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

Carers of East Lothian Newsletter
Spring 2025

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

The Carers of East Lothian Newsletter is sent three times a year. We hope that it keeps you up to date with relevant and important information for unpaid carers and keeps you in the loop with what we are up to as an organisation.

A note from Jess, our CEO

A very warm welcome to the Spring issue of the Carers of East Lothian newsletter. As we welcome the new season, we would like to acknowledge the vital role that each of you play in the lives of the people that you care for. We know how challenging it can be to find time for yourselves, and we know how physically and emotionally tiring it can be to provide care for someone.

At CoEL, we are here to offer support to you that helps you in your caring journey. We understand the challenges you face, and we hope to provide you with the tools and encouragement to care for the people you support, but also to care for yourselves.

We would like to share some good news that we received this month. As you will know, East Lothian Council have a duty, under the Carers Act (Scotland) 2016, to provide an advice, information and support service for unpaid carers caring for people in East Lothian and CoEL have been the providers of this service. The most recent contract started in 2021 and was for a maximum of four years. This meant that the contract had to be renewed through a tendering process. East Lothian Council invited bids for this contract and Carers of East Lothian submitted a bid. We are delighted to inform you that CoEL have ben awarded the contract to deliver this work locally.

The team are very much looking forward to developing the new organisational strategy so that they can continue to provide excellent support for unpaid carers in East Lothian. Details will be shared soon of how you can get involved in shaping the future of the service, so please stay tuned. We would also like to express our gratitude to everyone who has been involved in this process and helped us to evidence the impact of our work to date.

I would also like to take this opportunity to share some personal news. After 5 incredible years, I am moving on from Carers of East Lothian. I am so grateful to everybody for the chance to work with you all and to support the development of the organisation in my time here. I am extremely proud of what we have achieved together, particularly the establishment and growth of the Carers Panel, becoming a Carer Positive Exemplary Employer, and achieving the Carers Trust Excellence for Carers Standard, as well as securing funding through the new contract to continue to deliver Adult Carer Services throughout East Lothian. I know our success as an organisation is down to the fantastic team we have and so I'm confident the organisation will continue to go from strength to strength. I will miss working with you all so much, so I just want to thank you for the opportunity and wish you all the very best.

In recognition of all that you do, we hope this season brings you some peaceful and restful moments.

EXCELLENCE
FOR CARERS
Carers Trust Quality Award

East Lothian Information

East Lothian Transport Policy

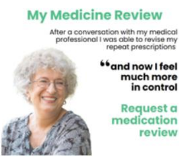
Our CEO Jess worked with local carers to respond to an Integrated Impact Assessment (IIA) on the proposed new Transport Policy in East Lothian.

We had concerns that the proposed changes could negatively impact carers, particularly in reducing their access to breaks from caring that arise from commissioned transport being provided for the person they care for to attend services.

A number of points were raised by Jess at the IIA and the Policy is currently being re-drafted. We will share any further information that we receive. **Please follow this link if you would like to read our web article, including the draft transport policy that Jess responded to.**

From East Lothian Health and Social Care Partnership

In each issue of the CoEL newsletter, we hear directly from East Lothian Health and Social Care Partnership (ELHSCP) with information of relevance to Unpaid Carers. During this issue, they would like to share an article about medicine waste.


My Medicine Review
After a conversation with my medical professional I was able to revise my repeat prescriptions
“and now I feel much more in control
Request a medication review

Make sure that you get the best out of your medicines.
This promotes better health outcomes for you as well as reducing excess prescribing and medicines waste.
small changes | BIG IMPACT
eastlothian.gov.uk/medicine-waste
NHS
LOTHIAN

Help reduce avoidable medicine waste

Did you know that prescription medicine costs the NHS approx. £65,000 per day in East Lothian alone!

Wasted medicine is an enormous financial challenge to the NHS, even more so given the current pressures on public spending. While it is accepted there will always be some medicine waste, approximately 50% could be avoided.

Medicines can go unused for several reasons. It may be due to medical concern: medicines are stopped due to adverse side-effects or a change in treatment means they are no longer required.

As carers, you can play a vital role in supporting your loved ones to get the best from their medication and help reduce medicine waste by following some simple steps:

- check what medication is available at home before reordering to avoid stockpiling
- only order what is required from a repeat prescription
- speak to the pharmacist if there are items on a prescription that are no longer used or taken at a different dosage
- inform the pharmacist or a GP if someone is experiencing any side-effects from a medication
- if someone is struggling with their medication, or you would like assistance to help care for someone with multiple medications, you can request a medication review from the Pharmacotherapy team.

Medication reviews are structured assessments by health care professionals of a patient’s medicines in relation to their health conditions.The aim is to optimise the contribution medicines make to the patient’s health, minimise the risk of medication related issues, remove unnecessary medications,and ensure prescribing is cost-effective.

Medication reviews are available to anyone who is receiving long-term prescriptions. They are especially important if individuals are taking medication differently from the dispensing label on the pack, if someone is struggling with their medicines daily, or if they are continuing to receive repeat prescriptions for items that are no longer required.

For further information about medication reviews visit www.eastlothian.gov.uk/medicine-waste.

National Updates

Disability Benefit Reforms

We are aware that many carers may have questions about the disability benefit reforms that were announced in the middle of March. Coalition of Carers in Scotland put together a useful article outlining how the proposed changes to PIP may affect those in Scotland. We have included the article below.

Disability Benefit Reforms:
What does it means for Scotland?
Personal Independence Payment
Claim form

On 18th March, the UK Government announced reforms to health and disability benefits. This included some significant changes to Personal Independence Payments (PIP).

Many of the proposed changes to PIP are not due to take effect until after April 2026, by which time it's expected that everyone on PIP in Scotland will have transferred to Adult Disability Payment (ADP).

Scottish Government have stated that they will not be considering similar reforms to the ADP in Scotland. Although the reforms to PIP may not affect disabled people in Scotland directly, there are still concerns that if the UK Government cuts spending on PIP then the amount of funding provided to the Scottish Government through the block grant adjustment (BGA) falls by a similar proportion.

It is not clear yet how the Scottish Government will address any shortfall in the social security budget for next year.

To find out more about how the proposed changes to PIP may affect those in Scotland please follow the link below:

https://www.carersnet.org/disability-benefit-reforms.../

CoEL will share any further updates on this topic on their website and social media channels.

Pension Age Disability Payment

Pension Age Disability Payment is for people of State Pension age who have a disability, terminal illness or long-term health condition that means they need help looking after themselves or supervision to stay safe. It is paid by Social Security Scotland and it replaces Attendance Allowance for people in Scotland, previously delivered by the Department for Work and Pensions.

Pension Age Disability Payment
Social Security Scotland

Pension Age Disability Payment has been introduced in lots of areas across Scotland and will be introduced in East Lothian and across the other remaining areas of Scotland by 22nd April 2025.

If you are already currently getting Attendance Allowance from the Department for Work and Pensions (DWP) the award will automatically be transferred to Pension Age Disability Payment and you do not need to apply. You will be written to to be informed that this has happened.
If you do not currently receive Attendance Allowance from the DWP, and you think you are eligible, you can apply for it now, or you can apply for Pension Age Disability Payment after the 22nd April. For more information on how to apply for either Attendance Allowance, or Pension Age Disability Payment, please follow this link:

https://www.mygov.scot/pension-age-disability-payment/how-to-apply

Social Security Scotland also has a separate, accelerated application process for people who are terminally ill. This is open to any eligible person who has a terminal diagnosis, no matter how long they're expected to live.
If you would like any further information about this pension age disability payment, please don't hesitate to call us on 01316650135 or email us on centre@coel.org.uk

Carer Support Payment income limits are increasing from 6 April
Social Security Scotland

Carer Support Payment income limits are changing.
From 6 April 2025 carers can have a take home pay of up to £196 per week and be eligible for the payment.

Your take home pay is what's left after you've paid tax, National Insurance and expenses such as childcare costs while you work.

The change could mean many unpaid carers previously unable to access the support could now be eligible.

Find out more about earnings on the Social Security Scotland website:

https://bit.ly/CarerSupportPaymentEarnings

National Care Service Update
The Minister for Social Care, Mental Wellbeing and Sport, Maree Todd, delivered a speech in parliament on 23 January outlining proposed changes to the National Care Service (Scotland) Bill, summarised as follows.

'The new proposals set out in the statement include removing Part 1 from the Bill, which included legislation to establish a National Board. We will, however, establish an advisory board which will provide advice and support to improve social care, social work and community health in Scotland. This group will have lived experience at its heart. Parts 2 and 3 of the Bill will still go ahead - ensuring vital reforms to information records and standards, procurement, Anne's Law, and a right to breaks for unpaid carers – these are all areas that stakeholders have told us time and again need to be improved. Using this mix of legislative and non-legislative means to deliver vital reform will allow us to deliver on our aims and, in some areas, do so even more quickly than our previous plans. Whilst changes have been made to the plans for the NCS, it does not mean we are stepping away from our ambitions of social care reform.'

The Independent Living Fund (ILF) provides financial support to help disabled people with complex needs to live independently.

Previously, applicants needed £800 per week in social work or self-directed support from their local authority to be eligible for ILF.

Now, those receiving at least £485 in support, along with significant unpaid care from someone in the same household, are also eligible.
Please follow this link to the web article from Coalition of Carers to find out more.

Carers Week 2025

Save the date
CARING ABOUT EQUALITY
Carers Week
9-15 June 2025

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The organisations coordinating the campaign say:

"This year's theme is Caring About Equality and from 9-15 June the campaign will be calling for greater equality for unpaid carers. Unpaid carers are the backbone of our society, propping up fragile health and social care systems and providing essential care to friends and family who are chronically ill, disabled or older and who need their support. Despite carers' huge contribution to our communities, many carers still feel undervalued and unsupported.Together let's strive for an equal society, where carers can fulfil their own aspirations and lead healthy and financially secure lives".

This year, CoEL will be marking the week with a series of events for carers. Based on feedback from carers over the years, we are planning an interesting range of events. We won't tell you everything now, but there are likely to be sessions involving getting outdoors, adrenaline filled activities, looking after your wellbeing, coming together with other carers to share food and company, golf and maybe even something involving flying! A programme of events will be released around 6 weeks before Carers Week. Please ensure you request your spaces early, as places usually fill quickly!

Respitality

This year, Respitality has turned 10 years old! CoEL became a Respitality delivery partner in East Lothian last year and we have been absolutely blown away by the generosity of local businesses. Many have recognised the contribution that unpaid carers make and gifted them with opportunities to take a break.

Because of this generosity, we've been able to provide carers with nights away, wellbeing and therapeutic sessions, trips out, afternoon teas and even trips to the races.

Some recent examples of generous gifts for carers includes Whitekirk Hill who have been extremely generous by offering discounts and donated breaks. They go out of their way to make carers feel welcome and valued and have shown themselves to be carer champions in East Lothian.

Most recently, Paul Speers from Paul's Soundbath Studio has donated 10 vouchers for carers to step into a sanctuary of sound and stillness where they can experience deep relaxation through immersive sound baths. If you're interested in this gift, please contact Gemma on gemma@coel.org.uk. If you are part of a business who would like to donate breaks for carers, please follow this link to our web page on Respitality for more information.

More CoEL updates

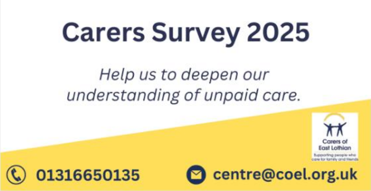
CoEL Charity Partner of the Year - thank you!

Do you look after a family member or friend?
Carers of East Lothian is here to help
0131 665 0135

We want to say an ENORMOUS thank you to Michelle from Love Your Business. Through 2024, Carers of East Lothian was Michelle's charity partner of the year. Michelle has supported us in so many ways. In February 2024, Michelle and her siblings took on their 60k challenge, where each of them walked, cycled or ran 60k during the month, raising funds for our cause.

Michelle also donated a percentage of her Love Your Business ticket sales across the year to Carers of East Lothian.

As well as her fundraising, Michelle has been incredibly generous with her time, offering us PR support, raising awareness of the issues affecting carers, and introducing us to new friends and supporters along the way.
We now have to part ways, as she announces her charity partner for 2025, the Scottish Action for Mental Health. This is such a great cause to support, and we know their work will be positively impacting carers. We wish Michelle and SAMH all the best with their new partnership.



Carers Survey 2025

Help us to deepen our understanding of unpaid care.

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

☎ 01316650135 ✉ centre@coel.org.uk

CoEL Carer Survey 2025

Every year, we conduct a survey of unpaid carers. The survey is designed to help us to deepen our understanding of unpaid care and the challenges that carers face and ensure that our services are responsive to the needs of the people we support. We will also share anonymised information collated from the survey with East Lothian Health and Social Care Partnership to ensure that carers voices are heard by the people that shape services locally.

This year's survey will be published over the next few weeks. Please keep an eye on our facebook, website news, and/ or our mailing list emails where we will announce when the survey is open. The survey will be open for 1 month and there will be a chance to win a £50.00 voucher in recognition of your time.

kiltwalk
EDINBURGH • 14 SEPT 2025
Arnold Clark
THE HUNTER FOUNDATION
for people

The Kiltwalk September 2025

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

The Edinburgh Kiltwalk is on Sunday 14th September 2025. It is a fantastic fundraising event that attracts thousands each year, wearing tartan and raising money for their chosen charity. Last year, Lydia, Suzie and Kirsty took on the challenge and raised over £2000.00 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 opportunities to walk short or long distances on the day and we would love to coordinate a group of staff, volunteers and carers walking together.

Follow the link to find out more about the Kiltwalk: https://thekiltwalk.co.uk/

If you are considering walking on the day, please contact Gemma on gemma@coel.org.uk

Online Carer Support Group

Do you know that we run an online Carer Support Group? The group is held on the first Tuesday of every month from 12:30 – 1:30.

The group is open to all carers living in or caring for someone in East Lothian and offers a virtual "cuppa and chat" for all carers, but it may be particularly suited to those who are less able to attend in person groups, or the lunchtime break slot may be suited to working carers.

The group was set up during the pandemic, but has since become something that we recognise to be of benefit to many carers. Activities have varied. Sometimes the group just want to have a chat and some company and other times, guest speakers or fun activities have been offered.

In recent months, several members of the group have moved on, due to changes in circumstance, so we now have capacity to accept new members. If you are interested in joining, or just hearing more, please contact Louise on louise@coel.org.

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.

From April 2025 onwards, Milan will be hosting sessions focused on mental health and well-being, offering a safe space for carers to connect, share, and access vital support.

If you would like to know more about this group, please contact Rukhsana Ali, Senior Day Care/ Carers Engagaement Officer on rukhsana@milanswc.org

Venturing Out

OUTDOOR ADVENTURES FOR ALL

Venturing Out announced earlier this month that they have been succesful in their funding bid to take the East Lothian Carers' Adventure Wellbeing Group into its 2nd year.

They said: "Thank you to the East Lothian Health and Social Care Partnership for their continued support of a valued programme that has grown quickly and surpassed our expectations in Year 1. This amazing group of Carers tackled some of the hills in the Pentlands recently and is an example of one of the many activities we have done over the last year.

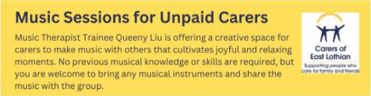
Thanks to Carers of East Lothian for their continued support of this project. We look forward to continuing to work with you on this project!

This group is now open to ALL Unpaid Adult Carers, living in East Lothian, and offers free, regular access to adventurous outdoor activities. The aims of the project are to offer a regular break from caring, reduce isolation, build social connections and provide a setting for peer to peer support.

If you are an Unpaid Adult Carer living in East Lothian, you are eligible to join this group. Please email claire@venturingout.org.uk for a registration form and more information."

You can follow **this link to our website where you can find the new flyer and programme of sessions.**

Upcoming Sessions from CoEL for Unpaid Carers

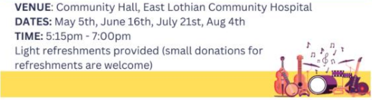


Music Sessions for Unpaid Carers

Music Therapist Trainee Queeny Liu is offering a creative space for carers to make music with others that cultivates joyful and relaxing moments. No previous musical knowledge or skills are required, but you are welcome to bring any musical instruments and share the music with the group.

Carers of East Lothian

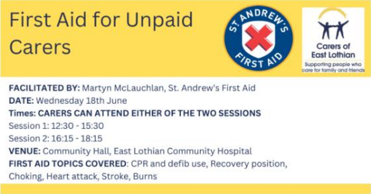
Supporting people who care for family and friends



VENUE: Community Hall, East Lothian Community Hospital
DATES: May 5th, June 16th, July 21st, Aug 4th
TIME: 5:15pm - 7:00pm
Light refreshments provided (small donations for refreshments are welcome)

Music Sessions for Unpaid Carers

Are you an unpaid carer with an interest in music? Trainee Music Therapist Queeny Liu is offering the chance for unpaid carers to come together, make music and relax. No experience necessary. A selection of musical instruments will be provided, but please feel free to bring along your own if you have them. Please contact us on 01316650135 or centre@coel.org.uk if you are interested in joining in. You are welcome to attend just one session, or as many as you like.



First Aid for Unpaid Carers

ST. ANDREW'S FIRST AID
Carers of East Lothian
Supporting people who care for family and friends

FACILITATED BY: Martyn McLauchlan, St. Andrew's First Aid
DATE: Wednesday 18th June
Times: CARERS CAN ATTEND EITHER OF THE TWO SESSIONS
Session 1: 12:30 - 15:30
Session 2: 16:15 - 18:15
VENUE: Community Hall, East Lothian Community Hospital
FIRST AID TOPICS COVERED: CPR and defib use, Recovery position, Choking, Heart attack, Stroke, Burns

First Aid for Unpaid Carers

Last year, Martyn from St. Andrew's First Aid delivered a very engaging first aid session for unpaid carers. We promised we would try to get them back, and we have now organised that. Feedback on this session was excellent last time. We highly recommend this course. We are offering two sessions, one during the day and one in the early evening, as we know it can sometimes be tricky to attend at certain times. We hope this enables more carers to access this really important session.

Please contact us on 01316650135 or centre@coel.org.uk if you are interested in attending one of these sessions.

8 week Introduction to Sea Dipping/Swimming Course for Unpaid Carers

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

LOCATION: North Berwick
FACILITATED BY: Chill East Lothian
DATES: 19th July - 6th September
TIME: 9:30am

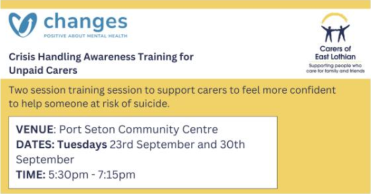
Introduction to sea dipping/swimming course for Unpaid Carers

We are very excited to be partnering with Chill East Lothian to offer an 8 week introduction to sea dipping/ swimming for unpaid carers.

It's the perfect chance to try sea dipping if you have never tried it before or you are feeling anxious about it.

- Everyone starts at the same time so no need to worry about joining a well-established group of confident swimmers.
- Chill have a lifeguard at every session to make sure you stay safe.
- Chill will teach you tips so that you can learn how to keep yourself safe in the sea after the course.
- You will have a group of people to continue swimming with after the course has finished.
- The group will be made up of other people who are caring for someone.
- It's completely free!
- All you need is a swimming costume and some warm clothes to put on afterwards. They have changing robes, gloves, boots and swimming hats that you can borrow for free if you don't have your own.

Please contact us on 01316650135 or centre@coel.org.uk if you are interested in participating in this group.



changes
POSITIVE ABOUT MENTAL HEALTH

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

Crisis Handling Awareness Training for Unpaid Carers

Two session training session to support carers to feel more confident to help someone at risk of suicide.

VENUE: Port Seton Community Centre
DATES: Tuesdays 23rd September and 30th September
TIME: 5:30pm - 7:15pm

Crisis Handling Awareness Training

In February, we ran a session in collaboration with Changes, supporting carers to feel more confident about helping someone at risk of suicide. The session was well attended, so we wanted to offer the opportunity again. We heard from some carers that they would like to see us offering this in the evening. Therefore, in September, we will run this session again over two evenings.

The session aims to give you the knowledge to help someone who is thinking about killing themselves/ having thoughts of suicide. We will also have the opportunity to think about how we can look after ourselves to avoid 'burn out'.

This session is suitable if you are caring for an adult or a child.

Please contact us on 01316650135 or centre@coel.org.uk if you are interested in participating in this group. Carers will need to commit to attending both sessions.

Staffing Changes at CoEL

Some of you may know that Kirsteen who was a Carer Support Worker with Carers of East Lothian, left the organisation in February 2025. Kirsteen had been with the organisation for five years and was a fantastic support to many carers in her time with Carers of East Lothian. She will be missed by all.

We are however very pleased to inform you that Kirsteen will continue to support unpaid carers in her new role as an Occupational Therapist with the East Lothian Carers Pathway. Kirsteen started in her new role at the start of March and we wish her lots of luck with it.

Welfare Rights Carer Support Worker

Welfare Rights

As you may have been aware, Lisa Mcilwraith, CoEL's Carer Support -Welfare Rights Co-ordinator has recently started her maternity leave.

We are delighted that Diane has joined the CoEL staff team as Welfare Rights Carer Support Worker. Diane joined us on 10th March. She joins us with a great deal of experience including working with a government department, as well as charities supporting people with dementia and supporting deaf people across Scotland. We are absolutely delighted to have her on board. Diane's focus will be on supporting unpaid carers to access person centred information, advice and support with a specific focus on improving financial wellbeing. Diane will both directly support carers with these issues and act as a resource for the rest of the Carer Support Team and others.

Volunteer Spotlight

During this issue of the newsletter, we would like to introduce you to **Jenny,** who volunteers with CoEL, supporting our regular singing group.

Can you tell us a little bit about what your volunteering involves?

My role as a volunteer for Coel is to facilitate the Care to Sing! carers choir.
This involves providing weekly sessions where members meet in the Community Hall of the hospital to enjoy singing, laughter, and all the benefits that come with being in a choir. As choir facilitator I am involved in applying for annual funding to allow us to employ a professional choir leader. I also provide reports for the funders on how the project works and what it provides for carers. I regularly communicate with choir members to keep them updated on news and information they may require knowing in between sessions. I will also encourage carers who may be struggling with aspects of their caring role to seek support from the Coel Team if they have not already done so. I also provide the essential coffee and biscuits for the after session chats!

How have you found volunteering with CoEL?
Volunteering for Coel is extremely rewarding. I have had the privilege over the last 5 years of witnessing choir members gain in confidence, develop new skills, and gain a real sense of achievement. They are a wonderfully supportive group. Benefits for both their mental and physical health have been visible with some making great personal strides because of their experience with the choir. It is always great to receive and read the feedback from members saying how much the choir means to them.

What do you think are the benefits of volunteering?
There are many benefits of volunteering -e.g. a sense of belonging, supporting, and helping people whilst providing an important activity with so many rewards, forming good relations and friendships. I also get the chance to sing and laugh with others which is always a good thing!

What would you say to someone who was considering volunteering with CoEL?
I would encourage anyone who was considering volunteering to do so for all these reasons. It's such a rewarding and valuable way to provide structure to your routine and great way to share your knowledge and experience whether related to caring or a particular set of skills you may have.
The support you receive from the staff team is so invaluable and are always there if you need to discuss anything regarding your volunteer role.
They also provide opportunities to meet other volunteers to share stories and get to know each other.

Please follow this link to find out more about our volunteering opportunities, or contact Catherine Cain 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.

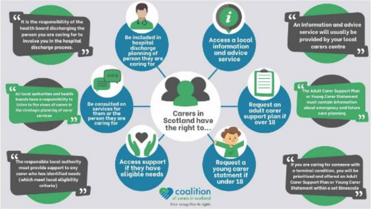
Carers Rights

Adult Carer Support Plan
All unpaid carers have the right to request an Adult Carer Support Plan. The plan is an opportunity to express your feelings and needs as a carer and talk about how caring affects you. The aim is to find out what impact your caring responsibilities have on your life and look at ways to support you in your caring role.

Adult Carer
Support Plan
Carers of East Lothian
Supporting people who care for family and friends

The process starts with a conversation about your caring role and what matters to you. The plan sets out your support needs and personal outcomes. It also covers emergency and future care planning and whether support should be provided as a break from caring.

The handy visual below is from Coalition of Carers in Scotland. It gives an overview of the rights that carers have in Scotland. For more detailed information, follow this link to their website.


Carers in Scotland have the right to...
Be included in hospital discharge planning of person they are caring for
Access a local information and advice service
Be consulted on services for them or the person they are caring for
Request an adult carer support plan if over 18
Access support if they have eligible needs
Request a young carer statment if under 18
coalition of carers in scotland
from recognition to rights

"It is the responsibility of the health board discharging the person you are caring for to involve you in the hospital discharge process."

"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"

"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)"

"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"

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.**

With thanks to…

We would like to thank all of the individuals who have made donations to Carers of East Lothian. And thankyou to our funders for their continued support. Special thanks to This is Unfolded who have very generously donated a voucher to help an unpaid carer purchase a sustainable outfit from them. **To find out more about their company ethos, please follow this link.** We will announce soon how we will gift this voucher to an unpaid carer.

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 21st July. Please also contact us if you have any queries about any of the content in this newsletter.

Email us

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