

## About the Event

We invite carers from all parts of Edinburgh to come together to enjoy each other's company and to take part in a variety of taster sessions and workshops. This Carers Open Day event is free, fun and includes a buffet lunch.

## Workshops

On the day there will be 3 workshop options in the morning and 3 in the afternoon. You will be able to choose the workshops you want to attend. You don't need any previous experience in the subjects to join in - workshops are informal, friendly and fun. All materials will be provided.

Workshop options will be; Mindfulness & Relaxation, Metal Embossing (morning only), Photography Treasure Hunt (afternoon only, bring your camera), Line Dancing (tbc) and a Tour of The Stafford Centre Radio Station during lunchtime.

## How do I book my place?

To reserve your place, please phone or email to book your place 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: [events@care4carers.org.uk](mailto:events@care4carers.org.uk)

---



Edinburgh  
Carers Support Project



**Carers Week Celebration Open  
Day  
Tuesday the 13<sup>th</sup> of June 2017  
From Care for Carers and  
Support In Mind Scotland  
To be held at:**

**The Stafford Centre  
103 Broughton Street  
EH1 3RZ**

Care for Carers Charity No: SCO13450  
Supported by City of Edinburgh Health & Social Care  
Partnership

---

**Carers Open Day Tuesday the 13<sup>th</sup> of June 2017**  
**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 or need help  
to access this event

\_\_\_\_\_  
\_\_\_\_\_  
Tel: 0131 661 2077 or email: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

**The Open Day will run from 10am to 3.30pm on**  
**Tuesday the 13<sup>th</sup> of June at The Stafford**  
**Centre, 103 Broughton Street (there is metered**  
**parking on the surrounding streets but a number**  
**of buses will take you to the end of York Place,**  
**the Stafford Centre is on the bottom end of**  
**Broughton Street, next door to Crombies the**  
**Butchers).**

There will be 3 workshop options in the morning  
starting from 10.30am to 12.30am. Lunch will be  
held between 12.30 and 1.30pm. The 3 afternoon  
workshops will run from 1.30pm to 3.30p. Each  
carer will be able to choose one workshop in the  
morning and one in the afternoon. Teas and coffees  
will be served from 9.30am onwards.

Workshop options may change due to unforeseen  
circumstances on the day. Some workshops will be  
held in rooms upstairs.

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