



## Calendar of Events

### March

<b>8</b>	From Drawing to Design (1/12)	Wed	11am	-	3pm
<b>14</b>	Eco Printing on Cards	Tue	2pm	-	4pm
<b>15</b>	From Drawing to Design (2/12)	Wed	11am	-	3pm
<b>16</b>	Parasite Jewellery Making	Thu	7pm	-	8pm
<b>22</b>	From Drawing to Design (3/12)	Wed	11am	-	3pm
<b>23</b>	Sculpture – Intermediate (1/8)	Thu	10am	-	1pm
<b>29</b>	From Drawing to Design (4/12)	Wed	11am	-	3pm
<b>30</b>	Sculpture – Intermediate (2/8)	Thu	10am	-	1pm

### April

<b>5</b>	From Drawing to Design (5/12)	Wed	11am	-	3pm
<b>6</b>	Sculpture – Intermediate (3/8)	Thu	10am	-	1pm
<b>11</b>	Online Cooking Demo	Tue	11am	-	12pm
<b>12</b>	From Drawing to Design (6/12)	Wed	11am	-	3pm
<b>13</b>	Sculpture – Intermediate (4/8)	Thu	10am	-	1pm
<b>18</b>	Eco Printing on Cards	Tue	2pm	-	4pm
<b>20</b>	Sculpture – Intermediate (5/8)	Thu	10am	-	1pm
<b>27</b>	Upholstery Workshop (1/2)	Thu	10am	-	3.30pm
<b>27</b>	Sculpture – Intermediate (6/8)	Thu	10am	-	1pm

### May

<b>2</b>	"The Immortal Life of Henrietta Lacks"	Tue	2pm	-	4.30pm
<b>3</b>	From Drawing to Design (7/12)	Wed	11am	-	3pm
<b>4</b>	Upholstery Workshop (2/2)	Thu	10am	-	3.30pm
<b>4</b>	Sculpture – Intermediate (7/8)	Thu	10am	-	1pm
<b>10</b>	From Drawing to Design (8/12)	Wed	11am	-	3pm
<b>11</b>	Sculpture – Intermediate (8/8)	Thu	10am	-	1pm
<b>17</b>	From Drawing to Design (9/12)	Wed	11am	-	3pm
<b>19</b>	Micro-Art Workshop	Fri	2pm	-	3.30pm
<b>24</b>	From Drawing to Design (10/12)	Wed	11am	-	3pm
<b>20</b>	Block Printing Workshop	Sat	10am	-	12pm
<b>20</b>	Block Printing Workshop	Sat	1pm	-	3pm
<b>31</b>	From Drawing to Design (11/12)	Wed	11am	-	3pm

### June

<b>7</b>	From Drawing to Design (12/12)	Wed	11am	-	3pm
----------	--------------------------------	-----	------	---	-----

# 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

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, 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

## SUNTRAP GARDEN – "FROM DRAWING TO DESIGN"

Suntrap Studio, Gogarbank

Wed 8th

11am – 3pm

*A **12-week course** taking place in **two blocks of six weeks**. The first block runs from Wednesday 8th March to Wednesday 12th April. The second block runs from Wednesday 3rd May 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.

In the heart of the garden is Suntrap Studio – a large drawing/ art studio that can accommodate up to 15 people and is used to promote creativity, explore different art, design and craft techniques, generate ideas and stimulate group discussion.

This 12-week course will allow you to relax and have fun experimenting with various drawing and painting techniques, leading to the production of an individual cohesive body of design work. One design will be selected for further development into a surprising end product.

No previous drawing or painting skills are required, just a willingness to experiment and have fun.

Parking is available within the garden and transport can be arranged if needed.

# March

**MAR**

## **ECO PRINTING ON CARDS**

**St Margaret's House**

**Tue 14th**

**2pm – 4pm**

The joyful essence of leaves, exotic teas and spices are revealed in a cool mix of cooking, alchemy and osmosis to create cards that can be given as gifts, further stitched on, framed and more.

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**

Carers are invited to a relaxed jewellery-making workshop where we explore how to turn parasites into wearable art.

What does the body of a parasitic worm look like? Would you dare 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

MAR

## SCULPTURE COURSE – INTERMEDIATE

St Margaret's House

Thu 23rd

10am – 1pm

An **eight-week course** running from Thursday 23rd March to Thursday 11th May.

For this intermediate-level sculpture course we will be working with air-hardening clay to produce your own ideas and projects. You will be given all the support you need and lots of inspiration.

There are many resources we can use – internet images and YouTube videos, for example. You will also have the opportunity to learn decorating and painting techniques for your finished pieces.

The course is designed for those that have completed our beginners sculpture course or have had previous experience working with clay.

# April

---

**APR**

## **ONLINE COOKING DEMO**

**Zoom**

**Tue 11th**

**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 also be time for you to ask any questions.

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

---

## **ECO PRINTING ON CARDS**

**St Margaret's House**

**Tue 18th**

**2pm – 4pm**

The joyful essence of leaves, exotic teas and spices are revealed in a cool mix of cooking, alchemy and osmosis to create cards that can be given as gifts further stitched on, framed and more.

This small group workshop will take you through the process in a relaxing environment.

# April

APR

## UPHOLSTERY WORKSHOP

Beaverhall Studios

Thu 27th

10am – 3.30pm

*A **two-day introductory course** with sessions taking place on Thursday 27th April and Thursday 4th May.*

Running over two days, this workshop will introduce you to some basic upholstery skills.

The course is designed for complete beginners and is for anyone who wants to get creative and make a small but special project. You will learn about the tools and materials used in upholstery, as well as covering techniques including applying foam, cutting fabric, making corners and shallow buttoning.

The class size will be small to ensure that you get the most out of it: at the end of the second day you will be able to take your little footstool home.

You only need a metre of fabric; you can bring your own or choose one from our stash!

# May

MAY

## "THE IMMORTAL LIFE OF HENRIETTA LACKS"

Wellcome Centre for Cell Biology

Tue 2nd

2pm – 4.30pm

Carers are invited to a relaxed film screening of the TV film *The Immortal Life of Henrietta Lacks* starring Oprah Winfrey, with follow up Q&A with research scientists.

Join biologists from the Wellcome Centre for Cell Biology at Edinburgh University to watch the film and discuss the important issues of bioethics, questions about consent and who owns the stuff our bodies are made of.

Tea, coffee and popcorn will be provided, as well as transport from St Margaret's House.

### ***The Immortal Life of Henrietta Lacks***

*The Immortal Life of Henrietta Lacks* describes an extraordinary journey: the search for the soul and story of a real woman whose cells live on today in all four corners of the world.

The story follows an African-American woman who becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s.

The film stars Oprah Winfrey as Henrietta's daughter and Rose Byrne as the science writer who uncovers her fascinating tale. Author Rebecca Skoort's 2010 book of the same name occupied the *New York Times* bestseller list for six years, eventually reaching the top spot before being adapted for the screen by HBO in 2017.

# May

**MAY**

## **MICRO-ART WORKSHOP**

**St Margaret's House**

**Fri 19th**

**2pm – 3.30pm**

Micro-Art is a workshop combining science and art:

What does the leg of a beetle look like up close? Or a butterfly wing? How can we express these discoveries in a creative way?

Join biologists and use different types of microscopes to look at samples from biological research and nature. Then, express your observations through art.

Find out about the amazing life of Burying beetles and look for hidden details on a variety of samples from flies to seeds and bread mould; have a closer look and draw!

# May

MAY

## BLOCK PRINTING WORKSHOP

St Margaret's House

Sat 20th

10am – 12pm

Sat 20th

1pm – 3pm

Join us for this relaxed 2-hour session of monotyping 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](mailto:stillcaring@care4carers.org.uk)  
Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)  
Facebook: [facebook.com/care4carersedinburgh](https://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.

