



Care for Carers

STILL CARING

SUMMER PROGRAMME

JUNE TO
AUGUST
2026

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

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

HOLDING SPACE, SUPPORTING OTHERS

THURSDAYS 21, 28 MAY, 4, 11, 18 JUNE
2PM - 4PM
ST MARGARET'S HOUSE

These interactive trauma-informed workshops are designed to support and empower carers by building their knowledge, confidence, and practical skills. Participants will gain a deeper understanding of how trauma can shape brain development, behaviour and relationships, alongside compassionate, evidence-based approaches that promote safety, trust, and resilience.



CERAMICS COURSE

TUESDAYS 2, 9, 16, 23, 30 JUNE & 7
JULY
10:30AM - 12:45PM
ZOOM



In these workshops, participants will explore the creative possibilities of clay through a range of practical techniques. You will learn pinching, coiling and slab building, while looking at the work of other artists for ideas and inspiration. By the end of the workshops, each participant will have created a selection of painted handmade objects in air-drying clay, full of their own style and character

FESTIVAL THEATRE - BACKSTAGE TOUR

WEDNESDAY 3RD JUNE
11AM - 12.15PM
FESTIVAL THEATRE

A great chance to go behind the scenes at the Festival Theatre; to see the workings of the theatre and walk down memory lane as we chat through the theatre's fascinating history. Whether you're interested in the history, the artform, or simply want to stand on stage this is a unique and fascinating trip. Involves a reasonable amount of walking and standing, with some steps.



EXPRESSIVE PAINTING COURSE

WEDNESDAYS 10, 17, 24 JUNE 1, 8,
22, 29 JULY & 5 AUGUST
10AM - 12PM
ST MARGARET'S HOUSE



There will be an introduction each week and an opportunity to try different techniques and materials. Exploring colour, shape and form in an exciting and expressive way. The sessions will be very relaxed and enjoyable, and everyone will be encouraged to develop their own work and style throughout the weeks, to create a range of individual creative pieces.

TRINITY HOUSE LEITH - TOUR

WEDNESDAY 10TH JUNE
2PM - 3PM
LEITH

Dive into Leith's famous maritime history. Once the base of the Incorporation of Mariners and Shipmasters, this elegant Georgian house holds an outstanding collection of maritime treasures. Set up in the 1300s, the Incorporation collected port dues and provided assistance to Leith's maritime communities for centuries. Our visit will include a guided tour.



EXHIBITION: THE BIBA STORY

THURSDAY 18TH JUNE
11AM - 12PM
DOVECOT STUDIOS

The Biba Story explores how fashion phenomenon Biba blossomed to become the world's first lifestyle label, sparking a revolution in how people shopped and how Biba earned its

spot as the brand that epitomises 1960s and 1970s fashion.

The exhibition explores the history of Biba and the designs that came to epitomise the Biba look.

Our visit will include a guided tour of the exhibition.



BEACH WALK & SEA SWIM

*IN PARTNERSHIP WITH
WANDERWOMEN SCOTLAND*
THURSDAY 25TH JUNE
9AM - 4PM
ARCHERFIELD ESTATE



Light your inner fire at this female-only retreat 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!

Transport to and from St Margaret's House is provided.

BEACH FORAGING WALK

WEDNESDAY 1ST JULY
11AM - 2:30PM
SEACLIFF BEACH

Come along to explore the hidden gem of Seacliff beach, with golden sands, rock pools and a beautiful view of the Bass Rock. We will take a gentle stroll around the bay, looking on rocks and in the rock pools to find different types of seaweed, all of which are edible. Discover which ones are the best to eat, how to pick, store and prepare them, and even have a few nibbles.



SONGWRITING IS FOR EVERYONE

THURSDAYS 9, 16, 23, 30 JULY
11AM - 12:30PM
ST MARGARET'S HOUSE

Join community songwriter Todd for this natural process, as we chat, Todd will use his practice of noticing your thoughts and ideas that feel like lyrics to get us going.

As we talk, quickly, a song will start tumbling out. It's a unique, memorable, bonding, and musical experience, and no musical "talent" or knowledge is necessary. If you're curious, come along! It's an opportunity you won't find often.



NATIONAL GALLERY OF SCOTLAND SCULPTURE PARK

WEDNESDAY 15TH JULY
TIME TBC
MODERN ONE GROUNDS

The grounds of Modern One and Two are home to more than 20 sculptures. These works, drawn from the national collection are dotted around the grounds for you to discover and explore.



Situated in open, green spaces are works from artists like Barbara Hepworth, Tracey Emin, Henry Moore and Richard Long. Our visit will include a guided tour of the sculptures.

BAABLING - UPCYCLE YOUR OLD BOOTS

WENESDAY 22ND JULY
2PM - 4PM
ST MARGARET'S HOUSE



Time to transform your tired leather/ Plether hard working footwear into a magical new life! Come and explore the dazzling world of multicoloured lustrous Foils. Learn how to prep, apply and seal your footwear ready to enjoy. With delicious mocktails n nibbles during the session.

TALES OF WIT & WISDOM - STORIES FOR TROUBLED TIMES

THURSDAY 20TH AUGUST
11AM - 12PM
ST MARGARET'S HOUSE
OPEN TO CARER & CARED FOR PERSON TOGETHER

In times of trouble, we all need to build resilience. Join storyteller Jan Bee Brown to explore four traditional folktales that champion the wit and wisdom of experience. How can these tales shape our story? Come and hear the stories at a dementia inclusive event.



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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