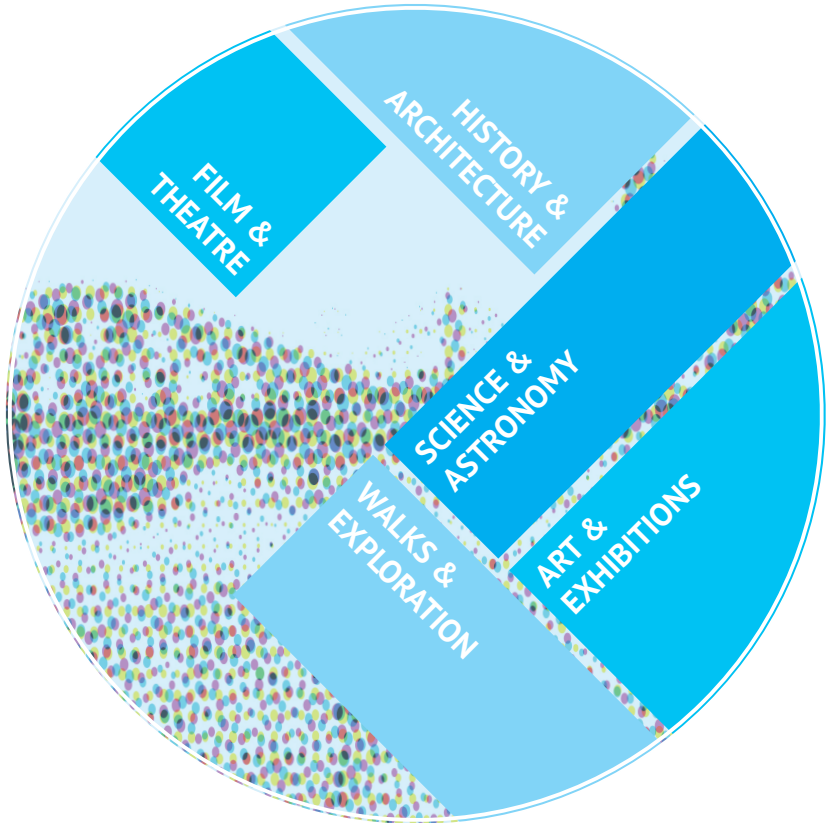


Care for Carers 

PRESENTS



*STILL CARING AND SHORT BREAKS*

# **WINTER EVENTS PROGRAMME FOR CARERS**

**NOVEMBER 2021 – JANUARY 2022**

## November

2	Jewellery Workshop	Tue	10.00am	–	1.00pm	A	○
3	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	○
5	Climate Change and Gaia	Fri	6.00pm	–	8.00pm		
10	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	
11	“Scots Song” with Mairi Campbell	Thu	6.00pm	–	8.00pm		
17	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	
23	Jewellery Workshop	Tue	10.00am	–	1.00pm	A	
23	“2001: A Space Odyssey”	Tue	5.30pm	–	8.30pm		
29	“Scotland’s Climate Challenge”	Mon	11.00am	–	1.00pm		
30	Coffee & Chat	Tue	11.00am	–	11.45am		

## December

1	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	
2	Castle of Light	Thu	5.00pm	–	6.30pm	A	○
4	Christmas at the Botanics	Sat	4.30pm	–	6.00pm	A	○
7	Christmas Open Day	Tue	10.00am	–	3.30pm		
8	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	
10	Christmas at the Botanics	Fri	5.00pm	–	6.30pm	A	
15	Create Workshops Photography	Wed	10.30am	–	12.45pm	C	
15	Christmas at the Botanics	Wed	5.00pm	–	6.30pm	A	
17	Castle of Light	Fri	5.00pm	–	6.30pm	A	

## January

5	Glass Fusing Workshop	Wed	11.00am	–	4.30pm	A	○
7	Castle of Light	Fri	5.00pm	–	6.30pm	A	
12	Glass Fusing Workshop	Wed	11.00am	–	4.30pm	A	
17	Treasures of the RAS Library	Mon	11.30am	–	12.30pm		
19	Glass Fusing Workshop	Wed	11.00am	–	4.30pm	A	
25	Coffee & Chat	Tue	11.00am	–	11.45am		
28	“School of Rock”	Fri	7.30pm	–	10.00pm		

**C** Course with multiple dates (attend all)

**A** Event with alternative dates (attend one)

○ First date of a multi-date event (see this date's page for the description)

# Weekly Events

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## 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.

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## 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.**

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## WELLBEING TUESDAYS

Zoom

Tue

12.30pm – 1.30pm

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 12.30pm.**

# November

NOV

## JEWELLERY WORKSHOP – MAKE A SILVER BANGLE

A

SilverHub Studios

Tue 2nd

10am – 1pm

Tue 23rd

10am – 1pm

This short taster workshop run by SilverHub Studios will introduce to you soldering and texturing skills and traditional techniques enabling you to leave with a beautiful silver bangle.

Please note that you will only be able to sign up for one of the two dates – the same workshop is being repeated due to limited space in the studio.

## THE CREATE WORKSHOPS – PHOTOGRAPHY

C

Zoom

Wed 3rd

10.30am – 12.45pm

*A **six-week course** running from Wednesday 3rd November to Wednesday 15th December (no session on November 24th).*

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.

# November

NOV

## CLIMATE CHANGE AND GAIA

Our Dynamic Earth

Fri 5th

6pm – 8pm

*“Interested in COP26 and the future of our planet? Come and join us for our first climate change event at Our Dynamic Earth.”*

### 6.00pm – “You Are Here”

The live presenter-led Planetarium show *You Are Here*, about our solar system (50 minutes). Come with us on a dramatic journey to the very edge of our solar system and back. In real time we'll be experiencing the boundaries of human exploration and following in the footsteps of some very special space missions. Our beginner-friendly space-cruise is a chance for some cosmic perspective in this topsy-turvy time and also a handy wee reminder that: You. Are. Here. There will be time to chat with our resident astronomers after the show too - we hope you'll join us for the ride!

Trailer: <https://youtu.be/b9CLlpax6AM>

### 7.20pm – “Gaia”

Free time to admire the *Gaia* exhibit or visit the bar where participants can purchase their own refreshments. Participants can leave whenever they are ready.

#### *Overview*

*Gaia* is a touring artwork by UK artist Luke Jerram. The artwork provides the opportunity to see our planet, floating in three dimensions. It also acts as a mirror to major events in society. In light of the current COVID-19 pandemic, the artwork may provide the viewer with a new perspective of our place on the planet; a sense that societies of the Earth are all interconnected and that we have a responsibility toward one another. When presented indoors, the Earth artwork slowly revolves. A specially made surround sound composition by BAFTA award winning Composer Dan Jones is played alongside the sculpture. In Greek mythology Gaia is the personification of the Earth.

Information about Gaia: <https://my-earth.org/>

# November

NOV

## “SCOTS SONG” WITH MAIRI CAMPBELL

St Margaret's House

Thu 11th

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!

## “2001: A SPACE ODYSSEY”

Our Dynamic Earth

Tue 23rd

5.30pm – 8.30pm

In 1968, with a screenplay inspired by Arthur C. Clarke’s 1951 short story *The Sentinel* and co-written with Clarke himself, director Stanley Kubrick redefined the limits of film-making in his classic science fiction masterpiece, *2001: A Space Odyssey*.

A contemplation on the nature of humanity, the film tracks the influence of a mysterious alien artefact upon mankind’s development, culminating in a mission to Jupiter and “beyond the infinite”.

The film deals with themes of existentialism, human evolution, technology, artificial intelligence, and the possibility of extraterrestrial life.

Kubrick consulted with the leading technology researchers of the day to create the most realistic representation of a “space age” future possible – including, famously, the HAL-9000 sentient computer who manages the Jupiter mission spacecraft and becomes central to the final sequences of the film.

**The film screening will be followed by a discussion.**

# November

NOV

## “SCOTLAND’S CLIMATE CHALLENGE”

National Museum for Scotland

Mon 29th

11am – 1pm

This small exhibition highlights the exciting work being carried out in Scotland in the fight against climate change.

It brings together some of the technological responses that have been developed in Scotland or that are being used here in the effort to cut carbon dioxide emissions. On show will be a range of leading-edge equipment, much of it newly collected, alongside samples of natural material.

*Scotland's Climate Challenge* also looks at the efforts made to ensure these new technologies are themselves sustainable, both in terms of their impact on the environment and ecosystems, and the resources consumed in their manufacture.

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## COFFEE & CHAT

Zoom

Tue 30th

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. This will be our final coffee & chat session of 2021.

# December

DEC

## CASTLE OF LIGHT

A

Edinburgh Castle

Thu 2nd

5pm – 6.30pm

*\*All events open for carer and cared for person to come together.*

Fri 17th

5pm – 6.30pm

Expect wonder, enchantment and a spectacle of colour this festive season as Edinburgh Castle, the defender of the nation, becomes the 'Castle of Light' once again. Look forward to stunning visuals, state of the art lighting installations and Rex, the famous red lion, back to guide you. A magical experience for all the family!

Please note you will only be able to sign up for one of the dates, so please let us know your first preference. This will be a highly sensory event and will include walking, sometimes on uneven, hilly ground.

*Alternative date:*

**Friday 7th January**

## CHRISTMAS AT THE BOTANICS

A

Royal Botanic Gardens

Sat 4th

4.30pm – 6pm

*\*All events open for carer and cared for person to come together.*

Fri 10th

5pm – 6.30pm

Wed 15th

5pm – 6.30pm

Look forward to some together time with family and friends, as you discover sparkling tunnels of light, dancing waterside reflections and trees drenched in jewel-like colour. For a moment of reflection pause at mesmerising flickering flames in the fire garden and gaze up at larger-than-life illuminations.

Please note you will only be able to sign up for one of the dates, so please let us know your first preference. This will be a highly sensory event and will include walking. Mobility scooters are available to hire, please let us know in plenty of time if you need us to organise this for you.



# December

DEC

## CHRISTMAS OPEN DAY

Our Dynamic Earth

Tue 7th

10am – 3.30pm

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

As usual, our Christmas Open 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 with lunch provided in between. Meet up and enjoy spending time with friends new and old.

# January

JAN

## GLASS FUSING WORKSHOP

A

St Margaret's House

Wed 5th	11am – 4.30pm
Wed 12th	11am – 4.30pm
Wed 19th	11am – 4.30pm

Have you ever tried glass fusing? It is a lot of fun and utterly addictive. In this workshop you will learn how it's done and give it a go yourself. You can make a beautiful glass bowl, colourful sun catcher or something else that has a personal meaning to you. You will learn the basics of fusing glass, become skilled in cutting glass and assembling simple forms, and learn how to achieve desired textures and other effects.

Note that your creations will not be ready at the end of the session but will be available to collect from the studio 2-3 days after the workshop, depending on the complexity of the project.

There will be a 30 minute lunch break.

## CASTLE OF LIGHT

A

Edinburgh Castle

Fri 7th	5pm – 6.30pm
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*\* Event open for carer and cared for person to come together.*

Expect wonder, enchantment and a spectacle of colour this festive season as Edinburgh Castle, the defender of the nation, becomes the 'Castle of Light' once again. Look forward to stunning visuals, state of the art lighting installations and Rex, the famous red lion, back to guide you. A magical experience for all the family!

Please note you will only be able to sign up for one of the dates, so please let us know your first preference. This will be a highly sensory event and will include walking, sometimes on uneven, hilly ground.

*Alternative dates:*

**Thursday 2nd December; Friday 17th December**

# January

JAN

## TREASURES OF THE RAS LIBRARY

Zoom

Mon 17th 11.30am – 12.30pm

*Presented by Dr Sian Prosser, RAS Librarian.*

You are warmly invited to a virtual tour of the Royal Astronomical Society Library to see some of the best-known works in the history of astronomy.

Take a closer look at Copernicus' diagram which put the Sun instead of the Earth at the centre of the solar system; check out the works of Isaac Newton and Johannes Kepler and see the original observations of astronomers like William and Caroline Herschel.

## COFFEE & CHAT

Zoom

Tue 25th 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.

## “SCHOOL OF ROCK”

Edinburgh Playhouse

Fri 28th 7.30pm – 10pm

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

*School of Rock* is the global hit musical based on the iconic movie starring Jack Black.

Wannabe rock star Dewey Finn is cast out by his dive bar band mates and finds himself in desperate need of cash. Posing as a substitute music teacher at an elite prep school, he exposes his students to the rock gods he idolises, transforming them into a mind blowing rock band.

# Winter Events Programme for Carers November 2021 – January 2022

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*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.

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## Contact Details

Please contact us to discuss the events programme:

Telephone: 0131 661 2077  
Email: [events@care4carers.org.uk](mailto:events@care4carers.org.uk)  
Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)  
Facebook: [facebook.com/care4carersedinburgh](https://facebook.com/care4carersedinburgh)  
Twitter: @Edincare4carers

Address: **Winter Events Programme 2021/22**  
Care for Carers  
Room 4.25  
St Margaret's House  
151 London Road  
Edinburgh EH7 6AE

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