

Dementia Cafes continued ...

DEMENTIA CAFE (D-CAFE) - MIDLOTHIAN
Second & fourth Tuesday of month, 12 -3pm

RUN BY: Alzheimer Scotland
LOCATION: Baptist Church,
North Wynd, Dalkeith

TELEPHONE: 0131 654 1114
EMAIL: MidlothianServices@Alzscot.org

Useful contacts

EDINBURGH

VOCAL Carers Centre 0131 622 6666
Edinburgh Carer Support 0131 536 3371
MECOPP 0131 467 2994
Ca(i)re Project 0131 446 3321
Care for Carers 0131 661 2077
Edinburgh Carers Council 0131 270 6087
Support in Mind 0131 662 2280
North West Carers 0131 315 3130
Oxgangs Carers 0131 331 5570
Broomhouse Carers 0131 455 7731
Queensferry Carer Support 0131 331 5570

MIDLOTHIAN

VOCAL Midlothian 0131 663 6869

WEST LOTHIAN

Carers of West Lothian 01506 771750

EAST LOTHIAN

Carers of East Lothian 0131 665 0135

If you run a carer support group and would like to be included in future reprints of this leaflet, please contact VOCAL on 0131 622 6666 or email centre@vocal.org.uk



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব
ترجمہ کے لئے حاضر 很乐意翻译 يسعدنا توفير الترجمة



Use your smart phone to scan ...

For more information about support and activities for carers visit:

www.edinburghcarers.co.uk



Find out about carer training courses, learning opportunities, social and leisure activities visit:

www.carerstraining.co.uk

Carer support groups in Edinburgh



Leaflet produced in August 2011 by

VOCAL (Voice of Carers Across Lothian)

8 - 13 Johnston Terrace, Edinburgh, EH1 2PW

T: 0131 6226666 **E:** centre@vocal.org.uk

W: www.edinburghcarers.co.uk

VOCAL is a recognised Scottish charity: SC020755
Private limited company (Scotland): SC183050

You can get summary versions in Braille, large print, easy read and audio if you ask us - call 0131 622 6666.

A carer provides unpaid care to a family member, partner, relative or friend with a:

- physical health problem
- mental health problem
- disability
- long term condition
- drug or alcohol problem

If you would like to attend a group please contact them first to check if time or venue has changed

Open to all carers

JEWEL HOUSE CARER SUPPORT GROUP

First Thursday of month, 7 - 9pm

RUN BY: Care for Carers
LOCATION: Jewel House Day Centre,
Bingho
TELEPHONE: 0131 661 2077
EMAIL: admin@care4carers.org.uk

PORTOBELLO CARER SUPPORT GROUP

Last Tuesday of month, 11am - 1.30pm

RUN BY: Care for Carers
LOCATION: Portobello Library
TELEPHONE: 0131 661 2077
EMAIL: admin@care4carers.org.uk

GENERIC CARER SUPPORT GROUP

Monthly, please contact to confirm times

RUN BY: Queensferry Care Carer Support
LOCATION: Various venues in rural West
Edinburgh
TELEPHONE: 0131 331 5570
EMAIL: Gillian@qccc.org.uk

BROOMHOUSE CENTRE GROUP (DAYTIME)

First Tuesday of month, 2 - 4pm

RUN BY: Broomhouse Centre
LOCATION: Broomhouse Centre,
79-89 Broomhouse Crescent
TELEPHONE: 0131 455 7731
EMAIL: adultcarers@broomhousecentre.org.uk

Parent carers continued ...

PARENT CARERS (AFASIC)

First Thursday of month, term time, 6 - 8pm

RUN BY: Afasic Edinburgh
LOCATION: Yard Adventure Centre,
22 Eyre Place Lane
TELEPHONE: 0131 334 4659
EMAIL: afasicedinburgh@btinternet.com

PARENTS OF ADULTS WITH AUTISM SPECTRUM DISORDER (PASDA)

Second Wednesday of month, 7 - 9pm

RUN BY: PASDA
LOCATION: Autism Initiatives, 24 Hill Street
TELEPHONE: 0131 220 1075
EMAIL: karina.williams@aiscotland.org.uk

PARENT CARERS

Monthly, please contact to confirm times

RUN BY: Queensferry Care Carer Support
LOCATION: Various venues in rural West
Edinburgh
TELEPHONE: 0131 331 5570
EMAIL: Gillian@qccc.org.uk

BRIGHTER DAYS CARER SUPPORT GROUP

Please contact to confirm times

RUN BY: Brighter Days
LOCATION: Please contact for details
TELEPHONE: 078 1310 7969
EMAIL: brighter_days@rocketmail.com

CARER SOCIAL EVENINGS

10 per year, please contact to confirm times

RUN BY: Headway
LOCATION: Headway House
TELEPHONE: 0131 537 9557
EMAIL: befriending@edinburghheadway.org.uk

Dementia (Dementia Cafes listed over page)

FORGET ME NOTS

Every second Thursday, call to confirm times

RUN BY: North West Carers
LOCATION: Please call to confirm
TELEPHONE: 0131 315 3130
EMAIL: resource@nwcarers.org.uk

SEA GROVE CENTRE CARER SUPPORT GROUP

Please contact to confirm times

RUN BY: Sea Grove Centre
LOCATION: NEDC, 13 Fleming Place
TELEPHONE: 0131 553 7147
EMAIL: enquiries@nedc.org.uk

Drugs and alcohol

FIRST THURSDAY GROUP

First Thursday of month, please call for times

RUN BY: VOCAL Family Support Addictions
LOCATION: 8 - 13 Johnston Terrace
TELEPHONE: 0131 622 6262
EMAIL: fsa@vocal.org.uk

BROOMHOUSE CENTRE GROUP (EVENING)

Last Wednesday of month, 6.30 - 8.30pm

RUN BY: Broomhouse Centre

LOCATION: 79-89 Broomhouse Crescent

TELEPHONE: 0131 455 7731

EMAIL: adultcarers@broomhousecentre.org.uk

WESTER HAILES CARER SUPPORT GROUP

Please contact to confirm times

RUN BY: Wester Hailes Health Agency

LOCATION: 40 Dumbdryden Drive

TELEPHONE: 0131 458 3080

Parent carers

ACTION GROUP - CARER SUPPORT GROUPS

Please contact to confirm times

RUN BY: The Action Group

LOCATION: Lothian wide

TELEPHONE: 0131 475 2315

AUTISTIC SOCIETY CARER GROUP

Monthly, please contact to confirm times

RUN BY: Queensferry Care Carer Support

LOCATION: Various venues in rural West Edinburgh

TELEPHONE: 0131 331 5570

EMAIL: Gillian@qccc.org.uk

Black and minority ethnic carers

MECOPP CHINESE CARERS GROUP

Monthly, please contact to confirm times

RUN BY: MECOPP

LOCATION: Citywide, please call to confirm

TELEPHONE: 0131 467 2996

Older carers

CATS - Carers Afternoon Together

Mondays, 1 - 3pm, please contact to confirm

RUN BY: North West Carers

LOCATION: Drylaw Parish Church

TELEPHONE: 0131 315 3130

EMAIL: resource@nwcarers.org.uk

Acquired Brain Injury

CARER PEER SUPPORT GROUP

Quarterly, please contact to confirm times

RUN BY: Headway

LOCATION: Headway House and in the community

TELEPHONE: 0131 537 9557

EMAIL: befriending@edinburghheadway.org.uk

FIRST TUESDAY GROUP

First Tuesday of month, please call for times

RUN BY: VOCAL Family Support Addictions

LOCATION: 8 - 13 Johnston Terrace

TELEPHONE: 0131 622 6262

EMAIL: fsa@vocal.org.uk

Learning disability

CARERS HAVE YOUR SAY

Monthly, please contact to confirm times

RUN BY: Queensferry Care Carer Support

LOCATION: Various venues in rural West Edinburgh

TELEPHONE: 0131 331 5570

EMAIL: Gillian@qccc.org.uk

Lung conditions

BREATHTAKERS

Tuesdays, 3-4pm, please call for times

RUN BY: NHS for those who have or

care for someone with bronchiectasis

LOCATION: Royal Infirmary of Edinburgh Seminar Rm 1640

TELEPHONE: 07818012685

EMAIL: breathtakers@hotmail.co.uk

More groups over the page . . .

Your notes:

Drop in goups

CARE FOR CARERS DROP IN GROUP

First Monday of month, 10am - 12pm

RUN BY: Care for Carers
LOCATION: Lochend House,
33-35 Lochend Road South
TELEPHONE: 0131 661 2077
EMAIL: admin@care4carers.org.uk

SOUTH QUEENSFERRY DROP IN

Monthly, please contact QCCS for times

RUN BY: Queensferry Care Carer Support
LOCATION: Various venues in rural West
Edinburgh
TELEPHONE: 0131 331 5570
EMAIL: Gillian@qccc.org.uk

CA(I)RE LUNCHTIME DROP IN

Weekly, every Wednesday, 12 - 2pm

RUN BY: Ca(i)re Programme
LOCATION: The Eric Liddell Centre
15 Morningside Road
TELEPHONE: 0131 446 3321
EMAIL: mcewanj@ericliddell.org

Dementia Cafes

DEMENTIA SATURDAY CAFES (EDINBURGH)

Every Saturday, 11-2pm

RUN BY: Alzheimer Scotland
LOCATION: Various - Stockbridge, Gorgie
and East Adam Street
TELEPHONE: 0131 551 9350
Dementia Advisor: 0131 662 1204

Mental health

SOUTH QUEENSFERRY GROUP

Last Thursday of month, 7 - 8.30pm

RUN BY: Support in Mind and QCCC
LOCATION: The Haven, 25b Burgess Road,
South Queensferry
TELEPHONE: 0131 662 2280
EMAIL: lkeith@nsfscot.org.uk

CARA GROUP

First Tuesday of month, 6.45 - 8.30pm

RUN BY: Support in Mind and QCCC
LOCATION: Ballenden House,
28 Howden Street
TELEPHONE: 0131 662 2280
EMAIL: lkeith@nsfscot.org.uk

SELF HARM PROJECT

First Tuesday of month, 6 - 8.30pm

RUN BY: Support in Mind and Penumbra
LOCATION: Flat 2F1, 6 Cambridge Street,
Edinburgh
TELEPHONE: 0131 662 2280
EMAIL: lkeith@nsfscot.org.uk

FAMILY AND FRIENDS SUPPORT GROUP

Third Thursday of month, 2 - 4pm

RUN BY: Care for Carers
LOCATION: Davidson Mains
Parish Church Hall
TELEPHONE: 0131 661 2077
EMAIL: admin@care4carers.org.uk

Mental health continued...

ENGINE SHED

First Wednesday of month, 11am - 1pm

RUN BY: Support in Mind
LOCATION: Engine Shed, St. Leonards
TELEPHONE: 0131 662 2280 or 07592006222

Multiple Sclerosis

MS CARER SUPPORT GROUP

Last Wednesday of month, 1 - 3pm

RUN BY: MS carers
LOCATION: VOCAL Carers Centre
8 - 13 Johnston Terrace
TELEPHONE: 07902769830
EMAIL: whizzer480@msn.com

This group offers carers who care for someone with MS the chance to socialise and chat with others in the same position. It is a chance for carers to offer support and advice to each other on any issues that they might be facing within their caring role, in a welcoming, friendly and confidential, atmosphere.

Parkinson's Disease

PARKINSONS UK, EDINBURGH BRANCH

Monthly, 2-4pm, please call to confirm time

RUN BY: Parkinsons Edinburgh Branch
LOCATION: Pollock Pavillion, 227 Ferry Rd
or Drummond Grange, 7
Kevock Rd, Lasswade
TELEPHONE: 0131 449 2705