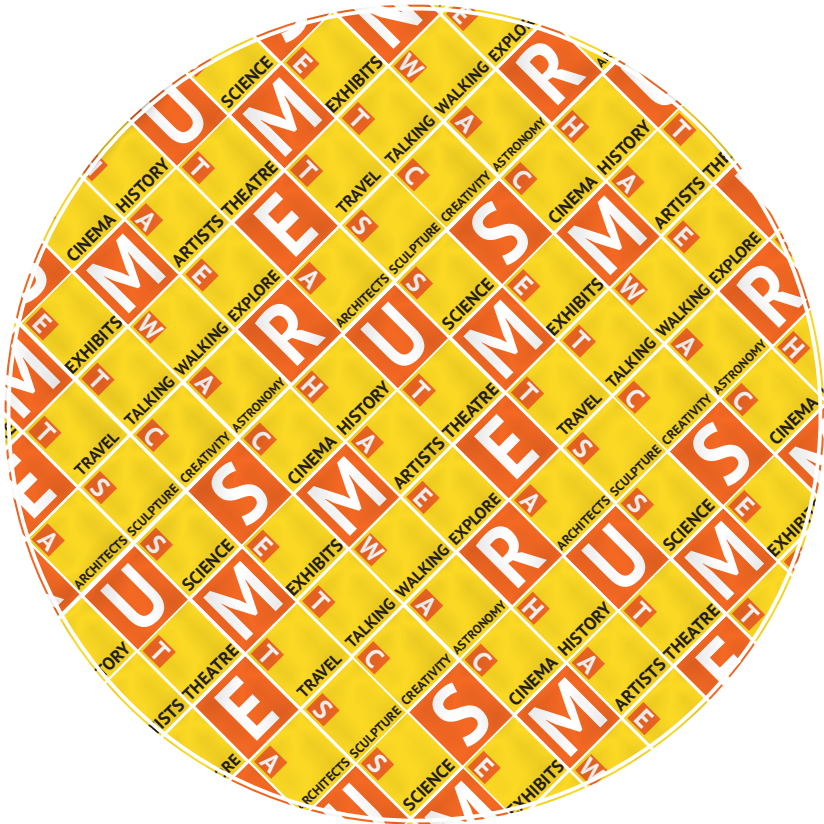


Care for Carers 

PRESENTS



*STILL CARING AND SHORT BREAKS*

# **SUMMER EVENTS PROGRAMME FOR CARERS**

**JUNE – AUGUST 2023**

## Calendar of Events

### June

<b>7</b>	<b>Create Online Course - Visual Art (1/6)</b>	Wed	10.30am	-	12.45pm
<b>7</b>	Lauriston Castle & Forget-Me-Not Garden	Wed	12pm	-	3.30pm
<b>14</b>	<b>Create Online Course - Visual Art (2/6)</b>	Wed	10.30am	-	12.45pm
<b>15</b>	Care for Carers Exhibition - Preview	Thu	4pm	-	7pm
<b>21</b>	<b>Create Online Course - Visual Art (3/6)</b>	Wed	10.30am	-	12.45pm
<b>22</b>	Sewing Course - Beginners (1/2)	Thu	10am	-	5pm
<b>23</b>	Sewing Course - Beginners (2/2)	Fri	10am	-	5pm
<b>27</b>	Sewing Course - Beginners (1/2)	Tue	10am	-	5pm
<b>28</b>	Sewing Course - Beginners (2/2)	Wed	10am	-	5pm
<b>28</b>	<b>Create Online Course - Visual Art (4/6)</b>	Wed	10.30am	-	12.45pm

### July

<b>3</b>	Carers Open Day	Mon	10am	-	3pm
<b>4</b>	Woodworking Course - Beginners (1/2)	Tue	9.30am	-	5pm
<b>5</b>	Woodworking Course - Beginners (2/2)	Wed	9.30am	-	5pm
<b>5</b>	<b>Create Online Course - Visual Art (5/6)</b>	Wed	10.30am	-	12.45pm
<b>12</b>	<b>Create Online Course - Visual Art (6/6)</b>	Wed	10.30am	-	12.45pm
<b>11</b>	Sip and Paint	Tue	2pm	-	4pm
<b>13</b>	<b>Outdoor Nature Art Course (1/8)</b>	Thu	10am	-	12pm
<b>18</b>	Online Cooking Demo	Tue	11am	-	12pm
<b>20</b>	<b>Outdoor Nature Art Course (2/8)</b>	Thu	10am	-	12pm
<b>25</b>	Drone Workshop	Tue	1pm	-	4pm
<b>27</b>	<b>Outdoor Nature Art Course (3/8)</b>	Thu	10am	-	12pm

### August

<b>3</b>	<b>Outdoor Nature Art Course (4/8)</b>	Thu	10am	-	12pm
<b>8</b>	Kumihimo Braiding	Tue	9.30am	-	12.30pm
<b>9</b>	Woodworking Course - Beginners (1/2)	Wed	9.30am	-	5pm
<b>10</b>	<b>Outdoor Nature Art Course (5/8)</b>	Thu	10am	-	12pm
<b>15</b>	Foraging Walk	Tue	10am	-	3pm
<b>16</b>	Woodworking Course - Beginners (2/2)	Wed	9.30am	-	5pm
<b>17</b>	<b>Outdoor Nature Art Course (6/8)</b>	Thu	10am	-	12pm
<b>24</b>	<b>Outdoor Nature Art Course (7/8)</b>	Thu	10am	-	12pm
<b>31</b>	<b>Outdoor Nature Art Course (8/8)</b>	Thu	10am	-	12pm

# Weekly Events

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## GENTLE YOGA

Zoom

Mon

12.30pm – 1.30pm

Join us for some gentle stretching and exercises every Monday. Adaptations can be made to suit each person and 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.

**Sessions take place every Monday at 12.30pm.**

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## CREATIVE WRITING WORKSHOP

Room 1.10 at St Margaret's House

Tue

11am – 1pm

Our friendly creative writing group led by Laure Paterson. No preparation is required: the purpose of these workshops is to surprise ourselves! It is easy and gentle and you don't need any prior writing experience – just paper and a pen or pencil.

**Sessions take place every Tuesday morning at 11am.**

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## RELAXATION EVENINGS

Zoom

Wed

7pm – 8pm

Join us on a Wednesday and make time just for you. Take part in a guided relaxation session, lie or sit down and get cosy using blankets and cushions. You will be guided through a scripted relaxation to bring calmness and slow down. Includes the use of breathing exercises and provides techniques to help us feel grounded and in control.

**Sessions take place every Wednesday evening at 7pm.**

# June

JUN

## LAURISTON CASTLE & FORGET-ME-NOT GARDEN

Near Cramond

Wed 7th

12pm – 3.30pm

With its calm, tranquil atmosphere and stunning views across the Firth of Forth, Lauriston Castle & Gardens is the perfect place to escape from the bustle of the city centre.

Our visit will include a guided tour of the castle as well as a visit to the Forget-Me-Not Garden, followed by tea and cake.

We will provide transport to and from St Margaret's House.

### Lauriston Castle

Lauriston Castle is a 16th-century tower house with 19th-century extensions overlooking the Firth of Forth.

Although a "Lauriston Castle" stood on this site in medieval times, it was almost totally destroyed in the raids on Edinburgh in 1544 by the Earl of Hertford's troops. A tower house was then rebuilt around 1590 by Sir Archibald Napier of Merchiston, father of John Napier.

The castle boasts one of the most remarkable Edwardian interiors in Scotland, while the substantial grounds of Lauriston Castle Gardens operate as a local park. The most recent addition is the one-hectare Japanese garden. Built by Takashi Sawano and dedicated as the Edinburgh–Kyoto Friendship Garden, the garden was officially opened in August 2002.

### Forget-Me-Not Garden

In 2015, the Edinburgh Forget-Me-Not-Garden Trust was formed with the objective of turning the dilapidated lodge and unkempt garden into a hub for volunteer advice and year-round tranquillity for all. The garden was designed by Alyn Smith and formally opened in September 2022.

Not only does the garden contain a variety of plants and shrubs, it also features fixtures that stimulate the memory of those whose powers of recollection are becoming blurred.

# June

JUN

## CREATE ONLINE COURSE – VISUAL ART

Zoom

Wed 7th

10.30am – 12.45pm

*A six-week online course with sessions taking place every Wednesday from Wednesday 7th June to Wednesday 12th July.*

Join carers from Care for Carers and Glasgow East End Carers for this six-week online course in visual art. Create masterpieces with a range of materials, all provided for you.

The workshops will be led by a professional artist and cover a diverse range of skills. The focus could range from illustration to collage, animation to sculpture – or a combination of these.

We will confirm the theme nearer the time.

## CARE FOR CARERS EXHIBITION – PREVIEW

St Margaret's House

Thu 15th

4pm – 7pm



*Open to carers along with their family and friends.*

We are very excited to announce that we will be hosting a Care for Carers exhibition here in the gallery at St Margaret's House.

The exhibition will display artworks that carers have made over the years and will provide an opportunity to celebrate carers and raise awareness about the work we do.

We would like to invite members of Care for Carers along with your family and friends to this preview event where you will be able to view the work and chat to other carers and staff.

Drinks and nibbles will be provided.

When signing up please let us know how many places you would like to reserve.

*The exhibition will be open to the public until Sunday 18th June.*

# June

JUN

## SEWING COURSE – BEGINNERS

St Margaret's House

Thu 22nd	10am – 5pm	} Option #1
Fri 23rd	10am – 5pm	
Tue 27th	10am – 5pm	} Option #2
Wed 28th	10am – 5pm	

A **two-day course** with sessions taking place on Thursday 22nd and Friday 23rd June **or** Tuesday 27th and Wednesday 28th June.

An introductory course suitable for absolute beginners, novice sewists or lapsed sewists looking for a refresher.

During this two-day course you'll come to understand how sewing machines work, gain experience using different stitch types, and learn about stitch lengths, widths and tensions. The tutor will also explain what the different presser feet are for and you'll learn how to measure and cut fabric.

As part of this course you will make three great sewing projects to help practice your new skills: a lined reversible tote bag, an iPad/tablet cover, and a zipped make-up bag.

# July

JUL

## CARERS OPEN DAY

Our Dynamic Earth

Mon 3rd

10am – 3pm



*Carer and cared-for person are welcome to come together.*

Join us for a day of celebration and learning at Our Dynamic Earth where we will have a selection of workshops to explore and enjoy.

Come along to meet other carers and catch up with friends. If you are new to Care for Carers, or would like to meet our staff and find out more about what we offer, this is the perfect opportunity!

At the end of the day there will also be a chance to visit the Dynamic Earth galleries and the Showdome.

**Lunch will be provided.**

## WOODWORKING COURSE – BEGINNERS

Albion Business Centre

Tue 4th

9.30am – 5pm

Wed 5th

9.30am – 5pm

*A **two-day course** with sessions taking place on Tuesday 4th July and Wednesday 5th July. See the August entry for alternative dates for this course.*

A fun beginner's course where we will learn about the bandsaw and explore the endless creative possibilities of creating a bandsaw box.

Over two days you will learn about the varied skills involved in using a bandsaw for the subtractive process of creating a wooden box with a fitted lid. Along with the opportunity to explore carving and shaping your piece, you'll have the option of adding texture and colour.

Come with an idea or sketch in mind or work from a template to cut; carve and possibly paint your finished piece to take home and enjoy.

**There will be an hour for lunch between 1–2pm.**

# July

JUL

## SIP AND PAINT

St Margaret's House

Tue 11th

2pm – 4pm

Let your imagination run wild and create magical water colour designs using Crystal Paint as you sip a delicious fruity mocktail.

A laid-back and informal afternoon where you can meet and chat with fellow carers whilst exploring your inner creativity! No art experience necessary.

## OUTDOOR NATURE ART COURSE

Dr Neil's Garden

Thu 13th

10am – 12pm

*An **eight-week course** with sessions taking place every Thursday from Thursday 13th July to Thursday 31st August.*

This eight-week course will give you the opportunity to try out a range of artistic skills in the beautiful, peaceful and historic setting of Dr Neil's Garden.

Our relaxed outdoor art sessions will be led by experienced artist educators, guiding you through processes such as printmaking, natural inks and dyes, willow sculpture and clay – always with a link to plants and nature.

Each week we will take a restorative nature walk through the garden before getting creative. We will finish up with lunch and hot drinks at the garden cafe.

Sessions are delivered in partnership with Art Buds Collective, a local social enterprise delivering sustainable arts education in Edinburgh green spaces.

The course is open to all and no artistic experience is necessary!



# July

JUL

## ONLINE COOKING DEMO

Zoom

Tue 18th

11am – 12pm

Join Chef Claire Bannerman for this online demonstration showing you how to prepare and cook a vegetarian/vegan meal. Watch along and then have a go at making it yourself; there will be time afterwards for you to ask any questions.

Supermarket vouchers for buying the ingredients will be provided by Care for Carers if required. We will send out the recipe details in advance of the demonstration.

## DRONE WORKSHOP

St Margaret's House

Tue 25th

1pm – 4pm

Join Astronomer Steven Gray and Astrophysicist Hannah Nisbet from Aero Space Kinross for this hands-on workshop where you can have a go at flying drones (indoors) and learn about the recent Martian mission involving the first flight to another world.

There will be lots of time to chat and ask questions to Hannah and Steven during this fun afternoon workshop.

### Aero Space Kinross

Aero Space Kinross has a mission to encourage others to explore the wonders of both flight and space via its educational and outreach programmes.

Examples include the Kinross High School Build-a-Plane project, where 55 pupils at Kinross High School were involved in the assembly of a Eurofox two seat aircraft, assisted by a small team of adult amateur builders. On 8th August 2018 the new aircraft ("G-OASK") passed its initial flight tests and people from Kinross and the surrounding area are now being given free air experience flights in the aircraft.

# August

AUG

## KUMIHIMO BRAIDING

Albion Business Centre

Tue 8th

9.30am – 12.30pm

Kumihimo is a traditional Japanese braiding technique that is used in textiles to secure clothing and can also be used as a foundation for jewellery making or decorative cord.

In this class you will learn about the materials, equipment and techniques required to make a sample of the standard braided pattern in the form of a bracelet or a key fob. There will be examples to look at and learn from and findings to add to your completed project to make them into functional, decorative items for use.

This is a craft that is ideal to continue at home as it requires little equipment and space to create new items and explore new patterns and designs.

### About Kumihimo Braiding

Literally translating as "joining threads together", kumihimo has been practised in Japan for over 1,300 years. It is a braiding technique that interlaces at least three and often many more cords of silk or other threads to form a single plaited cord and is characterized by its often vivid colours and intricate patterns.

This is an art with roots in the cultural currents that flowed along the Silk Roads and then flourished in Japan over the course of hundreds of years. Kumihimo was used extensively for wrapping sword handles (better grip) and also to make armour for horses. The period of serious development for today's common form of kumihimo began in the Nara period (645–784 AD).

In Japan, braids are often used for religious ceremonies, ornament on festival carts, tea ceremony containers, ribbons for mirrors, fans and inro – a traditional Japanese case for holding small objects – and most recently for attaching mobile phones to belts.

# August

AUG

## WOODWORKING COURSE – BEGINNERS

Albion Business Centre

Wed 9th 9.30am – 5pm

Wed 16th 9.30am – 5pm

*A **two-day course** with sessions taking place on Wednesday 9th August and Wednesday 16th August. See the July entry for alternative dates for this course.*

A fun beginner's course where we will learn about the bandsaw and explore the endless creative possibilities of creating a bandsaw box.

Over two days you will learn about the varied skills involved in using a bandsaw for the subtractive process of creating a wooden box with a fitted lid. Along with the opportunity to explore carving and shaping your piece, you'll have the option of adding texture and colour.

Come with an idea or sketch in mind or work from a template to cut; carve and possibly paint your finished piece to take home and enjoy.

**There will be an hour for lunch between 1–2pm.**

## FORAGING WALK

Beebraigs Country Park

Tue 15th 10am – 3pm

Join foraging guide Amy for a walk with a difference: looking at the wild plants, fruit and fungi of Beebraigs country park.

We will discover which common and unusual plants on the ground also belong on the plate – and which to avoid. From elderflower to Japanese raspberries to noble fir, you will discover a wealth of colour and flavour hidden in plain sight in the countryside.

Starting the day with a coffee and scone and ending with a picnic lunch, it is sure to be a great day out.

# Still Caring Summer Programme for Carers

## June – August 2023

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*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.

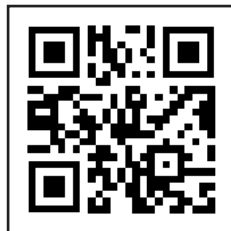
Some events may be open to the carer and the cared-for person; this is clearly marked beside the event date. Note that events may have limited availability.

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### Contact Details

Please contact us to discuss the events programme:

Telephone: 0131 661 2077  
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Twitter: @Edincare4carers



Address: **Still Caring Summer Programme 2023**  
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