



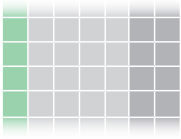
Care for Carers

Supporting those who care for others

STILL CARING & SHORT BREAKS | SPRING EVENTS PROGRAMME

SPRING EVENTS 2024

FEBRUARY - MAY 2024 | 13 DAY EVENTS & EXTENDED COURSES



MON
12:30
WEEKLY

WEEKLY GENTLE STRETCHING & EXERCISE

GENTLE YOGA

ZOOM | EVERY MONDAY | 12.30PM - 1.30PM

Join us for some gentle stretching and exercises every Monday on Zoom.

Gentle yoga is a less intense, slower yoga practice. It generally includes an emphasis on stretching, meditation and relaxation. You'll typically move at a slower, more comfortable pace that reduces stress and strain on joints and muscles, making it a perfect practice for just about

anyone of any age or physical ability.

Adaptations can be made to suit each person; some exercises can be carried out standing or sitting or on the floor.

Sessions are designed to be enjoyable and fun and always end with a 15-minute relaxation.

Please get in touch to register your interest and we will send you the link.



TUE
11AM
WEEKLY

WEEKLY FRIENDLY CREATIVE WRITING GROUP

CREATIVE WRITING

ST MARGARETS | EVERY TUESDAY | 11AM - 1PM

Our friendly creative writing group led by Laure Paterson.

Every Tuesday morning at 11am we get together to explore fresh creative directions in a fun and comfortable environment.

Poetry, short fiction, plays, novels, personal essays, even songs — all of these can be considered as part of the rich landscape of potential creative expression

through the written word. Whatever the spark, there is a pathway for us to express it in a playful and enjoyable way.

No preparation is required: the purpose of these workshops is to surprise ourselves!

These sessions are easy and gentle and you don't need any prior writing experience — just paper and a pen or pencil.



CREATIVITY AT ST MARGARET'S HOUSE



WEEKLY ONLINE RELAXATION SESSION

RELAXATION

ZOOM | EVERY WEDNESDAY | 7PM - 8PM

**WED
7PM
WEEKLY**

Join us for these online sessions each week and take the opportunity to make some time just for you.

Relaxation is more than a state of mind: it physically changes the way your body functions. Breathing slows, blood pressure and oxygen consumption decreases; there's an increased sense of well-being.

During these sessions we will take part in a guided

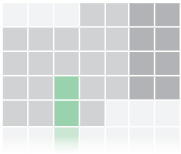
relaxation, lying or sitting down and getting cosy using blankets and cushions.

You will be guided through a scripted relaxation to bring calmness and slow down. This guided relaxation makes use of breathing exercises and provides techniques to help us feel grounded and in control.

The sessions take place every Wednesday evening at 7pm.

FEBRUARY / SPRING 2024

ALL MATERIALS FOR OUR ART COURSES ARE PROVIDED



FEB
21
6 WEEKS

MAKE YOUR OWN SKETCHBOOK OVER SIX WEEKS

ONLINE ART COURSE

ZOOM | FROM 21 FEBRUARY | 10.30AM - 12.45PM

Join us for this six week course run by national charity Create, where a professional artist will be leading the sessions to make your own sketchbook.

Using a variety of collected and found paper, we will look at a range of techniques including painting, drawing, bookbinding and collage. These will transform blank pages into a personal and creative

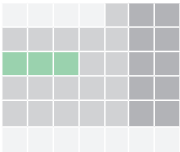
handmade sketchbook.

Every session will include a presentation looking at artists throughout history who have used sketchbooks in their work — as well as live demonstrations on different techniques.

Note that this course will be in partnership with Glasgow East End Carers, with carers from Glasgow joining us for our sketchbook sessions too.



WOODWORKING AT THE ALBION BUSINESS CENTRE



MAR
11
3 DAYS

MAKE YOUR OWN MALLET OVER THREE DAYS

WOODWORKING

ALBION CENTRE | 11 - 13 MARCH | 9.30AM - 5PM

Learn the fundamentals of marking out components and hand cut mortice and tenon joinery to make and assemble your very own hardwood mallet.

This is a fun, three day course which covers how to set up, sharpen and maintain a hand plane and paring chisel for effective use. You'll then be guided through the project with your new found skills, in-

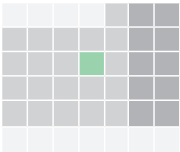
creasing accuracy and confidence in the workshop — and have a beautiful, cork faced mallet to take home and add to your toolbox.

Please note that the mallet project is quite physically demanding, with the requirement for standing most of the day working at the bench vice, so a reasonable level of fitness and persistence will be required for this course!

MARCH / SPRING 2024



A PRIVATE SCREENING ROOM AT THE DOMINION CINEMA



A PRIVATE SCREENING OF THE CLASSIC SCOTTISH FILM

SUNSHINE ON LEITH

DOMINION CINEMA | 14 MARCH | 2PM - 4PM

MAR
14



Enjoy a private screening at the Dominion Cinema, an independent cinema located in the Morningside area of Edinburgh and designed in the Art Deco style by the architect Thomas Bowhill Gibson.

Enjoy sofa seating, side tables and footstools; a soft drink and crisps will be provided. A variety of additional snacks may also be purchased separately.

Sunshine on Leith is a 2013 Scottish romantic film directed by Dexter Fletcher, an adaptation of the stage musical of the same name and featuring songs by the Proclaimers.

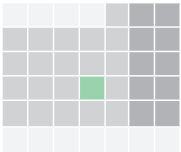
Please advise of any mobility requirements so we can do our best to accommodate this.

This event is open for the carer and cared-for person to come together.

MARCH / SPRING 2024



A LIVE DEMONSTRATION AT THE CHOCOLATARIUM



MAR
21

TASTE THE ORIGINAL CHOCOLATE TOUR EXPERIENCE

CHOCOLATARIUM

ROYAL MILE | 21 MARCH | 11.30AM - 1PM

With knowledgeable and friendly guides and delicious chocolate throughout, the original “Tour of Chocolate” is one of Edinburgh’s most popular visitor attractions.

Join us and discover the magic of where chocolate comes from, see and smell how it’s made – then choose from 40 incredible flavours of chocolate in the tasting room.

Our guided tour includes the opportunity to create your own dream chocolate bar to take away for yourself or perhaps give to a loved one as a gift.

The Chocolatarium will ask on arrival if anyone has any dietary requirements and will have lots of options for those who are vegan, lactose-intolerant, gluten-intolerant, require a halal diet or are coeliac.



APR
16
10 WEEKS

A WOODLAND ACTIVITY PROGRAMME OVER 10 WEEKS

WOODLAND RETREAT

HOLYROOD PARK | FROM 16 APRIL | 12PM - 3PM

This woodland activities programme is a ten week outdoor programme for adult carers. The programme is a great way to connect with other carers while learning new skills and enjoying the benefits of spending time in nature.

Activities will include foraging, sun printing, fire lighting, willow weaving, learning about wildlife, butterfly surveys, practical

conservation tasks, Qigong and much more.

Each week, the group will spend three hours together which will include lunch as a group and numerous activities. Please bring a packed lunch with you.

It is important to wear weather appropriate clothing and suitable footwear; if you need support with this then speak to us when registering your interest.



APR
18
6 WEEKS

SEWING, REPAIRS & ALTERATIONS OVER SIX WEEKS

CRAFT COURSE

ST MARGARETS | FROM 18 APRIL | 10AM - 12.30PM

A course for those with basic sewing machine experience who would like to continue their sewing journey and learn practical crafting, repair and alterations skills.

The focus will be firmly on repair, reuse and recycling, using existing fabric scraps, worn-out clothing or household textiles to create new items.

Weeks 1 & 2: Making a

patchwork cushion with zipped fastening.

Weeks 3 & 4: Using up fabric scraps and learning crumb-quilting to make a zipped pouch.

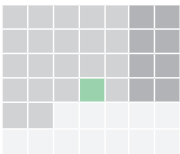
Week 5: Hand-mending skills.

Week 6: Bring a garment to repair, alter or remodel.

You will need novice sewing machine skills, perhaps from a previous beginners course at Artisan Stitch.



FALCONRY IN THE GROUNDS OF DALHOUSIE CASTLE



APR
25

VISIT A CASTLE FALCONRY AND FLY A HAWK

FALCONRY DAY

DALHOUSIE CASTLE | 25 APRIL | 11AM - 3PM

Dalhousie Falconry is located in the grounds of the Dalhousie Castle Hotel and Spa, a 700-year-old castle nestled within the beautiful countryside at Bonnyrigg. The Falconry houses an impressive collection of over 45 birds of prey.

Come and meet this fascinating feathered family, then join us as we head out onto the castle lawn and fly a Harris's hawk to your own

gloved hand! We will then return to the centre and finish by handling a very cuddly and friendly little owl called Archie, for a perfect selfie moment.

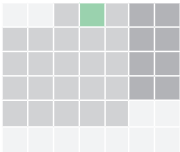
Following the experience, we will have lunch at Dalhousie Castle, consisting of sandwiches, crisps, coleslaw and salad.

Transport will be provided from and to St Margaret's House.

MAY / SPRING 2024



A SCOTTISH BALLET PERFORMANCE OF SWAN LAKE



AN UNMISSABLE EVENING OF BALLET

SWAN LAKE

FESTIVAL THEATRE | 02 MAY | 7.30PM - 9.30PM

MAY
02



Lose yourself in the raw intensity of this sleek and unmissable ballet, finally returning to Scotland after its sell-out 2016 debut.

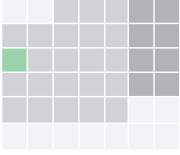
The strong, graceful Odette captivates young and lonely Siegfried, flying across the stage flanked by shifting formations of swans. But Siegfried mistakenly betrays his love for the fierce passion of Odile, who whips the air around

her into a thrilling physical and psychological frenzy.

David Dawson's daring choreography is perfectly paired with the Tchaikovsky score, played live by the Scottish Ballet Orchestra.

Please advise of any mobility requirements so we can do our best to accommodate this.

This event is open for the carer and cared-for person to come together.



**MAY
13**

A WORKSHOP EXPLORING THE NATURE OF MONEY

MOUND MUSEUM

THE MOUND | 13 MAY | 2PM - 4PM

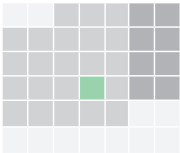
The Museum on the Mound is housed in the magnificent, purpose-built head office of the Bank of Scotland (and now also Lloyds Banking Group).

Find out more about the fascinating history of this beautiful building. Join us for exclusive access to the Museum, including an opportunity to take part in a hands-on workshop and explore some of the high-

lights of their fascinating collection.

We'll examine some extraordinary currencies once used around the world and discover the incredible design and security features on coins and banknotes. Art and design, technology, crime — all of these feature in the story of money.

We'll also take a break for tea and coffee and a chance for a chat.



**MAY
23**

LAUGHTER YOGA & EMOTIONAL WELL-BEING

LAUGHTER YOGA

ST MARGARETS | 23 MAY | 11AM - 1PM

Come and learn how to do gentle yoga through laughter.

Do you feel life gets busy and it's difficult to find a spare minute? Come to this workshop and make time for your own well-being, leaving everything behind for a couple of hours to de-stress and recharge your batteries.

You will be given an introduction into Laughter Yoga

and find out about the benefits of laughter and deep breathing exercises for holistic health and well-being. This workshop will provide you with tools you can use in daily life for enhanced health.

Anyone with a heart condition will need to have cover from their GP and provide written consent, as this workshop will include breathing exercises.

SPRING EVENTS. 2024

FEBRUARY - MAY 2024 | 13 DAY EVENTS & EXTENDED COURSES

Care for Carers runs a free programme of events throughout the year, giving carers a short break from their caring roles and the opportunity to enjoy the company of other carers.

During these events we explore the cultural, artistic and natural aspects of life in and around Edinburgh.

Some events may be open to both the carer and the cared-for person; these are clearly marked with the *Care for Carers* logo.

Please note that some events may have limited availability.

HOW TO APPLY

Contact us to register your interest or discuss the events.

TELEPHONE 0131 661 2077
EMAIL stillcaring@care4carers.org.uk
WEBSITE www.care4carers.org.uk
FACEBOOK facebook.com/care4carersedinburgh
TWITTER/X @Edincare4carers



BY POST **Still Caring Spring Programme 2024**

Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, the Bank of Scotland Foundation, Women's Fund For Scotland, RAS200, NHS Lothian, Carers Trust, the Robertson Trust, Short Breaks, the Postcode Lottery and the National Lottery Community Fund. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

