



Care for Carers

STILL CARING

SPRING PROGRAMME

MARCH
TO MAY
2026

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

FIND OUT MORE
CARE4CARERS.ORG.UK
0131 661 2077

WEEKLY YOGA

MONDAYS

12.30PM - 1.30PM

ZOOM

Join our experienced Yoga instructor Alison for weekly gentle yoga sessions.

No experience is necessary, the sessions are fun and relaxing, with a guided meditation at the end of each session.

If you are interested in taking part please contact us for further information. We will put you in touch with Alison directly.



WEEKLY CREATIVE WRITING

TUESDAYS

11AM - 12PM

ST MARGARET'S HOUSE ROOM 1.10

Our weekly creative writing group is run by Laure Patterson. The sessions are laid-back, with no previous writing experience necessary.



This year we will be working towards producing an anthology book of short pieces.

For more information, or to sign up to the group please get in touch.

TOUR OF CHOCOLATE

THURSDAY 12TH MARCH

11:30AM - 1PM

CHOCOLATARIUM, OLD TOWN

With knowledgeable and friendly Guides and delicious chocolate, the original 'Tour of Chocolate' is one of Edinburgh's most popular visitor experiences and winner of 5 TripAdvisor Best of the Best Awards. The tour includes learning about where chocolate comes from, making your own chocolate bar and a tasting session.



LAURISTON CASTLE

TUESDAY 17TH MARCH

10:30AM - 1:30PM

LAURISTON CASTLE & GROUNDS

Join us for a guided tour of Lauriston Castle and see one of the most remarkable Edwardian interiors in Scotland.



Lauriston Castle is a hidden gem in Edinburgh with beautiful grounds cradling the sea and with stunning views. We will have some time to explore the calm and tranquil Japanese garden.

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

PEEBLES WALK & RIVER SWIM

THURSDAY 19TH MARCH
9AM - 4:30PM
PEEBLES

*IN PARTNERSHIP WITH
WANDERWOMEN SCOTLAND*



Escape for a day outdoors, in the beautiful Borders countryside. We will take a 5km walk along the river Tweed, with opportunity for a wild swim. There will be time for meditation and relaxation in nature. Please note this event is open to female carers only.

BREAD MAKING COURSE

THURSDAYS 26TH MARCH,
2ND & 9TH APRIL
11AM - 1PM
ZOOM

Join a 3-week online Bread Making Course and discover the joy of creating delicious homemade breads! In just 2 hours a week, you'll learn how to master sourdough (including making your own starter), bake a perfect tin loaf, shape beautiful bagels, whip up quick flatbreads and more! Perfect for beginners and enthusiastic home bakers alike.



WELLBEING OPEN DAY

WEDNESDAY 1ST APRIL

10AM - 2PM

GALLERY - ST MARGARET'S HOUSE

OPEN TO CARER & CARED FOR PERSON TOGETHER

Come along and join Care 4 Carers and other local organisations for an open day focussed on Wellbeing.

The day will be an opportunity to meet other carers, take part in workshops and activities and find out about different wellbeing support that is available to carers in Edinburgh.

The day will include:

- Information stalls from organisations offering health and wellbeing support.
- Art, yoga and mindfulness workshops.
- 20-minute complementary therapy sessions.
- Refreshments provided.



BIG DAYS OUT PERTH MUSEUM

**SATURDAY 25TH APRIL
9:30AM - 5PM
PERTH**

Join us for a day trip to Perth where we will visit the newly renovated Perth Museum.

Our visit will include the current exhibition of Mary Queen of Scots' last letter and the chance to see the Stone of Destiny, also known as the Stone of Scone, one of Scotland and the UK's most significant historical objects.

There will be some time to explore Perth, bring a packed lunch to enjoy by the river!

Transport provided to and from St Margaret's House.



ROSSLYN CHAPEL

WEDNESDAY 22ND APRIL
10AM - 1PM
ROSLIN GLEN

Rosslyn Chapel was founded in 1446 by Sir William St Clair. The beauty of its setting, in rural Midlothian, the mysterious symbolism of its ornate stonework and its role in the Da Vinci Code have inspired, attracted and intrigued writers, artists and visitors ever since. Our visit will include a guided tour and some time to explore.

Minibus transport will be provided.



OASIS OF CALMNESS

TUESDAY 28TH APRIL
10:30AM - 12PM
ZOOM

An online space of 90 minutes for you to breathe, recharge and take away a personal wellbeing kit to use right away in the everyday. In this uplifting session, you will experience and learn ways to find your inner calm in the midst



of everyday living and caring. This also forms an introductory session for a further four weeks of 90-minute recharging, grounding and you-focussed sessions that will run in the summer programme.

BIG DAYS OUT JAPANESE GARDEN

**WEDNESDAY 6TH MAY
9:30AM - 4PM
COWDEN**

The Japanese Garden - named “Sha Raku En”, or “a place of pleasure and delight” by its founder Ella Christie - is a unique and utterly authentic bridge between Scottish and Japanese culture.

In it are many unique plants and trees, as well as structures with Japanese cultural significance, and there are several walks surrounding the garden as well.

Our visit will include a creative workshop and time to explore the gardens.

Lunch and transport will be provided.



COCKBURN GEOLOGICAL MUSEUM

WEDNESDAY 13TH MAY

2PM - 4PM

KING'S BUILDINGS

The Cockburn Museum at King's Buildings holds a very extensive collection of geological specimens and historical objects which reflect Edinburgh's prominent position in geological sciences since the time of James Hutton (1726-1797) and its continuing activity today.

Our visit will include a guided tour and handling session.



BBQ AND SOLAR OBSERVING

FRIDAY 15TH MAY

2PM - 5PM

C4C ALLOTMENT

OPEN TO CARER & CARED FOR PERSON TOGETHER



Join Care 4 Carers and Astronomer Steven Gray from Cosmos Planetarium in our peaceful community allotment for an afternoon BBQ, solar observing and chance to ask space and astronomy related questions. Please note that the allotment is not suitable for people with mobility issues.

CANAL CRUISE & SILENT DISCO

WEDNESDAY 20TH MAY
2PM - 4PM
FOUNTAINBRIDGE



Join us aboard the Lochrin Belle, a wide beam canal boat, for a two-hour tour along the Union Canal.

During the cruise you will have the option to join in a silent disco - where you will be provided with headphones to listen to your favourite songs. Refreshments will be provided.

INTRO TO LINO PRINTING

THURSDAY 28TH MAY
10AM - 1PM
OCEAN TERMINAL

In this short workshop we get stuck into the lino-printing technique. Everyone will leave with several (if there is time, many!) copies of their linocut and a good base to continue their exploration in printmaking. The studio is also an open access facility so if anyone wishes to return they are very welcome to do so!



HOW TO REGISTER YOUR INTEREST

If you wish to register your interest in any of the events in this programme, please contact us using the details below.

We will record your interest and inform you whether you have been offered a place or added to the waiting list.

You may apply for as many events as you wish; however, please note that places are limited.

 0131 661 2077

 stillcaring@care4carers.org.uk



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

📞 0131 661 2077

✉️ stillcaring@care4carers.org.uk

🌐 @care4carersedin

FACEBOOK [@care4carersedinburgh](https://@care4carersedin)



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