






Calendar of Events


December

3	Castle of Light	Sun	5pm	-	6pm	
8	Christmas at the Botanics	Fri	6pm	-	7pm	
12	Christmas Open Day & Consultation	Tue	10am	-	3pm	
13	"Peter Pan"	Wed	7pm	-	10pm	

January

18	St Cecilia's Hall Tour – "World Instruments"	Thu	2pm	-	3.30pm	
22	Woodworking – Beginners Bandsaw 1/2	Mon	9am	-	5pm	
23	Woodworking – Beginners Bandsaw 2/2	Tue	9am	-	5pm	
27	Edinburgh Zoo Visit	Sat	11am	-	2pm	

February

8	Lammermuir Hills Hike & Swim	Thu	9.30am	-	3.30pm	
14	"Time Traveller: Charles Lyell at Work"	Wed	2pm	-	3.30pm	
22	WanderWomen Coastal Walk	Thu	9.30am	-	3.30pm	
26	Woodworking – Beginners Parquetry 1/2	Mon	9am	-	5pm	
27	Woodworking – Beginners Parquetry 2/2	Tue	9am	-	5pm	
29	"Hamilton"	Thu	7pm	-	10pm	



– 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

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.

December

DEC

CASTLE OF LIGHT

Edinburgh Castle

Sun 3rd

5pm – 6pm



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

Prepare to see Edinburgh Castle undergo a dramatic transformation this festive season as *Castle of Light* returns for a fourth fantastic year. Delve into “Magic and Mystery” as a tapestry of all-new projections dances across the walls. Let immersive illuminations and enchanting installations guide you through the castle grounds in a sea of twinkling lights and colourful displays.

Please note that this date is Access Night: places will be limited across all time slots on Sunday 3rd December so that the castle is quieter on that night. Their staff will provide support to visitors with dementia and visitors with autism.

Visitors are advised to bring a torch. There is a BSL tour with an interpreter which commences at 5.15pm.

CHRISTMAS AT THE BOTANICS

Royal Botanic Garden

Fri 8th

6pm – 7pm



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

Firmly established as an unmissable event within Scotland's winter calendar, *Christmas at the Botanic* features over a million twinkling lights as seasonal sounds fill the air with festive fun at the Royal Botanic Garden Edinburgh.

Discover huge seed heads floating high into the sky, a lawn of larger-than-life crocus glowing in the dark, brightly coloured pampas, sparkling tunnels of light – plus the Inverleith House projections featuring a botanical theme filled with all the colours of the rainbow.

The trail is designed to be as accessible as possible within the context of the natural site of The Botanic, consisting of hard surface flat paths and about one mile in length. Please let us know of any specific mobility requirements when signing up.

December

DEC

CHRISTMAS OPEN DAY & CONSULTATION

Dynamic Earth

Tue 12th

10am – 3pm



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

Join us for our Festive Open Day taking place at Dynamic Earth. As usual, the day will have a variety of activities on offer, so come along and have a day of fun and conversation with other carers.

During the morning we will be running an interactive session to hear your feedback about Care for Carers. We will use this feedback to help plan future Care for Carers services. All are welcome.

Lunch will be provided followed by a choice of enjoyable workshops. There will also be the opportunity to see a private screening in the Showdome.

PANTOMIME – "PETER PAN"

Festival Theatre

Wed 13th

7pm – 10pm



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

Join Peter Pan as he sets sail on a brand new adventure for Christmas 2023.

Returning to the Festival Theatre for another year are pantomime favourites Allan Stewart, Grant Stott and Jordan Young. With amazing special effects, stunning sets, beautiful costumes and barrel-loads of laughter, *The Pantomime Adventures of Peter Pan* will take your whole family on a swashbuckling trip to Neverland like never before!

Content Warning – Please note that the performance may contain loud noises and flashing lights.

Access & Mobility – If you or your cared-for person has any access or mobility requirements, please let us know when signing up so we can do our best to accommodate this.

January

JAN

ST CECELIA'S – "MUSICAL INSTRUMENTS OF THE WORLD"

St Cecilia's Hall, University of Edinburgh

Thu 18th

2pm – 3.30pm

St Cecilia's Hall is the oldest purpose-built concert hall in Scotland, and the second oldest (after Oxford's Holywell Room) in the British Isles. Today it is owned by The University of Edinburgh, which bought the building in 1959 to accommodate its expanding Music Faculty and to display the Raymond Russell Collection of Early Keyboards Instruments.

The tour will last around an hour, with a focus on musical instruments from around the world. There will be time for discussion over tea and coffee afterwards.

WOODWORKING COURSE – BEGINNERS BANDSAW

Albion Business Centre

Mon 22nd

9am – 5pm

Tue 23rd

9am – 5pm

*A **two-day course** with sessions taking place on Monday 22nd and Tuesday 23rd January.*

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.

January

JAN

EDINBURGH ZOO VISIT

Edinburgh Zoo

Sat 27th

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.

February

FEB

WANDERWOMEN – HILL HIKE & RESERVOIR SWIM

Lammermuir Hills

Thu 8th

9.30am – 3.30pm

Mixed Men & Women Group Walk

Join Anna from WanderWomen Scotland for a 15km hike through the stunning Lammermuir Hills. Includes mindfulness, snacks and hot drinks – and for those feeling particularly robust on the day, a refreshing reservoir swim! Please bring a packed lunch.

The Lammermuir Hills

The Lammermuir Hills are a range of hills in the south of Scotland that form a natural boundary between East Lothian and the Scottish Borders. Draped over East Lothian like a patchwork blanket of browns, purples and greens, they offer adventure in a remote landscape of low tops carved up by deep burn gullies.

WanderWomen Scotland Events

WanderWomen Scotland facilitates award-nominated, outstanding outdoor experiences for small groups, in a unique mix of mindfulness and adventure. They organise events for both mixed and women-only groups. If you would like further information about their work please don't hesitate to get in touch.

Transport will be provided to and from St Margaret's House for all WanderWomen events.

February

FEB

"TIME TRAVELLER: CHARLES LYELL AT WORK"

University of Edinburgh Main Library

Wed 14th

2pm – 3.30pm

Today we understand the earth as an interconnected system involving life and its environment, including the atmosphere, oceans, ice, volcanoes, and the rocks of the crust. How do we comprehend forces that operate on global scales and deep in the past, beyond the capacities of human observation? How do we think about the relation between humans and animals? Can we establish a science that transcends cultural and political divides?

This exhibition explores these questions through the work of a key figure in establishing this planetary vision, the geologist and science writer Charles Lyell (1797–1875), revealing how he travelled to gather evidence and collaborated with others.

The tour will last for around an hour and will be followed by discussion over tea and coffee.

WANDERWOMEN – COASTAL WALK

Yellowcraig Beach

Thu 22nd

9.30am – 3.30pm

Women-Only Group Walk

Join Anna from WanderWomen Scotland for a loop walk of approximately 15km, starting and finishing at Archerfield Walled Garden Cafe. Activities will include making a fire on the beach, mindfulness – and for those brave enough, a dip in the sea!

Yellowcraig Beach

Yellowcraig Beach is a natural cove with spectacular views to Fidra, Craigleith and the Bass rock – and to the 1885 lighthouse on Fidra which is said to be the inspiration for Robert Louis Stevenson's book *Treasure Island*.

February

FEB

WOODWORKING COURSE – BEGINNERS PARQUETRY

Albion Business Centre

Mon 26th 9am – 5pm

Tue 27th 9am – 5pm

A **two-day course** with sessions taking place on Monday 26th and Tuesday 27th February.

Learn the basics of cutting veneers – cutting and reassembly of knife cut, patterned, parquetry tiles – to make a parquetry panel (“a geometric mosaic of wood pieces used for decorative effect”).

From a wide selection of veneers, individual tiles are hand cut and then formed into a sheet, which will be laminated onto a board for you to sand, apply finish and take home.

There will be a lunch break between 1pm – 2pm.

"HAMILTON"

Edinburgh Playhouse

Thu 29th 7pm – 10pm



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

Based on Ron Chernow's biography, *Hamilton* is the winner of 11 Tony Awards, 7 Olivier Awards, the 2016 Pulitzer Prize for Drama and the 2016 Grammy Award for Best Musical Theatre Album.

Hamilton tells the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today.

The score blends hip-hop, jazz, blues, rap, R&B and Broadway. It is the story of America then, as told by America now.

Access & Mobility – If you or your cared-for person has any access or mobility requirements, please let us know when signing up so we can do our best to accommodate this.

Still Caring Winter Programme for Carers December 2023 – February 2024

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:

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Address: **Still Caring Winter Programme 2023/24**
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