



STILL CARING AND SHORT BREAKS

SPRING EVENTS PROGRAMME FOR CARERS

MARCH – MAY 2023

Calendar of Events

| | March | 1 | | | | |
|-------|--|-----|------|---|--------|--|
| 8 | From Drawing to Design (1/12) | Wed | 11am | - | 3pm | |
| 14 | Eco Printing on Cards | Tue | 2pm | _ | 4pm | |
| 15 | From Drawing to Design (2/12) | Wed | 11am | _ | 3pm | |
| 16 | Parasite Jewellery Making | Thu | 7pm | _ | 8pm | |
| 22 | From Drawing to Design (3/12) | Wed | 11am | _ | 3pm | |
| 23 | Sculpture – Intermediate (1/8) | Thu | 10am | - | 1pm | |
| 29 | From Drawing to Design (4/12) | Wed | 11am | - | 3pm | |
| 30 | Sculpture – Intermediate (2/8) | Thu | 10am | - | 1pm | |
| April | | | | | | |
| 5 | From Drawing to Design (5/12) | Wed | 11am | - | 3pm | |
| 6 | Sculpture – Intermediate (3/8) | Thu | 10am | - | 1pm | |
| 11 | Online Cooking Demo | Tue | 11am | - | 12pm | |
| 12 | From Drawing to Design (6/12) | Wed | 11am | - | 3pm | |
| 13 | Sculpture – Intermediate (4/8) | Thu | 10am | - | 1pm | |
| 18 | Eco Printing on Cards | Tue | 2pm | - | 4pm | |
| 20 | Sculpture – Intermediate (5/8) | Thu | 10am | - | 1pm | |
| 27 | Upholstery Workshop (1/2) | Thu | 10am | - | 3.30pm | |
| 27 | Sculpture – Intermediate (6/8) | Thu | 10am | - | 1pm | |
| | May | | | | | |
| 2 | "The Immortal Life of Henrietta Lacks" | Tue | 2pm | - | 4.30pm | |
| 3 | From Drawing to Design (7/12) | Wed | 11am | - | 3pm | |
| 4 | Upholstery Workshop (2/2) | Thu | 10am | - | 3.30pm | |
| 4 | Sculpture – Intermediate (7/8) | Thu | 10am | - | 1pm | |
| 10 | From Drawing to Design (8/12) | Wed | 11am | - | 3pm | |
| 11 | Sculpture – Intermediate (8/8) | Thu | 10am | - | 1pm | |
| 17 | From Drawing to Design (9/12) | Wed | 11am | - | 3pm | |
| 19 | Micro-Art Workshop | Fri | 2pm | - | 3.30pm | |
| 24 | From Drawing to Design (10/12) | Wed | 11am | - | 3pm | |
| 20 | Block Printing Workshop | Sat | 10am | - | 12pm | |
| 20 | Block Printing Workshop | Sat | 1pm | - | 3pm | |
| 31 | From Drawing to Design (11/12) | Wed | 11am | - | 3pm | |
| | June | | | | | |
| 7 | From Drawing to Design (12/12) | Wed | 11am | - | 3pm | |

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



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, 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 Wednesday evening at 7pm.

March

| MAR | | lio, Gogarbank | M DRAWING TO DESIGN" |
|-----|--|---|---|
| | wed oth | 11am – 3pm | |
| | runs from W | lednesday 8th March t | two blocks of six weeks . The first block to Wednesday 12th April. The second lay to Wednesday 7th June. |
| | Suntrap Garden is a three-acre oasis hidden away at Gogarbank Edinburgh. The garden is a secret jewel full of interesting plants, shrubs, palms, animals and succulents. | | |
| | art studio t promote cr | hat can accommodat | ntrap Studio — a large drawing/ e up to 15 people and is used to rent art, design and craft techniques, oup discussion. |
| | experiment leading to t work. One c | ing with various draw the production of an | you to relax and have fun wing and painting techniques, individual cohesive body of design ed for further development into a |
| | | s drawing or painting to experiment and h |) skills are required, just a ave fun. |
| | Parking is a arranged if | | arden and transport can be |
| | | | |
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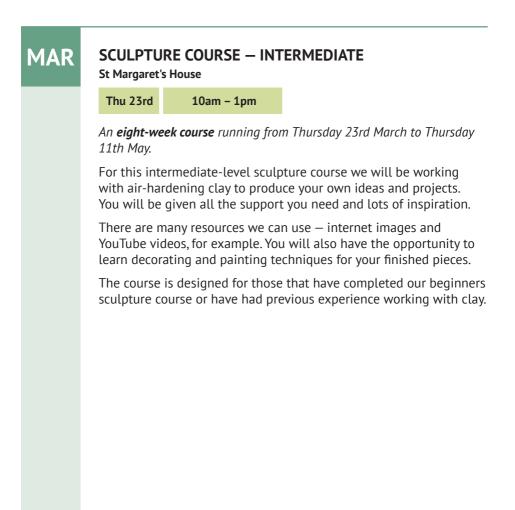
March

| MAR | ECO PRIN St Margaret | ITING ON CARDS | | |
|-----|---|--|--|--|
| | Tue 14th | 2pm – 4pm | | |
| | a cool mix | essence of leaves, exc of cooking, alchemy a s gifts, further stitcheo | | |
| | Perfectly timed for Mother's Day, this small group workshop will take you through the printing process in a relaxing environment. | | | |
| _ | PARASITE JEWELLERY MAKING St Margaret's House | | | |
| | Thu 16th | 7pm – 8pm | | |
| | | nvited to a relaxed je how to turn parasite: | | |
| | | the body of a parasiti er? Join biologists fo | | |

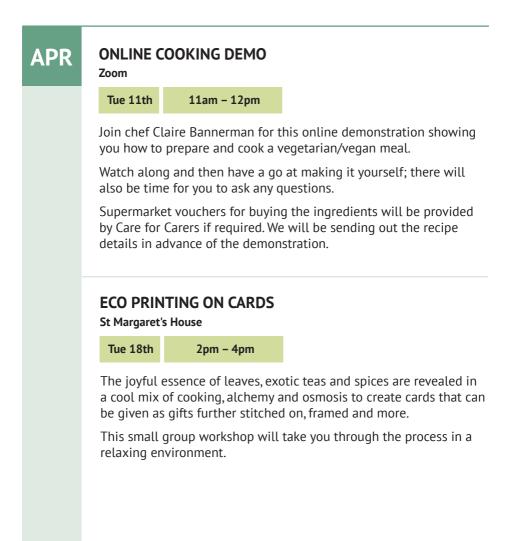
to look closer? Join biologists for a creative encounter with science where we will investigate the amazing life of the European Shag sea-bird and discover the uninvited guests that live inside it. What will capture your interest?

Use colourful polymer clay to make beautiful earrings or necklaces; wear them to amaze or gift them to your loved ones.

March



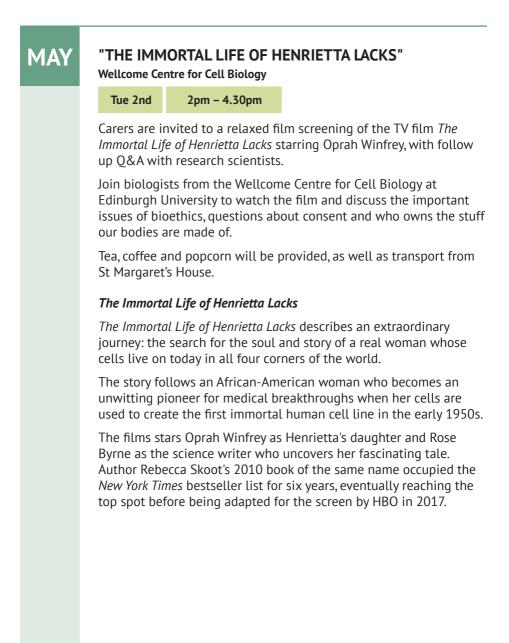
April



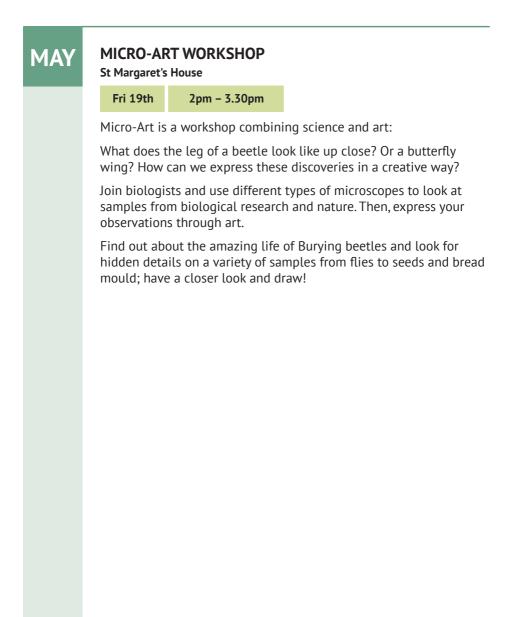
April

| APR | UPHOLS Beaverhall S | TERY WORKSHOP |
|-----|--|--|
| | Thu 27th | 10am – 3.30pm |
| | • | i ntroductory course wit and Thursday 4th May. |
| | - | ver two days, this wor lstery skills. |
| | who wants You will lea well as cov | e is designed for comp to get creative and n arn about the tools ar vering techniques incl rners and shallow but |
| | | ize will be small to en nd of the second day y nome. |
| | You only ne one from o | eed a metre of fabric; our stash! |

May



May



May

MAY BLOCK PRINTING WORKSHOP St Margaret's House Sat 20th 10am - 12pm

| Sat 20th | 10am – 12pm |
|----------|-------------|
| Sat 20th | 1pm – 3pm |

Join us for this relaxed 2-hour session of monoprinting and block printing using polystyrene, coloured inks and a selection of different cards and papers.

This fun workshop is for beginners and will be a small group. We will be using easy printing techniques for producing beautiful artworks.

When booking please choose *either* the morning *or* the afternoon session.

Still Caring Spring Programme for Carers March – May 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 Spring Programme 2023** 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 SCO 13450.

