



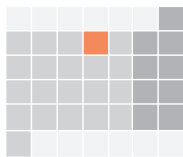
Care for Carers

Supporting people who care for others

STILL CARING & SHORT BREAKS | SUMMER EVENTS PROGRAMME

SUMMER EVENTS 2025

JUNE - AUGUST 2025 | 14 EXTENDED COURSES & DAY EVENTS



**JUN
05**

THE ASHWORTH BUILDING BEHIND THE SCENES TOUR

ASHWORTH TOUR

EDINBURGH UNIVERSITY | 05 JUNE | 2PM - 4.30PM

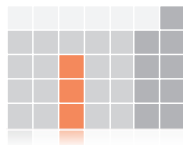
Join us for a guided tour of one of the oldest buildings on the Edinburgh University King's Buildings campus: the Ashworth Building.

Ashworth was built for the new (in 1929) Department of Zoology and is now home to the School of Biological Sciences. It has a pared-back style that still retains a lot of character: the main entrance is decorated with sculptured animal

plaques, while the bannisters are adorned with brass monkeys.

During our tour we will visit the Manning Natural History Gallery, step inside a research lab, and explore the cutting-edge Edinburgh Genomics facility. We will then relax for refreshments and conversation, with tea and cake provided.

Transport can be arranged if needed.



**JUN
11**

6 WEEKS

A SIX WEEK COURSE LEARNING ZINE AND PRINTMAKING

ZINE & PRINTMAKING

ZOOM | FROM 11 JUNE | 10.30AM - 12.45PM

Create Workshops and artist Rhonda Davies lead us in an exploration of zine-making and printmaking from the comfort of your own home.

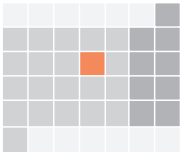
We will learn about the history of self-published booklets and magazines, also known as “zines”, understanding their roots in protest, artistic freedom

and as an affordable means of self-publication.

We will experiment with different printmaking techniques that have been used throughout the ages — including intaglio, relief printing, lino printing and collagraph printing. We will then learn how to turn these prints into our own original zines.



AN AERIAL VIEW OF THE ROYAL MILE AND CASTLE ESPLANADE



**JUN
12**

A GUIDED TOUR OF EDINBURGH CASTLE & THE ROYAL MILE

EDINBURGH CASTLE

OLD TOWN | 12 JUNE | 11AM - 2PM

Join local guide Liz Everett as she takes us on a tour of Edinburgh Castle and the Royal Mile.

The tour begins on the Castle Esplanade, with Liz providing us with an orientation of the Castle. We will then have three official stopping points within the Castle precinct, followed by free time to explore the buildings on our own. (Tour guides are not allowed in-

side the Castle buildings.)

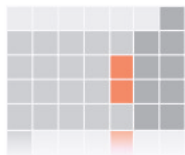
We will arrange a time to meet back up, at which point we will have the option of continuing onwards for a walking tour of the Royal Mile and the Grassmarket (time permitting).

Please note that if you opt to stay for the second part of the tour, this will involve at least another hour of additional walking and standing.

JUNE / SUMMER 2025



TAPESTRY WEAVING AT CARE FOR CARERS



**JUN
13**
4 WEEKS

A FOUR WEEK INTRODUCTORY TAPESTRY WEAVING COURSE

TAPESTRY WEAVING

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

This four 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,

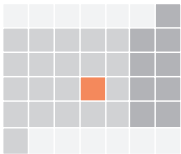
lines and experimenting with colour.

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.



TOURING THE THREE BRIDGES OF THE FIRTH OF FORTH



**JUN
19**

A THREE HOUR BOAT TOUR AROUND THE FIRTH OF FORTH

FORTH BOAT TOUR

SOUTH QUEENSFERRY | 19 JUNE | 10.30AM - 1.30PM

A three-hour boat tour sailing around the Firth of the Forth, featuring a landing on Inchcolm Island.

We begin with a 90-minute sightseeing cruise, sailing beneath all three iconic Forth Bridges: the engineering milestone of the Forth Bridge (1890), the 2.5km long Forth Road Bridge (1964), and the understated beauty of relative newcomer the Queensferry

Crossing (2017).

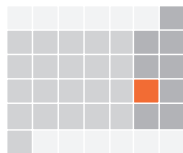
We then head to Inchcolm Island, the most beautiful of all the islands in the Firth of Forth. Here we will have time to explore the historic Abbey, admire the diverse wildlife, unwind on the peaceful beaches, and savour the breathtaking views.

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

JUNE / SUMMER 2025



'GREASE' AT THE PITLOCHRY THEATRE



JUN
21

A BIG DAYS OUT MUSICAL THEATRE TRIP TO PITLOCHRY

GREASE THE MUSICAL

PITLOCHRY | 21 JUNE | 9.45AM - 6.30PM

Step into the electrifying world of *Grease*, one of the world's most popular musicals, where we take a trip to 1950s Rydell High School and a whirlwind romance between Sandy and Danny, who find their summer love challenged by the pressures of teenage life.

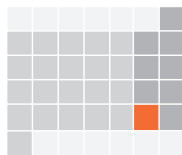
Bursting with a vibrant, dynamic, and talented cast that captures the essence of teenage exuberance, re-

bellion and young love, this new version of the timeless classic is told with grit and verve — capturing the idealism of the fifties, their dreams, desires and self-discovery with iconic songs like *Summer Nights*, *Greased Lightnin'* and *You're the One that I Want*.

Coach transport will be provided to and from Pitlochry along with a lunch allowance.

JUNE / SUMMER 2025

THE TARANTULA NEBULA AS CAPTURED BY THE JAMES WEBB SPACE TELESCOPE



JUN
28



AN AMAZING ASTRONOMICAL THEATRICAL EXPERIENCE

THE NIGHT SKY SHOW

EDINBURGH PLAYHOUSE | 28 JUNE | 6PM - 10PM

Bringing his highly praised sellout show to Edinburgh, with *The Night Sky Show* astronomer and author Adrian West presents a stunning theatrical must-see for anyone who's ever looked up and wondered at the stars.

Better known online as "VirtualAstro", Adrian uses amazing visual effects to take you on an epic journey from our celestial back yard

and across the cosmos, as we explore the Universe and everything within it.

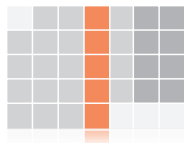
Comedy, astronomy and so much more — this is a night for anyone who wants to laugh, learn and enjoy.

The evening will include a pre-show informal Q&A with astronomer James from Cosmos Planetarium.

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

JULY / SUMMER 2025

CREATING ARTWORKS AT DR NEIL'S GARDEN



JUL
03
6 WEEKS

OUTDOOR ART WORKSHOPS AT DR NEIL'S GARDEN

ART WORKSHOPS

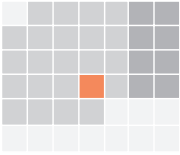
DUDDINGSTON | FROM 03 JULY | 10.30AM - 12.30PM

Art Buds Collective invites you to a series of inspiring outdoor art workshops at the stunning Dr Neil's Garden in Duddingston.

Led by experienced and welcoming artist educators, these sessions will explore painting, drawing, sculpture, and wearable art using natural materials.

Surrounded by the tranquility of this lochside garden, you'll have the chance to create, relax, and connect with nature.

Whatever your ability, whatever the weather, the process of observing and artmaking in such a lovely setting is sure to bring some joy and relaxation.



**JUL
24**

KRAUT & KIMCHI AT THE EDINBURGH FERMENTARIUM

KRAUT & KIMCHI

LEITH | 24 JULY | 11AM - 12.15PM

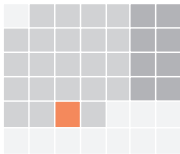
In this workshop, the founder of the Edinburgh Fermentarium, Ruth Munro, will introduce us to the delicious and nutritious world of fermented vegetables. We will learn how to make kraut and kimchi using techniques we can also apply at home — a brilliant use of any leftover veggies!

The techniques you will learn have been used for centuries across the world.

The result is a tangy treat that not only packs a punch in the flavour department but is full of health-promoting nutrients and bacteria.

Participants will make their own kraut and kimchi to take away and ferment, with various optional ingredients for a personalised and seasonal twist.

There will also be tasters of fermented food and drinks.



**JUL
30**

EXPLORING THE CHEMISTRY OF SCENTS AND WELLBEING

SCENTS & WELLBEING

GLASGOW UNIVERSITY | 30 JULY | 9.30AM - 4.30PM

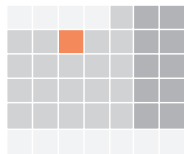
Our noses are packed with hundreds of receptors which can detect over one trillion scents — which then directly affect our nervous systems and our minds whether we know it or not!

In this workshop at Glasgow University's School of Chemistry, we will explore the chemistry of scents and wellbeing and learn the basic concepts behind everyday self-care products.

We will then create our own scented products, including lip balm, essential oil perfume and bath bombs, which we can then take home with us.

If time permits we will also have a demonstration of some chemical experiments in the lab.

Lunch and refreshments are provided, as is transport to and from St Margaret's House.



**AUG
06**

A TASTER WORKSHOP ON THE ART OF SPRAY PAINTING

SPRAY PAINT ART

ST MARGARETS | 06 AUGUST | 2PM - 3.30PM

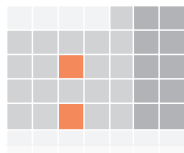
Popularised by artists such as Banksy and Shepard Fairey, spray paint art can be an exciting and creative way to explore artmaking from a fresh perspective.

Join us for this fun taster workshop with Jane from ArtyFarty Art, where we will get hands-on with this exhilarating approach to mak-

ing 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.

If the weather is suitable the workshop will take place outside at St Margaret's House.



**AUG
13**

5 WEEKS

A 5 WEEK ONLINE COURSE SPREAD ACROSS 3 MONTHS

SIMPLE ART OF YOU

ZOOM | FROM 13 AUGUST | 9.30AM - 11AM

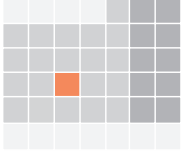
The most important question you can answer in life is: "Who am I?"

Join registered counsellor and life coach Jane Macdowall for a 5-week online course that will help you find the answer, and enable you to start living the truest, strongest expression of yourself.

Over the five sessions we will cover the six essential needs that influence your

behaviour, explore your values and what truly matters to you, investigate and address your limiting beliefs, and identify what brings you joy and fulfilment. We will picture your ideal life without limits, creating a strong basis for change and growth.

The sessions will take place every 2nd Wednesday morning from 13th August to 8th October.



**AUG
20**

THE DEEP RELAXATION OF AN OUTDOOR SOUND BATH **SOUND MEDITATION**

SALISBURY CENTRE | 20 AUGUST | 11AM - 12.30PM

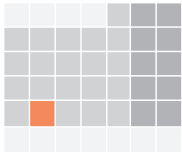
Do you need some quiet time to unwind? Or perhaps you want a gentle re-focus on your own needs for a change? If so, join Marcela for this outdoor sound bath meditation.

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.

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.

If the weather is poor on the day we will have an indoor alternative instead.



**AUG
26**

A SIP AND SING MAMMA MIA! SESSION

SIP AND SING

ST MARGARETS | 26 AUGUST | 11AM - 12.30PM

Come and enjoy group singing in a relaxed environment. Group singing has been found to reduce loneliness, improve immunity, mood and physical health.

Louise Day, voice coach,

will teach a song from *Mamma Mia!* and take you through some exercises to strengthen your voice. No previous singing experience is required.

Refreshments will be provided.

SUMMER EVENTS.2025

JUNE - AUGUST 2025 | 14 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 Summer Programme 2025

Care for Carers
 Room 4.25
 St Margaret's House
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