keep you safe and comfortable during the Pilates class.

## **Just Sing! - Tue 8th June, 1:30 to 2:30 pm**

Join us for an uplifting online singing session for carers facilitated by choir leader Anya Bisset. No previous singing experience necessary - the focus of this event is feeling good and having fun! This event will be delivered on Zoom.

## **Parent/Carer Name that Tune Quiz - Tue 8th June, 6 to 7 pm**

A music trivia quiz for parent/carers hosted by COEL's fabulous Suzie Q. Please email [susanq@coel.org.uk](mailto:susanq@coel.org.uk) by Fri 4th June the name of a song that keeps you going if you would like to see it featured in the quiz. This event will be delivered on Zoom.

## **Cockenzie House Afternoon Tea - Wed 9th June, 2 to 4 pm**

Join us for a delicious afternoon tea in the marquee. This is an opportunity for you to enjoy some face to face company outdoors AND undercover in the beautiful gardens of Cockenzie House. Spaces strictly limited so please book ASAP.



## Carers Week continued...

### **Countryside Ranger Walk – Thu 10th June, 10.15 am to 12.30 pm**

A guided walk in the Pencaitland/Ormiston area with countryside ranger Richard English who will share his knowledge of the local history and the wildlife we encounter along the way. Please wear suitable footwear for walking off-road. The walk will take about 1.5 hours going at a gentle pace. We will meet at the lovely new Rosearista Café near Pencaitland (EH34 5DH) at 10.15am for a 10.30am start. You're invited for a hot drink back at Rosearista at the end of the walk. This walk is dog-friendly so feel free to bring your doggy companion if you have one. Spaces are strictly limited so please book ASAP.



### **Booking Instructions**

All events are FREE for unpaid carers but require advanced booking. To book a place on an event, **please call us on 0131 665 0135 or email [centre@coel.org.uk](mailto:centre@coel.org.uk)**.

For events held on Zoom, you will need an internet connected device with a camera such as a smartphone, tablet or laptop to participate. We can help you to use Zoom (free video calling software) if you are not familiar with it.

For face-to-face events, you will be contacted by staff the day before the event, who will complete a brief Covid-19 risk assessment with you.

### **Carers Week 2021 Online Resources**

From Mon 7th to Fri 10th June, we will post a daily haiku (three line poem) and a personally meaningful song chosen by a staff member on our website and Facebook page.

**Website:** [www.coel.org.uk](http://www.coel.org.uk)

**Facebook:** [www.facebook.com/coel92](https://www.facebook.com/coel92)

There will be something new to enjoy every day and we hope that you will share any haikus you feel inspired to write or songs that have kept you going this last year, with us, too. Please email your haiku and/or song suggestion to [centre@coel.org.uk](mailto:centre@coel.org.uk) or leave a comment on our Facebook page.