



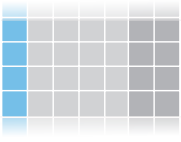
Care for Carers

Supporting those who care for others

STILL CARING & SHORT BREAKS | WINTER EVENTS PROGRAMME

WINTER EVENTS 2024

NOVEMBER 2024 - FEBRUARY 2025 | 16 COURSES & EVENTS



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.

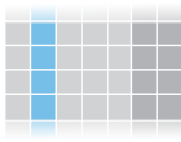
Gentle yoga is a less intense, slower yoga practice: it generally includes an emphasis on stretching, meditation and relaxation. You'll typically move at a slower, more comfortable pace that reduces stress and strain on joints and muscles, making it a perfect practice for just about

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-

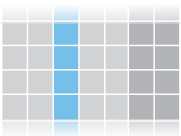
pression through the written word. Whatever the spark, there is a pathway for us to express it in a playful and enjoyable way.

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.



ADVENTURES IN NATURE WITH 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.

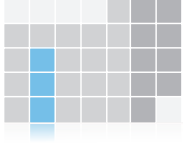
Relaxation is more than a state of mind: it physically changes the way your body functions. Breathing slows, blood pressure and oxygen consumption decreases; there's an increased sense of well-being.

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.



NOV
12
6 WEEKS

A SIX WEEK MEDITATION FOR MENTAL HEALTH COURSE

MEDITATION COURSE

ZOOM | FROM 12 NOVEMBER | 11AM - 12PM

A six week online course focusing on meditation for mental health benefits.

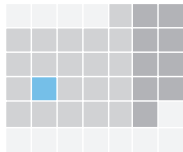
Each session begins with a relaxing guided meditation with Buddhist nun Gen Tubchen, to de-stress and find inner peace and calm.

Following the introductory relaxation, there is a short teaching exploring topics such as how to use meditation in daily life to create inner space, build mental re-

silience, solve problems and improve relationships.

The session concludes with a second meditation on the topic, exploring ideas for how we can put our learnings into practice over the coming week.

Everyone is welcome to join these sessions and no previous experience is necessary; all you need to do is find a quiet space and connect on Zoom.



NOV
19

TOUR THE INSTITUTE OF MOLECULAR PLANT SCIENCES

BIOLOGY LAB VISIT

KINGS BUILDINGS | 19 NOVEMBER | 11AM - 1.30PM

Love plants or curious about how they grow? The Institute of Molecular Plant Sciences at Edinburgh University is responsible for groundbreaking research into improving plant health, growth and resilience by gathering insights into plant biology.

Join staff and researchers for a guided tour of the university's cutting-edge plant sciences labs and the Edin-

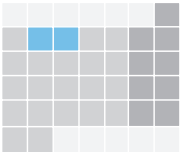
burgh Plant Growth Facility, including their innovative Grodome and glasshouses.

This is a unique opportunity to explore modern plant sciences in action and meet the people behind it. You don't need to have any prior knowledge; this day is open to all.

We will also have lunch at the university with an informal Q&A session with researchers.



WOODWORKING WITH A BANDSAW AT THE ALBION CENTRE



DEC
03
2 DAYS

A 2-DAY WOODWORKING COURSE FOR BEGINNERS

WOODWORKING

ALBION CENTRE | 03 DECEMBER | 9.30AM - 5PM

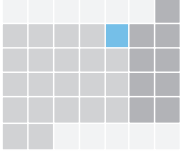
A fun beginner's course where we will learn about the bandsaw and the creative possibilities of making a bandsaw box.

Based on a long, continuous blade that is stretched between two wheels, a bandsaw makes it easy to cut straight or curved lines. Over two days you will learn about the varied skills involved in using a bandsaw for the subtractive pro-

cess of creating a wooden box with a fitted lid. As well as carving and shaping your piece, you'll also 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 bandsaw box to take home and enjoy.

There will be an hour for lunch between 1-2pm.



FESTIVE LIGHTS AT THE ROYAL BOTANIC GARDEN

XMAS BOTANICS

BOTANIC GARDEN | 06 DECEMBER | 6PM - 7PM

DEC
06



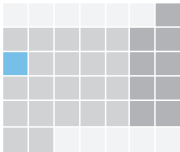
As flickering candles float high into the night sky, a sea of ever-changing dancing lights stretches out into the distance with all the colours of the rainbow...

Now firmly established as an unmissable event within Scotland's winter calendar, *Christmas at the Botanic* fills the air with seasonal sounds while over a million lights twinkle with festive fun, at the Royal Botanic

Garden Edinburgh.

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

[This event is open for the carer and their cared-for person to come together.](#)



OPEN DAY WITH A SHOWDOME PREMIERE SCREENING

CARERS OPEN DAY

DYNAMIC EARTH | 09 DECEMBER | 10AM - 3PM

DEC
09



We are excited to invite you to Dynamic Earth for our winter open day and a premier screening of *Cosmology to Ecology*, an audio-visual journey which blends artists' responses to the dynamic forces of the universe, with an evocative soundtrack by composer Baldessari.

After the screening there will be creative and astronomy workshops with the

artists involved in the film. There will also be plenty of time for you to meet other carers and the friendly Care for Carers team, making this is a great opportunity to find out more about what we do.

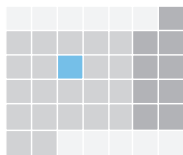
Lunch will be included; free parking at Dynamic Earth is available.

[This event is open for the carer and their cared-for person to come together.](#)

ALLAN STEWART GRANT STOTT
JORDAN YOUNG



CINDERELLA 2024 AT THE FESTIVAL THEATRE



DEC
11



OUR ANNUAL PANTOMIME AT THE FESTIVAL THEATRE

CINDERELLA PANTO

FESTIVAL THEATRE | 11 DECEMBER | 7PM - 10PM

Join returning panto favourites Allan Stewart, Grant Stott and Jordan Young for a magical new pantomime for all the family, featuring all the traditional ingredients Edinburgh audiences expect: laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses.

Join *Cinderella* as our heroine goes from rags to riches, outwits her very

wicked sisters and meets her Prince Charming.

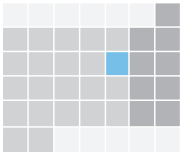
Please note that the performance may contain loud noises and flashing lights. Meanwhile, if you have any access or mobility requirements please do let us know when signing up so we can do our best to accommodate this.

[This event is open for the carer and their cared-for person to come together.](#)

DECEMBER / WINTER 2024



FESTIVE ILLUMINATIONS AT EDINBURGH CASTLE



THE ANNUAL EDINBURGH CASTLE ILLUMINATION

CASTLE OF LIGHT

EDINBURGH CASTLE | 13 DECEMBER | 6PM - 7PM

DEC
13



The *Castle of Light* returns for its fifth year at Edinburgh Castle!

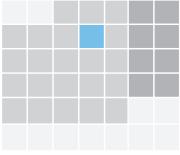
With an all-new show for 2024, you'll walk in famous footsteps, dance through the ages in Crown Square and, for the first time since the 17th century, you will be able to "fire" Mons Meg!

From mythical creatures to forgotten tales, you'll see Edinburgh's stories brought to life on the castle walls,

enjoy immersive displays and interactive installations — and even meet Rex the loveable lion in the Great Hall.

Please note that some of the terrain is uneven and that stairs are included in the route — however, there is an alternative route that is stair-free.

[This event is open for the carer and their cared-for person to come together.](#)



JAN
09

A WORKSHOP EXPLORING YOUR VISION FOR 2025

YOUR VISION 2025

PORTRAIT GALLERY | 09 JANUARY | 10AM - 2PM

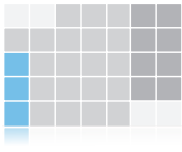
As we enter a new year, it's important to take some time to review the year just gone, take stock of where we are now, and look forward to the year ahead.

The biggest thing we have in life is *choice*. No matter what our situation is, we *choose* how we react to it, where our focus goes and how best to *be* with what life has given us. This *Your Vision* workshop will help

you change from a "human doing" back into a "human being" again!

Creative and fun, during the workshop you will establish a vision board for 2025: a compass in your life as you navigate all that the year may bring and the choices you must make.

Following the workshop we will have lunch at the gallery and there will be the option of a short tour.



JAN
13

8 WEEKS

AN 8-WEEK BEGINNERS CLAY SCULPTURE COURSE

CLAY SCULPTURE

ST MARGARETS | FROM 13 JANUARY | 10AM - 1PM

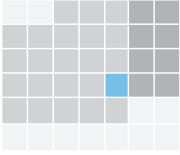
Join us for this beginner's sculpture course and enjoy learning how to use air-hardening clay with the support of a qualified ceramic tutor.

Clay sculpturing is a great way to engage your creative side: it's a material that is very versatile but also easy and fun to work with.

During the course you can work on a new project idea each week as suggested by

the tutor, or work on your own idea with all the support you need.

You will have the opportunity to learn a variety of clay techniques to produce simple things like tiles, bowls, vessels and sculptures. There will also be the chance to learn figurative sculpture and animal sculpture, as well as decorating and painting techniques for your finished pieces.



JAN
24

A GALLERY VISIT TO THE WOMEN IN REVOLT EXHIBITION

WOMEN IN REVOLT

MODERN TWO | 24 JANUARY | 10.30AM - 11.30AM

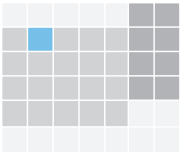
Touring from Tate Britain, this major survey of feminist art celebrates the women who challenged and changed the face of British culture.

Women in Revolt! explores key themes and issues, such as the Women's Liberation Movement, maternal and domestic experiences, Punk and independent music, Greenham Common and the peace

movement, the visibility of Black and South Asian women artists, Section 28 and the AIDS epidemic.

Showcasing painting, drawing, sculpture, performance, film and photography alongside archival materials, many artworks are displayed here for the first time since the 1970s.

Our visit will include a guided tour and refreshments at the gallery.



FEB
04

AN ASTRONOMY EVENING AT THE ROYAL OBSERVATORY

ASTRONOMY TOUR

ROYAL OBSERVATORY | 04 FEBRUARY | 6.30PM - 7.30PM

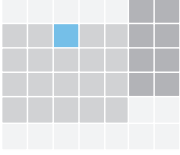
Curious about astronomy and want to find out more? Ever wondered what takes place behind the gates of the Royal Observatory Edinburgh?

If so, join Care for Carers and expert astronomers for an evening at this famous site, where we will learn its history and experience its blending of old, new and cutting edge technology.

During our one-hour tour

we will see the beautiful Victorian telescope dome, learn about the science and engineering that happens at the Royal Observatory today, take part in astronomy-related activities, and have our questions answered by working experts in the field.

If we are very lucky and the weather allows, we will have time for stargazing on the observatory's flat roof.



**FEB
05**

A BACKSTAGE TOUR OF THE EDINBURGH PLAYHOUSE

BACKSTAGE TOUR

EDINBURGH PLAYHOUSE | 05 FEBRUARY | 11AM - 1PM

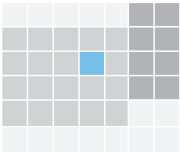
Join us behind the big red curtain as we welcome you backstage to see how the magic of theatre is created!

Although designed as a variety theatre, the Edinburgh Playhouse opened in 1929 as Scotland's second largest cinema. It was hugely successful and remained so until the downturn in cinema attendance in the early 70s. When it closed in November 1973

the building was at risk of demolition, but following several years of public campaigning it reopened in 1980 as the theatre it was always intended to be.

Our visit will include a tour lasting 60-90 minutes followed by a light lunch provided at the Playhouse.

Please note that, due to the age of the building, the tour involves a lot of stairs and unfortunately no lifts.



**FEB
13**

WANDERWOMEN LAMMERMUIR HIKE AND SWIM

WANDERWOMEN

EAST LOTHIAN | 13 FEBRUARY | 9AM - 4PM

Open to female carers, this experience is an ideal opportunity for self-care and grounding, spending time with nature and with others to restore balance and find inner calm.

Draped over East Lothian like a patchwork blanket of browns, purples and greens, and forming a natural boundary between East Lothian and the Scottish Borders, the Lammer-

muir Hills offer adventure in a remote landscape of low tops carved up by deep burn gullies.

The day consists of a fairly demanding hike (around 15km with hilly terrain), an (optional) swim, hot drinks and snacks, silent meditation, nature connection and the sharing of stories.

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

WINTER EVENTS.2024

NOVEMBER 2024 - FEBRUARY 2025 | 16 COURSES & DAY EVENTS

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.

C4C-STILL-CARING-WINTER-2024-24-OCT-2024-V2-FINAL

HOW TO APPLY

Contact us to register your interest or discuss the events.

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WEBSITE www.care4carers.org.uk
FACEBOOK facebook.com/care4carersedinburgh
INSTAGRAM instagram.com/care4carersedin



BY POST **Still Caring Winter Programme 2024**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

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