



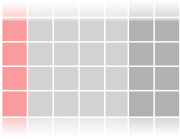
Care for Carers

Supporting those who care for others

STILL CARING & SHORT BREAKS | AUTUMN EVENTS PROGRAMME

AUTUMN EVENTS 2024

SEPTEMBER - NOVEMBER 2024 | 15 COURSES & DAY EVENTS



MON
12:30
WEEKLY

WEEKLY GENTLE STRETCHING & EXERCISE

GENTLE YOGA

ZOOM | EVERY MONDAY | 12.30PM - 1.30PM

Join us for some gentle stretching and exercises every Monday on Zoom.

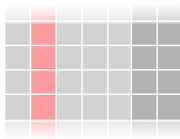
Gentle yoga is a less intense, slower yoga practice: it generally includes an emphasis on stretching, meditation and relaxation. You'll typically move at a slower, more comfortable pace that reduces stress and strain on joints and muscles, making it a perfect practice for just about

anyone of any age or physical ability.

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.

Please get in touch to register your interest and we will send you the link.



TUE
11AM
WEEKLY

WEEKLY FRIENDLY CREATIVE WRITING GROUP

CREATIVE WRITING

ST MARGARETS | EVERY TUESDAY | 11AM - 1PM

Our friendly creative writing group led by Laure Paterson.

Every Tuesday morning at 11am we get together to explore fresh creative directions in a fun and comfortable environment.

Poetry, short fiction, plays, novels, personal essays, even songs — all of these can be considered as part of the rich landscape of potential creative ex-

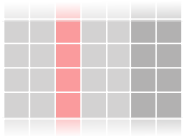
pression through the written word. Whatever the spark, there is a pathway for us to express it in a playful and enjoyable way.

No preparation is required: the purpose of these workshops is to surprise ourselves!

These sessions are easy and gentle and you don't need any prior writing experience — just paper and a pen or pencil.



EXPLORING NATURE WITH CARE FOR CARERS



**WED
7PM
WEEKLY**

WEEKLY ONLINE RELAXATION SESSION

RELAXATION

ZOOM | EVERY WEDNESDAY | 7PM - 8PM

Join us for these online sessions each week and take the opportunity to make some time just for you.

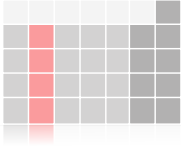
Relaxation is more than a state of mind: it physically changes the way your body functions. Breathing slows, blood pressure and oxygen consumption decreases; there's an increased sense of well-being.

During these sessions we

will take part in a guided relaxation, lying or sitting down and getting cosy using blankets and cushions.

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

Sessions are every Wednesday evening at 7pm.



SEP
03
7 WEEKS

A SEVEN WEEK MEDITATION FOR MENTAL HEALTH COURSE

MEDITATION COURSE

ZOOM | FROM 03 SEPTEMBER | 11AM - 12PM

A seven week course focusing on meditation for mental health benefits.

Each session begins with a relaxing guided meditation with Buddhist nun Gen Tubchen to de-stress and find inner peace and calm.

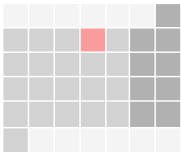
There is then a short teaching, exploring topics such as how to use meditation in daily life to create inner space, build mental resilience, solve problems

and improve relationships.

The session concludes with a second meditation on the topic and tips on how to put it into practice during the week.

Finally, there is an optional 15-minute Q&A discussion for those interested.

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



SEP
05

WANDERWOMEN FOREST BATH & RIVER SWIM DAY OUT

FOREST & RIVER DAY

PEEBLES | 05 SEPTEMBER | 9AM - 4PM

Join us for a mixed group WanderWomen adventure in Peebles to restore balance amongst the trees, find inner calm swimming in the gorgeous Tweed River, and be at one with our natural environment.

An ideal opportunity for self-care and grounding, spending time with nature and with others, the day's activities will include forest bathing, silent reflection, a

mindful and gentle 5km round walk, nature connection, meditation — and a river swim for the brave!

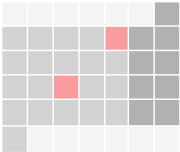
Hot drinks and snacks are included; after completing the activities we will head to a local cafe for some warm food.

This event is open to male and female carers. Transport to and from Peebles from St Margaret's House will be provided.

SEPTEMBER / AUTUMN 2024



DANCERS ON A STAGE, EDGAR DEGAS, 1874
© THE COURTAULD, LONDON (SAMUEL COURTAULD TRUST)



SEP
06

SEP
18

EDGAR DEGAS AT THE GLASGOW BURRELL COLLECTION

DISCOVERING DEGAS

GLASGOW | 06/18 SEPTEMBER | 9.45AM - 4PM

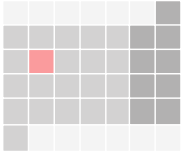
Discovering Degas: Collecting in the Age of William Burrell is a new exhibition at the Burrell Collection in Glasgow, showcasing one of the world's most revered artists, Edgar Degas.

This is the first time visitors can see all 23 Degas works from Burrell's original collection together, alongside 28 further works on loan from the UK and Europe's finest collections.

The visit will include time to explore the exhibition as well as a picnic lunch in the beautiful grounds. **Please bring a packed lunch with you.**

Transport will be provided from St Margaret's House.

In order to offer more spaces, we have organised two dates for this event — please state your preferred date when registering your interest in attending.



SEP
10



BOHEMIAN RHAPSODY AT THE DOMINION CINEMA

CINEMA SCREENING

DOMINION CINEMA | 10 SEPTEMBER | 2PM - 5PM

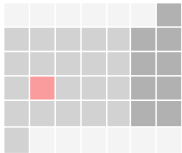
Enjoy a private screening at the Dominion Cinema, an independent cinema located in the Morningside area of Edinburgh and designed in the Art Deco style by the architect Thomas Bowhill Gibson.

Enjoy sofa seating, side tables and footstools; a soft drink and crisps will be provided. A variety of additional snacks may also be purchased separately.

Our film for this screening will be *Bohemian Rhapsody*, a 2018 biographical musical drama that focuses on the life of Freddie Mercury, the lead singer of the British rock band Queen.

Please advise us of any mobility requirements; unfortunately venue access is down a flight of stairs.

This event is open for the carer and cared-for person to come together.



SEP
17

DREAMY SEASCAPES ACRYLIC PAINTING WORKSHOP

DREAMY SEASCAPES

ST MARGARETS | 17 SEPTEMBER | 2PM - 3.30PM

Join us at St Margaret's House where we will embark on a holiday adventure to the seaside — powered by our imaginations and fuelled with pots of paint!

Artists Amy and Jane will gently and expertly guide us on this journey to the beautiful ocean, helping us create a relaxing and playful seaside vibe.

We will be using some lovely smooth, vibrant ac-

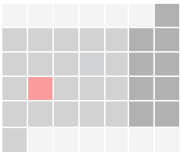
rylic paints and other fun effect paints. Acrylic paints are fast-drying, mixable paints which work on many surfaces, water-based but water and fade resistant when dry — ideal for free experimentation!

By the end of the session you will have created your own wonderful and unique artwork to take away.

Refreshments will also be provided.



A SELECTION OF MICROGREENS



SEP
17

OUTDOOR MICROGREENS PLANTING WORKSHOP

MICROGREENS

HOLYROOD PARK | 17 SEPTEMBER | 12PM - 2.30PM

Microgreens are simply versions of well known vegetables and herbs when they are in their tiny sprout form. They generally contain significantly higher levels of vitamins than their mature plant counterparts. They are also just fun to plant and grow, and tasty to eat!

Learn how to plant and harvest edible microgreens to grow on your own windowsill; find out more about

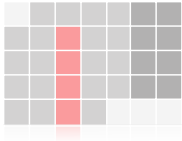
herbs and how you can harvest the different varieties to make them last for the whole season.

This workshop will be led by Edinburgh and Lothians Greenspace Trust and will take place outdoors in the Wells o' Wearie site in Holyrood Park.

We will eat lunch together before starting the activity. **Please bring a packed lunch with you.**

OCTOBER / AUTUMN 2024

A DREAMSCAPE OF WATERCOLOUR & POWDER PAINT



OCT
09
6 WEEKS

A SIX WEEK DREAMSCAPES WATERCOLOUR COURSE

MEDITATION & ART

ZOOM | FROM 09 OCTOBER | 11AM - 12.30PM

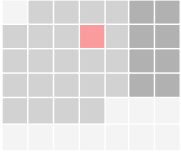
A meditational, dreamy, art-based escape where your mind becomes calm and you soon find yourself settling into some well deserved “You Time”.

The focus of these sessions will be relaxation and artistic expression from the comfort of your own home. Each session will begin with a meditation which will be laid-back and open for you to explore creatively,

guided by Jane, a fellow carer and artist.

You will be provided with art materials including watercolours, crystal powder paints and pens as well as a scented candle from local candle-maker The Edinburgh Candlemaker Co.

The programme will take place on Zoom every Wednesday for six weeks, from the 9th of October to the 13th of November.



OCT
10

STORM FORCE STORIES AND SONGS OF THE SEA

SHANTIES & STORIES

ST MARGARETS | 10 OCTOBER | 2PM - 4PM

Join us for an afternoon of captivating storytelling and jaunty sea shanties with Jan from the Dreadnought Shanty Crew.

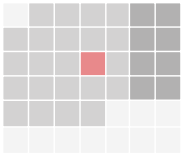
The Dreadnought Shanty Crew was set up in January 2020 in Leith with a small grant from Tasgadh and Creative Scotland; they've been entertaining audiences with water-themed musical tales ever since.

Hop aboard for a mix of

simple singalong sea shanties and listen to stories of resilience: tales of tall ships, pirates and women on the rocks — lady light-house keepers!

Sea shanties are traditional songs originally created and sung by sailors. Part of life at sea for centuries, they are now also accessible to us landlubbers!

Tea, coffee and biscuits will be provided.



OCT
17

EXPLORING THE BENEFITS OF MASSAGE FOR HEALTH

PAMPER MORNING

ST MARGARETS | 17 OCTOBER | 11AM - 1PM

Learn about the benefits of massage for health and how to apply some self-massage techniques to the face and hands.

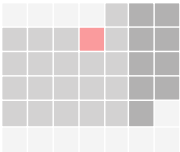
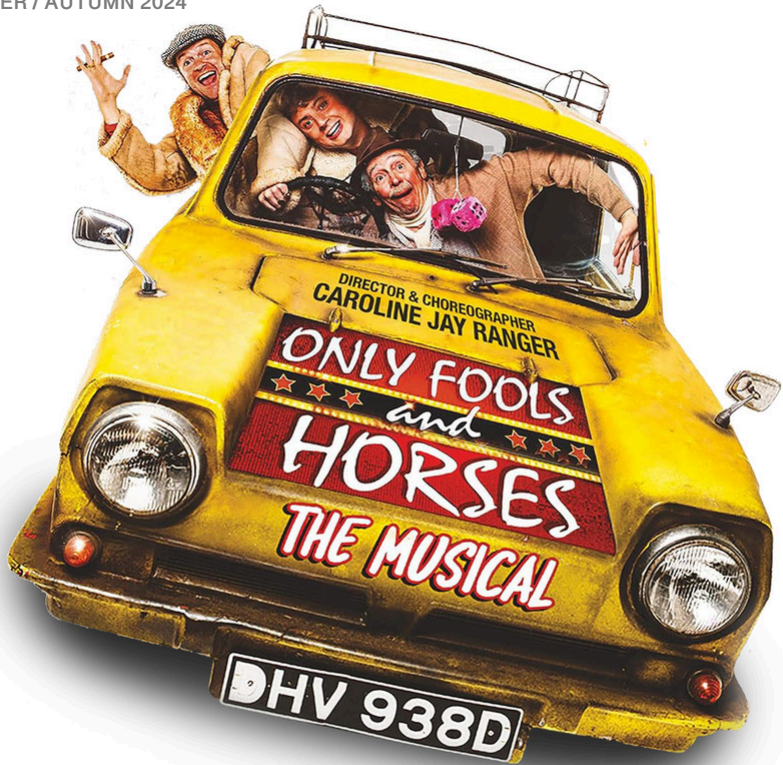
We will explore techniques from Swedish massage such as effleurage (long stroking movements) and petrissage (using our fingers to apply pressure to the facial tissues, muscles and hands).

Using little bottles and jars

we will make our own brightening face and hand oil with measurements of essential oils, mixing these with a carrier oil such as coconut oil and allowing the aromas to boost our energy and mood.

With massage we can enhance our happy feel-good hormones and reduce stress hormones leaving us feeling relaxed and energised.

NOVEMBER / AUTUMN 2024



NOV
07



A MUSICAL BASED ON THE CLASSIC TELEVISION SITCOM

ONLY FOOLS & HORSES

THE PLAYHOUSE | 07 NOVEMBER | 7.30PM - 10PM

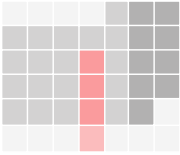
Based on John Sullivan's legendary television show, *Only Fools and Horses: The Musical* is a critically acclaimed home-grown musical spectacular featuring cherished material from Britain's best loved TV series.

With a script and original score written by John's son, Jim Sullivan, and comedy giant Paul Whitehouse, prepare to get reacquain-

ted with Britain's most lovable rogues and experience this classic comedy brought to life on stage through an ingenious script and 20 hilarious songs.

When registering your interest please let us know about any mobility requirements and we will do our best to accommodate this.

This event is open for the carer and cared-for person to come together.



NOV
14
6 WEEKS

A SIX WEEK ONLINE COURSE BY CREATE WORKSHOPS

PHOTOGRAPHY

ZOOM | FROM 14 NOVEMBER | 10.30AM - 12.45PM

Create is an award-winning charity which specialises in delivering art workshops to different communities.

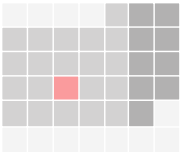
We have been working in partnership with Create for several years now and their workshops have always been of the highest quality.

These particular workshops will be led by a professional artist and have a focus on photography — using your phone, tablet or

camera, you will be taught skills and techniques to help you improve your photo-taking skills, all from the comfort of your own home.

These online sessions will take place each week via Zoom along with your fellow carers.

The sessions will run from Thursday 14th November to Thursday 19th December.



NOV
20

A WORKSHOP AT THE NATIONAL PORTRAIT GALLERY

MY LIFE VALUES

PORTRAIT GALLERY | 20 NOVEMBER | 10AM - 2PM

Join us in the beautiful surroundings of the National Portrait Gallery for a bespoke workshop where we look at what we truly value and what needs to change in our individual world to ensure we abide by this.

At the end of our session you will have a compass for life which will help you make decisions that are in line with who you truly are, as well as the inner strength

to not only care for others but also yourself.

This workshop is being run by Jane MacDowall, a certified Interventions Coach, trained at Robbins-Madanes Training and has been a COSCA trained counsellor for over 12 years. The session lasts for three hours and is fun, collaborative, and impactful. We will provide lunch at the gallery after the workshop.

AUTUMN EVENTS. 2024

SEPTEMBER - NOVEMBER 2024 | 15 COURSES & DAY EVENTS

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.

Occasionally an event is open to both the carer and the cared-for person to come together; these are always clearly indicated. Minibus transport is usually provided for events further afield.

Please note that some events may have limited availability.

C4C-STILL-CARING-AUTUMN-2024-01-AUG-2024-V3-FINAL

HOW TO APPLY

Contact us to register your interest or discuss the events.

TELEPHONE 0131 661 2077
EMAIL stillcaring@care4carers.org.uk
WEBSITE www.care4carers.org.uk
FACEBOOK facebook.com/care4carersedinburgh
TWITTER/X @Edincare4carers



BY POST **Still Caring Autumn Programme 2024**

Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, the Bank of Scotland Foundation, Women's Fund For Scotland, RAS200, NHS Lothian, Carers Trust, the Robertson Trust, Short Breaks, the Postcode Lottery and the National Lottery Community Fund. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

