

Care for Carers 

PRESENTS



STILL CARING AND SHORT BREAKS

SPRING EVENTS PROGRAMME FOR CARERS

FEBRUARY – MAY 2022

Calendar of Events

February

22	Magic Show	Tue	7pm	–	7.45pm	 
23	Zine Making Course (1/6)	Wed	10.30am	–	12.45pm	
23	Performed Reading – "Caring"	Wed	7pm	–	8.30pm	
27	"... Dr Jekyll and Mr Hyde"	Sun	6.30pm	–	9pm	

March

1	Taster Session – Drama	Tue	11am	–	1pm	
2	Zine Making Course (2/6)	Wed	10.30am	–	12.45pm	
3	Taster Session – Photography	Thu	11am	–	1pm	
7	Taster Session – Creative Writing	Mon	11am	–	1pm	
9	Zine Making Course (3/6)	Wed	10.30am	–	12.45pm	
15	Gallery Tour, Modern One	Tue	11am	–	12pm	
16	Zine Making Course (4/6)	Wed	10.30am	–	12.45pm	
23	Zine Making Course (5/6)	Wed	10.30am	–	12.45pm	
29	Beeswax Wraps Workshop	Tue	11am	–	12.15pm	
30	Zine Making Course (6/6)	Wed	10.30am	–	12.45pm	

April

12	Eco Printing Workshop	Tue	2pm	–	4pm	
13	"Orphans"	Wed	6.15pm	–	10pm	
19	Eco Printing Workshop	Tue	2pm	–	4pm	

May

2	Short Breaks Reunion	Mon	10am	–	2pm	
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 – Event is an online-only event using Zoom.

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

Weekly Events

WEEKLY SESSIONS

In addition to the scheduled calendar of one-off events, as part of our programme we are also running some regular weekly sessions. These sessions take place at the same time every week.

There is something suitable for everyone. Please get in touch if you are interested and we will link you up with the instructor.

GENTLE YOGA

Zoom

Mon

12.30pm – 1.30pm

Join us for some gentle stretching and exercises every Monday.

Adaptations can be made to suit each person and 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.

Sessions take place every Monday at 12.30pm.

RELAXATION EVENINGS

Zoom

Thu

7pm – 8pm

Join us on a Thursday 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, giving you tips and techniques you can use yourself. Includes using breathing exercises and techniques to help us feel grounded and in control.

Sessions take place every Thursday evening at 7pm.

February

FEB

MAGIC SHOW

Zoom

Tue 22nd

7pm – 7.45pm



Carer, cared-for person and family members are all welcome to join.

Live and direct to your living room, your very own magic show. Experience the magic and charisma of one of the UK's most celebrated magicians with this private interactive show of award-winning close-up magic, especially designed for Zoom.

CREATE WORKSHOPS – ZINE MAKING

Zoom

Wed 23rd

10.30am – 12.45pm

*A **six-week course** running from Wednesday 23rd February to Wednesday 30th March.*

Zines (pronounced "Zeens") are self-published DIY magazines which can be produced with the simplest of tools and materials.

Led by Create's professional artist Renata Minaldo, these workshops will explore your creativity by experimenting with visual art and creative writing techniques to produce your own DIY books from the comfort of your own home.

No experience required; everyone is welcome.

February

FEB

PERFORMED READING – "CARING"

St Margaret's House

Wed 23rd

7pm – 8.30pm

Citadel Arts are inviting carers to attend a performed reading of the play *Caring* by Rhona McAdam. Rhona is a member of their writers' group and is a carer herself.

The play focuses on the relationship between a mother and her son: she is his carer and a birthday treat she bakes for him goes badly wrong!

You are invited to watch the rehearsed reading and, if you wish, provide feedback to help Rhona with the further development of her play.

February

FEB

"THE STRANGE CASE OF DR JEKYLL AND MR HYDE"

Leith Theatre

Sun 27th

6.30pm – 9.30pm



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

Within the century-old walls of historic Leith Theatre, something sinister is stirring. A Gothic tale of double lives and inner demons, *The Strange Case of Dr Jekyll and Mr Hyde* takes on its own hybrid identity in this unique retelling.

You, the audience, will step foot inside a live film set where you will witness the simultaneous creation and screening of this one-off experience. Be there as the drama unfolds on screen and in the historic rooms and hallways of Leith Theatre.

Accessibility – Unfortunately this offer will not be suitable for anyone in a wheelchair or with mobility issues; there are no lifts to the seating area or disabled toilet facilities.

The suggested guidance is for those 16+ due to some violence and the subject of suicide.

(National Theatre of Scotland)

March

MAR

CITADEL ARTS TASTER SESSIONS

St Margaret's House

Tue 1st	11am – 1pm	– Drama
Thu 3rd	11am – 1pm	– Photography
Mon 7th	11am – 1pm	– Creative Writing

We are working with Citadel Arts to run three taster sessions, each exploring creativity in a different art form. The following week we will commence a 5-week workshop programme created around the sessions which proved most popular.

You are welcome to come along to as many of the taster sessions as you like.

Drama

Fun and informal sessions requiring no previous experience. Enjoy being playful and imaginative, expressing yourself through movement and word games with Marilyn Wilson, Citadel's experienced drama teacher.

Photography

Photographic artist and writer Kat Gollock's workshops will be a mixture of discussion and fun practical exercises to help you explore and enhance your experience of photography. Whether it's on your phone, tablet or with a camera – whether you're a complete beginner or more experienced – Kat will help you build your confidence and gain a better understanding of how to create interesting and engaging photographs.

Creative Writing

Writing with Surprise: The purpose of Laure Paterson's workshops is to surprise ourselves. Carers often have little time to focus on themselves, so this group is designed to provide precious time to be you and nobody else. You don't have to prepare; there is no "good" or "bad". It is easy and gentle and you don't need any prior writing experience – just paper and a pen or pencil.

March

MAR

GALLERY GUIDED TOUR – "NEW ARRIVALS"

Modern One

Tue 15th

11am – 12pm

A guided tour of the exhibition *New Arrivals - From Salvador Dalí to Jenny Saville*.

This exhibition offers a stunning range of modern and contemporary work, encompassing painting, sculpture, film and more. Artists include Damien Hirst, Jenny Saville, René Magritte, Salvador Dalí, Oskar Kokoschka, John Bellany, Marie Harnett and Pablo Picasso.

BEESWAX WRAPS WORKSHOP

Zoom

Tue 29th

11am – 12.15pm

A fun and educational creative experience: an interactive online workshop where you will learn how to make your own beeswax wraps. Let's banish cling film from the kitchen and the planet!

A kit will be provided with everything you need. Please sign up before Tuesday 22nd March so we have enough time to send you your kit before the session.

April

APR

ECO PRINTING WORKSHOP

St Margaret's House

Tue 12th

2pm – 4pm

Tue 19th

2pm – 4pm

Join Eco Art for this hands-on workshop exploring a vibrant and environmentally friendly form of printing.

The technique uses natural organic materials bundled up in cloth. The "bundle" is then steamed, capturing the beautiful colourful essences and producing a unique eco print. It's low impact and zero waste.

We will be using foraged leaves, berries and kitchen spices. You'll learn a sustainable crafting skill that can be used to prolong the life of clothing, make stunning eco gifts or create wall art – all while reducing your environmental impact. You will leave with a sense of achievement, wonderful fabric samples and great joy.

Please note that we are running the same workshop twice to accommodate more carers, so please specify your preferred date when booking.

April

APR

"ORPHANS"

King's Theatre

Wed 13th

6.15pm – 10pm



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

Glasgow, 1998, one hell of a storm is ripping through the city. The Flynn siblings just need to survive the night and make it to their mother's funeral in the morning.

Thomas won't leave the church. Michael is bleeding out and roaming the streets. John has a gun and a taste for revenge. And Sheila can't wait to live life on her own terms. But things like this bring a family together, right?

Orphans is a darkly comic musical about family, grief and forgiveness.

The evening will include refreshments and an informal discussion before the performance.

Accessibility – Unfortunately this offer will not be suitable for anyone in a wheelchair or with mobility issues; there are no lifts to the upstairs seating area where we will be gathering before the show.

The suggested guidance is for those 16+ due to the use of very strong language.

(National Theatre of Scotland)

May

MAY

SHORT BREAKS REUNION

Our Dynamic Earth

Mon 2nd

10am – 2pm

Join us for this half-day event at Our Dynamic Earth for a chance to meet up with other carers and Care for Carers staff who attended a *Stepping Out*® or *Still Caring* break in 2021. We are also inviting carers who have not attended one of our breaks before and are interested in finding out more.

Your suggestions and feedback will inspire us with new ideas for future breaks and programmes.

The day will include a choice of workshops in the morning. Lunch and refreshments will be provided.

Spring Events Programme for Carers

February – May 2022

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

Email: events@care4carers.org.uk

Website: www.care4carers.org.uk

Facebook: facebook.com/care4carersedinburgh

Twitter: [@Edincare4carers](https://twitter.com/Edincare4carers)

Address: **Spring Events Programme 2022**

Care for Carers

Room 4.25

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