



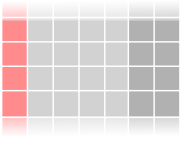
Care for Carers

Supporting those who care for others

STILL CARING & SHORT BREAKS | SUMMER EVENTS PROGRAMME

SUMMER EVENTS 2024

MAY - AUGUST 2024 | 13 DAY EVENTS & EXTENDED COURSES



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.

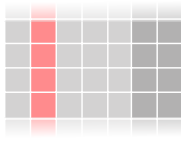
Gentle yoga is a less intense, slower yoga practice: it generally includes an emphasis on stretching, meditation and relaxation. You'll typically move at a slower, more comfortable pace that reduces stress and strain on joints and muscles, making it a perfect practice for just about

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.

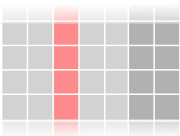
No preparation is required: the purpose of these workshops is to surprise ourselves!

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



WEEKLY / SUMMER 2024

CREATIVITY AT 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.

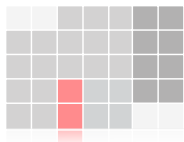
You will be guided through a scripted relaxation to bring calmness and slow down. This guided relaxation makes use of breathing exercises and provides techniques to help us feel grounded and in control.

Sessions are every Wednesday evening at 7pm.

MAY / SUMMER 2024



ALL MATERIALS FOR OUR ART COURSES ARE PROVIDED



MAY
22
6 WEEKS

A SIX WEEK DREAMSCAPES WATERCOLOUR COURSE

MEDITATION & ART

ZOOM | FROM 22 MAY | 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,

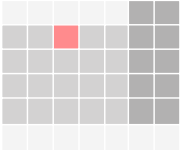
guided by Jane, a fellow carer and artist.

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.

This online programme will take place on Zoom every Wednesday for six weeks, from the 22nd of May to the 26th of June.



ART & CONVERSATION AT THE CARE FOR CARERS OPEN DAY



JUN
05

LEARNING & SOCIALISING WITH US AT DYNAMIC EARTH

SUMMER OPEN DAY

DYNAMIC EARTH | 05 JUNE | 10AM - 3PM

Join us for a day of celebration and learning at Dynamic Earth, where we will have a selection of workshops to explore and enjoy.

Dynamic Earth is Edinburgh's world-class science centre and planetarium, with an immersive and interactive experience taking you on a journey through the extraordinary story of our planet.

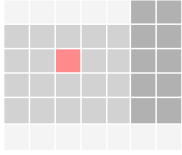
Come along to meet other

carers and catch up with friends.

If you are new to Care for Carers or would like to meet our staff and find out more about what we offer, this is the perfect opportunity!

At the end of the day there will also be a chance to visit the Dynamic Earth galleries and the Showdome.

A buffet lunch will be provided.



**JUN
12**

STROLLING & DISCOVERY IN RELAXING WOODLAND

FORAGING WALK

POLKEMMET COUNTRY PARK | 12 JUNE | 11AM - 3PM

Join us for a summer foraging walk, searching for wild greens, botanicals and edible fungi.

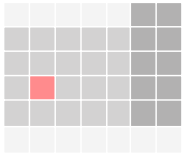
Ambling through the trees and alongside the river, we will explore how to make wild food a staple and the benefits of doing so.

Throughout the session we will gather the basic skills required to identify common edibles as well as how to avoid poisonous

and inedible lookalikes. We will also discuss plants' medicinal, cultural and historical uses.

This is a relaxed and slow-paced walk, with plenty of time to enjoy nature and the peaceful surroundings of the woodland.

The walk should last approximately three hours, with the opportunity to stay a little later to chat and ask questions.



**JUN
18**

A TASTER SESSION WITH AN EASTERN FLAVOUR

BELLY DANCING

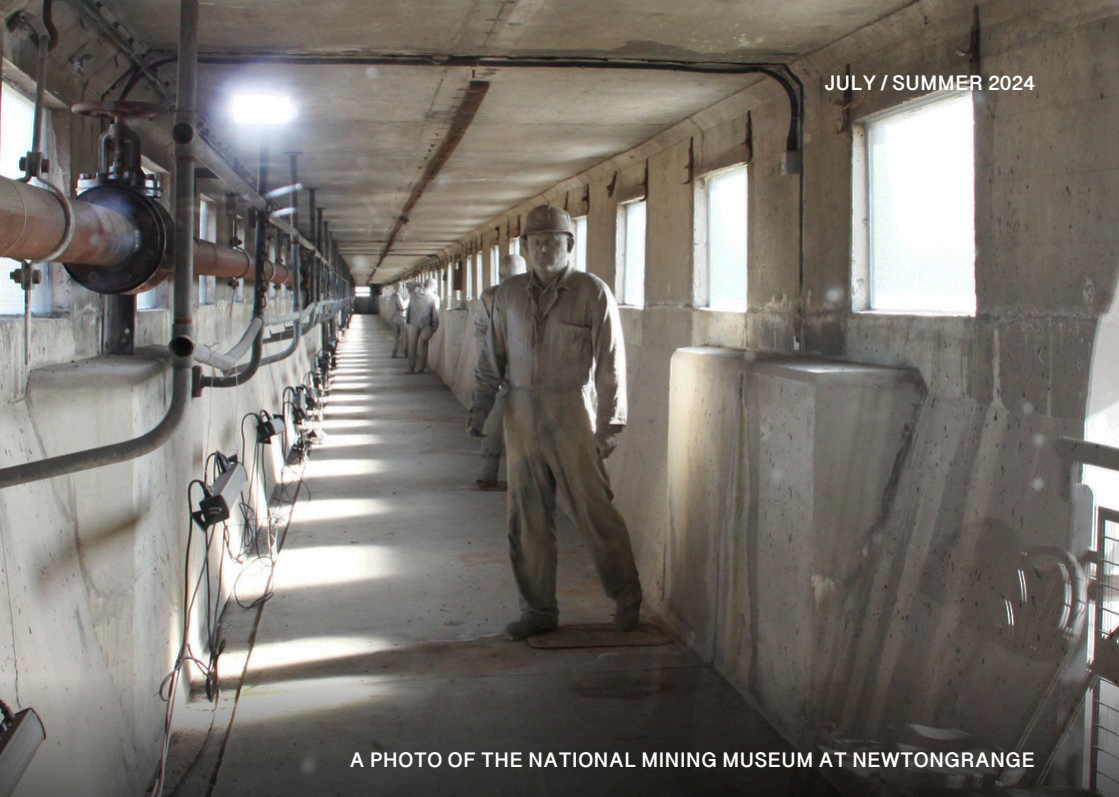
ST MARGARETS | 18 JUNE | 2PM - 4PM

A chance to keep fit and active by shaking your shimmy!

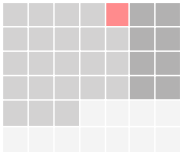
Belly dance is a Middle Eastern dance that originated in Egypt and features movements of the hips and torso. In this class we will discover the essential Belly Dance moves and combinations, drawing from a number of different dance styles from across the Middle East.

You will be taught a range of movements so that you are in control and can choose how much embellishment you want to add to make the dance your own. The class will be fun, relaxed, and informative for those who wish to know more about Belly Dance.

Wear comfortable clothing so that you feel free to move; participants usually dance in their bare feet.



A PHOTO OF THE NATIONAL MINING MUSEUM AT NEWTONGRANGE



**JUL
05**

IMAGES AND VOICES FROM OUR MINING COMMUNITIES

BEFORE & AFTER COAL

PORTRAIT GALLERY | 05 JULY | 2PM - 3.30PM

The National Portrait Gallery is currently hosting the exhibition *Before and After Coal - Images and Voices from Scotland's Mining Communities*.

In 1982, American photographer Milton Rogovin came to Scotland to photograph Scottish miners at their pits, in their homes, and during their leisure time. Forty years on from the Miners' Strike in 1984,

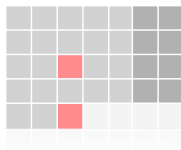
the artist Nicky Bird has updated Rogovin's documentation by meeting with individuals and families connected with the original photographs.

Explore the history and lasting impact of coal through the images and voices of our Scottish mining communities.

The visit will include a guided tour and refreshments for our group.



THE BOTANIC COTTAGE AT THE ROYAL BOTANIC GARDENS



JUL
17
5 DAYS

FIVE SESSIONS AT THE ROYAL BOTANIC GARDENS

BOTANIC COTTAGE

THE BOTANICS | FROM 17 JULY | 10.30AM - 12.30PM

Join us for five sessions at the beautiful Botanic Cottage, nestled inside the Royal Botanic Gardens.

Each session will have a different focus: vegetarian cooking; plant sciences and biological research; natural arts and crafts; and planting.

With a relaxed and welcoming atmosphere, you will have the opportunity to meet other carers and learn

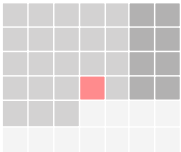
more about the glasshouse plants of the Botanics.

The sessions will be delivered with the Royal Botanic Gardens community engagement team and Edinburgh University School of Biological Sciences, to be followed by a picnic in the gardens.

Sessions will take place on the 17th and 31st of July, and the 14th, 21st and 28th of August.



THE ROYAL OBSERVATORY ON BLACKFORD HILL



THE ROYAL OBSERVATORY & CRAWFORD COLLECTION

ASTRONOMY DAY

ROYAL OBSERVATORY | 25 JULY | 11AM - 2PM

JUL
25

The Royal Observatory Edinburgh is a historic site on the south side of the city where astronomers once gazed into space seeking answers to the great questions of our universe.

Today, it is still home to astronomers wrestling with the mysteries of our skies — but with labs building state of the art scientific instruments for telescopes all around the world.

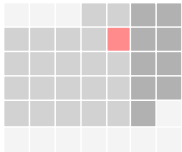
Our visit will include a tour of the historic observatory site, including the 1920s telescope dome, and one of the modern engineering laboratories. We will also peek into the Crawford Collection: a priceless collection of astronomy books and manuscripts dating back to the 13th century.

Following the tour we will have some lunch, which will be provided.

AUGUST / SUMMER 2024



MUSICAL INSTRUMENTS FOR CREATING A SOUND BATH MEDITATION



**AUG
09**

THE DEEP RELAXATION OF A SOUND BATH MEDITATION

SOUND MEDITATION

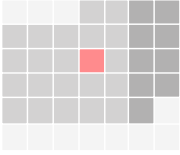
ST MARGARETS | 09 AUGUST | 11AM - 12.30PM

Do you need some quiet time to unwind? Or perhaps you want a gentle re-focus on your own needs for a change? If so, then join Marcela for this relaxing sound bath meditation.

Using a combination of shamanic drumming, the sound of quartz crystal bowls, steel tongues drums, rainsticks, tuning forks and Koshi chimes, a calming atmosphere is

generated which envelopes the listener, guiding them towards an experience of deep healing and relaxation.

Sound baths bring many benefits: releasing feelings of anxiety, fear and worry allowing you to benefit from improved sleep; increasing feelings of happiness; giving your immune system a boost; and being more centred within yourself.



AUG
15

A WALK AND PICNIC WITH THE JOHN MUIR ALPACAS

ALPACA BEACH WALK

DUNBAR | 15 AUGUST | 11.30AM - 4.30PM

Walk with the alpacas and enjoy a fantastic outdoor experience at the John Muir Alpacas centre.

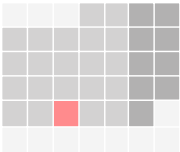
A herd of more than 50 alpacas now roam and graze in this stunning location overlooking John Muir Country Park and the Tyne Estuary — a breathtakingly beautiful natural environment.

Join us for a beach walk with the alpacas; this lasts

approximately one hour. Then enjoy your packed lunch in a large tent not far from alpacas, where you can toast marshmallows.

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.

To remember the day, you can also get a selfie with your favourite alpaca.



AUG
28

TOURING STYLE & SOCIETY: DRESSING THE GEORGIANS

THE KINGS GALLERY

HOLYROOD PALACE | 28 AUGUST | 2PM - 4PM

Formerly known as the Queen's Gallery, our guide will take us around the exhibition *Style & Society: Dressing the Georgians*.

Discover what fashion can tell us about life in 18th-century Britain, a revolutionary period of trade, travel and technology which fuelled fashion trends across all levels of society. Delve into the Georgians' style story and

get up close to magnificent paintings, as well a range of accessories from jewellery to snuff boxes to swords.

The exhibition reveals how the Georgians ushered in many of the cultural trends we know today, including the first stylists and influencers.

We will be meeting in the Physic Garden beforehand where teas and coffees will be provided.

SUMMER EVENTS. 2024

MAY - AUGUST 2024 | 13 DAY EVENTS & EXTENDED COURSES

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.

HOW TO APPLY

Contact us to register your interest or discuss the events.

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



BY POST Still Caring Summer Programme 2024

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

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