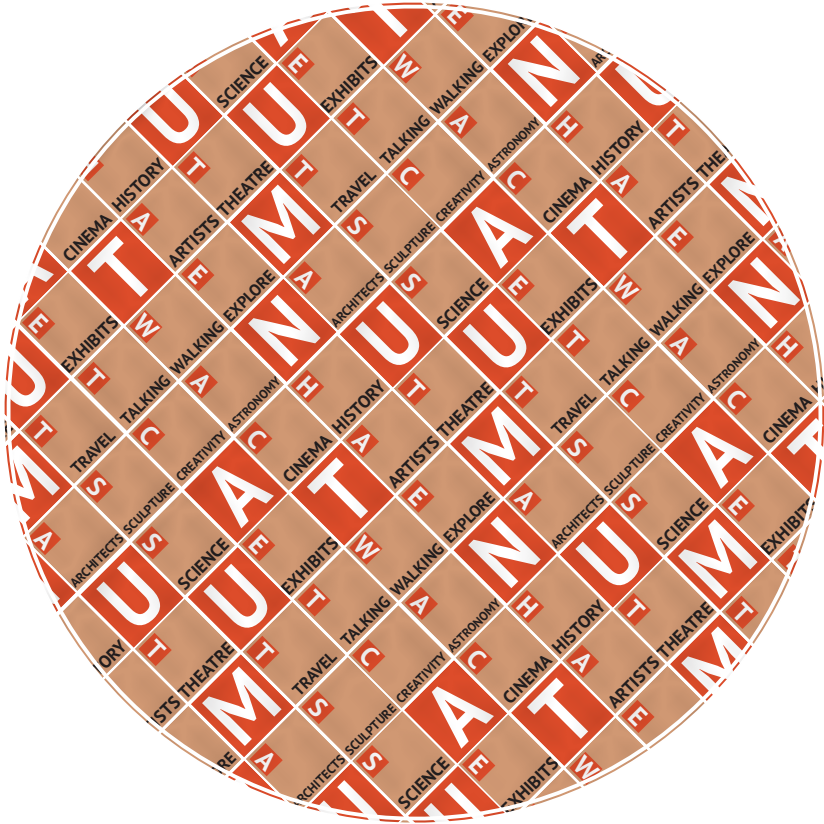


Care for Carers 

PRESENTS




STILL CARING AND SHORT BREAKS

AUTUMN EVENTS PROGRAMME FOR CARERS

SEPTEMBER – NOVEMBER 2023

Calendar of Events

September

5	Geology Walk with Dynamic Earth	Tue	11am	–	1pm	
5	Woodworking Course – Beginners (1/2)	Tue	9.30am	–	5pm	
12	Woodworking Course – Beginners (2/2)	Tue	9.30am	–	5pm	
19	Meditations for Mental Health (1/6)	Tue	11am	–	12pm	
20	Clay Sculpture Workshop (1/4)	Wed	11am	–	2pm	
21	Matthew Bourne's <i>Romeo and Juliet</i>	Thu	7.30pm	–	10pm	
26	Meditations for Mental Health (2/6)	Tue	11am	–	12pm	
27	Clay Sculpture Workshop (2/4)	Wed	11am	–	2pm	

October

3	Meditations for Mental Health (3/6)	Tue	11am	–	12pm	
4	Clay Sculpture Workshop (3/4)	Wed	11am	–	2pm	
11	Clay Sculpture Workshop (4/4)	Wed	11am	–	2pm	
12	<i>Dracula: Mina's Reckoning</i>	Thu	7.30pm	–	10pm	
17	Meditations for Mental Health (4/6)	Tue	11am	–	12pm	
18	Grayson Perry – <i>Smash Hits</i>	Wed	11am	–	12.30pm	
19	Sketching Workshop (1/4)	Thu	10.30am	–	1pm	
24	Meditations for Mental Health (5/6)	Tue	11am	–	12pm	
25	Canal Boat Cruise with Art Workshop	Wed	11am	–	1pm	
26	Sketching Workshop (2/4)	Thu	10.30am	–	1pm	
31	Meditations for Mental Health (6/6)	Tue	11am	–	12pm	

November

1	Clay Sculpture Workshop (1/4)	Wed	11am	–	2pm	
2	Sketching Workshop (3/4)	Thu	10.30am	–	1pm	
8	Clay Sculpture Workshop (2/4)	Wed	11am	–	2pm	
9	Sketching Workshop (4/4)	Thu	10.30am	–	1pm	
15	Clay Sculpture Workshop (3/4)	Wed	11am	–	2pm	
16	Music Workshop	Thu	11am	–	1pm	
18	Edinburgh Zoo Visit	Sat	11am	–	2pm	
22	Clay Sculpture Workshop (4/4)	Wed	11am	–	2pm	



– Event is open for a carer and cared-for person to come together.

Weekly Events

GENTLE YOGA

Zoom / Room 1.10 at St Margaret's House

Mon

12.30pm – 1.30pm

Join us for some gentle stretching and exercises every Monday.

Adaptations can be made to suit each person; some exercises can be carried out standing or sitting or on the floor. Sessions are designed to be enjoyable and fun and always end with a 15-minute relaxation.

These are hybrid sessions, meaning you can choose to participate online or join us in person at St Margaret's House.

Sessions take place every Monday at 12.30pm. Please let us know when signing up if you would prefer to join in person or online.

CREATIVE WRITING WORKSHOP

Room 1.10 at St Margaret's House

Tue

11am – 1pm

Our friendly creative writing group led by Laure Paterson.

No preparation is required: the purpose of these workshops is to surprise ourselves! It is easy and gentle and you don't need any prior writing experience – just paper and a pen or pencil.

Sessions take place every Tuesday morning at 11am.

Weekly Events

SIP AND PAINT

Studio 6.08 at St Margaret's House

Tue

1.30pm – 3.30pm

Join Jane on Tuesday afternoons and let your imagination run wild as you explore the process of meditational painting – while sipping a delicious fruity mocktail.

A laid back and informal afternoon where you can relax and switch off, meet and chat with fellow carers while expanding your inner creativity.

No art experience is necessary.

Sessions take place every Tuesday afternoon at 1.30pm.

RELAXATION EVENINGS

Zoom

Wed

7pm – 8pm

Join us on a Wednesday and make time just for you. Take part in a guided relaxation session, lie or sit down and get cosy using blankets and cushions.

You will be guided through a scripted relaxation to bring calmness and slow down. Includes the use of breathing exercises and provides techniques to help us feel grounded and in control.

Sessions take place every Wednesday evening at 7pm.

September

SEP

GEOLOGY WALK WITH DYNAMIC EARTH

Our Dynamic Earth

Tue 5th

11am – 1pm

Join us for a walk around Holyrood Park to discover the geological past of Edinburgh. Spot evidence of volcanic and glacial activity and then relax back at Dynamic Earth for a cuppa and some cake.

Meeting outside the main entrance of Dynamic Earth, we will head into Holyrood Park along tarmac paths for the first 10-15 minutes. We will then follow gently sloping grassy paths to arrive at Camstone Quarry to investigate ancient geological evidence.

A route involving a rough sloping path to see a lava flow is optional; we can decide on the day based on the group's level of interest.

WOODWORKING COURSE – BEGINNERS

Albion Business Centre

Tue 5th

9.30am – 5pm

Tue 12th

9.30am – 5pm

*A **two-day course** with sessions taking place on Tuesday 5th September and Tuesday 12th September.*

A fun beginner's course where we will learn about the bandsaw and explore the endless creative possibilities of creating a bandsaw box.

Over two days you will learn about the varied skills involved in using a bandsaw for the subtractive process of creating a wooden box with a fitted lid. Along with the opportunity to explore carving and shaping your piece, you'll have the option of adding texture and colour.

Come with an idea or sketch in mind or work from a template to cut; carve and possibly paint your finished piece to take home and enjoy.

There will be an hour for lunch between 1–2pm.

September

SEP

MEDITATIONS FOR MENTAL HEALTH & WELL-BEING

Zoom

Tue 19th

11am – 12pm

A **six-week online course** running from Tuesday 19th September to Tuesday 31st October (with a week's break on 10th October).

A series of meditation sessions of 45 minutes with Buddhist nun, Gen Tubchen. There will be an optional 15 minutes for discussion at the end of each session for those who are interested.

Each week we will begin with a relaxing guided meditation to de-stress and rediscover our inner peace and calm. This will be followed by a short teaching on different topics, such as how to use meditation in daily life to create inner space, build mental resilience, solve problems and improve relationships.

The session will conclude with a second meditation on the topic and tips on how to put it into practice during the week. This will be followed by the optional discussion/Q&A.

Everyone is welcome to join these sessions; no previous experience is necessary. All you need to do is find a quiet space and connect on Zoom.

*"Very calming meditations. Felt safe, accepted and affirmed.
Very practical sessions. Examples were applicable and
relatable."*

– feedback on previous sessions with Gen Tubchen

September

SEP

CLAY SCULPTURE WORKSHOP

Room 1.10 at St Margaret's House

Wed 20th

11am – 2pm

A **four-week course** running from Wednesday 20th September to Wednesday 11th October. (See November entry for alternative dates.)

A fun workshop where Sandra, the tutor, will help you explore your creativity and teach you how to work with air drying clay to make whatever you like.

The four-week course is designed to help you switch off, relax, have some time for yourself and be creative. We will be modelling and sculpting clay for the first three weeks, then painting our work on the last week.

The workshop is for all levels and beginners are welcome.

MATTHEW BOURNE'S "ROMEO AND JULIET" (BALLET)

Festival Theatre

Thu 21st

7.30pm – 10pm



Carer and cared-for person are welcome to come together.

Experience a masterful re-telling of Shakespeare's timeless story of forbidden love, with a scintillating injection of raw passion and youthful vitality.

Confined against their will by a society that seeks to divide, our two young lovers must follow their hearts as they risk everything to be together.

Content Warning – Contains non-strobe flashing lights, loud sound effects including a gun shot, and scenes of a disturbing or sexual nature including stabbing and strangulation. *Age 14+*

"The piece is, from beginning to end, stunningly danced... Full of insight and invention, this is a thrilling rethinking of this tale of woe."

– Sarah Crompton, *The Observer*

October

OCT

"DRACULA: MINA'S RECKONING"

Festival Theatre

Thu 12th

7.30pm – 10pm



Carer and cared-for person are welcome to come together.

Not for the faint-hearted, Morna Pearson's adaptation of Bram Stoker's classic tale is filled with her trademark humour and taste for the strange and grotesque.

This breathtaking gothic production transposes the action to Scotland amid the wild beauty of the landscapes of the north east which originally inspired the novel.

With an all-women and non-binary ensemble cast we witness the addiction, intoxication, and empowerment of Mina.

Dracula: Mina's Reckoning

Under the buzzing lights of a psychiatric hospital in Aberdeenshire in 1897, Mina Murray recounts her encounters with the most terrifying of beasts: Dracula.

A throng of patients listen with bated breath as they are transported to a world where immortality and ultimate power is possible, even for women – but with terrible consequences...

Content Warning – Contains scenes of violence, blood and frightening moments. *Age 14+*

October

OCT

GRAYSON PERRY – "SMASH HITS"

National Gallery

Wed 18th

11am – 12.30pm

Come and see the biggest ever exhibition of Sir Grayson Perry's work, covering his entire 40-year career.

Perry has gone from taking pottery evening classes to winning the Turner Prize, presenting television programmes on Channel 4 and writing acclaimed books. Today he is one of Britain's most celebrated artists and cultural figures.

Popular and provocative, Perry makes art that deals with difficult and complex ideas in an accessible and often funny way. He loves taking on big issues that are universally human: masculinity, sexuality, class, religion, politics and more.

Smash Hits

On view will be subversive pots, brilliantly intricate prints, elaborate sculptures, and huge, captivating tapestries – all imbued with Perry's sharp wit and social commentary. Employing traditional artforms, in these works Perry addresses the controversial issues of our times.

The exhibition contains language and imagery that explore themes including sex, violence and identity. Some visitors may find this challenging.

Our visit includes a guided tour and tea & coffee.

October

OCT

SKETCHING WORKSHOP

Art & Craft Collective

Thu 19th

10.30am – 1pm

A four-week course running from Thursday 19th October to Thursday 9th November.

The Art & Craft Collective gallery on Causewayside in Edinburgh was established six years ago and showcases the work of over 60 artists in every medium – oil painting, linocut, textiles, ceramics, jewellery making, glass work and wood turning. The gallery also organises workshops and meet the artist sessions.

This series of sketching workshops is suitable for all levels of experience, demonstrating that anyone and everyone can draw. Over the four weeks we will practice drawing places, people, things and nature. If the weather is kind to us, we will go outside to sketch.

Each participant will receive a sketch book and set of sketching pencils to keep and use if they wish to continue sketching.

CANAL BOAT CRUISE WITH ART WORKSHOP

Union Canal

Wed 25th

11am – 1pm



Carer and cared-for person are welcome to come together.

Join us for a leisurely morning of art making and sailing along the Union Canal.

As we journey along the canal we will observe the wildlife, plants and trees that make up the surrounding environment. We will first list, then doodle, some of our ideas – before creating an artwork of our own, drawing upon the things we've seen along the way.

No previous art experience is needed: your teacher will walk you through methods for drawing everything from plants to birds to clouds to flowers.

All materials will be provided, as will tea and coffee.

November

NOV

CLAY SCULPTURE WORKSHOP

Room 1.10 at St Margaret's House

Wed 1st

11am – 2pm

*A **four-week course** running from Wednesday 1st November to Wednesday 22nd November. (See September entry for alternative dates.)*

A fun workshop where Sandra, the tutor, will help you create a sculpture project using air drying clay – such as decorative 3D tiles, plates, bowls and vessels, figurative sculpture and animal sculpture.

You will have three weeks to do your sculpting, then on the final week you can learn painting techniques to apply to your piece. The workshop is for all levels and beginners are welcome.

MUSIC WORKSHOP

St Margaret's House

Thu 16th

11am – 1pm

Do you love music? Want to hear some fiddle tunes and have a bit of fun? Come along to relax with some Scottish music, have a go at body percussion and learn a fun song. No experience needed, just bring yourself and your enthusiasm.

EDINBURGH ZOO VISIT

Edinburgh Zoo

Sat 18th

11am – 2pm



Carer and cared-for person are welcome to come together.

The Royal Zoological Society of Scotland's Edinburgh Zoo is home to more than 2,500 incredible animals from around the world. All your favourite animals are waiting for you at the zoo, from paddling penguins and famous giant pandas to the herd of giraffes – plus Scotland's only sloths!

This family day out will include a guided tour with an experienced Edinburgh Zoo guide. Lunch will also be provided.

Still Caring Autumn Programme for Carers September – November 2023

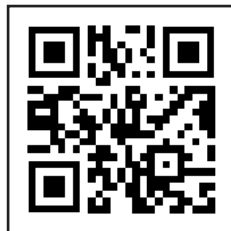
Care for Carers runs a free programme of events throughout the year, giving carers a short break from their caring roles and the opportunity to enjoy the company of other carers. During these events we explore the cultural, artistic and natural aspects of life in and around Edinburgh.

Some events may be open to the carer and the cared-for person; this is clearly marked beside the event date. Note that events may have limited availability.

Contact Details

Please contact us to discuss the events programme:

Telephone: 0131 661 2077
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Website: www.care4carers.org.uk
Facebook: facebook.com/care4carersedinburgh
Twitter: @Edincare4carers



Address: **Still Caring Autumn Programme 2023**
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