

Care 4 Carers
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Email Us:

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YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others

 facebook.com/care4carersedinburgh
 [care4carersedin](https://www.instagram.com/care4carersedin)



STEPPING OUT - ISLE OF RUM - APRIL 2026

CARE 4 CARERS SERVICE UPDATES

STILL CARING SUMMER PROGRAMME >>>

As we move into the summer months, we are delighted to share our new Still Caring Summer Programme along with your newsletter. Please take your time to read over the events and workshops and if you would like to register your interest in attending an event please call us on: **0131 661 2077** or email: stillcaring@care4carers.org.uk

**STILL CARING
SUMMER
PROGRAMME**

**OVERNIGHT
CAMPING
RETREATS**

<<< WANDERWOMEN SCOTLAND OVERNIGHT CAMPING RETREATS

Also included with this newsletter is a flyer for two overnight camping retreats for female carers. Please take a look and if you would like to register your interest in attending, or for more information, please call us on: **0131 661 2077** or email: stillcaring@care4carers.org.uk

READ MORE...

CREATIVE RESIDENCIES FOR CARERS >>>

Cove Park have opened applications for their Creative Residencies for Carers programme 2026

CREATIVE
RESIDENCES
FOR CARERS

Cove Park has announced a call for applications for their Creative Residencies for Carers programme.

The aim is to support individuals who have established creative careers but are unable to fully maintain or develop their practices due to their roles as unpaid carers for adults.

Residencies are funded and will take place at Cove Park (in Argyll) from Monday, 26th October to Monday, 2nd November 2026.

The deadline to apply is Friday, 8th May. Find out more here:

<https://covepark.org/creative-residencies-for-carers/>

UPCOMING
EVENTS
UPDATE

>>> WEEKLY YOGA ONLINE

Mondays, 12.30pm - 1.30pm on 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.

>>> SPRAY PAINT WORKSHOP

Wednesday 6th May 2pm - 3.45pm at St Margaret's House

We still have a few spaces available for a spray paint workshop on Wednesday 6th May. 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".

To sign up, please email stillcaring@care4carers.org.uk or call **0131 661 2077**.

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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