

## 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, Art Workshops and Pilates (tbc), you can also have a look at The Stafford Centre Radio Station during lunchtime.

## How do I book my 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)

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## Carers Week Celebration Open Day

Friday the 7<sup>th</sup> of June 2019

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 Integrated Joint  
Board

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**Carers Open Day Tuesday the Friday the 7<sup>th</sup> of June 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 or need  
help to access this event

\_\_\_\_\_  
\_\_\_\_\_

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

**The Open Day will run from 10am to 3.30pm on Friday the 7<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.**

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