

Do you look after a loved one over the age of 65?



Carers of East Lothian (CoEL) is an independent charity that supports unpaid carers - people like you who care for family and friends.



All of our services are **FREE** to carers living in East Lothian.

Our experienced carer support workers can:

- Provide you with information relevant to your caring situation and help you to navigate the health and social care system
- Talk to you in confidence, offering a listening ear, emotional support and access to a specialist counselling service
- Help you to identify and apply for welfare benefits, grants and other financial support that you may be entitled to
- Help you to access a break from caring and to create a support plan that identifies your needs as a carer (Adult Carer Support Plan)

We also offer:

- Support groups, workshops and training for carers
- Opportunities for carers to come together (Carers' Panel) to strengthen your collective voice and to lobby for changes you would like to see in how carers and the people you care for are supported

To access our support:

- Call us on 0131 665 0135 (10 am to 4 pm, Monday to Friday)
- Or email us at centre@coel.org.uk
- Or complete the **[online self-referral form](#)** on our website

You can find more information on our website **<https://coel.org.uk/>** including **[Carers' Stories](#)** where carers describe the support they have received from us in their own words.