



Festive Fun Online Events for Carers

Festive Star Making Workshop - Mon 7th Dec, 2 to 3 pm

Join us for an hour of crafting fun to make a festive star decoration with artists from MADE in East Lothian. Activity pack will be sent to you once you have registered for the event. No previous crafting experience necessary.

Just Sing! - Tue 8th Dec, 1:30 to 2:30 pm

Join us for an uplifting sing-a-long with choir leader Anya Bisset. No previous singing experience necessary.

Christmas Bingo - Wed 9th Dec, 10:30 to 11:30 am

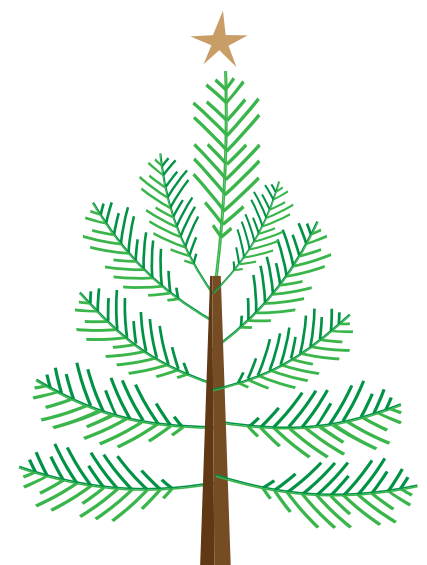
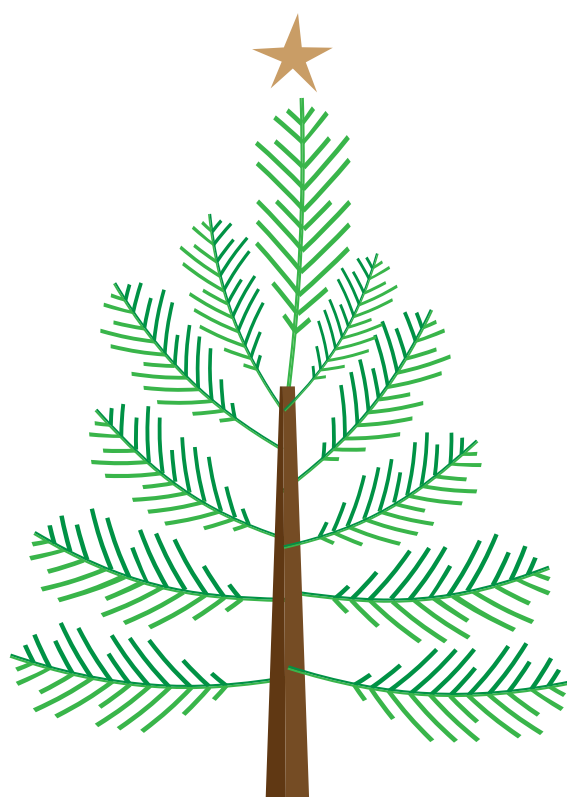
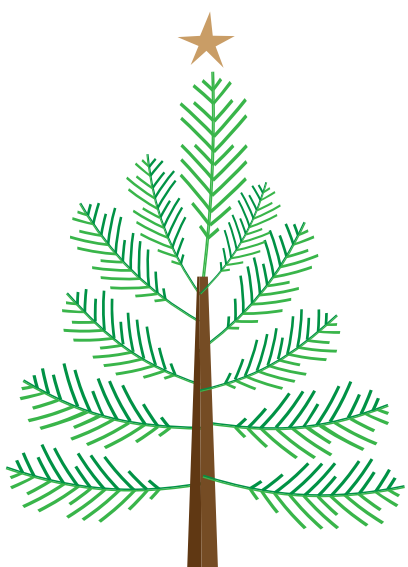
Join us for a light-hearted game or two of bingo with carer support worker Margaret Elliot and the Dunbar Peer Support Group.

Just Sing! - Tue 15th Dec, 1:30 to 2:30 pm

Join us for an uplifting sing-a-long with choir leader Anya Bisset. No previous singing experience necessary.

Parent Carer Christmas Party - Tue 15th Dec, 6 to 7:30 pm

Online party hosted by carer support worker Suzie Q with a festive quiz and craft activities. Santa hats and silly cracker jokes optional.



Festive Fun continued...

Carers Christmas Radio Show - Fri 18th Dec, 3 to 5 pm

Tune in to an online radio show for carers and their loved ones with DJ Suzie Q. Please email susanq@coel.org.uk with your song requests and shout outs in advance.

To listen to the show and to participate in the live chat please:

1. Download the free Mixlr app from Google Playstore on your smartphone
2. Open Mixlr app and select listen option on welcome screen
3. Type "Carers Christmas Radio Show" in to the search box in the header bar
4. Sit back, listen, enjoy and take part in live chat

Music for Wellness Festive Fun for families - Wed 30th Dec, 10:30 to 11:10 am

A festive themed workshop of action songs and body percussion rhythms for parent carers and their children with Music for Wellness. An opportunity for all the family to have fun together.

Booking Instructions

All events with the exception of the radio show require advanced booking and will be held on Zoom. To book a place on an event, **please call us on 0131 665 0135 or email centre@coel.org.uk.**

Please also check out our **Christmas Countdown** on our [website](#) and [Facebook](#)

From **Monday 14th December** we will be sharing festive thoughts, messages, videos and information resources on our website and Facebook page. These will range from a winter wonderland walk with countryside ranger Richard English to information about local and national support services operating over the festive period.

Please note **our phone line (0131 665 0135) will be closed between Christmas and New Year**, from Friday 25th December to Monday 4th January inclusive.

Wishing you all the very best for the festive period and beyond

