

Care for Carers 

PRESENTS



STILL CARING AND SHORT BREAKS

AUTUMN EVENTS PROGRAMME FOR CARERS

AUGUST – OCTOBER 2021

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.

YOGA

Zoom

Mon

1pm – 2pm

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 1pm.

WELLBEING TUESDAYS

Zoom

Tue

1pm – 2pm

Join us on a Tuesday 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 Tuesday at 1pm.

August

AUG

“WILDLIFE & POLLINATORS” – WALKING TOUR

Holyrood Park

Wed 18th

11am – 1pm

Join us for a “wildlife and pollinators” themed walk on the outskirts of Holyrood Park.

Spend some time identifying wildflowers and insects. Discuss the importance of pollinators to the planet whilst enjoying the beautiful scenery of the park – then join us back at Dynamic Earth for refreshments.

Meet at the entrance to Our Dynamic Earth, Holyrood Road.

COFFEE & CHAT

Zoom

Tue 31st

11am – 11.45am

Grab a cuppa and join us for our monthly coffee and chat sessions. Catch up and blether with fellow *Care for Carers* members and staff.

September

SEP

THE CREATE WORKSHOPS – PHOTOGRAPHY

Zoom

Wed 1st 10.30am – 12.45pm

*A **six-week course** running from Wednesday 1st September to Wednesday 6th October.*

A chance to explore your creativity with a professional photographer over six sessions and learn about photography in a fun and supportive environment.

We'll be looking at how to get the best out of your phone's camera and how to see the world around us with new eyes. We'll consider the difference between 'taking' and 'making' a photograph, and how to apply this to different photographic genres.

Whether you're a complete newbie or an experienced snapper, there will be time to develop your interests, ask loads of questions and spend time with like-minded people.

What are the Create Workshops?

Create is an organisation based in London and is the UK's leading charity in empowering lives, reducing isolation and enhancing wellbeing through the creative arts.

This will be the first in a series of workshop programmes that *Create* will be delivering in partnership with *Care for Carers* and *Glasgow East End Carers*. The workshops will explore different aspects of the arts, each led by a professional tutor.

September

SEP

BOXING AND MINDFULNESS

Zoom

Tue 7th

5pm – 6pm

A **six-week course** running from Tuesday 7th September to Tuesday 12th October.

A bespoke, six-week course of boxing and mindfulness for carers. Each session will involve 25 minutes of exercise (including a proper warm up routine and non-contact boxing exercises) and 25 minutes of mindfulness and guided meditation.

The sessions are friendly and welcoming; you don't need to have any experience of boxing or mindfulness. It's a great, fun way to keep fit and learn something new.

COFFEE & CHAT

Zoom

Tue 28th

11am – 11.45am

Grab a cuppa and join us for our monthly coffee and chat sessions. Catch up and blether with fellow *Care for Carers* members and staff.

September

SEP

“CHICAGO”

Edinburgh Playhouse

Wed 29th

7.30pm – 10pm

*Event open for carer and cared for person to come together.

Starring Faye Brookes, Divina DeCampo, Sinitta and Darren Day.

Join Roxie Hart and her merry murderesses as they battle for fame and freedom in this satirical look at the world of celebrity and justice. Set in the roaring twenties, *Chicago* has everything you want from a musical, sex, murder and good old Razzle Dazzle that has you intoxicated from start to finish.

With hit tunes like *Cell Block Tango*, *Razzle Dazzle* and *All That Jazz* as well as the sassy original choreography by the great Bob Fosse, *Chicago* breathed a sense of fresh air onto the stage when it first opened in Broadway in 1975.

What is Chicago about?

Set in the Prohibition Era in Chicago famed vaudeville performer Velma Kelly is incarcerated behind bars awaiting trial for murdering her cheating husband and her traitorous sister.

Fortunately Billy Flynn a renowned lawyer with a perfect track record, and a master at manipulating public opinion in favour of his clients is on her defence team. Everything is looking rosy until Roxie Hart a fame-hungry wannabe turns up. After being accused of killing her lover Roxie sets about stealing both Velma's limelight and her lawyer.

Each battling for their 15 minutes of fame, the women go head to head in the race to become Chicago's most notorious criminal and escape the rope.

We will be following any Covid-19 measures put in place by the venue. Details will be confirmed nearer the time.

October

OCT

INTRODUCTION TO VEGETARIAN & VEGAN COOKING

Zoom

Thu 7th

11am – 12pm

A three-week course running on Thursday 7th, 14th and 21st October.

Join chef Claire Bannerman for these three online cooking demonstrations, showing you how to prepare and cook a range of vegetarian/vegan dishes. Watch along and then have a go at making them yourself. There will also be time for you to ask Claire any questions you have about plant-based cooking.

You are welcome to join one session or all three. Supermarket vouchers for buying the ingredients will be provided by *Care for Carers* if required.

COFFEE & CHAT

Zoom

Tue 26th

11am – 11.45am

Grab a cuppa and join us for our monthly coffee and chat sessions. Catch up and blether with fellow *Care for Carers* members and staff.

“SCOTS SONG” WITH MAIRI CAMPBELL

St Margaret's House

Thu 28th

6pm – 8pm

“The sang’s the thing!”

Come and learn a few classic Scots songs with Mairi Campbell. Mairi led the folk choir Sangstream from 2000–2012 and wrote a number of beautiful and simple arrangements. In our workshops there’ll be warm-ups and voice support. It’s a chance to sing together, meet one another and have some fun.

No experience required; just turn up. Very good for the soul!

Autumn Events Programme for Carers

August – October 2021

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
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