

Care for Carers 

PRESENTS




STILL CARING AND SHORT BREAKS

SUMMER EVENTS PROGRAMME FOR CARERS

MAY – AUGUST 2022

Calendar of Events


May

| | | | | | | |
|----|----------------------------|-----|--------|---|---------|-----------------------------------------------------------------------------------|
| 10 | Surgeons' Hall Guided Tour | Tue | 11am | – | 12.30pm | |
| 19 | Herbs & Microgreens | Thu | 2.30pm | – | 3.30pm |  |

June

| | | | | | | |
|----|-------------------------------|-----|--------|---|--------|------------------------------------------------------------------------------------|
| 1 | Art & Mindfulness (1/4) | Wed | 7pm | – | 8.30pm |  |
| 8 | School of Science / Hunterian | Wed | 9.30am | – | 4.30pm | |
| 8 | Art & Mindfulness (2/4) | Wed | 7pm | – | 8.30pm |  |
| 15 | Art & Mindfulness (3/4) | Wed | 7pm | – | 8.30pm |  |
| 21 | Carers Open Day | Tue | 10am | – | 3.30pm |  |
| 22 | Art & Mindfulness (4/4) | Wed | 7pm | – | 8.30pm |  |
| 29 | Traquair House Guided Tour | Wed | 10am | – | 4pm | |


July

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|----|----------------------------------|-----|---------|---|--------|------------------------------------------------------------------------------------|
| 6 | Telescope Workshop | Wed | 2pm | – | 4.30pm | |
| 12 | Wellcome Centre for Cell Biology | Tue | 10.30am | – | 2.15pm | |
| 13 | Sculpture Workshop (1/8) | Wed | 10am | – | 1pm | |
| 20 | Sculpture Workshop (2/8) | Wed | 10am | – | 1pm | |
| 20 | "Footloose" | Wed | 7.30pm | – | 10pm |  |
| 27 | Sculpture Workshop (3/8) | Wed | 10am | – | 1pm | |

August

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|----|--------------------------|-----|--------|---|--------|--|
| 3 | Sculpture Workshop (4/8) | Wed | 10am | – | 1pm | |
| 10 | Sculpture Workshop (5/8) | Wed | 10am | – | 1pm | |
| 16 | "Losing the Cosmos" | Tue | 11am | – | 1pm | |
| 17 | Sculpture Workshop (6/8) | Wed | 10am | – | 1pm | |
| 23 | The Burrell Collection | Tue | 9.15am | – | 4.30pm | |
| 24 | Sculpture Workshop (7/8) | Wed | 10am | – | 1pm | |
| 31 | Sculpture Workshop (8/8) | Wed | 10am | – | 1pm | |

 – Event is an online-only event using Zoom.

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

Weekly Events

WEEKLY SESSIONS

In addition to the scheduled calendar of one-off events, as part of our programme we are also running some regular weekly sessions. These sessions take place at the same time every week.

There is something suitable for everyone. Please get in touch if you are interested and we will link you up with the instructor.

GENTLE YOGA

Zoom

Mon

12.30pm – 1.30pm

Join us for some gentle stretching and exercises every Monday.

Adaptations can be made to suit each person and 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.

Sessions take place every Monday at 12.30pm.

RELAXATION EVENINGS

Zoom

Thu

7pm – 8pm

Join us on a Thursday and make time just for you. Take part in a guided relaxation session, lie or sit down and get cosy using blankets and cushions.

You will be guided through a scripted relaxation to bring calmness and slow down, giving you tips and techniques you can use yourself. Includes using breathing exercises and techniques to help us feel grounded and in control.

Sessions take place every Thursday evening at 7pm.

May

MAY

SURGEONS' HALL GUIDED TOUR

Surgeons' Hall

Tue 10th

11am – 12.30pm

Initially founded as a means of educating medical students, in 1832 the Surgeons' Hall Museums opened their doors to the public making it one of the oldest public museums in Scotland. The Surgeons' Hall Museums explore the history of medicine and the development of surgery and dentistry throughout the centuries.

Our visit will include a guided tour followed by a handling session on the "History of Surgery."

PLANT YOUR OWN HERBS & MICROGREENS

Zoom

Thu 19th

2.30pm – 3.30pm

Have you ever wanted to try planting your own edible windowsill garden? With spring finally here now is the best time to have a go at growing herbs and microgreens that you will then be able to harvest and use in salads and other meals. It's super easy and fun to watch your seeds grow into wee plants.

If you're interested, join us for this laid-back Zoom session where we will show you how to plant your very own herbs or microgreens. Choose from a range of seeds which we will send out to you along with some compost and planting pots – or you could use some old yoghurt pots instead to help reduce plastic waste.

There will be lots of time to chat and ask questions too.

Please sign up by **Friday 13th May** so that we have enough time to send the materials out to you.

June

JUN

ART & MINDFULNESS – "THE FOUR ELEMENTS"

Zoom

Wed 1st

7pm – 8.30pm

*A **four-week course** running from Wednesday 1st June to Wednesday 22nd June.*

During these relaxed creative sessions, we will work with the four elements: Fire, Water, Earth, and Air. Through guided visualisation practices and the art-making process, we will awaken each element inside our body and will explore all its gifts. The four elements can help us to understand ourselves and our connection with nature in a much deeper way.

Each session will begin with a 20-minute guided meditation. We will then use different art materials and techniques to create our own pieces of art.

All materials will be provided. Please sign up by **Friday 27th May** so that we can post out materials in time.

SCHOOL OF SCIENCE & THE HUNTERIAN MUSEUM

University of Glasgow

Wed 8th

9.30am – 4.30pm

A day trip to the University of Glasgow to visit the School of Science – including a workshop on “Exploring the Periodic Table and Making Bath Bombs” – followed by a trip to the Hunterian Museum.

The University of Glasgow's museum dedicated to William Hunter is the oldest museum in Scotland. It covers the Hunterian Museum, the Hunterian Art Gallery, the Mackintosh House, the Zoology Museum and the Anatomy Museum. All are located in various buildings on the main campus of the University in the west end of Glasgow.

Transport and lunch will be provided. We will meet at 9.15am at St Margaret's House and will travel by minibus.

June

JUN

CARERS OPEN DAY

Our Dynamic Earth

Tue 21st

10am – 3.30pm



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

Join us for a day of celebration and learning to mark Carers Week. We'll have a selection of music, science and art-based activities for you to take part in as well a buffet lunch and refreshments.

There will also be the opportunity to visit the Dynamic Earth gallery tour and Showdome cinema.

Workshops will be confirmed nearer the time.

TRAQUAIR HOUSE GUIDED TOUR

Traquair House

Wed 29th

10am – 4pm

Traquair House is Scotland's oldest inhabited house. Visited by 27 Scottish kings and queens, it dates back to 1107 and has been occupied by the Stuart family since 1491. Originally a royal hunting lodge, Traquair played host to Mary Queen of Scots and later as staunch Catholics they supported the Jacobite cause without counting the cost.

Our visit includes a guided tour with a focus on Mary Queen of Scots, lunch in the garden cafe, and time to explore the grounds.

We will be travelling by minibus, leaving from and returning to St Margaret's House.

July

JUL

TELESCOPE WORKSHOP – STEVEN GRAY

St Margaret's House

Wed 6th

2pm – 4.30pm

Over 400 years ago, Galileo changed our understanding of the Cosmos forever when he pointed one of the first telescopes – made from just two small pieces of glass – at the night sky.

During this workshop with astronomer Steven Gray, you will have a go at making your very own basic telescope and learn how to use it to replicate some of those incredible discoveries.

Weather permitting, we will also venture outside for some solar observation using specialist telescopes.

WELLCOME CENTRE FOR CELL BIOLOGY

Micheal Swann Building (University of Edinburgh)

Tue 12th

10.30am – 2.15pm

The Centre for Cell Biology is one of fifteen UK-based Wellcome Trust Centres – three of which are in Scotland – whose mission is to contribute to the scientific understanding of living systems at the molecular level.

Carers are invited to visit the biology labs for a lovely day involving hands-on science, a lab tour, and an opportunity to meet and chat over lunch with researchers at the Centre for Cell Biology. We will have a chance to use microscopes to examine cells up close, and get experience performing our own experiments.

We will meet at the entrance of the Michael Swann Building, Kings Buildings, Edinburgh EH9 3FH. Lunch is provided.

July

JUL

SCULPTURE WORKSHOPS

St Margaret's House

Wed 13th

10am – 1pm

*An **eight-week course** running from Wednesday 13th July to Wednesday 31st August.*

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

During the course you can work on a new project idea each week suggested by the tutor, or if you prefer you can 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.

July

JUL

"FOOTLOOSE"

Edinburgh Playhouse

Wed 20th

7.30pm – 10pm



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

In 1984 the smash-hit blockbuster *Footloose* introduced the world to Kevin Bacon, punch dancing and a whole lot of teen spirit. Over three decades later the enduring story is set to light up the theatre scene once more during the hotly anticipated return of the UK musical tour.

Footloose tells the rollicking tale of city boy Ren, a streetwise teen who thinks his life is over when he's forced to move to rural Utah. It's worse than he imagined when he finds out rock music and dancing are banned, so with the help of his rebellious love interest Ariel, he takes matters into his own hands. Soon Ren has all hell breaking loose and the whole town on its feet.

With cutting edge modern choreography, you'll enjoy classic 80s hits including *Holding Out for a Hero*, *Almost Paradise*, *Let's Hear It For The Boy* and of course the unforgettable title track *Footloose*.

August

AUG

"LOSING THE COSMOS" WITH Q&A – STEVEN GRAY

St Margaret's House

Tue 16th

11am – 1pm

Have you ever looked up into the night sky and wondered, really wondered, what might be "out there"? Countless generations before us have done just that and have made many stunning and profound discoveries along the way, but recent research has shown that global light pollution has increased by at least 49% over 25 years. Already millions of children around the world can no longer see the band of the Milky Way and all but the brightest constellations are fading from view.

In this talk, astronomer Steven Gray explains how light pollution affects almost every species on earth (including us) and how it's not too late to make a difference. His talk will touch on topics including health, nature, satellite "mega constellations", astro-tourism – and turtles!

The activities afterwards will give you the tools to take some simple steps to help make a change to keep light pollution to a minimum.

Steven Gray is director of Cosmos Planetarium, a member of the International Dark Sky Association and an IDA Dark Sky Advocate.

August

AUG

THE BURRELL COLLECTION

Pollock Country Park, Glasgow

Tue 23rd

9.15am – 4.30pm

A chance to visit the newly refurbished Burrell Collection situated in Pollock Country Park, Glasgow.

A staggering 9,000 objects form The Burrell Collection. Highlights include one of the most significant holdings of Chinese art in the UK, medieval treasures including stained glass, arms and armour and over 200 tapestries which rank amongst the finest in the world, and paintings by renowned French artists including Manet, Cezanne and Degas.

This magnificent collection, in its purpose-built home surrounded by beautiful parkland, is ranked amongst the most significant civic museum collections in the UK, comparable to the National Gallery and the V&A in London.

Transport and lunch will be provided. We will meet at 9.15am at St Margaret's House and travel by coach.

Summer Events Programme for Carers

May – August 2022

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.

Contact Details

Please contact us to discuss the events programme:

Telephone: 0131 661 2077

Email: events@care4carers.org.uk

Website: www.care4carers.org.uk

Facebook: facebook.com/care4carersedinburgh

Twitter: [@Edincare4carers](https://twitter.com/Edincare4carers)

Address: **Summer Events Programme 2022**

Care for Carers

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