



Care for Carers



*STILL CARING AND SHORT BREAKS*

# BIG DAYS OUT

FOR CARERS

APRIL – NOVEMBER 2023

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# Calendar of Events

## April – November 2023

<b>APR</b>	<b>19</b>	<i>Doctor Who Worlds of Wonder</i>	Wed	10.45am	–	3pm	
<b>MAY</b>	<b>18</b>	Alpaca Walk & Deer Park	Thu	9.15am	–	6pm	
<b>JUN</b>	<b>29</b>	Seabird Centre & Boat Trip	Thu	9.30am	–	5.30pm	
<b>JUL</b>	<b>20</b>	<i>A Streetcar Named Desire</i>	Thu	9am	–	7pm	
<b>AUG</b>	<b>5</b>	Flight Experience Day	Sat	9am	–	6pm	
<b>SEP</b>	<b>7</b>	St Andrews & Old Course Tour	Thu	9am	–	6pm	
<b>OCT</b>	<b>30</b>	Glasgow Art Day	Mon	9.30am	–	6pm	
<b>NOV</b>	<b>~</b>	<i>The Cosmos at the Castle</i>	Fri	3.30pm	–	11pm	



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

# April

APR

## "DOCTOR WHO WORLDS OF WONDER"

National Museum of Scotland

Wed 19th

10.45am – 3pm



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

The National Museum's *Doctor Who Worlds of Wonder* exhibition is a thrilling exploration of the science behind the long-running hit series, *Doctor Who*, for fans and newcomers alike.

This science-themed day out will include time to look around the exhibition and have lunch at the museum. In the afternoon there will be a planetarium show with a focus on space and time, run by astronomer Steven Gray from Cosmos Planetarium.

You are welcome to stay on at the museum afterwards to look round the permanent exhibitions. The museum closes at 5pm.

### ***Doctor Who Worlds of Wonder***

*Doctor Who Worlds of Wonder* unveils the real world counterparts of the science and technology depicted in the global hit series *Doctor Who*. The exhibition was created in close collaboration with the team at BBC Studios along with advisors specialising in a broad range of scientific topics.

Visitors experience many of the Doctor's adventures, come face to face with a selection of iconic characters and explore some of the worlds visited on screen – all whilst learning about the real life science behind some of those memorable moments.

The exhibition comprises eight zones filled with immersive, hands-on experiences. It features a wealth of iconic props and sets and hosts a unique collection of behind-the-scenes resource materials from the world's longest-running science fiction show.

Travel through the Time Vortex Corridor; discover Sonic Screwdrivers, teleportation technology and much more in a TARDIS Tech room; get up close with some of the series' weird and wonderful creatures in the Monster Vault.

Is time travel possible? Could complex life exist on other planets? And what would you sound like as a Dalek?

# May

MAY

## ALPACA WALK & SCOTTISH DEER PARK

Fife

Thu 18th

9.15am – 6pm

Get to walk your very own alpaca and enjoy a fantastic outdoor experience at the Claireville Alpacas centre in Fife.

The walk will take approximately 45 minutes through some lovely rural scenery. Alpacas are inquisitive individuals: just like us, each has its own unique personality which you will get to know as you walk, pet and feed them.

After our walk we will take a short minibus journey to Cupar, where we'll continue our wildlife-themed day at the Scottish Deer Centre.

Lunch will be provided at the deer park, followed by a brief guided tour and *Birds of Prey* show. The park includes many species of deer and numerous other Scottish species – including, of course, but only if we are very lucky: the haggis.

Transport will be provided to and from St Margaret's House.

### Clairville Alpacas

Claireville Alpacas is based at an actual working farm called Blyth's of Fife near Leven which has been running for over 70 years.

Claireville is run by mother Linda and daughter Claire, who in 2015 had the idea to diversify and introduce alpacas to the farm. Two years later, Clairville Alpacas opened its doors to the public and alpaca walks became available. Initially starting with under five alpacas, the herd now sometimes reaches up to 40 strong.

### The Scottish Deer Centre

The Scottish Deer Centre is set in the Fife countryside and covers over 55 acres. It hosts a collection of 12 species of deer from around the world, Fife's only wolf pack, otters and other rare Scottish species including the wildcat – plus the Raptor World Bird of Prey centre.

# June

JUN

## SCOTTISH SEABIRD CENTRE & BOAT TRIP

North Berwick

Thu 29th

9.30am – 5.30pm

A day spent exploring the wonders of Scotland's marine life at the Scottish Seabird Centre and beyond.

With all-new exhibits, games and upgraded interactive live cameras, the Scottish Seabird Centre will enable us to explore the diverse life within Scotland's seas – from our incredible deep-sea corals and kelp forests, to playful marine mammals and giant seabird cities.

At noon, we will enjoy an hour-long cruise aboard a custom built catamaran. This trip will take us around Craigleith with its 15,000 nesting Puffins, before heading to the world famous Bass Rock with its 150,000 nesting Gannets. *Wrap up well, it's only June!*

Lunch will take place at the Seabird Centre cafe at 1pm, after which there will be time to explore more of the exhibitions or take a stroll around North Berwick before heading home.

Transport will be provided to and from St Margaret's House.

### Scottish Seabird Centre

The Scottish Seabird Centre is a marine conservation and education charity with a 5-star visitor centre, in the beautiful coastal town of North Berwick. For over 20 years the Centre has been helping people learn about Scotland's marine wildlife, habitats and iconic seabirds.

The Centre's location provides unparalleled access to amazing coastal seascapes and underwater environments – including the Bass Rock, which supports the world's largest colony of northern gannets and has been described by Sir David Attenborough as one of the "wildlife wonders of the world".

# July

JUL

## "A STREETCAR NAMED DESIRE"

Pitlochry

Thu 20th

9am – 7pm

We will spend a day visiting the beautiful town of Pitlochry, giving us an opportunity to explore the sights, visit the local shops and enjoy a picnic by the riverside.

In the afternoon we will attend the matinee performance of the classic play *A Streetcar Named Desire* at the wonderful Pitlochry Theatre.

Transport will be provided to and from Meadowbank Shopping Centre.

### ***A Streetcar Named Desire***

First performed on Broadway in December 1947, Tennessee William's *A Streetcar Named Desire* is considered one of the most critically acclaimed and extraordinary plays of the twentieth century.

After losing her family home and prosperous life, former southern belle Blanche Dubois moves into the shabby apartment of her younger sister Stella and her husband Stanley Kowalski in a poor neighbourhood in New Orleans.

Blanche and Stanley take an immediate dislike to one another; the conflict between them heats up as Blanche attempts to convince her sister to leave her abusive husband. Tensions mount with tragic consequences for Blanche.

# August

**AUG**

## **FLIGHT EXPERIENCE DAY**

**Fife Airport**

**Sat 5th**

**9am – 6pm**

Aero Space Kinross will be hosting us for a day at Fife Airport where you can relax, watch planes take off and land, see their school-built light aircraft and chat with pilots.

If you dare you could also have the opportunity to enjoy a short flight in a small two-person aircraft and experience magnificent panoramic views over beautiful Fife and Perthshire. (This will be subject to suitable weather conditions.)

Lunch, snacks and toilet facilities will be provided in the Skyview Cafe. Whether you decide to take off or stay on terra firma, you should definitely bring your camera!

Transport will be provided to and from St Margaret's House.

### **Fife Airport**

Fife Airport is located near Glenrothes and is ideally positioned for quick and easy access to some of the most attractive scenery in the UK. It is the home of the Fife Flying Club which has over 100 active members.

### **Aero Space Kinross**

Aero Space Kinross has a mission to encourage others to explore the wonders of both flight and space via its educational and outreach programmes.

Examples include the Kinross High School Build-a-Plane project, where 55 pupils at Kinross High School were involved in the assembly of a Eurofox two seat aircraft, assisted by a small team of adult amateur builders. On 8th August 2018 the new aircraft ("G-OASK") passed its initial flight tests and people from Kinross and the surrounding area are now being given free air experience flights in the aircraft.

A second build-a-plane project was subsequently funded and is now underway at Strathallen School.



# September

SEP

## ST ANDREWS & OLD COURSE TOUR

St Andrews

Thu 7th

9am – 6pm

Join an expert guide on a tour of the world's most famous golf course.

Your tour will take place around the 1st, 17th and 18th holes of the Old Course, where you will be able to walk in the footsteps of icons of the game and experience a player's eye view of the fabled links. Headsets are provided.

After the tour we will have the opportunity to visit the R&A World Golf Museum.

Lunch will be provided at the golf course and afterwards there will be time for you to wander into St Andrews. There is plenty to see: museums, botanic gardens, cathedral and castle ruins and lots of independent shops. We will then agree on a meeting point to head back to Edinburgh.

Transport will be provided to and from St Margaret's House.

### The Old Course, St Andrews

The Old Course at St Andrews is the oldest and most iconic golf course in the world. Golf has been played at the course for over six centuries, however it was originally known as the "golfling grounds" of St Andrews; it was not until the New Course was opened in 1895 that it became known as the "Old Course".

Rather than being designed by an architect, the course has evolved over time out of the natural terrain. This may account for its legendary quirks and idiosyncrasies. For example, the 17th hole is often voted the toughest par 4 in golf, with the tee shot having to cut over part of the famous hotel, whilst the Road Hole bunker and the road itself await any loose shot into the green.

Despite its grand status the Old Course remains a public golf course, open to all.

# October

OCT

## GLASGOW ART DAY

Glasgow Print Studio

Mon 30th

9.30am – 6pm

A day of art and exploration centred around a guided tour of Glasgow Print Studio. This will include a behind-the-scenes look around the workshop, a visit to the archive room, as well as a short activity for each person to take part in.

We will also visit the Gallery of Modern Art in the afternoon before heading back home.

Transport will be provided to and from St Margaret's House.

### Glasgow Print Studio (GPS)

Glasgow Print Studio was founded in 1972 as an artist-led initiative providing accessible workshop facilities and later a gallery space for artists making original prints.

Now an internationally acclaimed centre of excellence in fine art printmaking, GPS promotes contemporary and innovative printmaking and supports the development and expression of artists' practices.

Its state-of-the-art workshop lies at the centre of its activities, which encompass publishing and exhibition programmes, learning events, printmaking courses, print sales and an archive.

### Gallery of Modern Art (GoMA) Glasgow

GoMA is located in the centre of Glasgow, housed in an iconic building which it shares with the city centre library. For over 100 years the building was a hub for business and commercial exchange. In 1954, Glasgow District Libraries moved the Stirling's Library into the building (now returned to Miller Street), before it finally became the Gallery of Modern Art in 1996.

GoMA is the most visited modern art gallery in Scotland and displays, borrows and collects artworks from around the world. It consists of four main galleries, a library and gallery shop.

# November

NOV

## "THE COSMOS AT THE CASTLE"

Tullibole Castle, Kinross

Fri TBC

3.30pm – 11pm

Join us in the grounds of beautiful Tullibole Castle for an evening event with a cosmic theme.

Take a fairy-light walk through the trees, toast some marshmallows, and chat with astronomer Steven Gray and volunteers from Astronomy Scotland on the lawn. Weather permitting, we'll enjoy some breath-taking views through telescopes of all kinds, with a laser guided tour of the skies.

An early dinner will be provided upon arrival at the castle as well as hands-on activities; hot drinks will also be provided. This will be a relaxed and educational evening in a gorgeous setting, but do remember to wrap up warm!

Note that we will not be back until very late – we will arrive in Edinburgh around 11pm at the earliest.

### Tullibole Castle

Tullibole Castle is a 17th century A-listed Scottish castle set deep in the gentle and peaceful Perthshire countryside. It was built by John Halliday in 1608 and is currently owned by the Moncreiff family. The castle was designated a Category A listed building in 1971.

The Moncreiff family home is steeped in history with lots of romantic tales and folklore. In 2012, a memorial was unveiled at the castle, commissioned by the current owner of the castle, Rhoderick Moncreiff. It commemorates the Crook of Devon witch trials in 1662 where previous members of the Moncreiff family sent 11 people to their deaths because they were believed to be witches.

The ancient castle is surrounded by secluded grounds boasting a 9th century ruined medieval church, a maze and a 150-yard moat. The castle is now primarily used for weddings and events as well as a bed and breakfast.

# Big Days Out Programme for Carers

## April – November 2023

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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.

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### Contact Details

Please contact us to discuss the events programme:

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