

Care for Carers 

PRESENTS









STILL CARING AND SHORT BREAKS

WINTER EVENTS PROGRAMME FOR CARERS

NOVEMBER 2022 – FEBRUARY 2023

Calendar of Events

November				
22	Film Club – "Apollo 13"	Tue	5.15pm – 8.20pm	
24	Holyrood Palace Tour	Thu	2pm – 4pm	
25	Castle of Light	Fri	6pm – 7pm	
December				
3	Christmas at the Botanics	Sat	4.30pm – 5.30pm	
6	Creative Writing Workshop (1/6)	Tue	11am – 1pm	
12	Creative Writing Workshop (2/6)	Mon	11am – 1pm	
13	Christmas Open Day	Tue	10am – 3.30pm	
15	Christmas at the Botanics	Thu	7.30pm – 8.30pm	
20	Creative Writing Workshop (3/6)	Tue	11am – 1pm	
20	Pantomime – "Snow White"	Tue	7pm – 10pm	
January				
10	Creative Writing Workshop (4/6)	Tue	11am – 1pm	
11	Sculpture – Beginners (1/8)	Wed	10am – 1pm	
12	Reading is Caring Workshop	Thu	9.30am – 4.30pm	
17	Creative Writing Workshop (5/6)	Tue	11am – 1pm	
18	Sculpture – Beginners (2/8)	Wed	10am – 1pm	
19	WanderWoman – "Light my Fire"	Thu	9am – 4pm	
24	Creative Writing Workshop (6/6)	Tue	11am – 1pm	
25	Sculpture – Beginners (3/8)	Wed	10am – 1pm	
26	WanderWoman – "Forest/River"	Thu	9am – 4pm	
February				
1	Sculpture – Beginners (4/8)	Wed	10am – 1pm	
8	Sculpture – Beginners (5/8)	Wed	10am – 1pm	
15	Sculpture – Beginners (6/8)	Wed	10am – 1pm	
22	Sculpture – Beginners (7/8)	Wed	10am – 1pm	
23	"The Bodyguard"	Thu	7.30pm – 10.30pm	
March				
1	Sculpture – Beginners (8/8)	Wed	10am – 1pm	

 – Event is open for a carer and cared-for person to come together.

Weekly Events

WEEKLY SESSIONS

In addition to the scheduled calendar of one-off events, as part of our programme we are also running some regular weekly sessions. These sessions take place at the same time every week.

There is something suitable for everyone. Please get in touch if you are interested and we will link you up with the instructor.

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.

RELAXATION EVENINGS

Zoom

Thu

7pm – 8pm

Join us on a Thursday 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, giving you tips and techniques you can use yourself. Includes using breathing exercises and techniques to help us feel grounded and in control.

Sessions take place every Thursday evening at 7pm.

November

NOV

FILM CLUB – "APOLLO 13"

Dynamic Earth

Tue 22nd

5.15pm – 8.20pm

Welcome to Film Club

We would like to invite you to our brand new Film Club taking place at the Dynamic Earth Showdome. Every 2-3 months we will putting on an evening of entertainment for you to relax, unwind and enjoy a good movie with other carers. Tea, coffee and popcorn will be provided.

Care for Carers have chosen the film for this first event, but future screenings will be films chosen from a selection by the attendees themselves – meaning that January's film will be chosen by carers who attend November's event.

Apollo 13

"Houston, we have a problem."

In April 1970, the third of the Apollo missions intended to land on the moon was launched from the Kennedy Space Centre. It never made it. Two days into the mission there was an explosion on the spacecraft: an oxygen tank had ruptured, leaving astronauts Jim Lovell, Fred Haise and Jack Swigert fighting for their lives.

Apollo 13 stars Tom Hanks, Bill Baxton and Kevin Bacon as the astronauts who must work together to solve seemingly insurmountable technical problems, under the most intense pressure imaginable, to give themselves even a slender chance of returning home safely.

Director Ron Howard evokes the tensions and claustrophobia inherent in the situation, clearly conveying the nature of the challenges faced by the astronauts and producing career-best performances from the lead actors.

The second edition of Film Club takes place on the 25th of January. See our newsletter and website for details nearer the time.

November

NOV

HOLYROOD PALACE TOUR

Holyrood Palace

Thu 24th

2pm – 4pm

From majestic unicorns to prickly thistles, there are many famous Scottish signs and symbols hidden in the paintings and coats of arms on display at the Palace of Holyroodhouse.

Join Fiona Johnston to discover the origins of these iconic symbols and explore the Palace's close associations with some of Scotland's most well-known historic figures – such as Mary, Queen of Scots and Bonnie Prince Charlie – in anticipation of St Andrew's Day.

CASTLE OF LIGHT

Edinburgh Castle

Fri 25th

6pm – 7pm



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

Prepare to see the jewel in Edinburgh's skyline sparkle and glisten in brilliant colour this festival season as *Castle of Light* returns.

Back for a third spectacular year, 2022 sees *Castle of Light* transform Edinburgh Castle into a "Kingdom of Colours". An all-new and expanded show will create truly unmissable moments as extraordinary projections dance across the castle walls and immersive illuminations guide you throughout the castle in a sea of twinkling lights and colourful displays.

Enjoy spending time with friends and family as you take in the kaleidoscope of colours and discover the mesmerising stories of Scotland and the castle along the way.

December

DEC

CHRISTMAS AT THE BOTANICS

Royal Botanic Garden

Sat 3rd 4.30pm – 5.30pm

Thu 15th 7.30pm – 8.30pm



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

Firmly established as an unmissable event within Scotland's winter calendar, *Christmas at the Botanic* features over a million twinkling lights as seasonal sounds fill the air with festive fun at the Royal Botanic Garden Edinburgh.

Explore sparkling tunnels of light, discover dancing lakeside reflections, walk under giant baubles and stroll beneath glistening trees drenched in jewel-like colour. Pause at the mesmerising flickering flames in the fire garden, gaze at the larger-than-life illuminations – and glimpse Father Christmas along the way.

Please choose *one* of the dates above.

CREATIVE WRITING WORKSHOP

St Margaret's House

Tue 6th 11am – 1pm

*A **six-week course** running from Tuesday 6th December to Tuesday 20th December, then Tuesday 10th January to Tuesday 24th January.*

Writing with Surprise

The purpose of Laure Paterson's workshops is to surprise ourselves. Carers often have little time to focus on themselves, so this group is designed to provide precious time to be you and nobody else.

You don't have to prepare; there is no "good" or "bad". It is easy and gentle and you don't need any prior writing experience – just paper and a pen or pencil.

Over six sessions you will have the opportunity to develop your creative writing skills as part of a welcoming and supportive group.

December

DEC

CHRISTMAS OPEN DAY

Dynamic Earth

Tue 13th

10am – 3.30pm



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

This year we are back at Dynamic Earth for our Christmas Open Day. As usual, the day will have a variety of activities on offer, so come along and have a day of festive fun and conversation with other carers.

There will be a range of workshops held in the morning and afternoon. A Christmas lunch is provided in between and there's the opportunity to see an extended show in the Showdome. Meet up and enjoy spending time with friends new and old.

PANTOMIME – "SNOW WHITE"

Festival Theatre

Tue 20th

7pm – 10pm



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

With the King's Theatre closed for a major refurbishment, this year all the sparkle, scale and spectacle of the traditional King's Panto is being brought to you at the Festival Theatre.

Starring Allan Stewart, Grant Stott and Jordan Young, this lavish production of *Snow White and the Seven Dwarfs* will be spectacularly brought to life with an abundance of comedy, sensational song and dance numbers, fabulous costumes and stunning scenery. Throw in a magical mirror, seven friendly dwarfs, a beautiful princess, a handsome prince and plenty of audience participation and you have the perfect recipe to outwit the Wicked Queen and let love prevail in a glittering festive treat for all ages.

Please advise us about any mobility issues when signing up. We will do our best to accommodate mobility issues with the tickets we have booked but please note that the venue may not be suitable for certain mobility issues.

Further information will be provided at the time of booking.

January

JAN

SCULPTURE WORKSHOP – BEGINNERS

St Margaret's House

Wed 11th

10am – 1pm

An **eight-week course** running from Wednesday 11th January to Wednesday 1st March.

Come along for this beginner's sculpture course and enjoy learning how to use air-hardening clay with the support of a qualified ceramic tutor.

During the course you can work on a new project idea each week suggested by the tutor, or if you prefer you can work on your own idea with all the support you need.

You will have the opportunity to learn a variety of clay techniques to produce simple things like tiles, bowls, vessels and sculptures. There will also be the chance to learn figurative sculpture and animal sculpture, as well as decorating and painting techniques for your finished pieces.

READING IS CARING – WORKSHOP DAY

St Margaret's House

Thu 12th

9.30am – 4.30pm

Reading is Caring is a Scottish Book Trust programme which seeks to support carers of people living with dementia.

This full-day workshop will equip carers with the knowledge and tools needed to undertake personalised shared reading with someone living with dementia. This includes teaching carers how to select and tailor reading for the person they care for, as well as gathering sensory triggers to complement the reading.

Lunch will be provided and there will be plenty of breaks throughout the day.

January

JAN

WANDERWOMAN – "LIGHT MY FIRE"

Yellowcraig Beach

Thu 19th

9am – 4pm

Outdoor Experiences for Women

We are working with WanderWoman Scotland who facilitate award-nominated, outstanding outdoor experiences for women, in a unique mix of mindfulness and adventure.

This is the first of two sessions (see also *Forestbath & Riverswim* taking place on the 26th) designed to provide an opportunity to try something different in the outdoors. You can come along to one or both sessions.

These activities are something completely new so we will give everyone who has signed up a quick phone call to discuss further details.

Light My Fire

Join this adventure to embrace the elements, connect with others, step back from the everyday busyness of life and relax in nature.

Learn how to make a fire, ignite your *inner* fire by dipping in the sea, enjoy some meditation, reflect on life, share food and drink, re-balance yourself and find peace in the wilderness!

What to expect: mindful, gentle walking; forestbathing; barefoot walking; silent reflection; meditation; yoga play; making fire with your very own flint & steel (a gift for you!); a dip in the sea (optional); nature art.

You will leave feeling refreshed, invigorated, inspired and happy to be alive, smelling of fire and freedom! Hot drinks and snacks are included; following the activity we will head to a local café for some warm food.

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

January

JAN

WANDERWOMAN – "FORESTBATH & RIVERSWIM"

Peebles

Thu 26th

9am – 4pm

Outdoor Experiences for Women

We are working with WanderWoman Scotland who facilitate award-nominated, outstanding outdoor experiences for women, in a unique mix of mindfulness and adventure.

This is the second of two sessions (see also *Light My Fire* taking place on the 19th) designed to provide an opportunity to try something different in the outdoors. You can come along to one or both sessions.

These activities are something completely new so we will give everyone who has signed up a quick phone call to discuss further details.

Forestbath & Riverswim

Join this outdoor WanderWomen adventure in Peebles to restore balance amongst the trees, find inner calm swimming in the gorgeous Tweed River, be at one with nature, and live your truth!

This is your opportunity for some time out – a change of scene for self care and grounding, to reflect on life and to connect with nature and with others.

What to expect: forestbathing; meditation; a mindful and gentle 5km round walk; riverswim, nature connection; silent reflection.

Hot drinks and snacks are included; following the activity we will head to a local café for some warm food.

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

February

FEB

"THE BODYGUARD"

Edinburgh Playhouse

Thu 23rd

7.30pm – 10.30pm



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

The international, award-winning smash-hit musical *The Bodyguard* is back, starring Pussycat Doll and multi-platinum Grammy nominated Melody Thornton as Rachel Marron.

Based on the 1992 film *The Bodyguard*, the outstanding score features the Whitney Houston songs *One Moment in Time*, *I Wanna Dance with Somebody* and *I Will Always Love You* -- plus *Queen of the Night*, *So Emotional*, *I Have Nothing*, *Greatest Love of All*, *Saving All My Love*, *Run to You* and *Million Dollar Bill*.

The Bodyguard

Rachel Marron is an Academy Award-nominated actress and music superstar who is being sent death threats by a stalker. Her manager Bill Devaney seeks out professional bodyguard Frank Farmer, a former Secret Service agent, to protect her.

Frank reluctantly accepts the offer, but he feels Rachel is a spoiled diva who is oblivious to the threats against her life. Each expects to be in charge – what they don't expect is to fall in love!

Still Caring Winter Programme for Carers November 2022 – February 2023

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.

Contact Details

Please contact us to discuss the events programme:

Telephone: 0131 661 2077
Email: stillcaring@care4carers.org.uk
Website: www.care4carers.org.uk
Facebook: facebook.com/care4carersedinburgh
Twitter: @Edincare4carers

Address: **Still Caring Winter Programme 2022/23**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

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