



Care for Carers

STILL CARING

AUTUMN PROGRAMME

SEPTEMBER
TO
NOVEMBER
2025



A PROGRAMME OF SHORT
BREAKS INCLUDING DAY
& EVENING EVENTS,
WORKSHOPS AND
COURSES FOR UNPAID
CARERS.

FIND OUT MORE
[CARE4CARERS.ORG.UK](https://care4carers.org.uk)
0131 661 2077

WEEKLY EVENTS

GENTLE YOGA - MONDAYS

12:30PM - 1:30PM

ZOOM

Join yoga instructor Alison for gentle stretching and exercises every Monday lunchtime on Zoom.

These sessions are open to all carers, no previous experience necessary.

CREATIVE WRITING - TUESDAYS

11AM - 1PM

ST MARGARET'S HOUSE

Our friendly creative writing group meets every Tuesday. No preparation or writing experience is needed, the sessions explore free-flowing writing inspired by different topics set by the group.

MEDITATION, MUSIC & PAINTING

WEDNESDAY 3RD SEPTEMBER

2PM - 3.30PM

G5, ST MARGARET'S HOUSE

Drift away from the day to day overload to a deeper meditative space exploring the gentle sounds of the tongue drum to soothe and inspire.

We will explore painting with unique symbols and dots with inspiration from ancient Aboriginal rock carvings. Refreshments will be provided.



MUSHROOM & FUNGI FORAGING



WEDNESDAY 10TH SEPTEMBER
9AM - 3PM
BEECRAIGS COUNTRY PARK

Fungi are fascinating - whether a food, medicine or toxin. Join us to learn more about the world of wild mushrooms, discovering where they grow, how to identify them and how to safely and sustainably harvest from the wild. Transport to and from St Margaret's House is provided.

TRAQUAIR HOUSE

WEDNESDAY 24TH SEPTEMBER
9:30AM - 4:30PM
INNERLEITHEN

Traquair House is a historic castle in the Tweed Valley, and is still inhabited today. Our visit will include a guided tour where we will learn about the Stuart family, who have lived there since 1491, and the 27 Scottish kings and queens who visited them.



Transport to and from St Margaret's House and lunch are provided.

ROYAL OBSERVATORY VISIT

SATURDAY 27TH SEPTEMBER

10AM - 2PM

ROYAL OBSERVATORY

EDINBURGH

Built on the top of Blackford Hill and boasting panoramic city views, the Royal Observatory is a leading force in UK and world astronomy. As part of the 'Open Doors' weekend, we will have the opportunity to explore labs, workshops and the library well as meeting scientists and engineers. Transport to and from St Margaret's House is provided.



WAR HORSE

THURSDAY 2ND OCTOBER

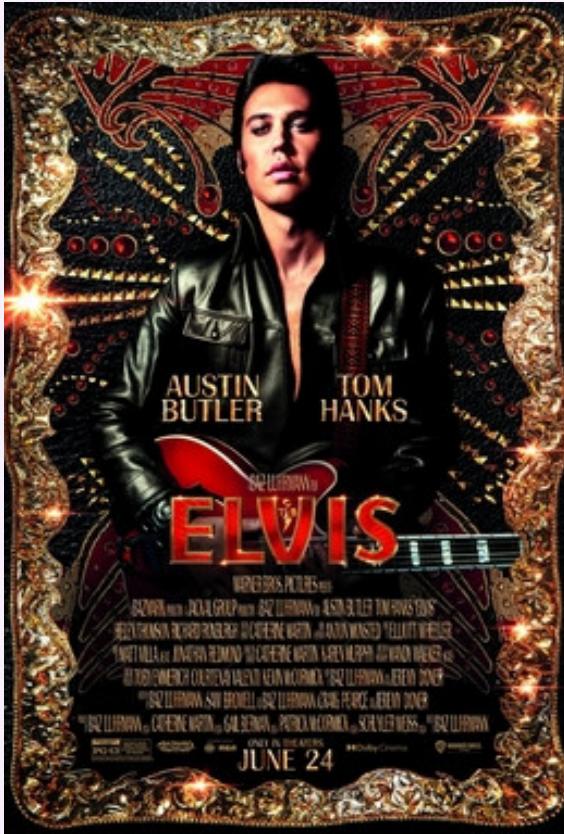
7:30PM - 10:20PM

FESTIVAL THEATRE

*OPEN TO CARER & CARED
FOR PERSON*

Based on the beloved novel by Michael Morpurgo, this powerfully moving and imaginative drama, filled with stirring music and songs, is a show of phenomenal inventiveness. At its heart are astonishing life-sized horses by South Africa's Handspring Puppet Company, who bring breathing, galloping, charging horses to thrilling life on stage. Age recommendation 10+. Contains loud sound effects, flashing lights, and strobe lighting.

ELVIS - PRIVATE SCREENING



THURSDAY 9TH OCTOBER

1:30PM - 4:45PM

DOMINION CINEMA

OPEN TO CARER & CARED FOR PERSON

Baz Luhrmann's dazzling film *Elvis* (2022) explores the story of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks).

This is an exclusive screening for our group. Please note the screen is down a flight of stairs.

Film certificate - 12A.

BEACH WALK & SEA SWIM

TUESDAY 7TH OCTOBER

9AM - 4PM

YELLOWCRAIG BEACH, EAST
LOTHIAN

Light your inner fire at this female-only retreat in on the beautiful East Lothian coast. The day will include a 5km walk along the beach, fire-lighting and the opportunity for a dip in the sea!

Delivered in partnership with Wanderwomen Scotland. Transport to and from St Margaret's House is provided.



OUTDOOR SILENT DISCO

THURSDAY 16TH OCTOBER
11AM - 12PM
MEADOWFIELD PARK

Come along to have a sing and dance to your favourite music in a secluded corner of Holyrood park. You'll get a set of headphones and chance to choose your favourite song to add to the playlist. The music will simultaneously be played through everyone's headphones!



If the weather is bad, we will hold the silent disco in St Margaret's House instead. Refreshments provided.

TEXTILES COURSE

WEDNESDAYS - 5, 12, 19, 26 NOV
3, 10 DEC
10:30AM - 12:45PM
ZOOM



Join Create and textiles artist Helen Davies for a 6 week project exploring different kinds of yarn crafts. Try your hand at French knitting, couching onto fabric, embroidery and other quick yarn crafts. Create your own unique designs and one off pieces. No previous experience is needed, materials will be provided.

RESISTANCE! - MODERN TWO

THURSDAY 6TH NOVEMBER
10AM - 11AM
MODERN TWO ART GALLERY

A guided tour of the exhibition: Conceived by acclaimed artist and filmmaker Steve McQueen, *Resistance* explores how acts of resistance have shaped life in the UK, and the powerful role of photography in documenting and driving change. Refreshments provided.



METEOR WATCH PARTY

MONDAY 17TH NOVEMBER
6PM - 9PM
COMMUNITY ALLOTMENT

*OPEN TO CARER & CARED FOR
PERSON*

Join Astronomer Steven Gray from Cosmos Planetarium at our new community allotment to watch the Leonid Meteor shower and learn more about our skies. Hot drinks and food will be provided.



Please note this event is weather permitting, we will have a back-up film screening if the weather is very bad

STILL CARING

Still Caring is a programme of short breaks including day and evening activities, workshops and courses for unpaid carers. Some of our events are open to carers and their cared for person to come together.

All our short breaks are free of charge for all carers. Please note that some events may have limited availability.



CARE FOR CARERS

Supporting people who care for others

To register your interest for any of the events in the programme, or for more information, please get in touch.

CONTACT US

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