

## Day Breaks & Activities for Carers Events Programme 2017

Care for Carers runs a programme of events throughout the year, helping carers to get a short break from their caring roles and enjoy the company of other carers.

During these events we visit cultural, artistic and natural locations in and around Edinburgh. Some events may be open to former carers.

Note that events may have limited availability.

### Contact Details

Please contact us to discuss the events programme:

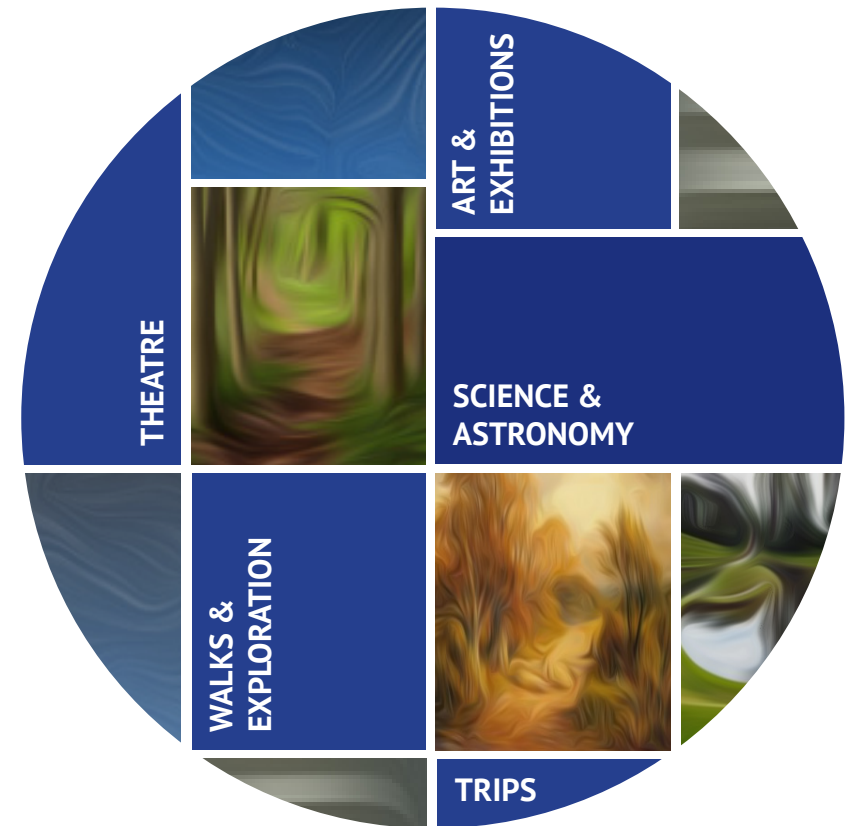
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Address: **Day Breaks & Activities 2017**  
Care for Carers  
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151 London Road  
Edinburgh EH7 6AE

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Care for Carers   
PRESENTS



## DAY BREAKS & ACTIVITIES FOR CARERS

STILL CARING EVENTS PROGRAMME 2017

## Day Breaks & Activities for Carers

JAN

### “TURNER IN JANUARY”

Scottish National Gallery

Tue 24th 10.30am - 12 noon

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

The annual display of Turner’s watercolours, whose limited exposure allows them to retain their luminous colours and pristine condition.

FEB

### NATURE WALKS PROGRAMME BEGINS

Various Edinburgh Locations



Last Thursday of Each Month

The first in a series of monthly Nature Walks, travelling through the quiet, peaceful parks and green spaces in and around Edinburgh.

Please contact us for further details.

### “STORYTELLING THE STARS”

Scottish Storytelling Centre

Mon 13th 11am - 1pm

*“Surrounded by the Winter Triangle in the night sky, Unicorn Monoceros shimmers with her single horn, a magical heart of rose in deep space.”*

This workshop with Mio Shapley and Linda Williamson on star tales from around the world invites carers to listen and sing, explore and recreate the ancient mysteries of stellar legends.

The Scottish Storytelling Centre is located at 43-45 High Street.

## Events Programme 2017

MAR

### “THE LONG HISTORY OF THE SEARCH FOR LIFE ON MARS”

Edinburgh Royal Observatory

Mon 20th 7.30pm - 8.30pm

*\*\*Venue has no disabled access and requires walking up stairs.*

The search for evidence of microbial life on Mars is an active research topic with a surprisingly long history. This talk will review the development of ideas about life on Mars, from the Copernican Revolution of the 16th and 17th centuries, through the first Mars probes of the 1960s, to the present day.

APR

### COFFEE MORNING WITH CRAFT

St Margaret’s House

Tue 4th 10am - 12pm

Come and join us for a cuppa, meet other carers in a relaxed and friendly atmosphere and if you like join us in some crafty fun.

If you have a particular skill, talent or interest that you would like to share with us over the coming months please feel free to bring your ideas to the group.

No experience necessary.

## Day Breaks & Activities for Carers

### “FIRE AND ICE” TOUR

Dynamic Earth

Thu 27th

10.30am - 12.30pm

*\*\*Unsuitable for carers with restricted mobility - rough terrain.*

Discover the amazing and violent geological history of Scotland as told in the rocks of Arthur's Seat. Use your detective skills to investigate evidence for ancient tropical seas, track down an ice rock and discover a 350 million year old lava flow.

Please bring footwear appropriate for rough terrain.

MAY

### COFFEE MORNING WITH CRAFT

St Margaret's House

Tue 2nd

10am - 12pm

Come and join us for a cuppa, meet other carers in a relaxed and friendly atmosphere and if you like join us in some crafty fun.

If you have a particular skill, talent or interest that you would like to share with us over the coming months please feel free to bring your ideas to the group.

No experience necessary.

### “BRIAN COX LIVE”

Playhouse Theatre

Sun 7th

7.30pm - 10pm

Professor Brian Cox OBE is a British particle physicist, a Royal Society University Research Fellow. The show will take audiences on a dazzling journey through space and time, delving into 'high science' and free wheeling on the edges of the known cosmos.

Whether an avid science reader or a total novice, Professor Cox will test the limits of our knowledge and make highly complex ideas accessible to all.

## Events Programme 2017

### RATHO BARGE TRIP

Union Canal at Ratho (Depart St Margaret's House)

Tue 9th

2.15pm - 5.30pm

A leisurely trip along the Union Canal on one of the characterful barges based in the Ratho area.

Transport will be leaving from St Margaret's House at 2.15pm and returning from Ratho at 5.30pm.

JUN

### COFFEE MORNING WITH CRAFT

St Margaret's House

Tue 6th

10am - 12pm

Come and join us for a cuppa, meet other carers in a relaxed and friendly atmosphere and if you like join us in some crafty fun.

If you have a particular skill, talent or interest that you would like to share with us over the coming months please feel free to bring your ideas to the group.

No experience necessary.

### CARERS WEEK CELEBRATION AND OPEN DAY

The Stafford Centre

Tue 13th

10am - 3.30pm

This years Carers Week Open Day will be held at The Stafford Centre, 103 Broughton Street.

There will be a range of fun workshops held in the morning and afternoon with lunch in between. Come along and meet up with friends new and old. Full workshop details will be available nearer the date, come along and try something new.

## Day Breaks & Activities for Carers

**JUL**

### RATHO BARGE TRIP

Union Canal at Ratho (Depart St Margaret's House)

Tue 4th 2.15pm - 5.30pm

A leisurely trip along the Union Canal on one of the characterful barges based in the Ratho area.

Transport will be leaving from St Margaret's House at 2.15pm and returning from Ratho at 5.30pm.

**AUG**

### THE CRAWFORD COLLECTION

Edinburgh Royal Observatory

Tue 22nd 2pm - 4pm

*\*\*Venue has no disabled access and requires walking up stairs.*

The Crawford Collection of books is the founding collection of the ROE on Blackford Hill, gifted by the 26th Earl of Crawford. It is of outstanding international significance and has been acknowledged as one of "four truly great collections of astronomical books" in the world.

**SEP**

### "GREASE THE MUSICAL"

Playhouse Theatre

Wed 13th 7.30pm - 10pm

*\*For carer and cared-for person; a contribution may be requested.*

A revival of the legendary musical featuring all the unforgettable songs from the hit movie, including You're The One That I Want, Grease Is The Word, Summer Nights, Hopelessly Devoted To You, Sandy, Greased Lightnin' and many more.

## Events Programme 2017

**OCT**

### JUPITER ARTLAND

Bonnington House (Depart St Margaret's House)

Thu 19th 9.30am - 2.30pm

*\*\*Unsuitable for carers with restricted mobility - rough terrain.*

Set within the picturesque 80 acre estate of Bonnington House, this sculpture park is filled with fascinating site-specific artworks.

Transport will be leaving from St Margaret's House at 9.30am and departs from Jupiter Artland at 2.30pm. Please bring footwear appropriate for rough terrain.

**NOV**

### ASTRONOMY CONSULTATION AND REUNION EVENT

Dynamic Earth

Tue 14th 10.30am - 1.30pm

Come and meet with all the carers who have taken part in our Astronomy programme this year. A fun chance to catch up as well as helping us plan for 2018 Astronomy events and activities. Your chance to tell us what you want to do next. Lunch included.

**DEC**

### CARERS CHRISTMAS OPEN DAY

St Margaret's House

Wed 6th 10am - 12pm

The open day will have a variety of workshop sessions on offer, come along and have a fun day with other carers, friends new and old. There will be workshops in the morning and afternoon with lunch in between. Full details of the workshops on offer will be available nearer the date.

### CARERS CHRISTMAS PANTO

Our annual Christmas Panto visit will take place sometime in January 2018, with details to be announced nearer the time.