

## About the Event

Join us for this half-day event for a chance to meet up with other carers and Care for Carers staff who attended a break in 2021. We are also inviting carers who have not attended one of our breaks before and are interested in finding out more.

### Plan for the Day:

**10.00am** - Arrival, Teas and Coffees

**10.30am- 12.00pm** - Workshops

Workshop options will include; Glass Fusing, Music and Creative Writing

**12.00pm** - Lunch is served

**1.00pm - 2pm** - Time for reflection - chance to look back at photos, catch up with one another and to provide feedback to C4C staff about what you would like to see in future

**2pm - 2.30pm** - Optional guided tour of Dynamic Earth exhibits

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**To reserve your place**, please phone or email to register your interest 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**

Workshop places are allocated on the day on a first come first served basis. However if you will be delayed because you have respite arrangements or sitters to organise please give us a ring and we will take your preferred options in advance.

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## Short Breaks Reunion Monday 2<sup>nd</sup> May 2022

**10.00am to 2pm**

at

**Our Dynamic Earth  
Holyrood Road  
Edinburgh  
EH8 8AS**



**Care for Carers Charity No: SCO13450**

## Care for Carers Short Breaks Reunion

To book a place you can phone us, email or return this booking form.

Full name \_\_\_\_\_

Tel No \_\_\_\_\_

Address \_\_\_\_\_

—

Email  
Address \_\_\_\_\_

Please tell us if you have any special dietary needs:

\_\_\_\_\_

\_\_\_\_\_

Please tick if you will require a free parking pass

Please note that this event is for carers only.

## Workshop options on the Day:

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### 1/ Glass Fusing

In this short taster session Irina from 523 Glass Studio will show you the basics of fusing glass and you will have the opportunity to make a glass coaster/tile that you will be able to take home. Please note that the coasters will need to be taken back to Irina's studio to go in the kiln, we will then post them out to you in appropriate packaging a few days after the event.

### 2/ Music

Siannie Moodie plays the clàrsach or Scottish harp, a wonderfully versatile and soothing instrument which suits Siannie's inclusive music tastes. She delights in sharing her passion for Gaelic, folk, historical and traditional music from Scotland and other Celtic nations, as well as sing-a-longs. Join her in this workshop for a laid-back session of exploring traditional Scottish music.

### 3/ Creative Writing

In this creative writing session we will use some fun, easy techniques to explore your inner creativity! 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.