

## Useful contacts

### EDINBURGH

VOCAL Carers' Hub	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 Scotland	0131 622 4359
North West Carers	0131 315 3130
Oxgangs Carers	0131 445 3332
Broomhouse Carers	0131 455 7731
Queensferry Carer Support	0131 331 5570
Pasda	0131 475 2416
Edinburgh Headway Group	0131 537 9116

### MIDLOTHIAN

VOCAL Midlothian 0131 663 6869

### WEST LOTHIAN

Carers of West Lothian 01506 448000

### EAST LOTHIAN

Carers of East Lothian 0131 665 0135

### Your notes:

If you run a carer support group and would like to be included in future updates 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  
ترجمے کے لئے حاضر 很乐意翻译 يسعدنا توفير الترجمة

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



Find out about carer training courses, learning opportunities, social and leisure activities visit:  
[www.carerstraining.co.uk](http://www.carerstraining.co.uk)



Leaflet updated May 2018 by:

VOCAL (Voice of Carers Across Lothian)

Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB

T: 0131 622 6666 E: centre@vocal.org.uk

W: [www.edinburghcarers.co.uk](http://www.edinburghcarers.co.uk)

Facebook: /VOCALCarers

Twitter: @EdinburghCarers

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

# Carer support groups in Edinburgh



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 or
- additional support needs

If you would like to attend a group please contact them directly to confirm the time and venue

## Dementia Cafes

### ALZHEIMER SCOTLAND D CAFE

Last Thursday of month, 1 - 3pm

**RUN BY:** Alzheimer Scotland

**LOCATION:** Quaker Meeting House, 7 Victoria Terrace (above Victoria Street)

**TELEPHONE:** 07557 944 073

**EMAIL:** tstraczynski@alzscot.org

### ALZHEIMER SCOTLAND OASIS CAFE

(Specialist cafe for early onset dementia)

Last Tuesday of the month, 1.30-3.30pm

**LOCATION:** Eric Liddell Centre, 15 Morningside Road, Edinburgh, EH10 4DP

**TELEPHONE:** Alan Midwinter/ Debbie Rae (0131 551 9350)

**EMAIL:** edinburghservices@alzscot.org

### DEMENTIA CAFE (D-CAFE) - MIDLOTHIAN

Second & fourth Tues of month, 12 -3pm

**RUN BY:** Alzheimer Scotland

**LOCATION:** Baptist Church, North Wynd, Dalkeith

**TELEPHONE:** 0131 654 1114

**EMAIL:** midlothianservices@alzscot.org

### MEMORY CAFE (S QUEENSFERRY)

Third Thursday of the month, 1.30-3.30pm

**RUN BY:** Queensferry Care/ Alzheimer Scotland

**LOCATION:** The Haven, 25B Burgess Road, South Queensferry

**TELEPHONE:** 0131 662 1204 or 331 5570

**EMAIL:** tstraczynski@alzscot.org

## Mental Health

### CARA GROUP

First Tuesday of month 4.30 - 6.30pm

**RUN BY:** Support in Mind Scotland

**LOCATION:** Stafford Centre, 103 Broughton St

**TELEPHONE:** 0131 629 1844

(Please call/email to confirm if first visit)

**EMAIL:** sccs@supportinmindscotland.org.uk

### FAMILY AND FRIENDS SUPPORT GROUP

Third Thursday of month, 2 - 4pm

**RUN BY:** NHS Lothian/Care for Carers

**LOCATION:** Davidson Mains Parish Church hall

**TELEPHONE:** 0131 661 2077

**EMAIL:** admin@care4carers.org.uk

## Stroke & Acquired Brain Injury

### CARER SOCIAL & PEER SUPPORT EVENTS

For carers of someone with acquired brain injury - please contact for dates and times.

**RUN BY:** Edinburgh Headway Group

**LOCATION:** Headway House, Astley Ainslie Hospital

**TELEPHONE:** 0131 537 9557

**EMAIL:** carers@edinburghheadway.org.uk

### AAH RELATIVES GROUP

Regular meetings for relatives/carers of people with a brain injury, including stroke, in the Astley Ainslie Hospital

**RUN BY:** NHS Lothian

**LOCATION:** Astley Ainslie Hospital

**EMAIL:** Anne.Feist@nhslothian.scot.nhs.uk

**CONTACT:** Anne Feist for dates/times

## Huntington's Disease

### FAMILY SUPPORT GROUP

Meet once monthly for support and occasional speakers. Please get in contact for location, dates & times.

**TELEPHONE:** Dina (07833 580 853)

## Parkinson's Disease

### PARKINSONS UK, EDINBURGH BRANCH

Last Weds of month(except Dec) 10.30am - 12.30pm

**RUN BY:** Parkinsons Edinburgh Branch

**LOCATION:** Pollock Pavillion, 227 Ferry Rd

**CONTACT:** Cathie Quinn

**TELEPHONE:** 0131 557 6438

**EMAIL:** cathie@edinburghparkinsons.org

## Lung conditions

### BREATHTAKERS (Bronchiectasis)

Last Tuesday of the month, 3-4.30pm

**RUN BY:** NHS/Chest Heart & Stroke Scotland

**LOCATION:** Royal Infirmary of Edinburgh Seminar Rm 1640

(opposite Ward 203)

**EMAIL:** breathtakers2010@hotmail.co.uk

### BREATHE EASY GROUP

First Tuesday of the month at 2pm

**RUN BY:** British Lung Foundation

**LOCATION:** Midlothian Voluntary Action

4-6 White Hart Street

Dalkeith EH22 1AE

**TELEPHONE:** 03000 030 555

## Open to all carers

### BROOMHOUSE CENTRE GROUP

Last Wednesday of month 6-8pm

**RUN BY:** Broomhouse Centre

**LOCATION:** 79-89 Broomhouse Crescent

**TELEPHONE:** 0131 455 7731

**EMAIL:** adultcarers@broomhousecentre.org.uk

### CARE FOR CARERS SUPPORT GROUP

First Thursday of month, 7 - 9pm

**RUN BY:** Care for Carers

**LOCATION:** Willow Room G3, St Margarets House, 151 London Road

**TELEPHONE:** 0131 661 2077

**EMAIL:** admin@care4carers.org.uk

### PORTOBELLO CARER SUPPORT GROUP

Last Tuesday of month, 12 - 1.30pm

**RUN BY:** Care for Carers

**LOCATION:** Portobello Library

**TELEPHONE:** 0131 661 2077

**EMAIL:** admin@care4carers.org.uk

### RATHO CARER CAFE

Last Thursday of month, 10am-12noon

**RUN BY:** Queensferry Care/Alzheimers Scotland

**LOCATION:** Ratho Community Centre Café, School Wynd, Ratho

**TELEPHONE:** 0131 331 5570

**EMAIL:** mail@qccc.org.uk

### ST ANNE'S CARER SUPPORT GROUP

Fridays (fortnightly), 10.30am - 12noon

**RUN BY:** St Anne's Church

**LOCATION:** St Anne's Church Hall, 1 Kaimes Road, Edinburgh EH12 6JR

**TELEPHONE:** 0131 316 4740

**EMAIL:** office@stannescorstorphine.org.uk

### SW EDINBURGH PEER SUPPORT GROUP

Please contact VOCAL for dates and locations.

A chance to meet carers for conversation, sharing and solution finding.

**RUN BY:** VOCAL

**LOCATION:** Various locations - contact us for details

**TELEPHONE:** 0131 622 6666

**EMAIL:** jgreenacre@vocal.org.uk

### WESTER HAILES CARER SUPPORT GROUP

Please contact to confirm times

**RUN BY:** Wester Hailes Health Agency

**LOCATION:** Wester Hailes Healthy Living Centre, 30 Harvesters Way

**TELEPHONE:** 0131 453 9400

### CARER CONVERSATION CAFES

Weekly conversation cafes are a chance for carers to meet others, share thoughts and take part in discussion on a weekly theme. Refreshments provided.

**RUN BY:** VOCAL

**LOCATION:** Various locations - please see visit [www.vocal.org.uk/conversation](http://www.vocal.org.uk/conversation) for details

**TELEPHONE:** 0131 622 6666

**CONTACT:** Wendy Brooks

**EMAIL:** centre@vocal.org.uk

## Black & Minority Ethnic carers

### MECOPP

Information, advice and group activities held regularly including dementia project for the South Asian Community and BME carer support groups. Please contact to confirm groups, dates and times.

**RUN BY:** MECOPP

**LOCATION:** City-wide, please call for details.

**TELEPHONE:** 0131 467 2997/2994

### ACTION GROUP CARER SUPPORT GROUPS

Annual Conference and ad-hoc events.

**RUN BY:** BEMAS, The Action Group

**LOCATION:** Please contact for dates/venues

**TELEPHONE:** 0131 475 2315

**EMAIL:** info@actiongroup.org.uk

## Older carers

### CATS - CARERS AFTERNOON TOGETHER

Mondays, 1 - 3pm, please contact to confirm

**RUN BY:** North West Carers

**LOCATION:** Craigroyston Community High School

**TELEPHONE:** 0131 315 3130

**EMAIL:** marcia@nwcarers.org.uk

## Parent carers

### A.D.H.D PARENT/CARER SUPPORT GROUP

Please contact for details or see Facebook group

**FACEBOOK:** Edinburgh ADHD Parent/Carer Support Group

**TELEPHONE:** Carole Brown (07867 636 982)

**EMAIL:** carolebrownabode@gmail.com

### ACTION GROUP - CARER SUPPORT GROUPS

Annual Conference and ad-hoc events

**RUN BY:** The Action Group

**LOCATION:** Lothian-wide

**EMAIL:** info@actiongroup.org.uk

### BRIGHTER DAYS ADHD SUPPORT GROUP

Kids/Teens club every Saturday morning

Monthly parent/carers support group

**RUN BY:** Brighter Days

**LOCATION:** Crofthead Community Centre,

Templar Rise, Livingston

**TELEPHONE:** 07813 107 969

**EMAIL:** brighter\_days@rocketmail.com

## Autistic Spectrum Disorder

### PASDA

Please contact Pasda to confirm dates/times

**RUN BY:** Pasda

**LOCATION:** Norton Park, 57 Albion Rd, Edinburgh, EH7 5QY

**TELEPHONE:** 0131 475 2416

**EMAIL:** info@pasda.org.uk

### CLASPS (Carers in Lothian of Asperger's

Syndrome Partners or Spouses)

First Thursday of month, 6.30 - 8.30pm

**RUN BY:** VOCAL

**LOCATION:** Please contact for more information or to join the group.

**TELEPHONE:** 0131 622 6666

**EMAIL:** jgreenacre@vocal.org.uk

## Dementia (Dementia cafes listed over page)

### SEAGROVE CENTRE - CARER SUPPORT GROUP

6th of the month. Please contact to confirm times

**RUN BY:** Sea Grove Centre

**LOCATION:** NEDC, 13 Fleming Place

**TELEPHONE:** 0131 553 7147

**EMAIL:** enquiries@nedc.org.uk

### FORGET ME NOTS

Every second Thursday, 11am-1pm

**RUN BY:** North West Carers

**LOCATION:** Drumbrae Library Hub

**TELEPHONE:** 0131 315 3130

**EMAIL:** resource@nwcarers.org.uk

### SINGING GROUPS FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

1st & 3rd Thursday of month

**LOCATION:** Saint Serf's Church Hall, 1A Clark Road

**TELEPHONE:** Sheila Hardie (0131 551 1229)

Kate Walker (0131 554 4940)

2nd and 4th Wednesday of the month

**LOCATION:** Fairmilehead Parish Church Hall, 1a Frogston Road West

**TELEPHONE:** Anne Sommerville (447 5132)

2nd and 4th Monday of the month 2-4pm

**LOCATION:** St Christophers' Church Hall, Craigentenny Road

**TELEPHONE:** Katie Cruimlish (0131 554 0213)

Helen Fraser (0131 661 2344)

## Drugs and Alcohol

### FIRST THURSDAY GROUP

First Thursday of month, 10.30am - 1pm

**RUN BY:** VOCAL Family Support Addictions

**LOCATION:** Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB

**TELEPHONE:** 0131 622 6262

**EMAIL:** fsa@vocal.org.uk

### FIRST TUESDAY GROUP

First Tuesday of month, 6pm - 8pm

**RUN BY:** VOCAL Family Support Addictions

**LOCATION:** Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB

**TELEPHONE:** 0131 622 6262

**EMAIL:** fsa@vocal.org.uk

### SMART RECOVERY MEETINGS FOR FAMILY & FRIENDS

Every Tuesday 2pm - 4pm or 6pm - 9pm (alternate weeks)

**RUN BY:** VOCAL Family Support Addictions

**LOCATION:** Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB

**TELEPHONE:** 0131 622 6666

**EMAIL:** fsa@vocal.org.uk

## Learning Disability

### OLDER CARERS GROUP (EDG)

Please contact to confirm times

**RUN BY:** Edinburgh Development Group

**LOCATION:** St Margaret's Court, 525 Lanark Road, Juniper Green

**TELEPHONE:** 0131 476 0522

**EMAIL:** hels@edg-sco.org

*More groups over the page...*