

Come and join us for a Celebratory Carers Open Day 2021,
with fun workshops and live Music! including a buffet
lunch.

Plan for the Day:

10.00am – Arrival, Teas and Coffees

10.30am- 12.00pm – Workshops

12.00pm- Lunch with Music and Song

Mairi Campbell, award winning musician and local lass will join us
on our open day to share a few songs and meet our community.

1.00pm to 2.30pm – Workshops

2.30pm- Refreshments and Evaluation Time

2.45-3.45pm- Option to go on a Gallery Tour and visit the Showdome
Cinema

There will also be ample opportunity to relax and meet with other
carers and to talk to staff and tutors from Care for Carers and Our
Dynamic Earth.

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/ 07394 418 087 Email:

dipa@care4carers.org.uk

Workshop places are allocated on the day on a first come first served
basis. Places will be limited by Covid19 restrictions and all activities will
operate within current guidelines.



Our Dynamic Earth Carers Open Day Wednesday 23rd June 2021

10.00am to 4.00pm

at

Our Dynamic Earth
Holyrood Road
Edinburgh
EH8 8AS



UK Research
and Innovation



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

Care for Carers Open Day Wednesday 23rd June 2021

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

Workshops on the Day

1/ Art with Poppy Richards, Art Buds Collective : Use natural materials such as berries, leaves, flowers and spices to explore and experiment mixing your own watercolour inks. We will then use our natural inks to produce some prints and paintings and try out some leaf tapping, a simple technique to get stunning prints from flowers and leaves onto fabric.

2/ Astronomy : Coll and the Cosmos Showcase with Steven Gray FRAS Cosmos Planetarium: learn all about Care 4 Carers fantastic residential astronomy themed breaks to the Isle of Coll in the Inner Hebrides; see some stunning images of carers enjoying the incredibly dark skies and weather permitting, practice observing our nearest star the Sun with special solar telescopes, followed by making and launching your very own Alka Seltzer rockets.

3/Creativity and Music with Lewis Hou, Director Science Celidh : What happens in the brain when you listen to your favourite music? Does creativity help with our wellbeing? Come join the Science Ceilidh to get hands-on with the science of music, the brain and wellbeing with activities, discussions and live music - just bring your curiosity, no science or music experiences needed
