

Carers Week 2020 Online Events

Carers Week is an annual campaign to raise awareness of unpaid carers, the challenges they face and the contribution they make to society. Carers of East Lothian (CoEL) is marking this year's theme, "making caring visible", with a series of free online events for carers from Monday 8th to Friday 12th June 2020. This is our small way of saying a big thank you to unpaid carers in our community.



Booking instructions

You will need a device connected to the internet, such as a smartphone, tablet or laptop, to access our live events online. To book a place, please email kirsteen@coel.org.uk. You will receive an email confirmation with the details of how to join a Zoom meeting in advance of the event.

Please call 0131 665 0135 if you need any help in signing up for an online event.

Monday 8th June

Mindfulness Session, 2 to 3 pm

A brief introduction to mindfulness followed by a guided meditation with experienced practitioner Phil McCrossan. Event held online on Zoom. Advanced booking required.

Tuesday 9th June

Just Sing! 2 to 3 pm

Join us for an uplifting sing-a-long with choir leader Anya Bisset. No previous singing experience required. Event held online on Zoom. Advanced booking required.

Parent Carer Support Group Fun Quirky Quiz, from 6 pm

Join carer support worker Suzie Queripel on WhatsApp for a catch up and Fun Quirky Quiz to mark Carers Week with the Parent Carer Support Group.

To join this virtual get together, please email Suzie at susanq@coel.org.uk or call her on 07483438210. Advanced booking required.

Wednesday 10th June

Gentle Moves, 10:30 to 11:10 am

Mobilise your joints from the ankles upwards in this gentle exercise session for carers of a range of ages and abilities, including older adults, with personal trainer Colin McDonald. Event held online on Zoom. Advanced booking required.

Virtual Bingo, 10:30 to 11:00 am

Join Dunbar Carers' Group for a game or two of virtual bingo. Event held online on Zoom. Advanced booking required.

Carers' Concert (on Facebook Live), 2 to 3 pm

Join vintage inspired singer Sarah Laing for a concert of music from a bygone era dedicated to unpaid carers on Facebook Live. To watch the concert live please click on the following link <https://www.facebook.com/sarahlaingsings/> at 2 pm on Wednesday 10th June. No booking required.

To request a favourite song in advance of the concert, please email carer support worker Linda Walker on Linda@coel.org.uk using subject line "Carers Concert".

DIY Natural Self-care Products, 4 to 5 pm

Let carer support worker Lisa McIlwraith show you how to make your own natural self-care products with kitchen cupboard ingredients in this fun and informal online tutorial for carers. You will receive an information sheet by email with the list of ingredients Lisa will be using when you register for the event.

Please register for the event as soon as possible, and by Friday 5th June at the latest, to make sure you have enough time to shop for any ingredients that you do not already have at home. Event held online on Zoom.

Thursday 11th June

Great Books! 2 to 3 pm

Join carer support worker Julie Oswald for a friendly chat with other carers about your favourite book. Maybe one that has been a real escape for you or that has inspired you at an important point in your life. Or one that has been a source of comfort that you have come back to again and again over the years. It can be a novel, a collection of stories, a memoir, a poetry book, a non-fiction book – anything you like. Event held online on Zoom. Advanced booking required.

Friday 12th June

Connecting Carers Radio Show, 3 to 5 pm

Carer support worker Suzie Queripel hosts an online radio show dedicated to unpaid carers. Please email susang@coel.org.uk with your song requests and shout outs in advance of the show using subject line "Connecting Carers Radio".

To listen to the radio show and participate in live chat please:

1. Download the free Mixlr app from Google Playstore
2. Open Mixlr app and select listen option on welcome screen
3. Type "Connecting Carers" in to the search box in the header bar
4. Sit back, listen, enjoy and take part in live chat

Carers Week 2020 Online Resources

From Monday 8th to Friday 12th June, we will post a thought for the day, a recording of a poem and links to other resources to make you pause, reflect and possibly smile, on our website and Facebook.

Website: <https://www.coel.org.uk/carers-week-2020/>

Facebook: <https://www.facebook.com/coel92/>

There will be something new to enjoy every day: see what brings members of the CoEL staff team joy, listen to a countryside ranger's talk, hear a carer recount a funny story, find a recipe for making elderflower fizz and so much more!

Making Caring Visible Photo Competition

Please keep an eye on our website and Facebook page for details of our "making caring visible" photo competition to be launched in early June.

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Facebook: <https://www.facebook.com/coel92/>

A message for carers who are not online

We recognise that not all carers will have access to the internet to join us for our programme of online events. If you, or a carer you know, would like to be involved in our Carers Week 2020 activities but is not online please get in touch on 0131 665 0135. We will try to involve everyone we can with the resources we have available to us during the lockdown.