

Care 4 Carers
St Margaret's House
151 London Road
Edinburgh
EH7 6AE
Tel: 0131 661 2077
www.care4carers.org.uk



Email Us:

General Enquiries:

enquiries@care4carers.org.uk

Specific Programmes:

stillcaring@care4carers.org.uk
steppingout@care4carers.org.uk

YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others

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HEALTH AND WELLBEING EVENT - APRIL 2026

CARE 4 CARERS SERVICE UPDATES

We held our Carer Wellbeing event last Thursday and we hope everyone had a lovely time and was able to connect with support services and enjoy a therapeutic session. We would like to thank all partner organisations who attended to support the event and offer time to talk about your services.

MINDFULNESS FOR WELLBEING ONLINE



**6 WEEK
ONLINE
COURSE**

We are running a 6 week course from Tuesday April 14th to Tuesday May 19th May, focussing on meditation for mental health benefits. Each session begins with a relaxing guided meditation with Buddhist nun Gen Tubchen to de-stress and find inner peace and calm. There is then a short teaching, exploring topics such as how to use meditation in daily life to create inner space, build mental resilience, solve problems and improve relationships. The session concludes with a second meditation on the topic and tips on how to put it into practice during the week. No experience necessary; all you need is a quiet space to connect on Zoom.

Please contact us to register your interest by emailing:
stillcaring@care4carers.org.uk or call: **0131 661 2077**.

READ MORE...

EDINBURGH FAMILY EVENT



Family Fund are coming to Edinburgh this month.



They will be at the Scottish Story Telling Centre on Thursday 16th April 9.30am-2.30pm to meet families and offer in-person support. This event is free and specifically designed for parents and carers of children and young people with additional support needs. They will be offering mini workshops to support with getting online, finding helpful digital tools and boosting household income. There will also be plenty to keep the family engaged including:

- Sensory area and games
- Creative digital skills opportunities
- Tea, coffee and Buffet lunch provided
- Spin the Wheel prize giveaways

Other support agencies will be on hand to chat to including Family Fund colleagues who can answer questions about their grants programme.

To find out more and sign up please use this link:

- [Scotland Digital Income Boosters face to face events](#)

EVENTS
2026



THE SCOTTISH STORY TELLING CENTRE

The Scottish Story Telling Centre are hosting a couple of events we would like to share with you, the details for each event are included below for your information. The first event is on Saturday 16th May and may be of interest if you care for someone with dementia.

Further information:

- [Workshop: Creative Approaches to Dementia-Inclusive Storytelling](#)
- [Easy Sundays: Raven Tales](#)

MONTHLY CARER SUPPORT



Our monthly Carer Support Group is open to all carers on the first Thursday of each month from 1.30pm-3pm in Room 1.10 (1st Floor at St Margaret's House). Please note that this group is not a drop in and you should register your interest with us beforehand if you would like to attend.

Call us on: **0131 661 2077** or email: stillcaring@care4carers.org.uk

CARER
SUPPORT
GROUP

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