

About the Event

This Carers Open Day event is free, fun and includes a buffet lunch.

Plan for the Day:

10.00am - Arrival, Teas and Coffees

10.30am - 12.00pm - Workshops

Workshop options will include: Making Plastic Art Sculptures, the Discovery of Gravitational Waves and Science and Creativity and how this can help with our wellbeing.

12.00pm- Lunch is served

1.00pm to 2.30pm - Workshops (options as above)

2.30pm- Finish, Evaluation, Refreshments

3.00pm -3.30pm- Departure

3.30pm- Gallery Tour

How do I book my place? To reserve your place, please phone or email to register your interest or complete the booking form and return it ASAP to: **Care for Carers, Room 4.25, St Margaret's House, 151 London Road, EH7 6AE**
Tel: (0131) 661 2077 Email: admin@care4carers.org.uk

Workshop places are allocated on the day on a first come first served basis. However if you will be delayed because you have respite arrangements or sitters to organise please give us a ring and we will take your preferred options in advance.



Our Dynamic Earth Carers Open Day

Friday 22nd March 2019

10.00am to 3.30pm

at

Our Dynamic Earth

Holyrood Road

Edinburgh

EH8 8AS



Care for Carers Charity No: SCO13450
Supported by Edinburgh Integrated Joint Board

Carers Open Day Friday 22nd March 2019

To book a place you can phone us, email or return this booking form.

Name _____ Tel No _____

Address _____

Email Address: _____

I will attend:

All day Morning Only Afternoon Only

I would like lunch:

Yes No

Please tell us if you have any special dietary needs.

I am bringing the person that I care for

I am not bringing the person that I care for

Workshop options on the Day.

1/ "Listening to Einstein's Universe: The Detection of Gravitational Waves"

A century after Albert Einstein predicted their existence, the merger of two black holes led to the detection of gravitational waves. Come and meet the Researchers from the Institute for Gravitational Research at the University of Glasgow to discuss the detection of gravitational waves, the astrophysical events that create them and some of the technologies used in gravitational wave detectors.

2/ Exploring the science of music, mindfulness and the brain

What happens in the brain when you listen to your favourite music? Is creativity good for you? Does mindfulness help with our wellbeing? Come join the Science Ceilidh to get hands-on with the science of music, mindfulness and the brain with activities, discussions and live music - just bring your curiosity, no science or music experiences needed!

3/ Plastic Art Sculptures

Come and work with Sally Price to create small sculptures made of household plastic waste. Participants will select a few items they like the shape, colour and texture of and build a small scale abstract sculpture with them. We will use tape, UHU glue and hot glue guns (supervised) to fix them and photograph them all together at the end to create a collaborative installation.