

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 662 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

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

Carer support groups in Edinburgh



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

- a physical health problem
- a mental health problem
- a disability
- a 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



working with carers

Leaflet updated Apr 2019

VOCAL (Voice of Carers Across Lothian)

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

☎ 0131 622 6666

✉ centre@vocal.org.uk

🌐 www.vocal.org.uk

📘 /VOCALEdinburgh

🐦 @VOCALEdinburgh

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

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

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

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

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

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

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

CARERS IN THE FERRY

Third Monday of month 1.45 - 3.10pm

LOCATION: the Haven (Queensferry Care Centre) South Queensferry

Dementia

SEAGROVE CENTRE - CARER SUPPORT GROUP

6th of 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

Dementia

SIDE BY SIDE CARER SUPPORT

First Tuesday of month 10.30 - 12.30pm

LOCATION: St Ninians Church, Corstorphine

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, Craigentiny Road

TELEPHONE: Katie Cruimlish (0131 554 0213)

Helen Fraser (0131 661 2344)

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

NOSTALGIA CAFE

Last Thursday of month, 2:30-4pm

LOCATION: Inverleith St Serf's Church Centre, Clark Road, EH5 3NP

TELEPHONE: 0725 543 047

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

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

More groups over the page...