



Care for Carers

STILL CARING

WINTER PROGRAMME

**NOVEMBER
2025 TO
FEBRUARY
2026**



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.

COMMUNITY ALLOTMENT



TUESDAYS 2PM - 3PM

THURSDAYS 11AM - 12PM

FIRST SATURDAYS OF THE
MONTH 10AM - 11AM

CRAIGENTINNY TELFERTON
ALLOTMENTS

Are you interested in finding out more about our new community allotment? Would you like to get involved and learn about growing or gardening in a relaxed environment? Get in touch with us to register your interest!



MEDITATION COURSE

TUESDAYS 11, 18, 25 NOV
2, 9 DEC

11AM - 12PM
ONLINE - ZOOM

Join Buddhist nun Gen Tubchen from the comfort of your own home for this 6-week meditation course focussed on mental health benefits. Each week will begin with a relaxing, guided meditation to relax and de-stress, followed by a short teaching to create inner space, build mental resilience, solve problems and improve relationships.

CANDLE DECORATING

WEDNESDAY 3RD DECEMBER
11AM - 12PM
EDINBURGH CRAFT CLUB

Join us near Abbeyhill for a cosy and creative workshop where you'll learn the basics of candle decorating using colourful beeswax sheets. During the session, you'll design and decorate two beautiful pillar candles, perfect for gifting or adding a charming touch to your festive décor. These handmade candles are sure to bring warmth and joy to any occasion.



SPRAY PAINT WORKSHOP

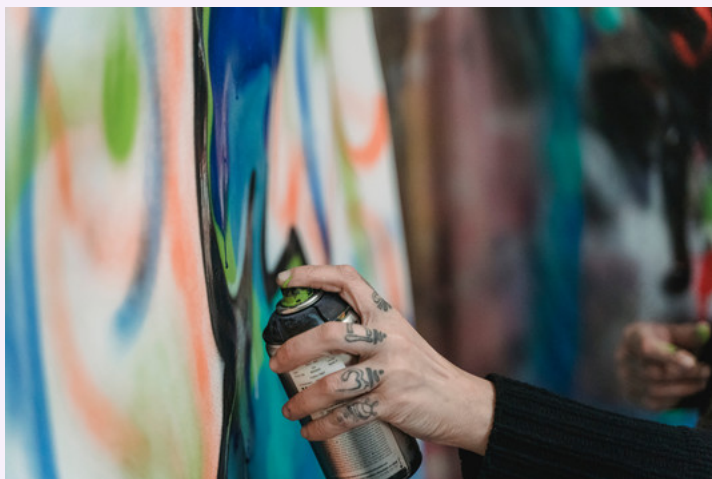
WEDNESDAY 10TH DECEMBER

2PM - 3.30PM

ST MARGARET'S HOUSE

Try your hand at this fun art-form to unwind and unleash your creativity! Relax in the comfortable, warm indoor studio of Jana's Artyfarty Art and let your imagination flow onto "The Wall".

We will use non-perfumed indoor use bright acrylic paints, simple card cut outs and a variety of marker pens to try bouncy bubble letters, cartooning and more...



CHRISTMAS AT THE BOTANICS

FRIDAY 12TH DECEMBER

6PM - 7PM

ROYAL BOTANIC GARDENS

OPEN TO CARER & CARED FOR PERSON



Join us for the festive light trail at the Botanic Gardens.

This year's trail will feature new, spectacular installations from international artists, designed to complement the Botanic's landscape. And, don't miss Santa along the way!

FESTIVE OPEN DAY

WEDNESDAY 17TH DECEMBER
10AM - 3PM
DYNAMIC EARTH

*OPEN TO CARER & CARED FOR
PERSON*

Our annual festive Open Day will be held at Dynamic Earth and will include fun workshops, lunch and time to meet other carers and staff.

A great opportunity to come along and find out more about Care 4 Carers.



PANTO - JACK & THE BEANSTALK



MONDAY 22ND DECEMBER
7PM - 10PM
FESTIVAL THEATRE

*OPEN TO CARER & CARED FOR
PERSON*

Doomed to sell his trusty cow, join Jack's fight to outwit the evil giant

and win riches beyond his wildest dreams. Featuring laughs, music, special effects and bundles of audience participation in this GIANT of a pantomime!

Please note the performance will include loud noises and flashing lights, and some adult humour.

WATERCOLOUR COURSE

WEDNESDAYS 14, 21, 28 JAN & 4 FEB
10AM - 12PM
ST MARGARET'S HOUSE

A chance to create expressive, colourful, floral art using ink and watercolour exploring colour, texture and shapes. Relaxed fun sessions, celebrating the joy of colour and painting. You will create your own unique set of artworks throughout 4 sessions, giving you a chance to have fun, explore the materials and develop your own style, whether you are a beginner or already an artist.



SCOTTISH OWL CENTRE

TUESDAY 27TH JANUARY
10.30AM - 3PM
POLKEMMET COUNTRY PARK



The Scottish Owl Centre is home to over 140 owls and 50 species from around the world. Most are breeding pairs on show to the public in specially designed, spacious aviaries.

The trip will include watching the flying display team.

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

FERMENTING WORKSHOP

THURSDAY 19TH FEBRUARY
9.30AM - 2PM
LIVINGSTON



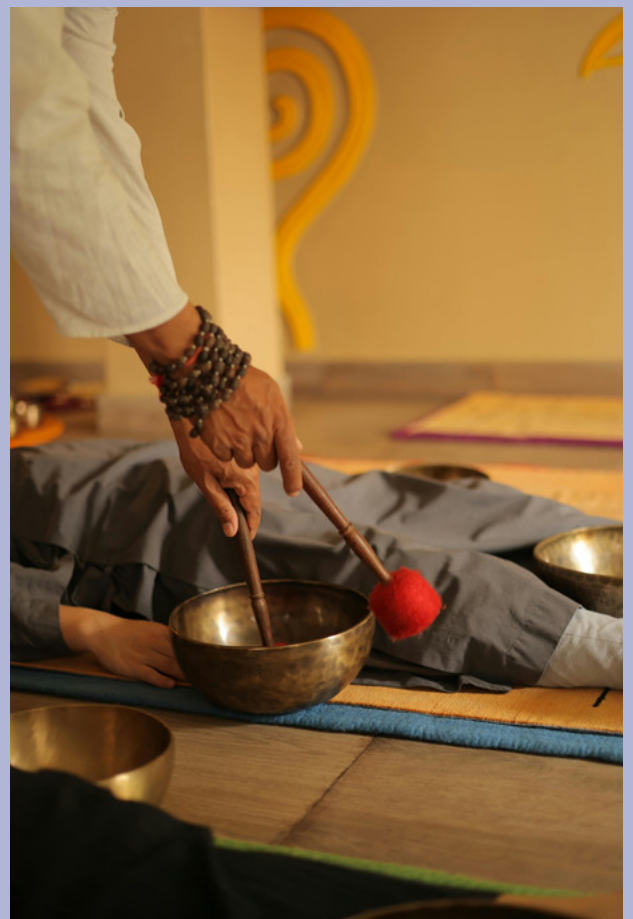
A hands-on workshop exploring fermentation. Weather permitting, we will begin the morning with a short walk, looking for early spring greens we can add to our ferments. You will have the opportunity to make two different ferments and take a kombucha scoby home at the end of the session.

Lunch and transport to & from St Margaret's House are provided.

SOUND BATH

WEDNESDAY 25TH FEBRUARY
2PM - 3PM
ST MARGARET'S HOUSE

Do you need some quiet time to unwind? Or perhaps you want a gentle refocus on your own needs? Join Marcela for this relaxing sound bath meditation. The session will involve a combination of shamanic drumming, the sound of quartz crystal bowls, steel tongue drums, rain sticks, tuning forks and Koshi chimes.



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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