


Edition #8

Care 4 Carers
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November-Dec 2024

Email Us:

Short Breaks Enquiries:
stillcaring@care4carers.org.uk

Stepping Out:
steppingout@care4carers.org.uk

General:
office@care4carers.org.uk

YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others

BIG DAYS OUT - PADDLEBOARDING, AXE THROWING AND FIRE LIGHTING - SEPTEMBER 2024



CARE 4 CARERS SERVICE UPDATES

READ MORE



We are pleased to share The new Still Caring Winter Programme along with with our newsletter. Please take your time to read over the events and workshops and if you would like to register your interest to attend please call us on: **0131 661 2077** or email: **stillcaring@care4carers.org.uk**

**STILL
CARING
WINTER
PROGRAMME**

**CARER
BREAKS**

CAREFREE

Carefree offers free accommodation in hotels and self catering properties. An administration fee is payable upon making a booking. For further information and eligibility criteria please email: **enquiries@care4carers.org.uk** or call Care for Carers on: **0131 661 2077**

BUDDY SWIMMING



Buddy Swimming is for Older Adults 50+ who would like to swim but who have either lost their confidence, or perhaps due to ill health, are no longer able to swim on their own. Ageing Well volunteers - all of whom are older adults themselves - meet participants in the reception area prior to the session and give the necessary support both at poolside and in the pool to help participants regain confidence whilst working on improving strength, coordination and flexibility. For further information please contact: Active Communities Advisors - **0131 458 2260** or email: **active@edinburghleisure.co.uk**



ASTRONOMY FOR ALL TALKS



The Royal Observatory are running a series of talks on Tuesdays throughout October and December and we may be able to provide some free tickets. Take a look at the programme:

<https://www.eventbrite.co.uk/e/astronomy-for-all-2024-talks-at-the-royal-observatory-edinburgh-tickets-968704560417>

If you are interested in any of the talks please contact us by emailing: **stillcaring@care4carers.org.uk** or call: **0131 661 2077**.

PLEASE NOTE: These are sit-down talks in a lecture theatre, they do not include access to any of the historical areas of the observatory and they are not tours or stargazing events.

DATE FOR THE DIARY

- Carers Craft Group (Room 1.10) 10am-12
- Monthly Carer Support Group (Room 1.10) 1.30pm-3pm

Last Wednesday of every month

Last Thursday of every month

If you no longer wish to receive our newsletter, please scan the QR code (right) to unsubscribe. Alternatively, please call 0131 661 2077 or email office@care4carers.org.uk or use our FREEPOST address: FREEPOST Plus RTX B-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

