

# East Lothian Adult Mental Health and Wellbeing Services – Self-Referral



East Lothian Health and Social Care Partnership  
John Muir House, Brewery Park  
Haddington EH41 3HA



Psychological Therapies  
Service (PTS)  
East Lothian

## ***Purpose:***

This document lists services offering mental health, wellbeing and welfare support available to adults living and working in East Lothian. This includes services geographically outwith East Lothian but are still open to East Lothian residents.

## ***Accessing services:***

All services are accessed via self-referral. This means that anyone seeking support can independently sign up/register their interest by contacting the service, or attending available drop-ins. Most listed services accept third-party referrals. Professionals/referrers are advised to contact the organisation if they are unsure.

To search for further services based in East Lothian, please consult Eastspace and Volunteer Centre East Lothian (found in 'Directories').

Further NHS and community services accessible via referral from a health and social care professional, can be found in the 'East Lothian Adult Mental Health Resource List – Services Requiring Referral'

## ***Service regulations***

Listed services are provided by Health and Social Care Partnership (NHS Lothian and East Lothian Council); and third-sector organisations. All organisations are registered charities regulated by the OSCR (Office of the Scottish Charities Regulator) and/or are registered with the Care Inspectorate; and/or Community Interest Companies (CICs) regulated by the Office of the Regulator of Community Interest Companies. This threshold is informed by Scottish Government guidance.

If you notice any inaccuracies or outdated information, please contact [Loth.AMHEastDropIn@nhs.scot](mailto:Loth.AMHEastDropIn@nhs.scot).

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# Mental Health

## East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<p><i>Changes, East Lothian</i></p> <p><i>(Musselburgh)</i></p>	<p>A charity that aims to enable people to achieve and maintain good mental health and wellbeing through support groups and courses, one-to-one therapy, and wellbeing activities.</p>	<p>16+ living in East Lothian</p>	<ul style="list-style-type: none"> <li>• Short-term counselling</li> <li>• Group therapy courses (Compassion-Focussed Therapy and Building Self-Esteem).</li> <li>• Support Groups (First Steps to Positive Mental Health; Men’s Peer Support)</li> <li>• Wellbeing/Social activities include Befriending scheme; Buddy Walks; Relaxation Workshop; Wellbeing in Nature project; and a range of other social/group activities.</li> <li>• Mental health support training for professionals and volunteers</li> </ul>	<p>Tel: 0131 653 3977</p> <p>Email: <a href="mailto:Info@ChangesEastLothian.org">Info@ChangesEastLothian.org</a></p> <p>Website: <a href="https://www.changeschp.org.uk/notice-your-interest/">https://www.changeschp.org.uk/notice-your-interest/</a></p>
<p><i>CWIC-MH (Care When it Counts), Mental Health</i></p>	<p>Brief mental health interventions and provision of psychoeducational resources; referral and signposting to NHS Adult Mental Health services</p>	<p>People in East Lothian aged 17 years and 9 months+</p>	<p>30 min appointments by phone, NearMe, or face-to-face. One-to-one support with mental health nurse or occupational therapist.</p>	<p><a href="https://www.eastlothian.gov.uk/info/210558/social_care_and_hemenalt/12677/cwic_east_lothian_mental_health_service">https://www.eastlothian.gov.uk/info/210558/social_care_and_hemenalt/12677/cwic_east_lothian_mental_health_service</a></p> <p>Phone 0300 790 6292 to book</p>

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and community projects.

appointment.

*Keep the Heid  
(Haddington,  
Tranent,  
North  
Berwick)*

A Mental Health café - informal but structured discussion group for people living with mental health problems

Anyone 16+ who identifies as having issues with their mental health is welcome

- Tuesdays, 7pm to 9pm, Fraser Centre, Tranent
- Thursday, 7pm to 9pm, The Hope Rooms, 34 Hope Street North Berwick
- Fridays, 7pm to 9pm, Trinity Centre, Haddington

Any queries can be emailed to [KeepTheHeidCafe@gmail.com](mailto:KeepTheHeidCafe@gmail.com) or 07548136575.

*The Ridge  
Support and  
Employability  
  
(Dunbar &  
East Linton)*

Support for individuals experiencing challenges including mental health difficulties, housing, welfare, employment and volunteering. Long-term, structured support available.

18+ in Dunbar and East Linton Area, including Stenton, Spott, and Innerwick

Services include 'Cooking for Life' class; drop-in social café; individual peer support work; crisis drop-ins; the Larder (emergency food provision; Social Security Scotland; Befriending Service; Music & Art groups; Out-door/Nature sessions.

<https://the-ridge.org.uk/>

Email: [support@the-ridge.org.uk](mailto:support@the-ridge.org.uk)

Tel: 01368865888

*\*East Linton - Thursdays 10am-2pm, The Stables, Prestonkirk, Preston Road, East Linton*

*\*Dunbar – Thursdays 1pm-3pm, The Ridge, 88 High St, Dunbar*

Community Wellbeing and Advice Drop-ins\* to find out about benefits, debt advice, access to community wellbeing activities, foodbank, budgeting and housing support

*Wellbeing  
Resource Hub  
  
(East Lothian  
Community  
Hospital,*

Drop-in information-giving service to find out about mental health and wellbeing resources available within the NHS and community in East

Adults 18+ looking for mental health, welfare, or employment

Representatives from Changes, East Lothian Works, Psychological Therapies, Citizens Advice Bureau.

Find us at the entrance foyer of East Lothian Community Hospital, Hospital Road, Haddington, EH41 3PF. We run every Wednesday from 12-2pm

Haddington) Lothian. support.

For any further enquiries, including interest in co-facilitating our hub, please do not hesitate to contact [Loth.AMHEastDropIn@nhslothian.scot.nhs.uk](mailto:Loth.AMHEastDropIn@nhslothian.scot.nhs.uk).

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Beyond Diagnosis (Bipolar Scotland)</i>	Helping people be able to find a way forward following their bipolar diagnosis. Support provided for up to six months.	Adults in Scotland who have been recently diagnosed with bipolar.	All support is delivered remotely by email, phone or video.  Connects people with a Peer Worker and/or Peer Volunteer who also live with bipolar.	Tel: 0141 560 2050  Email: <a href="mailto:info@bipolarscotland.org.uk">info@bipolarscotland.org.uk</a>  <a href="https://bipolarscotland.org.uk/beyond-diagnosis/">https://bipolarscotland.org.uk/beyond-diagnosis/</a>
<i>Health in Mind</i>	A pathway of services to support you with a range of mental health problems including anxiety, depression and trauma.	People over 18* living in East Lothian who are looking to improve or manage their mental health and	Trauma Counselling Line Scotland (for 16 +, living in Scotland and who experienced abuse in childhood)  Trauma support (men 18 +who are survivors of childhood	Tel: 0131 225 8508  Email: <a href="mailto:hello@health-in-mind.org.uk">hello@health-in-mind.org.uk</a>  <a href="http://www.health-in-mind.org.uk/how-we-can-help/support">www.health-in-mind.org.uk/how-we-can-help/support</a>

wellbeing.

sexual abuse

Counselling for adult male survivors of sexual abuse

*\*Some services 16+*

Historic Adoption Peer Support Service

Lothian Deaf Counselling Service (partnership with NHS)

Black and Minority Ethnic Peer Connecting Service (Health in Mind) - One-to-one and/or group peer support.

*Living Life (NHS Scotland)*

Phone support using cognitive behavioural therapy (CBT) based techniques

Anyone in Scotland aged 16 and over with low mood; mild to moderate depression; anxiety; or a combination of these symptoms.

- Regular phone contact with a trained professional to discuss your thoughts and feelings (4 to 6 sessions depending on clinical need)
- Appointments at a time that suit you
- Access to support materials

Self refer by calling 0800 328 9655 (Monday to Friday, from 9am to 9pm)

<https://www.nhs24.scot/how-we-can-help/living-life/>

# Digital Mental Health Support

<i>Service</i>	<i>Description</i>	<i>Who for?</i>	<i>Support options available</i>	<i>Referral Information</i>
<i>Daylight</i>	Therapeutic app for worry and anxiety management	Anyone over 18; recommended for adults struggling with worry and anxiety	Instantaneous access to CBT techniques and strategies. Accessed through smart-phone or computer .	<a href="https://trydaylight.com">Daylight (trydaylight.com)</a>
<i>LIFE...! And How to Survive it</i>	YouTube series offering guidance and support to manage common mental health difficulties	Recommended for adults experiencing any mental health or wellbeing challenges	9 playlists, each discussing aspects of life, stress and overcoming difficult times. Created by Psychological Therapy Service East Lothian. A series of short videos that can be accessed in no particular order.	<a href="https://www.youtube.com/channel/UC8vYUj1U1U1U1U1U1U1U1U1">ELPsychTherapy - YouTube</a>
<i>NHS Inform (Mental Health)</i>	Information about mental health and wellbeing in Scotland.	Anyone living or working in Scotland	<ul style="list-style-type: none"> <li>• Mental health self-help guides</li> <li>• Mind-to-Mind – resources to find out how others manage mental wellbeing</li> <li>• Service directory</li> </ul>	<p>Website: <a href="https://www.nhsinform.scot/mental-health">https://www.nhsinform.scot/mental-health</a></p> <p>Mind-to-Mind: <a href="https://www.nhsinform.scot/mind-to-mind">https://www.nhsinform.scot/mind-to-mind</a></p> <p>Directory: <a href="https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/">https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/</a></p>

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<i>Silvercloud (Wellbeing support)</i>	Self-help psychoeducational modules to support management of general wellbeing.	Any adult looking for ways to improve their mental health and wellbeing. Additional modules cater to student population.	<ul style="list-style-type: none"> <li>• Self-Management Toolkit</li> <li>• Space for Sleep</li> <li>• Space for Resilience</li> <li>• Space from Stress</li> <li>• Space from Money Worries</li> <li>• Space for Positive Body Image</li> <li>• Supporting an Anxious Teen</li> <li>• Supporting an Anxious Child</li> </ul>	<a href="https://wellbeing.silvercloudhealth.com/signup/nhsscotland/">https://wellbeing.silvercloudhealth.com/signup/nhsscotland/</a> ACCESS CODE: Scotland2020
<i>Sleepio</i>	Therapeutic app for poor sleep and insomnia management	Adults 18+ struggling with sleep	Six week self-directed sleep hygiene and retraining programme. Accessed through smart-phone or tablet	<a href="#">Onboarding Sleep Test - Sleepio</a>

*See also: Solihull (InOurPlace) - Perinatal online courses*

# Bereavement

## East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Bereavement Service (NHS Lothian)</i>	Practical advice and information on what to do after a death, as well as help finding bereavement support.	Anyone experiencing bereavement, whether loss was recent or some time ago.	Bereavement Support Group – Musselburgh*. Opportunity to speak to others who have also been bereaved. Not counselling.	<p>Tel: 0131 242 6995 or 0131 242 1996 (Monday-Friday 9am-5pm)</p> <p>Email: <a href="mailto:bereavement.service@nhslothian.scot.nhs.uk">bereavement.service@nhslothian.scot.nhs.uk</a></p> <p>*Musselburgh East Community Learning Centre – Haddington Road, Musselburgh EH21 8JJ. First Monday of every month from 10.30am to 12noon. Call or email to book.</p>

## Scotland/Lothian-Wide (Open to East Lothian residents)

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Cruse Scotland - Bereavement Support</i>	Bereavement counselling, listening services, information, advice and training	Adults experiencing bereavement	Early support in first six months; counselling; support groups; helpline; online webchat with counsellor	<p><a href="https://www.crusescotland.org.uk/how-can-we-help/bereavement-support-for-adults/">https://www.crusescotland.org.uk/how-can-we-help/bereavement-support-for-adults/</a></p> <p>Contact: 0808 802 6161 (helpline); <a href="mailto:support@crusescotland.org.uk">support@crusescotland.org.uk</a></p>

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<i>Held in Our Hearts</i>	Specialist baby bereavement service offering counselling, peer support and support groups.	Families who have experienced loss of a baby.		Referral via <a href="mailto:info@heldinourhearts.org.uk">info@heldinourhearts.org.uk</a> or 01316226263.  <a href="https://heldinourhearts.org.uk/counselling/">https://heldinourhearts.org.uk/counselling/</a>
<i>Survivors Of Bereavement by Suicide (SOBS)</i>	Support and advice for people bereaved by suicide	Adults bereaved by suicide	Online zoom meetings on the last Thursday of the month and face-to-face group meetings in Edinburgh on the 2nd Tuesday of each month.	<a href="http://uksobs.org">http://uksobs.org</a>  Contact: <a href="mailto:edinburgh@uksobs.org">edinburgh@uksobs.org</a> ; 07538 719 993

See also: *Men2Men (StrongMen)*

## Staff Support (NHS Lothian & Health and Social Care)

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Here 4 U (NHS Lothian)</i>	Wellbeing and psychological support to NHS Lothian and Health and Social Care Partnership staff	Health and Social Care staff across NHS Lothian , including staff providing care to others in the	Confidential one-off calls available through helpline: 0131 451 7445.	For more information or to book a call, phone 0131 451 7445 or email <a href="mailto:Here4U@nhslothian.scot.nhs.uk">Here4U@nhslothian.scot.nhs.uk</a>

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		community and in residential homes operated by the HSCPs. Not available to students who are eligible for support through their institutional organisation.		
<i>Frontline 19</i>	Free and confidential psychological support and counselling to frontline workers in the UK.	Adults working for the NHS or frontline services	Not-for-profit CIC. We are staffed by qualified and comprehensively trained volunteer counsellors and psychotherapists.	Referral form: <a href="#">Get Support   Frontline19</a>
<i>Listening Service (NHS Lothian)</i>	Trained Chaplains offering spiritual care for all NHS Lothian staff, patients , relatives and carers.	NHS Lothian Staff	Appointment based confidential, non-judgemental support, whatever your beliefs or life situations, where a trained Chaplain will listen to your story and support you to reflect and find ways forward.	Email <a href="mailto:loth.staffsupport@nhslothian.scot.nhs.uk">loth.staffsupport@nhslothian.scot.nhs.uk</a> or call 0131 242 1990 (21990)

<i>Peer Support (NHS Lothian)</i>	Peer Supporters are trained to listen to their peers' feelings and concerns in a way that provides immediate, short-term support. Offering a chance to offload, to reflect and to help you manage your stress levels.	NHS Lothian staff	A short term service offering a quick 15-30 min conversation with follow up. They will not offer advice or counselling. Suggested following a stressful or adverse event at work, or indeed if personal stressors are impacting on work life.	Confidential mailbox - <a href="mailto:PeerSupport@nhslothian.scot.nhs.uk">PeerSupport@nhslothian.scot.nhs.uk</a>
<i>Practitioner Health (NHS Scotland)</i>	A confidential mental health service for all regulated professionals working in health and social work/social care sectors in Scotland.	All regulated professionals working in health and social work/social care in Scotland who, due to confidentiality reasons, cannot access care or treatment through their own GP or other local services.	Delivered by a team of mental health care providers that can treat professionals suffering from a range of mental health issues such as stress, anxiety, depression or addiction, with a focus on the impact this may have on their work.	Self-referral form found here: <a href="https://www.practitionerhealth.nhs.uk/regulated-nhs-care-staff-in-scotland">https://www.practitionerhealth.nhs.uk/regulated-nhs-care-staff-in-scotland</a> Can call 0300 0303 300. (Monday – Friday 8am-8pm, Sat 8-2pm).

# Trauma and Abuse

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>East Lothian Sexual Abuse Service (ELSAS)</i>	Free and confidential counselling to survivors of who have experienced rape, sexual assault, sexual abuse or any form of sexual violence	All genders over the age of 18, who are currently experiencing or have experienced sexual violence.  Family, friends and partners of survivors of rape and sexual violence.	Part of Edinburgh Rape Crisis Centre. Up to six 50 minute 'here and now' support sessions with counsellor. Further block of counselling (up to 16 sessions) available following waiting time.	<a href="https://www.ercc.scot/east-lothian-sexual-abuse-service-elsas/">https://www.ercc.scot/east-lothian-sexual-abuse-service-elsas/</a>  Referrals can be made to <a href="mailto:elsas@ercc.scot">elsas@ercc.scot</a>
<i>Women's Aid (Macmerry, Tranent)</i>	Support, information, advocacy and temporary accommodation.	All women (including transwomen), children and young people who have been subjected to domestic abuse.	Confidential support and advice; action planning to promote safety of families; providing temporary accommodation.	<a href="https://womensaideml.org/">https://womensaideml.org/</a>  Contact: 0131 561 5800 (Woman's support line; Mon-fri, 9am-4pm) or <a href="mailto:info@womensaideml.org">info@womensaideml.org</a> .  Support sessions available by appointment only.  Appointments available at support office in Macmerry, Tranent, or in safe place in community.

*Scotland/Lothian-Wide (Open to East Lothian residents)*

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<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Abused Men in Scotland (AMIS)</i>	Confidential helpline; online resources	Men in Scotland who have experience domestic abuse		<a href="https://abusedmeninscotland.org/">https://abusedmeninscotland.org/</a>  Contact: 03300 949 395 or <a href="mailto:support@amis.org.uk">support@amis.org.uk</a>
<i>Rape Crisis Scotland</i>	A national charity that provides support, information and advocacy for survivors of sexual violence.	People of all genders living in Scotland aged 13+ who have been affected by sexual violence ( violence.	Helpline offers confidential short-term, crisis and initial support by phone, email, webchat and text.	Tel: 08088 01 03 02 - any day between 5pm – midnight:  Text: 07537 410 027  Email: <a href="mailto:support@rapecrisisscotland.org.uk">support@rapecrisisscotland.org.uk</a>  Webchat: <a href="http://www.rapecrisisscotland.org.uk">www.rapecrisisscotland.org.uk</a>
<i>Future Pathways</i>	Supports people who were abused or neglected as children while they were living in care in Scotland.	For people who have experienced abuse or neglect when they were under the age of 18, in Scotland, within a care setting.	<ul style="list-style-type: none"> <li>• Activities within your local community</li> <li>• Psychological trauma support</li> <li>• Counselling</li> <li>• Arranging housing and benefit advice</li> <li>• Access to records</li> <li>• Work and education</li> </ul>	Tel: 0808 164 2005  Email: <a href="mailto:registration@future-pathways.co.uk">registration@future-pathways.co.uk</a>  <a href="http://www.future-pathways.co.uk">www.future-pathways.co.uk</a>
<i>Victim Support Edinburgh (Victim Support)</i>	Confidential, free emotional and practical support for people after a	People aged 12 years old and over and a victim of crime needing support	<ul style="list-style-type: none"> <li>• Emotional and practical support</li> <li>• guidance through the criminal justice system</li> </ul>	Tel: 0800 160 1985  Email: <a href="mailto:VictimSupport.Edinburgh@victimssupportsco.org.uk">VictimSupport.Edinburgh@victimssupportsco.org.uk</a>

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Scotland)

crime.

(the crime does not need to be reported to the police)

- reporting a crime through Third Party Reporting service
- help with Victim Impact Statements
- information regarding court attendance for victims and witnesses
- referral to the Witness Service for people giving evidence in court

Website: [Victim Support Edinburgh, Mid & East Lothian - Affected by crime in Mid & East Lothian?](#)

See also: *Health in Mind - Trauma Support (for male survivors of childhood sexual abuse)*

## Perinatal Wellbeing

East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
PANDAS Foundation(Prestonpans)	Perinatal Support Group for parents who are struggling with their mental health.	Parents struggling with perinatal mental illness	Led by a trained group manager with lived experience, support groups offer a safe space for parents and their baby, with the opportunity to meet other parents, and	<a href="https://pandasfoundation.org.uk/">https://pandasfoundation.org.uk/</a>  <a href="mailto:eastlothianpandas@gmail.com">Contact: eastlothianpandas@gmail.com</a>

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chat, listen and share experiences.

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Solihull (InOurPlace)</i>	Evidence-based learning to raise emotional health: Childhood development, parenting, relationships, and wellbeing	Parents and families	Online courses include: <ul style="list-style-type: none"><li>• Understanding pregnancy, labour, birth and your baby</li><li>• Understanding your child: from toddler to teenager</li><li>• Understanding your child's feelings</li><li>• Understanding your child's mental health and wellbeing</li></ul>	Free for anyone in Scotland. Input postcode for access.  Website: <a href="#">Online courses for parents - Solihull Approach   Parenting</a>

## Crisis

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
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<i>Breathing Space (NHS Scotland)</i>	A free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety	Anyone in Scotland 16+ feeling low, anxious or depressed.	<ul style="list-style-type: none"> <li>• An alternative and easily accessible ‘first stop’ service</li> <li>• Assistance at an early stage in order to stop problems escalating.</li> <li>• Empathy, understanding and advice through active listening</li> <li>• Direction for those who do not know where to seek help.</li> </ul>	<p>Tel: 0800 83 85 87</p> <p>Weekdays: Monday-Thursday 6pm to 2am</p> <p>Weekend: Friday 6pm-Monday 6am</p> <p><a href="https://www.breathingspace.scot/">https://www.breathingspace.scot/</a></p>
<i>Chris’s House (Dalkeith &amp; Wishaw)</i>	Safe environment where people in, or approaching, suicidal crisis can have a safe place to receive professional support.	Adults experiencing thoughts of suicide and crisis.	<ul style="list-style-type: none"> <li>• 27/7 telephone helpline</li> <li>• All our visitors can benefit from an individually tailored programme, designed to help improve their mental health</li> </ul>	<p>Tel: 01236 766755 (24/7)</p> <p>Dalkeith – Sundays, Mondays – 11am-3pm. Tuesdays, Thursdays – 11am-9pm.</p> <p>Wishaw – Mondays-Wednesdays – 11am-10pm. Fridays – 11am-4pm. Sundays – 11am-3pm.</p>
<i>Samaritans</i>	Confidential helpline where anyone can talk about their feelings, struggles, or concerns.	Anyone, including those in suicidal distress.	Listening and emotional support for anyone, including those in suicidal distress.	<p>Tel: 116 123 (24/7)</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p><a href="https://www.samaritans.org/?nation=scotland">https://www.samaritans.org/?nation=scotland</a></p>

# Community Wellbeing & Social Engagement

East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Amisfield Walled Gardens (Haddington)</i>	Volunteering, community and therapeutic gardening activities set within a beautiful and peaceful 8 acre walled garden.	Volunteers who may have additional support needs, or long-term physical or mental ill-health.	Initial 1:1 support for volunteers who may have additional support needs, or long-term physical or mental ill-health. Wellbeing activities throughout the year.	Enquiries can be sent to the Wellbeing and Outreach Worker at: <a href="mailto:wellbeing@amisfield.org">wellbeing@amisfield.org</a> or 07704 049572.
<i>Community Connections (North Berwick Coastal) (North Berwick)</i>	Support to reconnect with the local community, including befriending, cafe drop-ins, and walking groups.	18+ living in North Berwick and surrounding coastal area.	<ul style="list-style-type: none"> <li>• Scone Café weekly drop-in (scones and coffee, at Abbey Church Hall)</li> <li>• Coffee Connections (meeting up at local cafes)</li> <li>• Volunteer Befriending calls or meet-ups</li> <li>• Buddy Walks to</li> </ul>	Self-referral form: <a href="https://www.nbc-communityconnections.org/self-referral-form/">https://www.nbc-communityconnections.org/self-referral-form/</a>

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			<p>get youF out in the fresh air</p> <ul style="list-style-type: none"> <li>• Workshops and training – e.g. Demystifying death</li> </ul>	
<i>East Lothian Libraries*</i>	Range of resources, and activities and events to support wellbeing. Look up local library for specific facilities.	Anyone	Cosy seating area, hot drinks available, charging sockets, free menstrual products, newspaper, free Wifi, food bank drop-off, laptop space, jigsaws and puzzles.	* Dunbar, East Linton, Gullane, Haddington, Long Niddry, Musselburgh, North Berwick, Ormiston, Port Seton, Prestonpans, Tranent, Wallyford
<i>The Fraser Centre (Tranent)</i>	Offers several groups and activities focussing on health and wellbeing.	Various activities and groups for all ages.	<ul style="list-style-type: none"> <li>• Bloom Baby classes – enhancing baby development and parental bond.</li> <li>• Dementia friendly meetups</li> <li>• Friendly Fridays! (social meetups)</li> <li>• Gentle Exercise and yoga</li> <li>• Community pantry and foodbank</li> </ul>	<p>Tel: 01875 617444</p> <p>General Enquiries: <a href="mailto:info@thefrasercentre.com">info@thefrasercentre.com</a></p> <p><a href="https://www.thefrasercentre.com/activity_programme/">https://www.thefrasercentre.com/activity_programme/</a></p>

- drop-off
- Kurling

*Neighbourhood Networks  
(Haddington, Musselburgh, Dunbar & Tranent)*

Supporting vulnerable adults mainly with learning disabilities, physical disabilities and mental health issues to live an independent life, safely, within their own homes and be fully involved within their local communities

Vulnerable adults mainly with learning disabilities, physical disabilities and mental health issues

Members are supported to develop their own personal support plan which focuses on areas such as independent travel, money management, life skills, employment, building friendships and relationships. Members are supported to understand and deal with their responsibilities as tenants and neighbours to ensure they are not at risk of losing their home. Members are encouraged to share life skills and offer support to other members within their own networks and also across the organisation.

<https://www.neighbourhoodnetworks.org/resources/>

Contact: 0141 440 1005 or

[info@neighbourhoodnetworks.org](mailto:info@neighbourhoodnetworks.org)

<p>Volunteer Centre East Lothian (VCEL)</p> <p>(Tranent)</p>	<p>Providing support, advice, learning and development opportunities for individuals and third-sector organisations.</p>	<p>Various support and information for all ages of people based in East Lothian.</p>	<ul style="list-style-type: none"> <li>• Online directory for health and wellbeing support (all ages)</li> <li>• Kindness Cafe* – safe space for social engagement and activities – 10am-12pm every second Wednesday of month (Tranent)</li> <li>• Volunteering opportunities</li> </ul>	<p><a href="https://www.volunteereastlothian.org.uk/">https://www.volunteereastlothian.org.uk/</a></p> <p>*<a href="https://www.volunteereastlothian.org.uk/kindness-cafe">https://www.volunteereastlothian.org.uk/kindness-cafe</a></p>
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See also: Changes. The Ridge, Dunbar; Hollie’s Cafe; Fa’Side Community Kitchen (Tranent); Our Community Kitchen (Haddington);

## Physical Health and Exercise

### East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<p>Active East Lothian</p>	<p>Community-led sport and activity. Partnership between Council teams including Sports Development, Active</p>	<p>Adults (aged 16+)</p>	<p>Online resource to search for local activities, events and volunteering.</p> <p>Community Sports Hubs in Dunbar, Tranent,</p>	<p><a href="https://www.activeeastlothian.co.uk/">https://www.activeeastlothian.co.uk/</a></p>

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	Schools, Outdoor Learning Service and Community Sport Hubs.		Haddington, Prestonpans, Musselburgh and North Berwick.	
<i>Cycling UK</i>	Adult cycle training ranging from complete beginners, confidence building playground or park-based rides; as well as short led rides along easy routes; bike loans and e-bike trials. These can be 1:1, or in small groups	Adults and families in East Lothian	<ul style="list-style-type: none"> <li>• Adult &amp; Family skill sessions</li> <li>• Social group rides</li> <li>• 1-1 Buddy Rides</li> </ul>	<p>Tel: 07771390129</p> <p>Email: <a href="mailto:angie.kinghorn@cyclinguk.org">angie.kinghorn@cyclinguk.org</a></p>
<i>Live Well, East Lothian (Haddington)</i>	Gentle movement and exercise classes for those living with or recovering from chronic long-term conditions or events, or even for those just wishing to improve general stability and fitness whilst increasing social connectedness	Adults in East Lothian living with or recovering from chronic long-term conditions or events, or even for those just wishing to improve general stability and fitness	Events held throughout East Lothian. Offered both online and face-to-face classes.	<p>Visit website to complete membership form: <a href="https://www.livewelleastlothian.org/">https://www.livewelleastlothian.org/</a></p> <p>Contact: <a href="mailto:livewell@bslm.org.uk">livewell@bslm.org.uk</a>; 01224 036560</p>
<i>Move More East Lothian</i>	Supporting people with cancer to stay more physically	Adults in East Lothian living	Support includes gym/circuits-based classes; gentle movement classes (Tai	<a href="https://www.activeeastlothian.co.uk/physical-activity/move-more-east-lothian-95">https://www.activeeastlothian.co.uk/physical-activity/move-more-east-lothian-95</a>

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<i>(Musselburgh)</i>	active. Trained exercise instructors and volunteers offer a range of activities designed for people with cancer.	with cancer	Chi / Qigong fusion with meditation); health and wellbeing walks; gardening groups.	Contact: 0131 653 5264; 07929 015087 or <a href="mailto:movemore@enjoyleisure.com">movemore@enjoyleisure.com</a>  *NHS/Healthcare professionals: <a href="mailto:loth.exercisereferral@nhslothian.scot.nhs.uk">loth.exercisereferral@nhslothian.scot.nhs.uk</a>
<i>Quit Your Way</i>	Free stop smoking support at a variety of locations and are provided by specialist practitioners. Sessions are very informal, and friendly practitioners will discuss the products that can help you quit.	People living in East Lothian looking to stop smoking.	Support usually last for 12 weeks or until you have finished any stop smoking medication and feeling confident staying quit.	For more information and self-referral: <a href="https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/13284%201elo1116">https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/13284%201elo1116</a>  Contact: 0131 537 9914

## Holistic Wellbeing

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Heartfulness Meditation</i>	Educational and volunteer-based non-profit organisation, focused on meditation,	Any adult. Heartfulness is independent of religions and	Classes in Fisherrow Centre, Musselburgh.	<a href="https://heartfulness.org/en">https://heartfulness.org/en</a>  Contact Jill Alexander on:

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relaxation, yoga and spirituality.

religious beliefs.

[eastlothian@heartfulness.uk](mailto:eastlothian@heartfulness.uk)

## Nature and Outdoors

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Groundswell, Scotland (Tidal Connections) (Dunbar)</i>	Non-profit organisation specialising in Groundswell Surf Therapy™. Tidal Connections is a community led surf collaborative with an emphasis on protecting, preserving and enjoying the wild environment of Belhaven Bay.	Women of any experience or ability including complete beginners who would like to improve their surfing, meet in community, make friends and look after the local environment	Facilitate programmes designed to allow for healing and growth through surfing and connection to nature, community and self.  A monthly coached session will be guided by facilitators (qualified in SLSGB surf lifeguards, physical trainers, wellbeing practitioners, yoga teachers and ISA surf coaches) to embark on a journey of healing, empowerment, skill building and uniting through surfing.	Membership required. This gives access to Tidal Connections sessions and events at no cost or by donation.  Email: <a href="mailto:scotland@groundswellcommunity.org">scotland@groundswellcommunity.org</a>  <a href="https://groundswell-scotland.org/tidal-connections/">https://groundswell-scotland.org/tidal-connections/</a>

*See also: Changes; The Ridge; Community Connections (North Berwick Coastal); Amisfield Walled Gardens*

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<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Venture Trust (Outdoor Therapy Service)</i>	Supporting people by combining the full range of benefits from time in nature and the outdoors with professional therapy to improve mental health and wellbeing.	People aged between 16 and 25 years old, and ex-service personnel who may be experiencing mental health and wellbeing difficulties; violence and aggression; relationship difficulties; substance use; grief; trauma; social isolation.	Delivered in urban outdoor and green spaces such as parks, community gardens, woodlands, beaches or local hills. It can help people gain perspective and reflect on past or current life events that are troubling	Tel: 0800 83 85 87  Weekdays: Monday-Thursday 6pm to 2am  Weekend: Friday 6pm-Monday 6am  <a href="https://www.breathingspace.scot/">https://www.breathingspace.scot/</a>

## Older Adults

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Ageing Well</i>	Activities to promote	Older adults	Walking, Tai Chi, Nordic	<a href="https://www.activeeastlothian.co.uk/physical-">https://www.activeeastlothian.co.uk/physical-</a>

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<i>East Lothian</i>	physical and mental wellbeing for older adults in East Lothian.	living in East Lothian (no strict age criteria).	Walking, Mindfulness, Simple Yoga, Walking Hockey, Buddy Swimming, Senior Movements, New Age Kurling, Tea Dance and so much more.  Some activities have attached cost.	<a href="#">activity/ageing-well-37</a> Contact: Parvine Woodger (Ageing Well Coordinator) on <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a> or 07718 117585
<i>Hollies Cafe (Musselburgh)</i>	A not-for-profit community café aimed at reducing loneliness and social isolation	Adults experiencing loneliness and isolation.	Various groups available including an over 50s group, a veteran's group and a boxercise group.	Tel: 01316655613 Email: <a href="mailto:holliesmusselburgh@hotmail.co.uk">holliesmusselburgh@hotmail.co.uk</a> Address L 183 High St, Musselburgh, EH21 7DE
<i>Dementia Friendly Tranent (Coffee and Chat Club)</i>	This is a space where people with dementia can have a coffee and chat and get information and support on Playlist for Life and Reading is Caring.	For people with dementia, their family, friends or carers to enjoy an informal coffee and chat.		Drop-in.  Email: <a href="mailto:DementiaFriendlyTranent@Outlook.com">DementiaFriendlyTranent@Outlook.com</a>  <a href="https://eastspace.org.uk/services/dementia-friendly-tranent-coffee-and-chat-club-dementia-friendly-tranent/">https://eastspace.org.uk/services/dementia-friendly-tranent-coffee-and-chat-club-dementia-friendly-tranent/</a>
<i>Dementia Meeting Centre (Musselburgh)</i>	Social club for people to adjust to their diagnosis they also offer signposting to other	People with mild-moderate dementia and carers. Musselburgh		Contact: <a href="mailto:fiona@dfel.org.uk">fiona@dfel.org.uk</a>  <a href="https://dfel.org.uk/">https://dfel.org.uk/</a>

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groups and services. residents only.

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Alzheimer Scotland – Dementia Advisor</i>	The Dementia Advisor is a point of contact for people living with dementia and their families and carers, as well as statutory and third sector professionals and communities working with and supporting the same groups of people.	Those worried about the symptoms of, diagnosed with or caring for someone with dementia.	Help to promote your rights, signpost you to and liaise with other services and opportunities. They can deliver various dementia information and awareness training based on the needs of different groups of people, including businesses and community organisations.	Tel: 0131 654 1114 + 07831 859490 Email: Michael Huddleston <a href="mailto:mhuddleston@alzscot.org">mhuddleston@alzscot.org</a>  <a href="https://eastspace.org.uk/services/dementia-advisor-alzheimer-scotland/">https://eastspace.org.uk/services/dementia-advisor-alzheimer-scotland/</a>
<i>Alzheimer Scotland – Day Opportunities (Bonnyrig)</i>	Supporting people with dementia through therapeutic activities aimed at preserving and enhancing memory and life skills, as well as offering fun social interactions.	People diagnosed with dementia.	Cost attached - £8 a session.	Tel: 0131 654 1114 Email: <a href="mailto:kfernie@alzscot.org">kfernie@alzscot.org</a>  <a href="http://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/mid-east-lothian-office">www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/mid-east-lothian-office</a>

# Neurodiversity

East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
Edge Group Scotland (Musselburgh)	Holistic, person-centred support for young, autistic and Additional Support Needs adults, transitioning into adulthood.	Young adults (18-35) with autism and/or additional support needs in Lothian	<ul style="list-style-type: none"> <li>• One-to-one person-centred support</li> <li>• Supported respite adventure breaks</li> <li>• Supported Day services</li> </ul>	Referral form and eligibility criteria: <a href="https://www.edgeautism.com/referral-eligibility">https://www.edgeautism.com/referral-eligibility</a>

Scotland/Lothian-Wide (Open to East Lothian residents)

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
Number 6	Social opportunities and 1-1 and group support for adults with autism.	16+ formally diagnosed with autism; no additional learning disability	<p>For autism diagnostic services, clients must be referred by their NHS mental health team.</p> <p>Facilitate a late-diagnostic group.</p>	<p><a href="https://www.number6.org.uk/">https://www.number6.org.uk/</a></p> <p>Contact: <a href="mailto:number6@aiscotland.org.uk">number6@aiscotland.org.uk</a></p>
Scottish ADHD Coalition	ADHD Meet Up Group (informal peer support)	Adults with or without a diagnosis,	Usually, a meeting is held on the 1st Thursday of the	<p><a href="https://sites.google.com/site/scottishadhdadultsorg/Home">https://sites.google.com/site/scottishadhdadultsorg/Home</a></p> <p>Scottish ADHD Coalition: <a href="https://www.scottishadhdcoalition.org/local-groups-in-">https://www.scottishadhdcoalition.org/local-groups-in-</a></p>

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spouses, partners and close family members/friends month at a coffee bar [scotland/](#) in central Edinburgh

## Services for Men

### East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<b>Andy's Man Club</b>  (North Berwick, Prestonpans, and Dunbar)	Men's suicide prevention charity, offering weekly peer-to-peer support groups for men. Their aim is to reduce stigma surrounding men's mental health and help men through the power of conversation.	Men 18+ living in the UK.	Groups usually run on Mondays at 7pm (except bank holidays).  East Lothian groups in North Berwick, Prestonpans, and Dunbar.	Drop-in without booking. Find nearest group here: <a href="https://andysmanclub.co.uk/find-your-nearest-group/">https://andysmanclub.co.uk/find-your-nearest-group/</a>  Contact: <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a>
<b>Dads Work</b>  (Prestonpans)	Community project working with fathers and male care givers. Provides support, positive parenting classes, workshops on the role of fathers, home visits, trips and	Fathers and male caregivers in East Lothian	Services include weekly drop-in support group; counselling; 1-1 Support Service; Dads 2 B (4-week course to support expectant fathers by building self-esteem and confidence); Musselburgh Men's Shed;	<a href="http://www.dadswork.co.uk/contact-us/">http://www.dadswork.co.uk/contact-us/</a>  Contact: 01875 898 283 or <a href="mailto:dadswork@hotmail.co.uk">dadswork@hotmail.co.uk</a>

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	outings for fathers and their children.		Family Activity programmes.	
<i>The Haddy Huddle</i> <i>(Haddington)</i>	Informal safe space and environment for men to play football / darts, enjoy a cuppa and to meet new friends.	Males (16+) living with mental health problems in and around Haddington.	Free football sessions for adults. Space to meet new friends and have a chat. Volunteers are trained in Mental Health First Aid.	7-9pm on a Sunday evening at 3G Clubhouse, Whittingehame Drive, Haddington  This is a drop-in service, if you have any questions please contact Colin at <a href="mailto:colinbowsher39@gmail.com">colinbowsher39@gmail.com</a> .  Website: <a href="#">Eastspace   Haddy Huddle (Haddington Athletic FC)</a>
<i>Men's Shed Association</i> <i>(Dunbar; North Berwick; Macmerry; Tranent*; Musselburgh)</i>	Space to pursue practical interests at leisure, to practice skills and enjoy making and mending. Sheds are about social connections and friendship building, sharing skills and knowledge, and laughter.	Adult men living in the UK. Mostly a space for men, with some Shed's inviting women. Contact local Shed for more information.	Dunbar; North Berwick; Macmerry; Tranent*; Musselburgh.  *Men and Women's Shed	<i>Dunbar Community Shed</i> - Contact: Mark Coull Email: <a href="mailto:mark@strive.me.uk">mark@strive.me.uk</a> ; Tel: 07912 947 687 or 01875 615423  <i>North Berwick Men's Shed</i> – Contact: Paul Duffney; Tel: 07906 341124  <i>Macmerry Men's Shed</i> – Contact: David Dickson; Tel: 01875613501 or 07713276568  <i>Musselburgh Men's Shed</i> – Contact: Mark Coull; Email: <a href="mailto:mark@strive.me.uk">mark@strive.me.uk</a> ; Tel: 07912 947 687 or 01875 615423

See also: *Health in Mind - Trauma Support (for male survivors of childhood sexual abuse); Abused Men in Scotland.*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Man2Man (StrongMen)</i>	Telephone-based peer support service from a trained StrongMen volunteer with first hand experience of losing a loved one.	Men over 18 suffering with bereavement.	<ul style="list-style-type: none"> <li>• Up to six weeks of peer support</li> <li>• Follow-up regular group Zoom meetings</li> </ul>	Tel: 0800 915 0400 Email: <a href="mailto:hello@StrongMen.org.uk">hello@StrongMen.org.uk</a> Website: <a href="http://www.strongmen.org.uk">www.strongmen.org.uk</a>
<i>P.S. Dads Rock (Dads Rock)</i>	Peer support for new Dads. The purpose of this service is to reduce anxiety and isolation among new Dads, and help increase their confidence in their parenting abilities.	New Dads and Dads-to-be in Scotland	Mental and emotional support to new Dads through six weekly 1:1 Zoom sessions.	Tel: 07754 616254 Email: <a href="mailto:maddy@dadsrock.org.uk">maddy@dadsrock.org.uk</a> Website: <a href="http://www.dadsrock.org.uk/new-dad-support">www.dadsrock.org.uk/new-dad-support</a>

## Services for Women

*East Lothian Locality*

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<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Anam Cara (Haddington)</i>	Supporting women whose aim is to improve their emotional wellbeing. The team use a lived experience approach.	Adult woman in experiencing stress, anxiety, depression or low self-worth, substance-use, or self-harm. Those willing for change and in stable place to commit. Open to all women living in East Lothian.	Workshops support participants to embark on their own individual journey to a better and more confident version of themselves. Workshops run in Haddington (but can also be attended online).	Registration form: <a href="https://www.anamcara.scot/copy-of-our-criteria">https://www.anamcara.scot/copy-of-our-criteria</a>  For referral enquires contact Julie Surgeon 07551 406 942 <a href="mailto:Julie@anamcara.scot">Julie@anamcara.scot</a>

*See also: Woman's Aid; Groundswell*

## Services for LGBTQ+ people

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Fighting with Pride</i>	LGBT+ military charity who supports the health and wellbeing of LGBT+ Veterans, service personnel,	LGBT+ Veterans, serving personnel and their families, particularly those who were	FWP is a 'lived experience' LGBT+ charity, supporting those seeking help and a resource for those who seek to	Tel: 07704271392  Email: <a href="mailto:dougie.morgan@fightingwithpride.org.uk">dougie.morgan@fightingwithpride.org.uk</a>

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<i>LGBT Health and Wellbeing</i>	and their families, particularly those who were affected by the ban on the open service of LGBT+ personnel in the Armed Forces prior to January 2000.	affected by the 'gay ban', ultimately lifted on 12 January 2000.	help them.	<a href="http://www.fightingwithpride.org.uk">www.fightingwithpride.org.uk</a>
	Support services and social programmes to improve the physical, social, and mental health and wellbeing of LGBTQ+ adults.	The LGBT+ community (aged 16+) including non-binary, queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella, living in Scotland.	<ul style="list-style-type: none"> <li>• Counselling (up to 11 sessions)</li> <li>• Trans Support Service' –support whilst on waiting list to transition.</li> <li>• Social events/meetups</li> </ul>	<a href="https://www.lgbthealth.org.uk/">https://www.lgbthealth.org.uk/</a> Self-referral to counselling: <a href="https://www.lgbthealth.org.uk/services-support/mental-health/counselling/">https://www.lgbthealth.org.uk/services-support/mental-health/counselling/</a> Helpline: 0800 464 7000

## Services for Families

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Circle (Supporting)</i>	Works with families facing	Families living in	Projects based in East Lothian are Whole Family Support Services;	<a href="https://circle.scot/about-us/">https://circle.scot/about-us/</a>

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<p><i>families in Scotland)</i>  <i>(Fisherrow Centre, Musselburgh)</i></p>	<p>multiple disadvantages of structural inequality, poverty, drug and alcohol use, imprisonment, physical and mental health, trauma, abuse, and loss. All one to one and group work offered on an outreach basis, voluntary and free.</p>	<p>East Lothian</p>	<p>Pregnancy Support for mothers affected by substance use during pregnancy.</p> <p>Grow your own Route project for young people aged 12-26 affected by family substance use.</p> <p>Family peer support worker with lived experience for any adult family member affected by a loved one's substance use.</p>	<p>Contact: Angela Gentile (Project Manager) on 07775 409302 or <a href="mailto:Info@circle.scot">Info@circle.scot</a> for enquiries.</p>
<p><i>First Step Community Project</i>  <i>(Musselburgh)</i></p>	<p>Low-cost support providing opportunities for local families with young children to make positive choices in their lives by providing supportive centre-based and outreach</p>	<p>Families with young children</p>	<ul style="list-style-type: none"> <li>• Parenting support, individually and in groups</li> <li>• Nursery provision for children aged 1 - 4 and funded eligible two year olds</li> <li>• Funded places for 3 and 4 year olds</li> <li>• Groups and courses for parents</li> <li>• Outreach and family support</li> <li>• Counselling</li> <li>• Dedicated support for young parents</li> <li>• A grandparents group</li> </ul>	<p><a href="https://www.firststepmusselburgh.co.uk/home">https://www.firststepmusselburgh.co.uk/home</a></p>

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activities which encourage parents and children to develop their self-esteem, confidence and skills.

- A dedicated family room

<p><i>The Haven (The Fraser Centre, Tranent)</i></p>	<p>Listening, emotional and social support for families of children with mental health problems.</p>	<p>Open to families in the catchment area of Ross High School and/or registered with Tranent Medical Practice.</p>	<p>Whole family support for those with a child experiencing mild-moderate mental health problems.</p>	<p>Email <a href="mailto:thehaven@elchcharity.org">thehaven@elchcharity.org</a> or call 0131 202 9212</p>
<p><i>Homestart (Tranent)</i></p>	<p>Promoting the welfare of families with at least one child under five years</p>	<p>Families with at least one child under five</p>	<p>Website is updated to promote upcoming groups and activities: <a href="https://homestarteastlothian.co.uk/get-support/#support_about">https://homestarteastlothian.co.uk/get-support/#support_about</a></p>	<p>Contact: <a href="mailto:admin@homestarteastlothian.co.uk">admin@homestarteastlothian.co.uk</a>; 01875616066</p>

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of age. Hold regular support groups and courses offering opportunity for both children and families to socialise.

years of age living in East Lothian.

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Birthlink</i>	Support for adults who are affected by adoption with a Scottish connection.	Adults 16+ whose birth and/or adoption took place in Scotland	<ul style="list-style-type: none"> <li>• Information and advice</li> <li>• Operate the Adoption Contact Register</li> <li>• Searching / reuniting service</li> <li>• Accessing records</li> <li>• Mediation</li> </ul>	Tel: 0131 225 6641  Email: <a href="mailto:mail@birthlink.org.uk">mail@birthlink.org.uk</a>  <a href="http://www.birthlink.org.uk">www.birthlink.org.uk</a>

## Services for Young People

*East Lothian Locality*

Last updated: 30/01/25

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Bridges Project (Musselburgh)</i>	A wide range of flexible, tailored and person-centred one-to-one and group services.	Disadvantaged, disengaged and isolated young people aged 12-25.	All services fall under the following categories: <ul style="list-style-type: none"> <li>• Education</li> <li>• Employability</li> <li>• Independent Living</li> <li>• Mental Health and Wellbeing</li> </ul>	Tel: 0131 665 1621 Email: <a href="mailto:mail@bridgesproject.org.uk">mail@bridgesproject.org.uk</a> <a href="https://bridgesproject.org.uk/">https://bridgesproject.org.uk/</a>
<i>MYPAS (Tranent)</i>	Supporting children, young people and their families to deal with issues affecting their health and wellbeing including: mental health, LGBT+ support and drug and alcohol use.	Ages 12-21 and families.	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Drug and alcohol support</li> <li>• LGBT support</li> </ul>	Tel: 0131 454 0757 Email: <a href="mailto:enquiries@mypas.co.uk">enquiries@mypas.co.uk</a> <a href="https://www.mypas.co.uk/">https://www.mypas.co.uk/</a>
<i>Salvesen Mindroom Centre (Children and young people's service) (Edinburgh)</i>	Support for neurodivergent children and young people up to age 25.	Young people aged up to 25 years old. No diagnosis is required to access this service	Issue-based advocacy and support to ensure children and young people are aware of their rights and can take part in decisions affecting their life.	Tel: 0131 370 6730 Email: <a href="mailto:directhelp@mindroom.org">directhelp@mindroom.org</a> <a href="http://www.mindroom.org/help-and-support/children-and-young-people">www.mindroom.org/help-and-support/children-and-young-people</a>

# Services for Carers

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Carers of East Lothian (East Lothian Community Hospital, Haddington)</i>	Information and services to support individuals in a caring role, to enhance wellbeing, and strengthen their collective voice to improve services.	All adults in a caring situation. Carers are people who provide help and support to a friend, neighbour or relative who could not manage otherwise because they are frail, have a long-term illness or disability.	Services include: <ul style="list-style-type: none"> <li>• Practical, social and care-planning support</li> <li>• Counselling for carers</li> <li>• Advocacy</li> <li>• Mindfulness Group for carers Men's group</li> <li>• Choir.</li> </ul>	<a href="https://coel.org.uk/contact-us/online-referral-form/">https://coel.org.uk/contact-us/online-referral-form/</a> Contact: <a href="mailto:Claire@coel.org.uk">Claire@coel.org.uk</a> ; 07760760044

*See also: Staff Support – Listening Service (NHS Lothian); ASN Parents and Carers Support Group (Dunbar Library); Dementia Carers' Support Group (Dunbar Library).*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
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Last updated: 30/01/25

<i>PASDA</i>	Aims to improve the health and wellbeing of family carers of autistic adults in Edinburgh and the Lothians through peer support, information and activities.	Parents, partners, siblings and carers of autistic adults aged 16 years old and over	Gives carers the opportunity to speak to someone outside of their family about the experiences and challenges they face. Information is available from a friendly and understanding voice.	Tel: 0131 475 2416 Email: <a href="mailto:info@pasda.org.uk">info@pasda.org.uk</a> Website: <a href="http://www.pasda.org.uk">www.pasda.org.uk</a>
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## Welfare and Finance

### *East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Citizens Advice Bureau (CAB)</i>	Independent, impartial and confidential free advice including Welfare and	People with practical, financial or legal problems including debt, housing, and employment.	Provide a casework service in the areas of Multiple and Crisis Debt, Health and Wellbeing and In Court Advice Service.	Contacts below to book appointment. Haddington: <a href="mailto:cab@haddingtoncab.org.uk">cab@haddingtoncab.org.uk</a> or 01620 824471.
<i>(Musselburgh &amp; Haddington)</i>	Benefits, Children and Young People, Consumer Advice, Disability, Housing, Legal Advice and Immigration and Employment..		Drop in to Wellbeing Resource Hub (12-2pm) any Wednesday at foyer of East Lothian Community Hospital, Haddington to speak to	Musselburgh: <a href="#">Contact Us   Musselburgh and District Citizens Advice Bureau</a> ( <a href="http://musselburghcab.org.uk">musselburghcab.org.uk</a> ) or 0131 653 2748

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			welfare advisor (no appointment required).	
<i>Dunbar Debt Advice Service (Salvation Army) (Dunbar)</i>	Help with free, confidential and impartial advice about money worries. Partnership between St Anne's Scottish Episcopal and Methodist Church, and The Salvation Army.	Anyone with worries about their finances.		Phone: 01368 238028   Text: 07741 905 799 Email: <a href="mailto:dunbardash@salvationarmy.org.uk">dunbardash@salvationarmy.org.uk</a>
<i>Hospital Welfare Advice Service (Citizen's Advice Bureau) (Haddington)</i>	Free, confidential, independent and impartial welfare rights advice.	Patients, carers, visitors and NHS staff in East Lothian Community Hospital.	Assistance includes benefit claims/issues/appeals; money management/budgeting; debt options; housing issues; employment advice; immigration advice.	Accessible via Wellbeing Resource Hub weekly drop-in. (See CAB above). Referral made by contacting <a href="mailto:loth.ELCHospitalCAB@nhslothian.scot.nhs.uk">loth.ELCHospitalCAB@nhslothian.scot.nhs.uk</a> or calling/texting 07869812548.
<i>Social Security Scotland</i>	Executive agency of the Scottish Government. We help the people of Scotland by delivering social		One-to-one advice and support drop-ins for people in Port Seton, Prestonpans and Whitecraig areas (until October 2024).	For further information please contact: Gill Harman – Prestonpans – 01875 813349 – <a href="mailto:ggharman@eastlothian.gov.uk">ggharman@eastlothian.gov.uk</a> . Jordan Irvine – Portseton – 01875 818181 – <a href="mailto:jjirvine@eastlothian.gov.uk">jjirvine@eastlothian.gov.uk</a>

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security payments.

Jane Cummings – Whitecraig – 0131 653  
5051 – [jcummings@eastlothian.gov.uk](mailto:jcummings@eastlothian.gov.uk)

See also: *The Ridge*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Scottish Refugee Council</i>	Information and advice for refugees living in Scotland	Refugees living in Scotland	Information and signposting to local support, friends, information and advice.	Find local support: <a href="https://scottishrefugeecouncil.org.uk/x">https://scottishrefugeecouncil.org.uk/x</a>

## Employment & Education

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Into Work</i>	Employment support	People with a disability aged 16-24 including those who are experiencing poor mental health such as	One to one engagement and group work sessions.  Support to gain employment, work experience, volunteering experience or re-engagement	Tel: 07749 499 272.  Email: <a href="mailto:heather.fleming@intowork.org.uk">heather.fleming@intowork.org.uk</a>  <a href="https://intowork.org.uk/inclusion-works-east-lothian/">https://intowork.org.uk/inclusion-works-east-lothian/</a>

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		anxiety and depression, and anyone living with a long-term health condition.	with education.	
<i>East Lothian Multiply (Lead Scotland)</i>	Lead Scotland works to remove barriers to education .	People aged 16 years old and over, with barriers to education.	The Project is offered at accessible venues or at the learner’s home, enables individuals to access tailored core skills and numeracy learning informally and formally to work towards their personal goals. The service provides direct personalised assessment where learners can also gain accreditation for their learning through SQA and other qualifications	Tel: 07586640286  Email: <a href="mailto:eastlothianmultiply@lead.org.uk">eastlothianmultiply@lead.org.uk</a>  <a href="http://www.lead.org.uk/multiply">www.lead.org.uk/multiply</a>
<i>East Lothian Works</i>	Employment support. Helping people to fulfil their career goals, develop new and existing skills and help grow their businesses in East Lothian. The team provides expert advice on jobs, training, and skills	Adults in East Lothian	Groups and courses can support individuals to improve confidence when applying for a job; develop interview and CV–writing skills; improve spelling, writing, reading and numeracy skills; build life skills including time management, budgeting, bills and money.	<a href="https://www.eastlothian.gov.uk/info/210595/east_lothian_works">https://www.eastlothian.gov.uk/info/210595/east_lothian_works</a>  Call 01620 827262 or email: <a href="mailto:elworks@eastlothian.gov.uk">elworks@eastlothian.gov.uk</a>  Available at the Wellbeing Resource Hub on the first and third Wednesday of each month. See here for more info:

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development.

*Fair Start  
Scotland  
(Triage  
Central)*

Employment support  
service.

Anyone living in  
East and  
Midlothian who is  
unemployed in  
receipt of UC, ESA  
and PIP, has a  
disability, or  
health  
restrictions.

Service is run by employment  
advisors who help people into  
employment offering one to  
one support, job applications,  
interview skills and CV  
building as well as online  
training.

[www.triagecentral.co.uk](http://www.triagecentral.co.uk)

Tel: 07803623026

Email: [jana@triagecentral.co.uk](mailto:jana@triagecentral.co.uk)

*(Musselburgh  
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*See also: The Ridge, Dunbar*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Enterprise (Prince's Trust)</i>	Support for people who are newly self- employed or are interested in starting their own business.	People aged between 16 to 30 years old.	<ul style="list-style-type: none"><li>• 1-1 support from a key worker</li><li>• Online learning</li><li>• Funding grants</li></ul>	Tel: 0800 842 842  <a href="http://www.princes-trust.org.uk/help-for-young-people/programmes">www.princes-trust.org.uk/help-for-young-people/programmes</a>

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# Advocacy

East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<p><i>East Lothian CAPS Independent Advocacy (Musselburgh)</i></p>	<p>Individual and collective advocacy, assisting individuals to have their views heard.</p>	<p>Pople aged 18 to 65 who identify as experiencing a mental health issue, who are affected by drug or alcohol use or are experiencing an eating disorder.</p>	<p>Mental Health Tribunals; Benefits assessments; Social work meetings; Speaking to your doctor; Getting advice when you need it, e.g., citizen’s advice or solicitor.</p>	<p><a href="https://capsadvocacy.org/collective-advocacy/collective-advocacy-east-lothian-and-midlothian/">https://capsadvocacy.org/collective-advocacy/collective-advocacy-east-lothian-and-midlothian/</a></p> <p>Contact: 0131 273 5118 or <a href="mailto:Advocate@capsadvocacy.org">Advocate@capsadvocacy.org</a></p>
<p><i>EARS Advocacy</i></p>	<p>Individual Advocacy for individuals with learning disabilities, autistic spectrum disorders, physical disabilities, acquired brain injury, people over 65 or people who have survived a stroke.</p>	<p>Anyone aged 65 and over;</p> <p>Anyone aged 16 and over with a diagnosis of:</p> <ul style="list-style-type: none"> <li>• physical disability</li> <li>• acquired brain injury</li> <li>• stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Assist people to speak up and ensure people have their voices heard</li> <li>• Provide accessible information so people can make informed choices</li> <li>• Enable people to gain control over their situations and lives</li> <li>• Help people to understand and protect their rights</li> <li>• Listen, hear, respect and act with only that</li> </ul>	<p>Email: <a href="mailto:info@ears-advocacy.org.uk">info@ears-advocacy.org.uk</a></p> <p>Tel: 01506 205 840</p> <p><a href="https://www.ears-advocacy.org.uk/">https://www.ears-advocacy.org.uk/</a></p>

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person in mind

See also: *Carer's of East Lothian; Woman's Aid; Salvesen Mindroom Centre (Children and young people's service).*

## Food and Shelter

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>East Lothian Council Housing Access Team</i>	Homelessness Service	People who are homeless or think they may become homeless in the next 2 months*.	Advice, support, assessment and emergency accommodation.	Tel: 01620 827 536 (24/7)  *Prevention Team Tel: 01620 820107  Emergency Tel: 0800 169 1611 (for people who require immediate accommodation)
<i>Fa'Side Community Kitchen (Tranent)</i>	Providing hot meals, home baking, company and a place to be for the Fa'side community.	People living in Tranent and surrounding villages.		Open 12-1.30pm, Tues & Thurs  East Lothian Co-op Bowling Club, Blawearie Road, Tranent, EH33 2BG  Email: <a href="mailto:fasideck.info@gmail.com">fasideck.info@gmail.com</a>  Tel: 07359 453838
<i>The Lammermuir Larder</i>	Emergency food resource.	Available to anyone who finds themselves in	A week's supply of groceries, fresh fruit and vegetables and a voucher for meat for the local	For a referral form and more information call 07955 148041 or email <a href="mailto:team@lammermuirlarder.co.uk">team@lammermuirlarder.co.uk</a> .

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(Haddington)		need of emergency food and support.	butchers is delivered to the person in need's door.	
<i>Our Community Kitchen</i>	Our community kitchen exists to reduce social isolation across for people of all ages and abilities by bringing people together to eat good hearty homemade food and allowing for friendships to form.	People of all ages living in Haddington and Lammermuir.		Contact <a href="mailto:elaine@ourcommunitykitchen.org.uk">elaine@ourcommunitykitchen.org.uk</a> for more information.  <a href="https://en-gb.facebook.com/ourcommunitykitcheneastlothian/">https://en-gb.facebook.com/ourcommunitykitcheneastlothian/</a>
(Haddington)				

See also: *The Fraser Centre; The Ridge; Positive Help (HIV/ HEP-C Support); East Lothian Libraries*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Shelter Scotland</i>	Advice, support and legal services	People experiencing problems with housing or homelessness.	Online advice, or support from local community advice team. Online chat or free helpline. Advisers can offer immediate, practical advice, tell you your rights, offer guidance, and link you up to specialist or local services to help you longer	Tel: 0808 800 4444 - Monday to Friday, 9am to 5pm.  <a href="https://scotland.shelter.org.uk/about_us/contact_us">https://scotland.shelter.org.uk/about_us/contact_us</a>

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term.

Please note, East Lothian Council should be contacted to make a homelessness application.

## Practical and social care

### East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Accelerate Support and Care</i>	Domiciliary and live in care.	People with simple needs to more complex cases, and for carers who require respite.	Support includes personal care (washing bathing etc); domestic support (light housework with laundry, hoovering, washing dishes and tidying); and social support (companionship).  Serves the private market and socially funded care market.	Tel: 07517 638954  Email: <a href="mailto:info@acceleratesupportandcare.com">info@acceleratesupportandcare.com</a>  <a href="http://www.acceleratesupportandcare.com">www.acceleratesupportandcare.com</a>
<i>Community Access Team</i>  <i>(Macmerry, East</i>	Community care services for people in East Lothian	For people living with a disability in East Lothian.	Services include care assessments, day care, respite breaks for carers, support for people living at home with/or without family or carers; long-term care in a residential setting, equipment and adaptations to people's homes.	Phone: 01875 824 309 Website: <a href="https://www.disabilityscot.org.uk/organisation/east-lothian-council-community-access-team/">https://www.disabilityscot.org.uk/organisation/east-lothian-council-community-access-team/</a> Email: <a href="mailto:communityaccess@eastlothian.gov">communityaccess@eastlothian.gov</a>

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<i>Lothian)</i>				<a href="#">.uk</a> Helpline number: 0800 731 6969 (out of hours)
<i>Occupational Therapy Service (East Lothian Community Hospital, Haddington)</i>	Supports people who are struggling to carry out daily activities to live independently in their own home and engage with the community	People of all ages living in East Lothian who are finding it difficult to carry out activities of daily living (cooking, dressing, toileting, bathing etc) in their home or activities in the community due to physical difficulties.	Support initially involves increasing independence through rehabilitation techniques and practicing how to carry out tasks in a different way. It might also include identifying a more suitable layout or simply finding new ways to manage these tasks. Once we have explored these options and if you still require support to carry out tasks we would look at equipment and adaptations to enable independence at home	Call 0300 3690 680 and select option 2 for all requests for Occupational Therapy intervention.  More information: <a href="https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/12223/occupational_therapy">https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/12223/occupational_therapy</a>

## Long-Term Physical Health Problems and/or Disability

*East Lothian Locality*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Adult Weight Management and Type</i>	Specialist service supporting people to lead a healthy lifestyle, to	Individuals hoping to manage their weight and/or at risk of or living	Package of support includes specialist assessment, lifestyle intervention programmes, emotional wellbeing and signposting to self-	You can refer yourself directly to our service or speak to a health care professional. The team will then work with you to identify which weight

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<p><i>2 Diabetes Prevention Service (NHS Lothian)</i></p>	<p>manage weight and improve health</p>	<p>with type 2 diabetes.</p>	<p>help resources or other community services.</p>	<p>management or type 2 diabetes programme is best suited to your needs.   <b>Email:</b> <a href="mailto:weight.management@nhslothian.scot.nhs.uk">weight.management@nhslothian.scot.nhs.uk</a>  <b>Phone:</b> 0131 537 9169</p>
<p><i>Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND)</i></p>	<p>A 6-hour group education programme to support you if you are newly diagnosed with Type 2 Diabetes (T2D)</p>	<p>Adults newly diagnoses with Type 2 Diabetes</p>	<p>The programme includes:</p> <ul style="list-style-type: none"> <li>• Information on T2D, the causes and impact it has on the body</li> <li>• The chance to share thoughts and feelings around being diagnosed with T2D</li> <li>• Practical healthy lifestyle advice in order to manage your health and help avoid complications</li> <li>• Peer support and the opportunity to share experiences with others</li> </ul>	<p>Self-refer by completing form found here: <a href="https://services.nhslothian.scot/awmt2d/diabetes-education-and-self-management-for-ongoing-and-newly-diagnosed-desmond/">https://services.nhslothian.scot/awmt2d/diabetes-education-and-self-management-for-ongoing-and-newly-diagnosed-desmond/</a>   <b>Email:</b> <a href="mailto:loth.desmond@nhslothian.scot.nhs.uk">loth.desmond@nhslothian.scot.nhs.uk</a>  <b>Phone:</b> 0131 537 9169</p>
<p><i>(East Lothian Community Hospital, Haddington )</i></p>				
<p><i>Headway (Haddington, Dunbar, and Port Seton)</i></p>	<p>Group supporting people living with brain injury. Activities to improve confidence and self-esteem; learning skills and</p>	<p>People living with acquired brain injury as well as family and carers.</p>	<p>Three groups running in Haddington, Dunbar, and Port Seton.</p>	<p><a href="https://headway-eastlothian.org.uk/contact/">https://headway-eastlothian.org.uk/contact/</a>   <b>Contact:</b> 07895 193974  <a href="mailto:headwayeastlothian@live.co.uk">headwayeastlothian@live.co.uk</a></p>

	information to help self-manage condition			
<i>iConnect Aphasia Group</i>	Online group for people with Aphasia	Anyone with Aphasia	Online meetings on Thursdays 10am-11am.	Website: <a href="https://queenmargaret1.padlet.org/hbritton11/i-connect-aphasia-group-gryfqicabt8x1ij2?play=1">https://queenmargaret1.padlet.org/hbritton11/i-connect-aphasia-group-gryfqicabt8x1ij2?play=1</a>  Email to book a space: <a href="mailto:iconnectaphasia@qmu.ac.uk">iconnectaphasia@qmu.ac.uk</a>
<i>Improving Cancer Journey (Macmillan)</i>	Tailored information and support for anyone affected by cancer.	Anyone 16+ at any point affected by cancer, at any point on their journey (including family and carer)	Support includes cancer information materials; money or housing; work; caring responsibilities; physical concerns; emotional concerns	<a href="#">Lothian Improving the Cancer Journey – East Lothian - Macmillan Cancer - Macmillan Cancer Support</a>  Contact: 0131 537 1500 or email <a href="mailto:loth.icj@nhslothian.scot.nhs.uk">loth.icj@nhslothian.scot.nhs.uk</a>  *Professionals referral form: <a href="https://apps.nhslothian.scot/refhelp/guidelines/oncology/improvingthecancerjourney/">https://apps.nhslothian.scot/refhelp/guidelines/oncology/improvingthecancerjourney/</a>

See also: *Community Access Team; Occupational Therapy Service; Live Well, East Lothian; Move More East Lothian; EARS Advocacy; Neighbourhood Networks.*

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
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<p><i>Lothian Centre for Inclusive Learning (LCiL)</i></p>	<p>Support for disabled people, people with long-term health conditions and carers.</p>	<p>Disabled people, people with long-term health conditions, carers and families living in Lothian.</p>	<p>Independent living service  Disability Advice and Information Service  Payroll and financial management support    Capacity building, workshops, and training opportunities through information sessions and peer support.</p>	<p>Tel: 0131 475 2350  Email: <a href="mailto:admin@lothiancil.org.uk">admin@lothiancil.org.uk</a>    Website: <a href="#">Who we are - Lothian Centre for Inclusive Living (LCiL)</a></p>
<p><i>Maggies</i></p>	<p>Support and information for people diagnosed with cancer</p>	<p>Anyone with cancer and their family and friends, whatever kind of cancer, and whatever stage they're at.</p>	<p>Courses, workshops and support groups; emotional and psychological support; guidance on how to access the right information; help with understanding treatment choices; advice on managing side-effects; practical help with issues like benefits and nutrition; chance to connect with others.    Staff include Support Specialists, Psychologists and Benefits Advisors</p>	<p><a href="https://www.maggies.org/our-centres/maggies-edinburgh/">https://www.maggies.org/our-centres/maggies-edinburgh/</a>  Contact: 0131 537 3131  or <a href="mailto:Edinburgh@maggies.org">Edinburgh@maggies.org</a>    No appointment required. Just drop-in to Maggie's Edinburgh, The Stables, Western General Hospital, Crewe Road, Edinburgh</p>

<i>Positive Help</i>	Free practical help to those affected by HIV and Hepatitis C. Staff and volunteers work alongside service users to enable them to access treatment and support	People affected by HIV and Hepatitis C. Hel	Services include medication delivery; food parcels; befriending; home support; escorted shopping; family support.	Telephone: 0131 225 4766 Text: 0758 295 8753 Email: <a href="mailto:admin@positivehelpedinburgh.co.uk">admin@positivehelpedinburgh.co.uk</a>  <a href="https://www.positivehelpedinburgh.co.uk/">https://www.positivehelpedinburgh.co.uk/</a>
<i>Thistle</i>	Supports people with disabilities, long-term conditions or facing challenging life situations to live well, with one-to-one work, wellbeing courses, community groups and physical activity.	People living with disabilities, long-term conditions or facing challenging life situations	Health and wellbeing support; Supported living; support for young people with disabilities moving from school to adult life; Volunteer training; Gym classes; Mindfulness; Lifestyle Management Courses; Veterans Wellbeing support	<a href="https://www.thistle.org.uk/contact-us">https://www.thistle.org.uk/contact-us</a>  Contact: Supported Living enquiries - <a href="mailto:supportedliving@thistle.org.uk">supportedliving@thistle.org.uk</a> ; General Enquiries <a href="mailto:info@thistle.org.uk">-info@thistle.org.uk</a> or 0131 661 3366
<i>Scottish Acquired Brain Injury Network</i>	Online resource to find services for people living with brain injuries.	People living with brain injuries.		Services in Lothian: <a href="https://www.sabin.scot.nhs.uk/about-sabin/local-nhs-services/nhs-lothian/">https://www.sabin.scot.nhs.uk/about-sabin/local-nhs-services/nhs-lothian/</a>  Contact Information: <a href="https://www.sabin.scot.nhs.uk/contact-us/">https://www.sabin.scot.nhs.uk/contact-us/</a>
<i>Waverley Care (Community Support Team)</i>	Holistic support for people living with or affected by HIV, hepatitis C or poor sexual health.	People living in Edinburgh and Lothians.		Tel: 0131 558 1425  Email: <a href="mailto:hello@waverleycare.org">hello@waverleycare.org</a>  <a href="http://www.waverleycare.org/support-and-advice/service-areas/edinburgh-sexual-">www.waverleycare.org/support-and-advice/service-areas/edinburgh-sexual-</a>

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(Edinburgh)

[health-services](#)

## Substance Use & Addiction

East Lothian Locality

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Alcoholics Anonymous</i>	Supporting recovery and continued sobriety of people with alcohol problems	Anyone willing to address a problematic relationship with alcohol	See website for full list of groups running in Haddington, Musselburgh, Tranent, Prestonpans and Dunbar.	<a href="https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/East%20Lothian">https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/East%20Lothian</a>
<i>Gateway Clinic (Substance Use Service)</i>  <i>(East Lothian Community Hospital, Haddington; The Esk Centre, Musselburgh)</i>	Drop-in service offering advice, support and medical/psychological treatments for adults with drug and alcohol problems.	Adults with drug and alcohol problems across Midlothian and East Lothian.  Families/carers/friends seeking advice.	Services available following assessment include: <ul style="list-style-type: none"><li>• One-to-one support work</li><li>• Specialist prescribing</li><li>• Access to residential rehabilitation</li><li>• Drug/alcohol</li></ul>	Individuals can self-refer / drop-in to East Lothian clinic dates & times: <ul style="list-style-type: none"><li>• <u>Mondays</u>: East Lothian Community Hospital, Haddington 1pm to 4pm</li><li>• <u>Thursdays</u>: East Lothian Substance Misuse Centre, The Esk Centre, Musselburgh 11am to 4pm</li></ul>

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	Point of referral for ongoing support to promote recovery. Following assessment, individuals can be referred to appropriate service.		<ul style="list-style-type: none"> <li>counselling, information and advice</li> <li>• Blood Borne Virus screening, immunisation advice</li> <li>• Psychological interventions</li> <li>• Practical support (housing, financial, employment)</li> </ul>	
<p><i>MELD (Mid and East Lothian Drugs Service)</i></p> <p><i>(Esk Centre, Musselburgh)</i></p>	Confidential and non-judgemental services to promote recovery and reduce substance misuse related harm to individuals, families and the wider community across Midlothian and East Lothian.	Adult substance users and friends and families.	<ul style="list-style-type: none"> <li>• Confidential advice, information and a counselling skills approach for substance users, their families and friends.</li> <li>• Peer support service</li> <li>• Needle exchange service</li> <li>• Family support service</li> <li>• SMART Recovery Group</li> <li>• Mindfulness drop-in</li> </ul>	<p>Tel: 07843 339 958.</p> <p>Email: <a href="mailto:office@meld-drugs.org.uk">office@meld-drugs.org.uk</a></p> <p><a href="https://www.meld-drugs.org.uk/">https://www.meld-drugs.org.uk/</a></p>

			• Acupuncture	
<i>Narcotics Anonymous (Musselburgh)</i>	Community of people who support each other to achieve and maintain a drug free life.	Adults with desire to stop using drugs.	Tuesday Honest Toun Meeting 6.30 - 7.45pm in Musselburgh  Online meetings both daily and weekly for people living across Lothians.	<a href="https://www.edinburghandlothiansna.com/online-meetings">https://www.edinburghandlothiansna.com/online-meetings</a>  Drop-in: The Fisherrow Centre, South Street, Musselburgh, EH21 6A
<i>Starfish Cafe (Musselburgh)</i>	'Recovery Cafe'- a meeting place for those struggling with drugs or alcohol issues.	People in recovery or affected by addiction.	A safe place that is drug and alcohol free where people can socialise and share their aspirations – but also a centre for the whole community to enjoy. The cafe is run by people in recovery, carers and volunteers.	Wednesdays –9:30am  Loretto Community Hall

See also: Anam Cara; Circle (Pregnancy Support); East Lothian CAPS Independent Advocacy;

*Scotland/Lothian-Wide (Open to East Lothian residents)*

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Support options available</b>	<b>Referral Information</b>
<i>Al-Anon</i>	Support group for anyone whose life is or has been affected by someone else's	Anyone whose life is or has been affected by someone else's	Al-Anon is not a therapy group. They do not offer counselling or advice or try to explain your experiences.	Several in-person meet-ups across Edinburgh. Find nearest group here: <a href="https://al-anonuk.org.uk/getting-help/find-a-meeting/">https://al-anonuk.org.uk/getting-help/find-a-meeting/</a> . Online meetings

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	drinking.	alcohol problem.		available too. Helpline: 0800 0086 811
<i>GamCare, Scotland</i>	Free, flexible help and support for anyone affected by gambling problems	People with gambling addiction. Referrals accepted for Lothian residents of EH1 to EH27.	<ul style="list-style-type: none"> <li>• National Gambling helpline</li> <li>• Advice from online live chat</li> <li>• Talking therapies</li> <li>• Young people's service</li> </ul>	National Helpline: 0808 8020 133 <a href="https://www.gamcare.org.uk/get-support/find-local-support/scotland/">https://www.gamcare.org.uk/get-support/find-local-support/scotland/</a>
<i>RCA Trust</i>	Gambling related prevention and treatment services in Scotland.	People with gambling addiction as well as family/carers. Open to some East Lothian postcodes – contact service for more information	<ul style="list-style-type: none"> <li>• Group Meetings</li> <li>• Counselling</li> <li>• Access To Specific Help</li> </ul>	Tel: 0141 887 0880 email: <a href="mailto:info@rcatrust.org.uk">info@rcatrust.org.uk</a> <a href="https://www.rcatrust.org.uk/">https://www.rcatrust.org.uk/</a>

# East Lothian Libraries

A range of resources, and activities and events to support wellbeing. Look up local library for specific facilities.

<b>Library &amp; Location</b>	<b>Services &amp; Activities</b>	<b>Contact</b>
<p><i>Dunbar</i></p> <p><i>(Bleachingfield Centre, Dunbar)</i></p>	<ul style="list-style-type: none"> <li>• ASN Parents and Carers Support Group - first and second Friday of the month at 9:30am to 11:00am</li> <li>• Book Group - every Monday from 2:00pm to 3:00pm.</li> <li>• Cancer Support Group- first Saturday of the month from 11:00am to 12:30pm.</li> <li>• Craft Group - every Thursday from 10:00am to 12 noon (Knitting, sewing, embroidery, needlepoint, quilting, crochet).</li> <li>• Dementia Carers' Support Group - every Thursday from 2:30pm to 3:30pm.</li> <li>• Games Club - every Tuesday from 3:30pm to 4:30pm.</li> <li>• Manga Club - last Saturday of the month from 11:00am to 12:00pm</li> <li>• Zentangle Adult Doodle Club - first and third Friday of the month from 10:30am to 11:30am.</li> </ul>	<p>Email: <a href="mailto:dunbar.library@eastlothian.gov.uk">dunbar.library@eastlothian.gov.uk</a></p> <p>Tel: 01620 827827</p> <p><a href="https://www.eastlothian.gov.uk/directory_record/254277/dunbar_library">https://www.eastlothian.gov.uk/directory_record/254277/dunbar_library</a></p>
<p><i>East Linton</i></p> <p><i>(High St, East Linton)</i></p>	<ul style="list-style-type: none"> <li>• Book Group - every second Tuesday of the month at 10:30am.</li> <li>• Adult Craft Group - every Tuesday from 2:00pm to 4:00pm.</li> <li>• Lego Club - every Monday from 3:30pm to 4:30pm.</li> <li>• Walk and Talk Book Group - the first Tuesday of the month at 10:00am</li> </ul>	<p><a href="mailto:eastlinton.library@eastlothian.gov.uk">eastlinton.library@eastlothian.gov.uk</a></p> <p>Email: <a href="mailto:eastlinton.library@eastlothian.gov.uk">eastlinton.library@eastlothian.gov.uk</a></p> <p>Tel: 01620 827 827</p> <p><a href="https://www.eastlothian.gov.uk/directory_record/254278/east_linton_library">https://www.eastlothian.gov.uk/directory_record/254278/east_linton_library</a></p>
<p><i>Gullane</i></p>	<ul style="list-style-type: none"> <li>• Knit and Natter - every Friday from 10:30am to 12:00pm.</li> <li>• Monday Book Group - second Monday of the month at 2:30pm.</li> </ul>	<p>Email: <a href="mailto:gullane.library@eastlothian.gov.uk">gullane.library@eastlothian.gov.uk</a></p>

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*(East Links Road,  
Gullane)*

- Tuesday Book Group - every second Tuesday of the month from 3:00pm to 4:00pm.

Tel: 01620 820645

[https://www.eastlothian.gov.uk/directory\\_record/254279/gullane\\_library](https://www.eastlothian.gov.uk/directory_record/254279/gullane_library)

*Haddington*

*(The John Grey  
Centre,  
Haddington)*

- All Write Now creative writing workshop for adults - first Monday of the month from 6:00pm.
- Board Game Club - every Monday at 10:00am.
- Jigsaw Puzzle group - every Wednesday 3.00pm to 4:00pm.
- Drop-in IT help - every Thursday at 3:00pm.
- Evening book group - last Monday of the month from 5:45pm to 6:45pm.
- Haddington Active Memories group (aimed at men over 60) - every second Tuesday morning from 10:30am to 12:00pm.
- Haddington Shared Reading group - every Tuesday at 10:00am to 11:00am
- Lunchtime book group - last Thursday of the month from 12:00pm to 1:00pm.
- Tyne and Esk Writers group - alternate Wednesdays at 7:00pm (meets in the Haddington Bridge Centre).
- Tyne and Esk Poetry group - second Monday of the month from 2:15pm to 4:15pm
- Walk and Talk Book Group- first Wednesday and first Friday of the month.

Email:[haddington.library@eastlothian.gov.uk](mailto:haddington.library@eastlothian.gov.uk)

Tel: 01620 827 827

[https://www.eastlothian.gov.uk/directory\\_record/254280/haddington\\_library](https://www.eastlothian.gov.uk/directory_record/254280/haddington_library)

*Long Niddry*

*(Church Way,  
Longniddry)*

- Art Club every Tuesday from 2:00pm to 4:00pm.
- Book Group - first Tuesday of the month at 4:00pm to 5:00pm.
- Craft Group - every Wednesday 2:00pm to 4:00pm.
- Knit and Natter - every Tuesday and Wednesday at 11:00am to 1:00pm.
- Computer Buddy Sessions- (Learn computer basics or iPad learner sessions) - available on demand.

Email: [longniddry.library@eastlothian.gov.uk](mailto:longniddry.library@eastlothian.gov.uk)

Tel: 01620 827827

[https://www.eastlothian.gov.uk/directory\\_record/254281/longniddry\\_library](https://www.eastlothian.gov.uk/directory_record/254281/longniddry_library)

*Musselburgh*  
*(Bridge St,*  
*Musselburgh)*

- Book Group - first Saturday of the month at 10:15am.
- Craft with Company - every Tuesday from 10:00am onward. Please bring your own craft materials.
- Dungeons and Dragons - every Friday afternoon
- Learn computer basics - available on demand (learn computer basics or iPad learner sessions).

Email:

[musselburgh.library@eastlothian.gov.uk](mailto:musselburgh.library@eastlothian.gov.uk)

Tel: call East Lothian Council on 01620 827827 and ask for Musselburgh Library

[https://www.eastlothian.gov.uk/directory\\_record/254282/musselburgh\\_library](https://www.eastlothian.gov.uk/directory_record/254282/musselburgh_library)

*North Berwick*  
*(The Old School*  
*Road, North*  
*Berwick)*

- Cancer Support Group - second Thursday of the month at 10:30am.
- Craft & Chat - every Monday at 10:30am to 12:00pm.
- Lit Lot Book Group - second Thursday of the month at 6:00pm.
- McIntosh Book Group- third Thursday of the month at 6:00pm.
- Morning Book Group - last Tuesday of the month at 10:30am.
- Tyne and Esk Writers - first and third Tuesdays of the month at 2:00pm.

Email:

[northberwick.library@eastlothian.gov.uk](mailto:northberwick.library@eastlothian.gov.uk)

Tel: 01620 827827

[https://www.eastlothian.gov.uk/directory\\_record/254283/north\\_berwick\\_library](https://www.eastlothian.gov.uk/directory_record/254283/north_berwick_library)

*Ormiston*  
*(Meadowbank,*  
*Ormiston)*

- Book Group - first Friday of the month at 3:30pm.
- A Brew and A Blether - every Wednesday from 2:00pm to 3:30pm. No need to book.
- Knit 'n' Natter - every Friday at 2:30pm.

Email: [ormiston.library@eastlothian.gov.uk](mailto:ormiston.library@eastlothian.gov.uk)

Tel: 01875 824160

[https://www.eastlothian.gov.uk/directory\\_record/254284/ormiston\\_library](https://www.eastlothian.gov.uk/directory_record/254284/ormiston_library)

*Port Seton*  
*(Community*  
*Centre, South*  
*Seton Park)*

- 'Blether about Port Seton and Cockenzie' - a chat/social group meets fortnightly on a Tuesday from 2:15pm to 3:15pm.
- Book Group - meets the first Tuesday of the month from 6:00pm to 7:00pm in the Port Seton Centre.
- Scribblers Group - every Thursday. The senior group starts at 10:30am and the junior group starts at 3:30pm.

Email: [portseton.library@eastlothian.gov.uk](mailto:portseton.library@eastlothian.gov.uk)

Tel: 01620 827827

[https://www.eastlothian.gov.uk/directory\\_record/254285/port\\_seton\\_library](https://www.eastlothian.gov.uk/directory_record/254285/port_seton_library)

*Prestonpans*

*(West Loan,  
Prestonpans)*

- Adult Craft Group - every Monday from 11:00am to 12:30pm - bring a drink and your own craft to work on in the company of likeminded others
- Dungeons and Dragons - every Saturday from 11:15am to 12:45pm.
- Pans Pals (group for people over 60's) - monthly on

Email:

[prestonpans.library@eastlothian.gov.uk](mailto:prestonpans.library@eastlothian.gov.uk)

Tel: 01620 827 827

[https://www.eastlothian.gov.uk/directory\\_record/254286/prestonpans\\_library](https://www.eastlothian.gov.uk/directory_record/254286/prestonpans_library)

*Tranent*

*The George  
Johnstone Centre,  
Tranent)*

- Adult Book Group - Third Friday of the month from 11:00am – 12:00pm. Please contact staff for more information.
- Adult Mindfulness - every Tuesday from 2:00pm to 3:30pm.
- Chess Club - every Saturday 10:30am - 12:00pm.
- Dungeons and Dragons ( for adults) - every Saturday from 11:00am to 12:30pm.
- Friday Fun Sessions (activities, games and play) - every Friday from 2:00pm to 4:30pm.
- Knitting and Natter Group - every Monday from 2:00pm to 4:00pm. Please bring your own materials.

Email: [tranent.library@eastlothian.gov.uk](mailto:tranent.library@eastlothian.gov.uk)

Tel: 01620 827 827

[https://www.eastlothian.gov.uk/directory\\_record/254287/tranent\\_library](https://www.eastlothian.gov.uk/directory_record/254287/tranent_library)

*Wallyford*

*(Masons Way,  
Wallyford)*

Email: [wallyford.library@eastlothian.gov.uk](mailto:wallyford.library@eastlothian.gov.uk)

Tel: 0131 653 5130

[https://www.eastlothian.gov.uk/directory\\_record/254288/wallyford\\_library](https://www.eastlothian.gov.uk/directory_record/254288/wallyford_library)

## Directories

*Trusted directories for East Lothian residents and visitors*

Last updated: 30/01/25

<b>Service</b>	<b>Description</b>	<b>Who for?</b>	<b>Referral Information</b>
<b>EastSpace</b>	Online space for mental health and wellbeing information in East Lothian.	Adults living or working in East Lothian	Website: <a href="https://eastspace.org.uk/">https://eastspace.org.uk/</a>
<b>East Lothian Council</b>	Information and services for residents, business and visitors in East Lothian	Residents, businesses and visitors in East Lothian	<a href="https://www.eastlothian.gov.uk/info/210662/health_services">https://www.eastlothian.gov.uk/info/210662/health_services</a>
<b>NHS Inform</b>	Health information that anyone living in or visiting Scotland can trust	Anyone living in or visiting Scotland	<a href="https://www.nhsinform.scot/">https://www.nhsinform.scot/</a>
<b>Volunteer Centre East Lothian</b>	Voluntary organisations providing services and activities in East Lothian for all ages.	People of all ages in East Lothian	<a href="https://www.volunteereastlothian.org.uk/community-directory">https://www.volunteereastlothian.org.uk/community-directory</a>

*Trusted directories for Lothian residents and visitors*

<b>Service</b>	<b>Description</b>	<b>Referral information</b>
<b>Befriending Network</b>	If you are looking for a volunteering opportunity or are experiencing loneliness and looking for a befriender	Tel: 0131 261 8799 Email: <a href="mailto:info@befriending.co.uk">info@befriending.co.uk</a> <a href="http://www.befriending.co.uk">www.befriending.co.uk</a>
<b>Connect Here</b>	Community information database with Edinburgh-based and national resources that can help you manage your	<a href="https://www.edinburghhsc.scot/connecthere/">https://www.edinburghhsc.scot/connecthere/</a>

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long-term condition.

***iThrive***

Support available for adults living and/or working in  
Edinburgh City

<https://ithriveedinburgh.org.uk/>

***Midspace***

Support available for adults living and/or working in  
Midlothian

<https://midspace.co.uk/>

***Westspace***

Support available for adults living and/or working in West  
Lothian

<https://westspace.org.uk/>