



Care for Carers

STILL CARING

WINTER PROGRAMME

NOVEMBER
2026 TO
JANUARY
2027

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

ABBOTSFORD HOUSE CHRISTMAS TOUR

TUESDAY 1ST DECEMBER
9.30AM - 4.30PM
SCOTTISH BORDERS

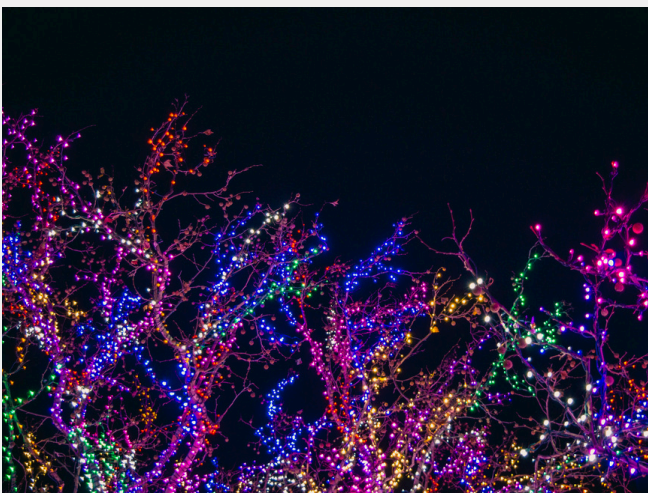
Travel back in time and visit Abbotsford House, the extraordinary home of Sir Walter Scott. Tour the house, which will be beautifully decorated for Christmas and enjoy the stunning gardens with a delicious lunch in the Ochiltree's Cafe. Transport to and from St Margaret's House is provided.



CHRISTMAS AT THE BOTANICS

THURSDAY 10TH DECEMBER
6PM-7.30PM
ROYAL BOTANIC GARDENS EDINBURGH

OPEN TO CARER AND CARED FOR PERSON



Join us for the festive light trail at the Botanic Gardens. This year's trail will feature new, spectacular installations from international artists, designed to complement the Botanics' landscape. And, don't miss Santa along the way!

NATIONAL GALLERIES OF SCOTLAND - STORIES OF OLD EDINBURGH

WEDNESDAY 16TH DECEMBER

10.30AM - 12PM

NATIONAL GALLERIES OF SCOTLAND

Wander through the light and bright spaces for Scottish art and explore stories of old Edinburgh. A team of friendly artists will help bring the artworks to life. You will also have the chance to try out a straightforward creative activity. Refreshments included.



PANTO - PINOCCHIO

THURSDAY 17TH DECEMBER
7PM-10PM

THE KING'S THEATRE

OPEN TO CARER AND CARED FOR PERSON



Join Pinocchio on a spectacular pantomime adventure as he dreams of becoming a real boy, with plenty of laughs, magic, music and family-friendly fun along the way. Starring Allan Stewart and Grant Stott at the newly refurbished King's Theatre.

FELTING WORKSHOP

THURSDAY 14TH JANUARY
10.30AM-12.30PM
PIERSHILL LIBRARY

Try your hand at wet felting with artist Sally Price, exploring colour, layering and texture through this calming process. Please note that this session will involve getting hands wet and soapy! Refreshments provided.



ACTIVE CARERS: STRENGTH FOR DAILY LIFE

WEDNESDAYS 13, 20, 27 JANUARY &
3 FEBRUARY
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.

PIZZA PARTY

WEDNESDAY 20TH JANUARY

12.30PM - 2.30PM

PIZZA EXPRESS, QUEENSFERRY STREET

Come for an indulgent lunch at Pizza Express with the chance to make your own pizza! Try your hand at flipping the dough and customising your own toppings. Enjoy a glass of fizz and starters with your pizza, and relax and socialise over lunch.

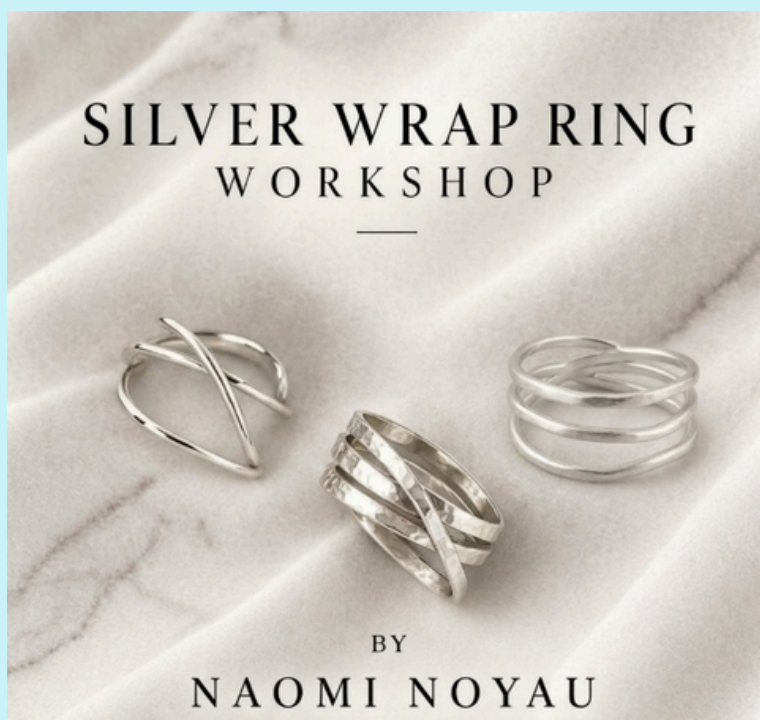


SILVER RING MAKING WORKSHOP

THURSDAY 28TH JANUARY

12.30PM - 3.30PM

THE SALISBURY CENTRE



Join jeweller Naomi Noyau and handcraft your own silver wrap ring in this hands-on class, made for beginners. You'll be guided through every step of traditional silversmithing and use professional tools and classic techniques, to create your own beautiful jewellery to take home!

ROMAN SCOTLAND: LIFE ON THE EDGE OF EMPIRE

TUESDAY 9TH FEBRUARY

11AM - 1PM

NATIONAL MUSEUM OF SCOTLAND

This exhibition brings Rome's northern frontier to life through new research, loans from across Europe, and previously unseen archaeological discoveries. Too often, views of Roman Britain stop at Hadrian's Wall., but the Empire extended much further north, up to Scotland's central belt and deep into the north-east, with lasting effects on Scotland's people and history.



BREATHWORK CLASS

TUESDAY 16TH FEBRUARY

1PM - 3PM

THE SALISBURY CENTRE



Rebirth Breathwork is a form of consciously connected breathing in which the inhale and exhale are gently joined to create a continuous breathing rhythm. As the breath deepens and the thinking mind begins to quieten, the practice creates space to turn inward and become more aware of the body, emotions and patterns we may be holding. Great for easing stress & tension, and for encouraging clarity & self-awareness.

FILMHOUSE CINEMA TRIP

THURSDAY 18TH FEBRUARY

1PM - 3.30PM

FILMHOUSE CINEMA, LOTHIAN ROAD

Join us for a cosy afternoon at the cinema, to watch a film in the newly renovated Filmhouse. The film will be confirmed nearer the time and refreshments will be provided.



ST CECILIA'S HALL TOUR

THURSDAY 25TH FEBRUARY

2PM - 3.30PM

ST CECILIA'S HALL, 50 NIDDRY STREET



Visit St Cecilia's Hall, the oldest purpose-built concert hall in Scotland, with an incredible collection of musical instruments.

The tour will last around an hour, with a focus on musical instruments from around the world. There will be time for discussion over tea and coffee afterwards.

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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Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

