



Carers Programme

Autumn 2022



The
**Eric
Liddell**
Community



All Zoom sessions and classes are FREE for unpaid carers

Charity number (SC003147)



Monday

Yoga

With Roisín McVie

10.30am - 11.30am

Blended

A gentle and restorative wellbeing session standing or seated.

Oct 24th and 31st

Nov 7th, 14th, 21st, 28th,

Dec 5th and 12th



Tuesday

Expressive Art

with Maggi Scott

10.30am - 12.30pm

A drop in weekly expressive arts group, beneficial for coping with anxiety, depression and loss. There is no need to have any art experience. Everyone can learn to relax by playing with various art materials.

Maggi will also offer short mindfulness relaxations during the sessions.

Oct 18th and 25th

Nov 1st, 8th, 15th, 22nd and 29th

Dec 6th

For more information on how to register, please contact Irene McCarthy. Carer Support and Development Officer, at McCarthyI@ericliddell.org or call her on 0131 357 1278.



Tuesday

Spinning Tales

With Gerry Flannigan

11am – 12.30pm

We will make words playful and expressive, then, games, sheets, wigs, bits of anything and everything will be used to bring stories alive - and have lots of FUN

Oct 11th

Meditation with Theiya Arts

1pm - 1.30pm

Zoom only

A time for you to rest your body and your mind and be guided into a state of deep relaxation.

Please contact Irene McCarthy for Zoom link

Ukulele Group

1.30pm – 2.30pm

Learn how to play the ukulele. From tuning the instrument to basic chord patterns, our course will help to get you started. Ukuleles and stands are available if required.

Nov 15th, 22nd and 29th

Dec 6th, 13th and 20th

Jan 10th and 17th

Wednesday

Anxiety Course

With Health in Mind

1pm – 3pm

This is a 6 weeks course around coping strategies for stress and anxiety. We will explore body- and mind-based self-management tools as well as topics around self-care and personal resilience.

Nov 2nd, 9th, 16th, 23rd and 30th

Dec 7th



Thursday

Meditation

With Justyn Comer

2pm – 4pm

Each week we will explore various aspects of meditation and a few different techniques. All are welcome whether you have decades of experience or have never meditated before.

Oct 27th

Nov 3rd, 10th, 17th and 24th

Dec 1st, 8th and 15th

Meditation with Theiya Arts

6pm - 6.30pm

Zoom Only

A time for you to rest your body and your mind and be guided into a state of deep relaxation.

Please contact Irene McCarthy for Zoom link

Friday

Indian Dance Class

With Theiya Arts

11am - 12pm

From Indian classical and folk dance with its storytelling and rhythms, to fun and vibrant Bollywood dance moves, you'll leave this class with a smile on your face. You can join in on zoom or in person, and can take part seated or standing.

Oct 28th

Nov 4th, 11th, 18th and 25th

Dec 2nd, 9th and 16th

For more information
on how to register, please contact
Irene McCarthy
Carer Support and Development
Officer, at McCarthyI@ericliddell.org
or call her on 0131 357 1278.

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