**Carer Peer Support Groups**

**Local groups for all conditions**

**Conversation Cafe (North West)**

* **In person** – last Tuesday of the month, 10.30am-12noon
* **Contact –**Gillian Smith, VOCAL [**gsmith@vocal.org.uk**](mailto:gsmith@vocal.org.uk)

**Connecting Carers (North West)**

* **In person** – Third Tuesday of the month, 11am-12noon
* **Contact –**Sophie Johnston, VOCAL [**sjohnston@vocal.org.uk**](https://www.carerstraining.co.uk/groups/sjohnston@vocal.org.uk)

**Connecting Carers (South East)**

* **In person** – the second Tuesday of the month, starting Tuesday 14th March 2023, 2pm – 3pm at Gilmerton Community Centre
* **Contact** – Leesa Mackintosh, VOCAL [**lmackintosh@vocal.org.uk**](mailto:lmackintosh@vocal.org.uk)

**Connecting Carers (North East)**

* **In person** – last Wednesday of the month, 12pm-1pm
* **Contact –**Tammy Easton, VOCAL[**tdavidson@vocal.org.uk**](https://www.carerstraining.co.uk/groups/tdavidson@vocal.org.uk)

**Connecting Carers (South West) in partnership with The Meeting Place**

* **In person** – every second Monday of the month, 1.30pm – 2.30pm
* **Contact –**Claudine Davison, VOCAL [**cdavison@vocal.org.uk**](mailto:cdavison@vocal.org.uk)

**BEMAS Carers Group- Run by The Action Group For Parent Carers from Black Minority Ethnic Communities who have a disabled child/child with support needs (18 and under).**

* **In person**– once a month on a Thursday, 10am – 1pm. Groups usually run in central Edinburgh.
* **Contact** – [**careradvice@actiongroup.org.uk**](mailto:careradvice@actiongroup.org.uk)

**Parents Carewell Group- For Parent Carers of young adults (16+) (Run by The Action Group)**

* **In person** – once a month, date varies and groups usually run in central Edinburgh
* **Contact** – [**careradvice@actiongroup.org.uk**](mailto:careradvice@actiongroup.org.uk)

**Eating Disorders Carers Peer Support Group** **(Edinburgh Carers Council)**

* **In person –** last Tuesday of the month from 1:00pm-2:30pm at Great Michael House (ECC office base, 14 Links Place).
* **Contact**– Emmy (Edinburgh Carers Council) at [**emmy@edinburghcarerscouncil.co.uk**](mailto:emmy@edinburghcarerscouncil.co.uk) or call 0131 322 8480.

**Carers Peer Support Group** **(Edinburgh Carers Council)**

* **In person –**last Friday of the month from 2:30pm-4:00pm at SAMH Redhall Walled Garden.
* **Contact** – Rachael (Edinburgh Carers Council) at [**rachael@edinburghcarerscouncil.co.uk**](mailto:rachael@edinburghcarerscouncil.co.uk) or call 0131 322 8480.

**One Sixty Group**

* Monthly café offering practical and emotional support for people living with dementia (of any age), their carers, and families. VOCAL have a carer support group which runs during the group, whilst there is an activity group for the people living with dementia.
* **In person –**third Wednesday of every month, 2pm-3.30pm at 160 Dundee Street, Edinburgh EH11 1DQ.
* **Contact –**Alzheimer Scotland on 0131 551 9350

**Space Adult Carers (by Space @ The Broomhouse Hub)**

* **In person –** last Wednesday of the month, 6pm – 8pm at Space @ The Broomhouse Hub, 78-89 Broomhouse Crescent, EH11 3RH
* **Contact –**0131 455 7731 or [**adultcarers@spacescot.org**](mailto:adultcarers@spacescot.org)

**Mental health carers**

**Peer support group for carers of a child with a disability (citywide)** **in partnership with LCIL**

* **In person** – once a month on a Monday, 11am-12.30pm
* **Contact –**Megan Copley, VOCAL [**mcopley**](https://www.carerstraining.co.uk/groups/mcopley@vocal.org.uk)@vocal.org.uk

**Peer support for carers of young people with mental health problems (citywide)**

* **Online** – once a month on a Monday 6pm-7pm
* **In person** – once a month on a Friday 10am-11am
* **Contact –**Megan Copley, VOCAL [**mcopley@vocal.org.uk**](https://www.carerstraining.co.uk/groups/mcopley@vocal.org.uk)

**Support group for carers of Complex PTSD or borderline personality disorder (Health in Mind)**

* **In person –** last Friday of every month at Health in Mind, 40 Shandwick Place, Edinburgh, EH2 4RT
* **Contact –**Paulina Szach, Health in Mind [**paulina.szach@health-in-mind.org.uk**](mailto:paulina.szach@health-in-mind.org.uk)

**Support group for carers of Bipolar (Bipolar Edinburgh)**

* **Online  –**  once a month on a Tuesday 7pm – 8.30pm
* **Contact –**Bipolar Edinburgh, [**info@bipolaredinburgh.org.uk**](mailto:info@bipolaredinburgh.org.uk)

**Mental health peer support group for carers (Eric Liddell Community)**

* **In person –** third Tuesday of the month, 6.30pm – 7.30pm at the Eric Liddell Community, 15 Morningside Road, Edinburgh EH 4DP
* **Contact –**Eric Liddell Community, [**McCarthyl@ericliddell.org.uk**](mailto:McCarthyl@ericliddell.org.uk)

**Peer support group for carers of an adult with mental health difficulties.**

* **In person** - Last Tuesday of every month, 12.30pm-2.00pm, at Stafford Centre, 103 Broughton Street, Edinburgh, EH1 3RZ.
* **Contact** - Ana Eales, Change Mental Health, [ana.eales@changementalhealth.org](mailto:ana.eales@changementalhealth.org)

**Peer support group for carers of an adult with mental health difficulties.**

* **In person** - Every 6 weeks (next group Tuesday, June 25th) 4.30pm-6.30pm, at Stafford Centre, 103 Broughton Street, Edinburgh, EH1 3RZ.
* **Contact** - Ana Eales, Change Mental Health, [ana.eales@changementalhealth.org](mailto:ana.eales@changementalhealth.org)

**Support group for carers with low mood or depression, in partnership with Health in Mind.**

* **In Person** - Last Monday of every month, 6.00pm-7.00pm, at Stafford Centre, 103 Broughton Street, Edinburgh, EH1 3RZ.
* **Contact** - Ana Eales, Change Mental Health, [ana.eales@changemh.org](mailto:ana.eales@changemh.org)

**In person** - Last Tuesday of every month, 12.30pm-2.00pm, at Stafford Centre, 103 Broughton Street, Edinburgh, EH1 3RZ.

**Contact** - Ana Eales, Change Mental Health, [ana.eales@changementalhealth.org](mailto:ana.eales@changementalhealth.org)