



# Care for Carers

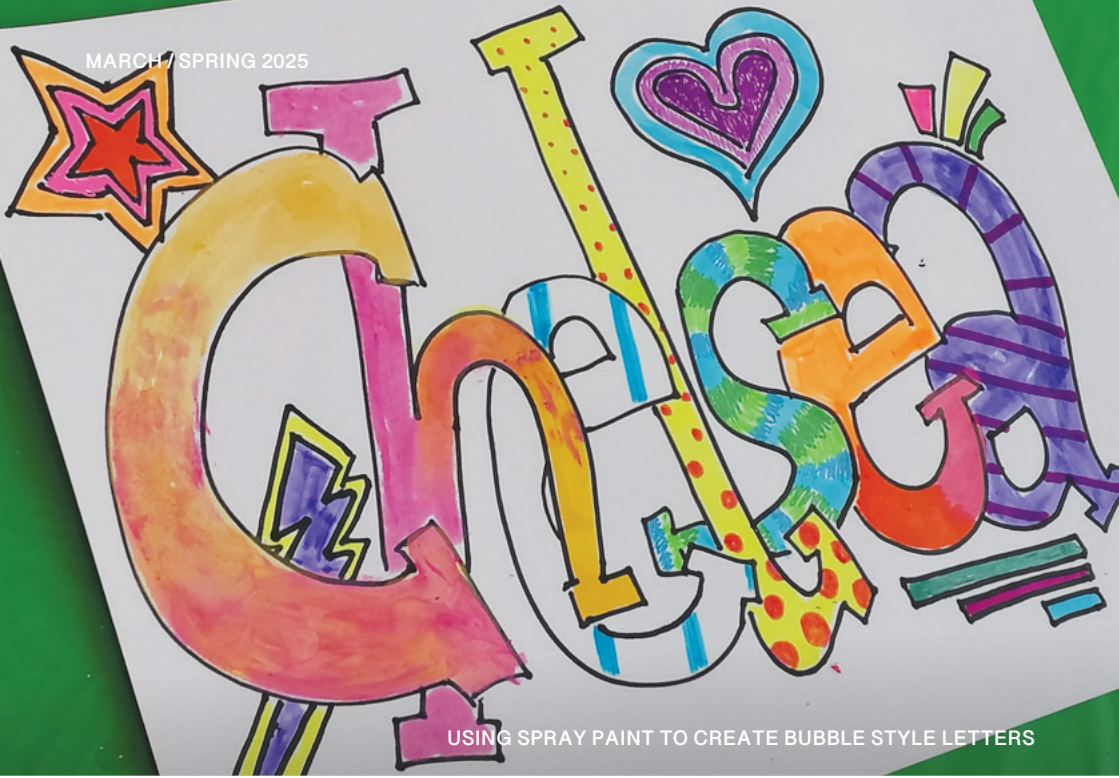
*Supporting people who care for others*

**STILL CARING & SHORT BREAKS | SPRING EVENTS PROGRAMME**

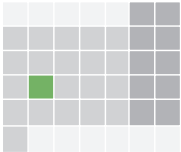
# SPRING EVENTS 2025

**MARCH - MAY 2025 | 16 EXTENDED COURSES & DAY EVENTS**

MARCH / SPRING 2025



USING SPRAY PAINT TO CREATE BUBBLE STYLE LETTERS



A TASTER WORKSHOP ON THE ART OF SPRAY PAINTING

# SPRAY PAINT ART

ST MARGARETS | 18 MARCH | 2PM - 3.30PM

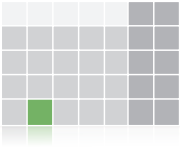
MAR  
18

Popularised by artists such as Banksy and Shepard Fairey, spray paint art can be an exciting and creative way to explore artmaking from a fresh perspective.

Join us for this fun taster workshop with Jana from ArtyFarty Art, where we will

get hands-on with this exhilarating approach to making vibrant artworks.

Let your imagination flow onto "The Wall" with bright acrylic indoor paints, card cutouts and marker pens to create bouncy bubble letters, cartooning and more.



**MAR**  
**25**  
**6 WEEKS**

## A SIX WEEK COURSE ON MEDITATION FOR MENTAL HEALTH

# MEDITATION COURSE

**ZOOM | FROM 25 MARCH | 11AM - 12PM**

A six week course spread across March–May 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.

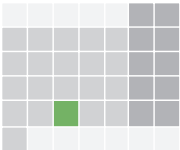
There is then a short teaching, exploring topics such as how to use meditation in daily life to create inner space, build mental re-

silience, solve problems and improve relationships.

The session concludes with a second meditation on the topic and tips on how to put it into practice during the week.

Finally, there is an optional 15-minute Q&A discussion for those interested.

All are welcome and no experience is necessary; all you need is a quiet space to connect on Zoom.



**MAR**  
**26**

## AN ONLINE COOKING DEMO FOR ITALIAN MADE EASY

# ITALIAN COOKING

**ZOOM | 26 MARCH | 11AM - 12PM**

For this event we will join chef Claire Bannerman for an online cooking demonstration based around the theme of “Italian Made Easy”.

From the comfort of our own homes we’ll watch as Claire shows us how to make an Italian-inspired main and dessert.

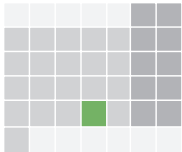
There is no need to worry about joining in as she takes us through the pro-

cess – just sit back and let Claire guide you through the two dishes. We will provide recipes for both dishes and record the online demo so that you can watch it back again in your own time.

There will also be time at the end for any questions you may have about the dishes, or any cooking questions you might have more generally.



BUILDING A BEACH FIRE ON THE ARCHERFIELD ESTATE



**MAR  
27**

## ARCHERFIELD ESTATE WOODLAND WALK & SEA SWIM

# WANDERWOMEN

EAST LOTHIAN | 27 MARCH | 9AM - 4PM

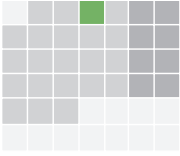
Join Anna from WanderWomen and other **female carers** for a mindful walk which includes a sea swim and fire on the beach. The walk will be around 8km (5 miles) over flat terrain.

Archerfield is a 550 acre estate situated between the golfing village of Gullane and the seaside town of North Berwick. Starting at the carpark of Archerfield Walled Garden, we will ex-

plore the local woodland, beaches and caves and make fire on the beach.

There will be an emphasis on silent reflection, deep listening, connection to the nature around us, as well as story sharing, meditation, mindfulness and sea swimming.

**Please bring a packed lunch, swimming gear and lots of warm layers and rainproof clothing.**



APR  
03

## LEARNING TO MAKE OUR OWN KOMBUCHA TEA DRINKS

# KOMBUCHA CLASS

LEITH | 03 APRIL | 11AM - 12.15PM

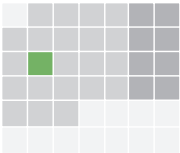
Kombucha is a fermented, lightly effervescent drink made from sweetened tea and a specific culture known as a SCOBY, which stands for “Symbiotic Culture Of Bacteria and Yeast”.

Thought to have originated in China, Kombucha is considered a good source of probiotics which have many health benefits.

Join us with Ruth from Ed-

inburgh Fermentarium and discover how to make seasonal Kombucha recipes for yourself at home. Learn about the magic of Kombucha, with lots of tastings alongside other fermented foods and drinks.

All ingredients and jars are provided. You will also get a one-litre jar of tea with your own SCOBY to ferment Kombucha at home.



APR  
15

## A SEASONAL COOKING CLASS AT THE BOTANIC COTTAGE

# BOTANIC COOKING

BOTANIC GARDEN | 15 APRIL | 1.30PM - 3.30PM

Join us for an afternoon at the beautiful Botanic Cottage, set in the heart of the Royal Botanic Garden Edinburgh, for an in-person cooking class and a chance to meet with other carers.

During this workshop we will discover how we can use local, seasonal produce to make healthy and

tasty vegetarian dishes.

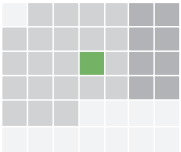
We will be harvesting produce from the Botanic Garden itself, which we will then combine with other seasonal ingredients to make our very own vegetarian meal.

Once our cooking is done, we will enjoy the results as a picnic in the gardens.

APRIL / SPRING 2025



SCIENCE IN ACTION AT THE EDINBURGH SCIENCE FESTIVAL



APR  
17



EDINBURGH SCIENCE FESTIVAL & MUSEUM EXHIBITION

# SCIENCE FESTIVAL

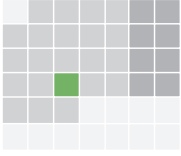
NATIONAL MUSEUM | 17 APRIL | 10AM - 12PM

Join us for a visit to the annual Edinburgh Science Festival, where we will attend the University of Edinburgh's *Discover Our Science* drop-in space. We will meet scientists and researchers, discover what they are working on, and even have a go ourselves.

Following this, we will visit *Injecting Hope: The Race for a COVID-19 Vaccine*. This is a new exhibition at

the National Museum of Scotland, exploring the science behind the COVID-19 vaccine and its rapid research, development and delivery. The exhibition brings together more than 80 objects that were acquired in real time during the peak of the pandemic by curators across the UK.

This event is open for the carer and cared-for person to come together.



APR  
23



## A PRIVATE SCREENING OF THE MUSICAL LES MISÉRABLES

# CINEMA SCREENING

DOMINION CINEMA | 23 APRIL | 1.30PM - 4.30PM

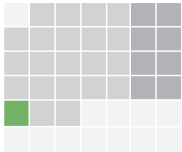
Enjoy a private screening of the movie musical *Les Misérables* alongside other carers, at Edinburgh's independent Dominion cinema. Relax on sofa seating with side tables and footstools; have a glass of Prosecco, wine, beer or a soft drink plus free Pringle snacks.

The setting is 19th-century France: on the run after breaking his parole, Jean Valjean reinvents himself as

a respectable citizen and becomes the guardian of a young girl — but while obsessive Inspector Javert still pursues him across the decades, there can be no peace for Jean Valjean.

Please advise us of any mobility requirements; unfortunately venue access is down a flight of stairs.

**This event is open for the carer and cared-for person to come together.**



APR  
28

## A CREATIVE JEWELLERY WORKSHOP FOR BEGINNERS

# BEADED JEWELLERY

ST MARGARETS | 28 APRIL | 1PM - 3PM

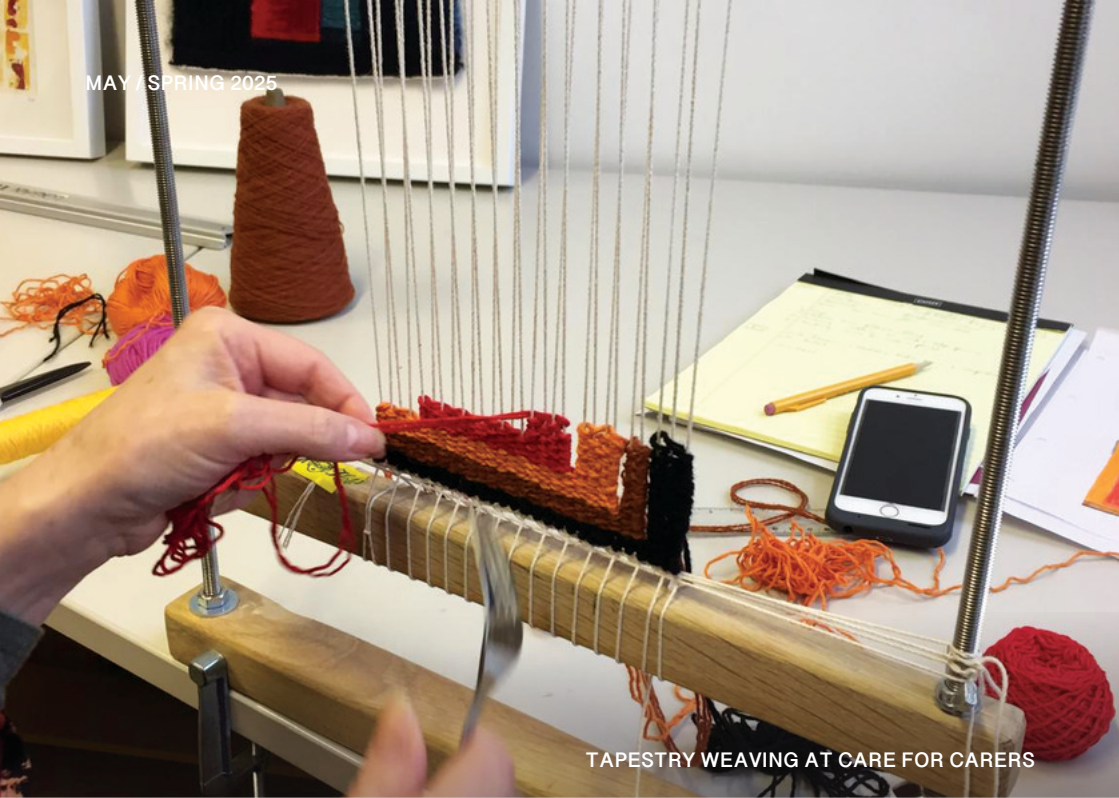
Beaded jewellery is a rewarding and relaxing way to create wearable pieces of art stamped with your own unique style.

Come along to this laid-back session run by Care for Carers staff to meet other carers and experiment with creating bead necklaces, bracelets and

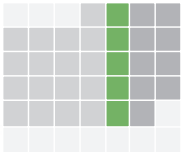
earrings to your own individual designs. There will be a large variety of coloured stones and threads available to work with.

No previous experience is necessary: this workshop is for any level, with a focus on fun and conversation.

Hot drinks and biscuits will be provided.



TAPESTRY WEAVING AT CARE FOR CARERS



**MAY**  
**02**  
**5 WEEKS**

## A FIVE WEEK INTRODUCTORY TAPESTRY WEAVING COURSE

# TAPESTRY WEAVING

ST MARGARETS | FROM 02 MAY | 10.30AM - 1PM

This five week workshop offers a hands-on introduction to the fundamental skills of tapestry weaving – a style of textile weaving where horizontal (“weft”) threads are used to create a design, supported by vertical (“warp”) threads.

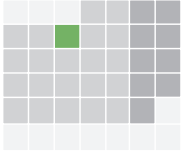
In these sessions you will learn how to wrap a simple frame loom and explore basic weaving techniques, including creating shapes,

lines and experimenting with colour.

Working on a simple frame loom, you’ll start by weaving a sample using a cotton warp and wool weft, building confidence in your technique before exploring your own creative possibilities.

You will be able to take the loom home with you between classes to practice in your own time too.





MAY  
07

## A BIG DAY OUT TO THE TROSSACHS NATIONAL PARK

# TROSSACHS VISIT

ABERFOYLE | 07 MAY | 9AM - 5PM

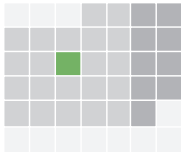
Join us for a peaceful day trip with a sprinkle of adventure as we travel to Aberfoyle and the stunning Trossachs, often described as an entire highland landscape in miniature.

Aberfoyle is a charming village on the banks of the River Forth, in Queen Elizabeth Forest Park. It became known as the Gateway to The Trossachs following the publication of Walter

Scott's 1810 poem *The Lady of the Lake*, which begins with a stag hunt in the forests of the area.

A ranger will meet us on the day and arrange some fun and mindful activities. In early May the ospreys should be nesting, and we will be able to watch them via a live nest webcam.

This trip involves a 90-minute coach drive from Edinburgh.



MAY  
14

## A WORKSHOP TO EXPLORE AND RELEASE OUR BELIEFS

# YOU BELIEVE WHAT?!

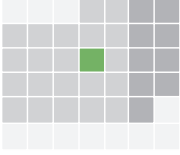
PORTRAIT GALLERY | 14 MAY | 10.30AM - 1.30PM

Over time, we can accumulate many unexamined assumptions and ideas which then shape our perspectives without us even being aware of them. This workshop is designed to help us uncover these hidden patterns and unravel them for our benefit.

We will begin by identifying the limiting beliefs that may be holding us back, explore where they came

from and acknowledge their lack of truth. We will then creatively focus on more empowering beliefs, ones that inspire and propel us forward in truth!

By the end of our time together we will feel empowered to be the truest version of ourselves, having released the limiting beliefs and embraced those that will help us realise our fullest potential.



MAY  
15

A WANDERWOMEN FOREST BATH & RIVER SWIM DAY OUT

# FOREST & RIVER DAY

PEEBLES | 15 MAY | 9AM - 4PM

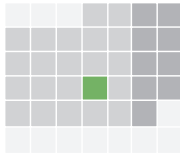
Join us for this **female only** WanderWomen adventure in Peebles to restore balance amongst the trees, find inner calm swimming in the gorgeous Tweed River, and be at one with our natural environment.

An ideal opportunity for self-care and grounding, spending time with nature and with others, the day's activities will include forest

bathing, silent reflection, a mindful and gentle 5km round walk, nature connection, meditation — and a river swim for the brave!

Hot drinks and snacks are included; after completing the activities we will head to a local cafe for some warm food.

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



MAY  
22

A TOUR OF THE FINEST STATELY HOME IN SCOTLAND

# HOPETOUN HOUSE

SOUTH QUEENSFERRY | 22 MAY | 10AM - 2PM

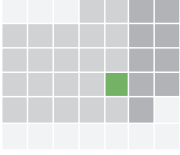
Hopetoun House is a historic country house in South Queensferry, owned and maintained since 1974 by the Hopetoun House Preservation Trust.

Often referred to as Scotland's Finest Stately Home, it is one of the best examples of 18th century architecture in Britain. Its magnificent interiors have remained virtually unchanged for three centuries

and reflect the elegance of the Georgian era: the house is decorated with the best period furniture, paintings, tapestries and clocks, with beautifully crafted finishes of carving, gilding and plaster work.

Our visit will include a guided tour, after which we will hopefully enjoy a picnic outside in the grounds.

**Please bring a packed lunch with you on the day.**



MAY  
23

## AN AFTERNOON OF SUNNY ASTRONOMY ON CALTON HILL

# SOLAR OBSERVING

CALTON HILL | 23 MAY | 1PM - 4PM

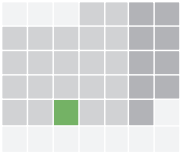
Join Astronomer Steven Gray from Cosmos Planetarium for this afternoon of solar observing on Calton Hill. Using specially designed telescopes, we will be able to take a closer look at our closest star — the sun! We should also be able to observe the moon in daytime on this date.

Steven will be on hand to answer all your astronomy and space related ques-

tions and to teach us more about our solar system and the 4.5 billion-year-old yellow dwarf star at its centre.

We will also have a short tour of the museum and enjoy a packed lunch together afterwards.

Please note that it is a steep climb up to the top of Calton Hill. If the weather is poor we will make alternative arrangements for a talk at St Margaret's House.



MAY  
28

## A FORAGING STROLL ALONG PRIVATE SEACLIFF BEACH

# BEACH FORAGING

NORTH BERWICK | 28 MAY | 9AM - 3PM

Come with us and explore the hidden gem of Seacliff beach, with golden sands, rock pools and a beautiful view of the Bass Rock.

We will take a gentle stroll around the bay, foraging among the rocks and rock pools to find different types of seaweed, all of which are edible. Discover which ones are the best to eat, how to pick, store and prepare them — and of course

have a nibble at some as we go. They may well surprise you with their flavours, which can range from truffles to pasta!

Bring along some tupperware, a plastic bag and a pair of scissors to collect a little to take home. Once we have finished our foraging, we will settle on the beach for a seaside picnic.

Please bring a packed lunch with you on the day.

# SPRING EVENTS. 2025

MARCH - MAY 2025 | 16 EXTENDED 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.

## HOW TO APPLY

Contact us to register your interest or discuss the events:

**TELEPHONE** 0131 661 2077  
**EMAIL** stillcaring@care4carers.org.uk  
**WEBSITE** www.care4carers.org.uk  
**FACEBOOK** facebook.com/care4carersedinburgh  
**INSTAGRAM** instagram.com/care4carersedin



**BY POST** **Still Caring Spring Programme 2025**  
Care for Carers  
Room 4.25  
St Margaret's House  
151 London Road  
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, the Bank of Scotland Foundation, NHS Lothian, Carers Trust, Short Breaks, the National Lottery Community Fund and the Postcode Lottery. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

