



Care for Carers

STILL CARING

AUTUMN PROGRAMME

SEPTEMBER
TO
NOVEMBER
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

STORY-SHAPING WORKSHOPS

THURSDAYS 3, 10, 17, 24 SEPTEMBER

11AM - 12PM

ST MARGARET'S HOUSE

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 to dive deeper in a series of story-shaping workshops.



MEDITATION FOR MENTAL HEALTH

TUESDAYS 8, 15, 22, 29 SEPTEMBER

& 6 OCTOBER

11AM - 12PM

ONLINE - ZOOM



Led by Buddhist nun Gen Tubchen, each session will include guided meditations to de-stress, find inner peace and calm.

The sessions will also include short teachings exploring topics such as how to use meditation in daily life to create inner space, build mental resilience, solve problems, and improve relationships. All are welcome and no experience is necessary.

CREATIVE JOURNEYS: SOUND BATH AND ART WORKSHOP

WEDNESDAY 9TH SEPTEMBER
11AM - 3:30PM
THE SALISBURY CENTRE



Come and reconnect with your inner self and unleash your creativity within. Enjoy a relaxing Sound Bath with nurturing, guided meditation followed by a creative session. After the sound bath we will draw or write initial feelings and experiences from the meditation. Then we will share it in the group and express it in the selected creative 2D medium.

ACTIVE CARERS: STRENGTH FOR DAILY LIFE

WEDNESDAYS 16, 23, 30 SEPTEMBER & 7 OCTOBER
11AM - 12PM
PLATFORM HEALTH & FITNESS

Designed specifically for carers, these small-group, one-hour sessions benefit carers of all abilities by building the strength, injury-resistance, and stress-management skills needed for daily life, all while connecting you with a supportive community.



CINEMA SCREENING WITH Q&A

FRIDAY 11TH SEPTEMBER

1PM - 4:30PM

DOMINION CINEMA

OPEN TO CARER & CARED FOR PERSON

Join us for a private screening of the critically acclaimed sci-fi *Project Hail Mary* released earlier this year. A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun, and realises that an unexpected friendship may be the key.

We will follow the film with a Q&A session from Astronomer Steven Gray.

Please note: the screen is down a flight of stairs with no lift access.



OPEN DAY & CONSULTATION

THURSDAY 1ST OCTOBER

10:30AM - 2PM

DYNAMIC EARTH

OPEN TO CARER & CARED FOR PERSON



We are inviting carers and their cared for people to join us at Dynamic Earth for an open day, with fun, relaxed workshops and lunch. We will also be providing the opportunity to tell us what is working, what could be improved and what you would like to see from future short breaks services and the review of the Edinburgh Joint Carers Strategy for carers, facilitated through fun, creative activities.

JERSEY BOYS

WEDNESDAY 14TH OCTOBER
7:30PM - 10PM

EDINBURGH PLAYHOUSE
OPEN TO CARER & CARED FOR PERSON

From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's too good to be true. They were just four guys from Jersey,



until they sang their very first note. The show features all their hits including "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off You," "Beggin'," "December 1963 (Oh What a Night)" and more.

SHACKLETON TOUR

TUESDAY 20TH OCTOBER
2PM - 3PM
TRINITY HOUSE LEITH

Join us for a tour of Trinity House followed by tales of Shackleton's life. A bored schoolboy, a sailor in the merchant navy, dabbles with journalism, attempts to become a politician, life in Edinburgh, the extraordinary women who supported him and his incredible leadership skills that led to the ultimate story of survival.



PHOTOGRAPHY WALK SESSIONS

WEDNESDAYS 21 OCT, 4, 18 NOV & 2 DEC
10AM - 12:30PM
HOLYROOD PARK

These workshops bring together photography and mindfulness as a way of exploring connection, presence, and creative expression. Through a series of simple exercises, participants are invited to slow down, engage more deeply with their surroundings, and use the camera as a tool for observation, curiosity, and fresh perspective. (Sessions will start from St Margaret's House).



COOKING WORKSHOP

THURSDAY 12TH NOVEMBER
1:30PM - 3:30PM
BOTANIC COTTAGE



Come along to this session at the beautiful Botanic Cottage, in the Royal Botanic Gardens Edinburgh, for an afternoon of seasonal cooking, using fresh, vegetarian ingredients to cook and share a meal together.

Learn about what's in season at this time of year and learn a new recipe, whilst having the opportunity to meet and chat to other carers.

AUTUMN BEACH WALK & SWIM

IN PARTNERSHIP WITH WANDERWOMEN SCOTLAND
SATURDAY 14TH NOVEMBER
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

EXHIBITION: COSTUME COUTURE

THURSDAY 19TH NOVEMBER
11AM - 12:15PM
DOVECOT GALLERY

Founded by Oscar and BAFTA-winning costume designer John Bright in 1965, legendary London-based Cosprop specialises in period costume for film, television and theatre.

This exhibition is a celebration of sixty years of Cosprop's creativity and an opportunity to see behind the scenes of this celebrated costume house. Through stunning costumes, accessories and sketches, we will learn the design and making process from script to screen.



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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