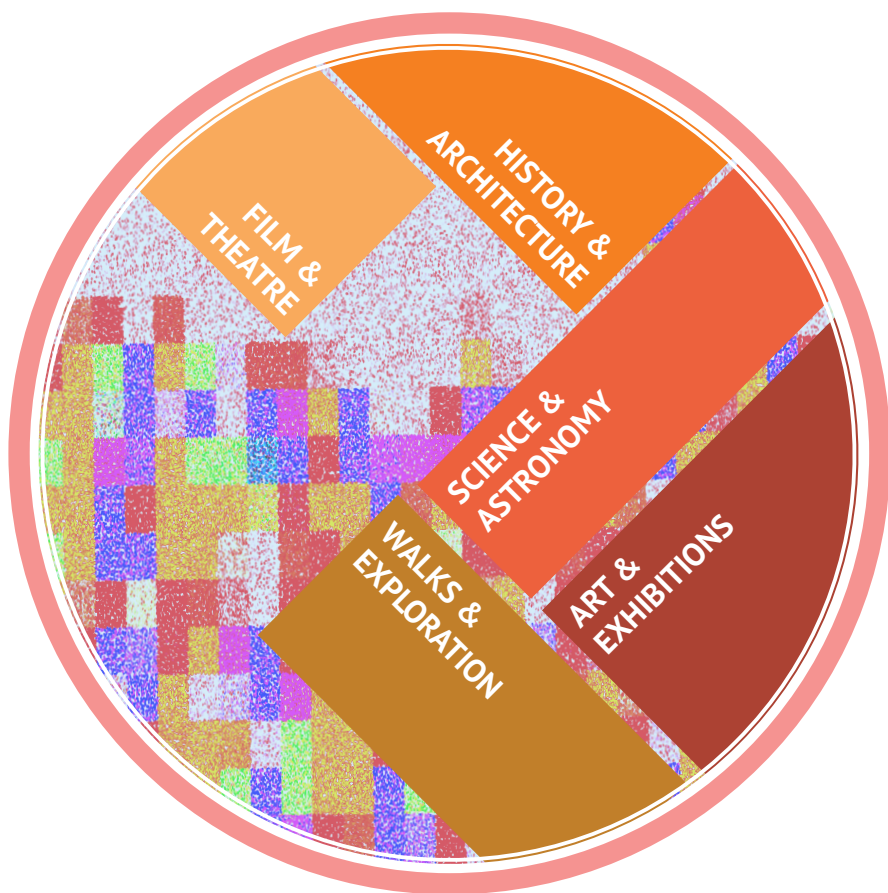


Care for Carers 

PRESENTS



STILL CARING AND SHORT BREAKS

AUTUMN EVENTS PROGRAMME FOR CARERS

SEPTEMBER – NOVEMBER 2022

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Calendar of Events

September

15	Surgeons' Hall Guided Tour	Thu	2pm	–	4.30pm
20	Eco Printing Workshop	Tue	2pm	–	4pm
21	Sculpture – Intermediate (1/8)	Wed	10am	–	1pm
26	Interconnected Earth Workshop	Mon	2.30pm	–	4pm
28	Sculpture – Intermediate (2/8)	Wed	10am	–	1pm
29	Crochet – Granny Square	Thu	10am	–	1pm

October

5	Sculpture – Intermediate (3/8)	Wed	10am	–	1pm
6	Escape into Nature (1/4)	Thu	7pm	–	8.30pm 
12	Sculpture – Intermediate (4/8)	Wed	10am	–	1pm
13	Natural Ink Making Workshop	Thu	2pm	–	4pm
19	Sculpture – Intermediate (5/8)	Wed	10am	–	1pm
20	Escape into Nature (2/4)	Thu	7pm	–	8.30pm 
26	Sculpture – Intermediate (6/8)	Wed	10am	–	1pm
27	Crochet – Halloween Pumpkins	Thu	10am	–	1pm

November

2	Sculpture – Intermediate (7/8)	Wed	10am	–	1pm
3	Upholstery Workshop (1/2)	Thu	10.30am	–	3.30pm
3	Escape into Nature (3/4)	Thu	7pm	–	8.30pm 
9	Sculpture – Intermediate (8/8)	Wed	10am	–	1pm
10	Upholstery Workshop (2/2)	Thu	10.30am	–	3.30pm
15	Upholstery Workshop (1/2)	Tue	10.30am	–	3.30pm
17	Escape into Nature (4/4)	Thu	7pm	–	8.30pm 
22	Upholstery Workshop (2/2)	Tue	10.30am	–	3.30pm
24	Crochet – Holly Leaf	Thu	10am	–	1pm

 – Event is an online-only event using Zoom.

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.

September

SEP

SURGEONS' HALL GUIDED TOUR

Surgeons' Hall Museum

Thu 15th

2pm – 4.30pm

Initially founded as a means of educating medical students, in 1832 the Surgeons' Hall Museums opened their doors to the public making it one of the oldest public museums in Scotland. The Surgeons' Hall Museums explore the history of medicine and the development of surgery and dentistry throughout the centuries.

Our visit will include a guided tour followed by a handling session on the "History of Surgery."

ECO PRINTING WORKSHOP

St Margaret's House

Tue 20th

2pm – 4pm

In this sustainable craft workshop you will have the opportunity to use a bundle and steam method to produce one-off colourful creations.

Participants will be guided through the meditative process, using gathered leaves with an eco print kit containing teas, spices and your item of clothing – with the best bit unravelling your bundle to see what you've made. The amazing reveal is worth the short wait!

Bring along your own old t-shirts, leggings or even baby clothes, or Care for Carers can provide you with a tote bag to print.

September

SEP

SCULPTURE WORKSHOP – INTERMEDIATE COURSE

St Margaret's House

Wed 21st

10am – 1pm

An **eight-week course** running from Wednesday 21st September to Wednesday 9th November.

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

We will be working with air-hardening clay to produce your own projects and ideas. 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.

INTERCONNECTED EARTH WORKSHOP

Talbot Rice Gallery

Mon 26th

2.30pm – 4pm

Talbot Rice Gallery and the School of Biological Sciences are collaborating to bring together the imaginative ideas of contemporary art and the fascinating world of nature revealed through microscopes. Taking place within an exhibition by the artist Céline Condorelli, this 90-minute workshop encourages participants to think about the building blocks of our environment.

How can Earth sustain us? Looking at specimens of a diverse range of creatures through microscopes, we will think together about how interconnected all living things are. Supported by biologists and an art curator, they inspire an understanding of how research and art can come together.

September

SEP

CROCHET WORKSHOP – GRANNY SQUARE

St Margaret's House

Thu 29th

10am – 1pm

Granny Squares are such a popular and versatile crochet project which is fun to learn! You can make big ones into blankets, or small ones and sew them together to make loads of different projects.

In this beginner friendly crochet workshop you'll learn the pattern and stitch to make your own colourful granny square.

October

OCT

ESCAPE INTO NATURE

Zoom

Thu 6th

7pm – 8.30pm

*A **four-week course** running **bi-weekly** from Thursday 6th October to Thursday 17th November.*

Throughout this informal course, we will take an inspiring journey around the Earth, into our own minds, and back out again. The natural world has so much to offer us; overwhelming evidence tells us that people who feel connected to nature are happier, more contented and less stressed.

This course is a blend of nature exploration, nature therapy and mindfulness, with the aim of developing a positive outlook on our sense of place on planet Earth.

NATURAL INK MAKING WORKSHOP

St Margaret's House

Thu 13th

2pm – 4pm

A laid back and relaxing workshop making wonderful natural inks, using foraged botanical materials which are then therapeutically ground and mashed.

The workshop will also include a calming, meditative painting session using pre-prepared inks on natural paper.

At the end of the session you will be able to take away your very own natural inks to carry on experimenting when you get home!

October

OCT

CROCHET WORKSHOP – HALLOWEEN PUMPKINS

St Margaret's House

Thu 27th

10am – 1pm

Halloween is just around the corner, and this crochet workshop is going to show you how to crochet a cute, little pumpkin.

With simple stitches and techniques, this beginner friendly project will give you a chance to try some relaxing crochet, and leave with your own Halloween decoration!

November

NOV

UPHOLSTERY WORKSHOP

Beaverhall Studios

Thu 3rd	10.30am – 3.30pm	} Date Option #1
Thu 10th	10.30am – 3.30pm	
Tue 15th	10.30am – 3.30pm	} Date Option #2
Tue 22nd	10.30am – 3.30pm	

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

With two date options available, the class size will be small to ensure that you get the most out of it – and at the end of the day you will be able to take your little stool home.

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

CROCHET WORKSHOP – HOLLY LEAF

St Margaret's House

Thu 24th	10am – 1pm
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Get ready to dec your halls with some handmade Christmas decorations this year! In this workshop you will learn how to crochet your own holly decorations, perfect for garlands, tree decorations or on handmade cards!

This workshop is beginner friendly and will show you a series of handy crochet stitches as well as how to work through a pattern. You'll leave with some new skills and your own handmade decoration.

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Still Caring Autumn Programme for Carers September – November 2022

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 Autumn Programme 2022**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

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