



Carers Programme

Spring 2023



The
**Eric
Liddell**
Community

We're part of the
**Carewell Health
& Wellbeing
Partnership**



All Zoom sessions and classes are FREE for unpaid carers

Charity number (SC003147)



Monday

Yoga

11.15am - 12.15am

A gentle restorative wellbeing session standing or seated.

April 17th, 24th

May 8th, 15th, 22nd, 29th

June 12th, 19th

Tuesday

Expressive Art

10am - 12pm

A drop in expressive arts group, no experience needed!

Learn to relax by playing with various art materials.

April 18th,

May 2nd, 9th, 23rd, 30th

June 6th, 13th, 20th

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

Meditation

1pm - 1.30pm

A time to rest your body and mind

Zoom

Ukulele

1.30pm - 2.30pm

Learn to play the ukulele, from tuning the instrument to basic chord patterns.

May 9th, 16th, 23rd, 30th

June 6th, 13th, 27th

July 11th

Carers Peer Support Group

6.30pm - 7.30pm

Connect and converse with other Carers

18th April

16th May

20th June

18th July

15th Aug

19th Sept

17th Oct



Wednesday

Cuppa and Chat

10.30am - 12pm

A safe space to connect and converse.

April 19th

The Herbert Protocol presentation

with PC Yocksan Bell to answer questions.

May 17th

June 21st

Thursday

Tech Support

With Tap into IT

10.30am - 12pm

If you have the basics but struggle with certain things on your tablet mobile or laptop, this is the space for you.

April 19th

May 17th

June 21st

July 19th

Thursday

Bookroom Barber

1.30pm - 3.30pm

Haircuts for men

To make appointment please call Irene 0131 357 1278

6th April

4th May

6th July

Tai Chi

4pm - 5pm

An introduction to Tai Chi & Qigong.

Beneficial for health, relaxation and concentration.

April 6th, 13th, 20th, 27th

May 4th

Meditation

Theiya Arts

6pm - 6.30pm

A time to rest your body and mind

Zoom Only



Friday

Indian Dance

11am - 12pm

From Indian classical to folk dance with story telling and rhythms, to fun vibrant easy Bollywood dance moves.

April 21st, 28th

May 5th, 12th, 19th, 26th

June 2nd, 9th

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