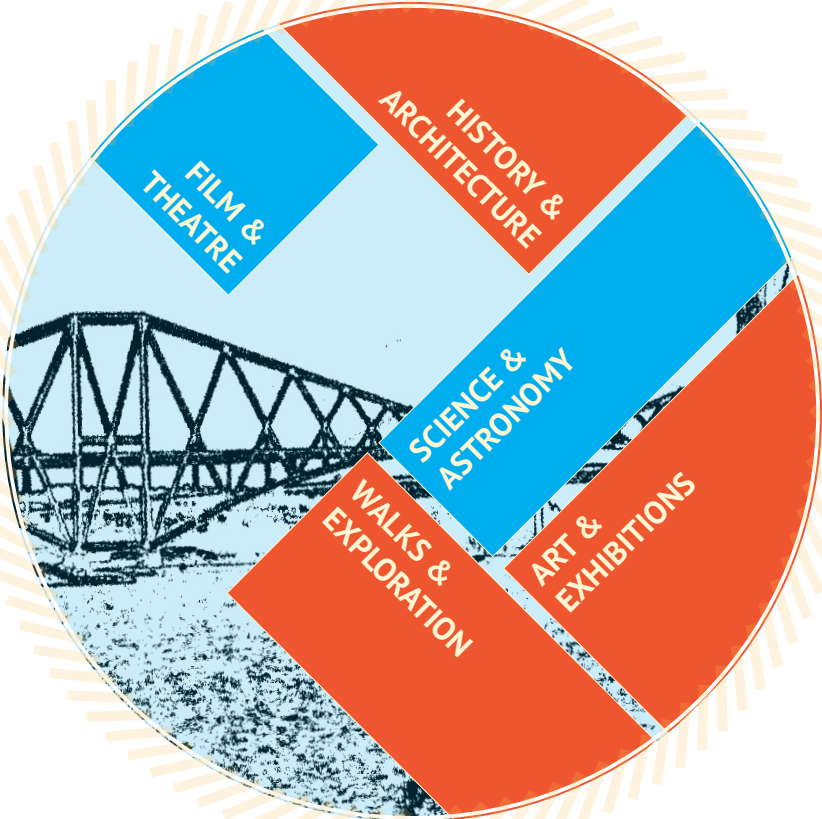


Care for Carers 

PRESENTS



STILL CARING AND SHORT BREAKS

SUMMER EVENTS PROGRAMME FOR CARERS

MAY – JULY 2021

Weekly Events

WEEKLY SESSIONS

In addition to the scheduled calendar of one-off events, as part of our Summer 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.

May

MAY

CLIMATE CHANGE VIRTUAL WORKSHOP

Zoom

Fri 7th

11am – 12pm

Climate change is on many of our minds as we read of events being linked to higher global temperatures. Join us for an online session provided by Our Dynamic Earth, examining why our climate is shifting and the potential impact on our planet and its inhabitants.

We will discuss what we can do as individuals to reduce our impact upon the planet and look at good-news stories from around the world on what is being done to address climate change.

FINANCIAL WELLBEING WORKSHOP #1

Zoom

Thu 13th

11am – 12pm

“Financial Independence”

This session will provide an insight into the basics of managing your own finances. Aimed at those embarking on taking control of their finances for the first time, the session will provide a basic guide of where to start, essential bills and how to pay them.

Run by Money Advice Scotland.

BEESWAX WRAPS WORKSHOP

Zoom

Wed 19th

2pm – 3pm

A fun and educational creative experience: an interactive online workshop where you will learn how to make your own beeswax wraps. Let's banish cling film from the kitchen and the planet!

A kit will be provided with everything you need. Please sign up before Friday 7th May so we have enough time to send your kit.

May

MAY

FINANCIAL WELLBEING WORKSHOP #2

Zoom

Thu 20th

11am – 12pm

“Bank Accounts and Online Banking”

This session will provide an overview of the type of bank accounts available, what the pros and cons of each may be, and how to assess if the current bank account you have is suitable and whether there a better alternative.

We will also discuss online banking, introducing attendees to MAS online banking. MAS is a recently developed platform to allow users to simulate using online banking, without the worry or fear of doing something wrong.

Run by Money Advice Scotland.

DRIVE IN MOVIE – “JUMANJI: WELCOME TO THE JUNGLE”

Dalkeith Country Park

Fri 21st

6pm – 8pm

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

“Four teenagers are sucked into a magical video game, and the only way they can escape is to work together to finish the game.”

The evening will include pre-show live DJs and food trucks. We do have a limited number of tickets so once you've registered your interest we will get back to you to confirm whether we can offer you a place.

You must have access to your own car to attend; a ticket is valid for one car and its occupants. Large vehicles such as SUVs may be placed at the back.

Doors open at 5pm. This movie is certified 12A.

May

MAY

DRIVE IN PANTO – “THE WIZARD OF OZ”

Dalkeith Country Park

Sat 22nd 5.45pm – 7.15pm

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

A panto is for life, not just for Christmas! Cheer, boo and hiss along to this professionally produced live production of *The Wizard of Oz*.

The evening will include pre-show live DJs and food trucks. We do have a limited number of tickets so once you've registered your interest we will get back to you to confirm whether we can offer you a place.

You must have access to your own car to attend; a ticket is valid for one car and its occupants. Large vehicles such as SUVs may be placed at the back.

Doors open at 4.45pm.

DRIVE IN MOVIE – “THE GREATEST SHOWMAN”

Dalkeith Country Park

Sun 23rd 5.30pm – 7.30pm

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

“A bold and original musical that celebrates the birth of show business and the sense of wonder we feel when dreams come to life.”

The evening will include pre-show live DJs and food trucks. We do have a limited number of tickets so once you've registered your interest we will get back to you to confirm whether we can offer you a place.

You must have access to your own car to attend; a ticket is valid for one car and its occupants. Large vehicles such as SUVs may be placed at the back.

Doors open at 4.30pm. This movie is certified PG.

May

MAY

COFFEE & CHAT

Zoom

Tue 25th

11am – 11.45am

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

FINANCIAL WELLBEING WORKSHOP #3

Zoom

Thu 27th

11am – 12pm

“Budgeting and Saving”

This session will discuss ways of budgeting and saving money, as well as a brief introduction to savings accounts and how to assess which account is best for your needs.

Please note we will not be advising on any particular savings account; the session is more about advising attendees what they should look for when assessing different types of account.

Run by Money Advice Scotland.

EDINBURGH ZOO VIRTUAL TOUR #1 WITH Q&A

Zoom

Fri 28th

11am – 12pm

“Animal Behaviour”

Discover the world of animal behaviour via our virtual tour of the zoo. We will be introduced to primate species, focusing on their social structures and communicative behaviours.

After the tour there will be a Q&A session with a Zoo expert.

June

JUN

COOKING DEMONSTRATION

Zoom

Thu 10th

11am – 12pm

Join chef Claire Bannerman for this online demonstration showing you how to prepare and cook a vegetarian/vegan main and dessert. 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.

KNITTING WORKSHOP

Zoom

Sun 13th

1pm – 3pm

The first of three workshop sessions during which you will learn how to knit a cowl/neck warmer. These workshops are perfect for beginners, refreshers and those wanting to learn to knit in the round.

Materials will be provided by Care for Carers. Please sign up by Friday 4th June so that we have enough time to send out the materials.

The three sessions are scheduled as follows:

Sunday 13th June (1pm – 3pm)

Sunday 27th June (1pm – 3pm)

Sunday 11th July (1pm – 3pm)

June

JUN

MAGIC SHOW

Zoom

Thu 17th

7pm – 7.45pm

Live to your living room, your very own close-up magic show. Experience the magic & charisma of one of the UK's most celebrated magicians, as he brings a private interactive show of award-winning, close-up magic – direct to your home.

JEWELLERY WORKSHOP

SilverHub Studios

Tue 22nd

10am – 1pm

“Making a silver ring”

Run by Jeweller Lisa Arnott From SilverHub Studios, this short taster will introduce to you soldering, texturing skills and traditional techniques enabling you to leave with a beautiful silver ring.

Materials will be supplied. Please dress appropriately: all long hair should be tied back and shoes that cover your feet must be worn. Covid-19 Health and Safety measures will be in place.

CARERS OPEN DAY

Our Dynamic Earth

Wed 23rd

10am – 3.30pm

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

Join us for a day of celebration and learning to mark Carers Week! We'll have a selection of music, science and art based activities for you to take part in, as well a buffet lunch and refreshments. There will also be the opportunity to visit the Dynamic Earth gallery tour and Showdome cinema.

June

JUN

COFFEE & CHAT

Zoom

Tue 29th

11am – 11.45am

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

July

JUL

LEGAL WORKSHOP – “SIX LEGAL DOS AND DON'TS”

Zoom

Wed 14th

2pm – 3pm

Solicitors for Older People Scotland are a co-operative group of Scottish law firms who work in partnership with Age Scotland. They are dedicated to providing legal services for the over 50s in a caring and compassionate way.

This session will be presented by Gerry Davis, solicitor from Caesar & Howie, Solicitors & Estate Agents. Gerry will be presenting his popular session on *The Six Legal Must Dos for the Over 50s*.

FILM SCREENING – “THE PLANETS” WITH Q&A

Our Dynamic Earth

Thu 15th

6pm – 8.30pm

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

Visit Dynamic Earth's new and upgraded Showdome cinema to experience Holst's *The Planets* like never before, with incredible 360° visuals and surround sound.

Join us from 6pm to explore the planets in more detail and of course help yourself to refreshments – including popcorn!

The film will be shown at 7pm followed by a Q&A with Astronomer Steven Gray.

COFFEE & CHAT

Zoom

Tue 27th

11am – 11.45am

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

July

JUL

EDINBURGH ZOO VIRTUAL TOUR #2

Zoom

Fri 30th

11am – 12pm

“Biodiversity and Native Species”

Develop your understanding of genetic, species and ecosystem biodiversity by focusing on our incredible cat species during a virtual tour. Connect to nature instantly by making your very own native species animal homes and feeders with us!

Materials will be supplied by Care for Carers.

Summer Events Programme for Carers

May – July 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

Email: events@care4carers.org.uk

Website: www.care4carers.org.uk

Facebook: facebook.com/care4carersedinburgh

Twitter: [@Edincare4carers](https://twitter.com/Edincare4carers)

Address: **Summer Events Programme 2021**

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 and Social Care Partnership, NHS Lothian, RAS 200, Bank of Scotland Foundation, Short Breaks and Foundation Scotland. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

