



# Carers Programme

Summer 2023



The  
**Eric  
Liddell**  
Community

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



All Zoom sessions and classes are **FREE** for care partners/unpaid carers

Charity number (SC003147)



## Monday

### Yoga

11.15am - 12.15am

A gentle restorative wellbeing session standing or seated.

July 31st

August 14th, 21st, 28th

September 11th, 18th, 25th

### Chinese Tea Ceremony

2.30pm - 3.30pm

The Tea Ceremony or *Cha Dao* is a Chinese activity involving the ceremonial preparation and presentation of tea. It has held great cultural significance in China for over a thousand years.

July 3, 10th, 17th, 24th

### Nature Walk

2pm - 4pm

Identifying nature and what it has to offer us through mindful walks and nature-based craft.

July 10th, 17th

and August 14th, 21st.

## Tuesday

### Expressive Art

10am - 12pm

A drop-in expressive art group, no experience necessary. Learn to relax by playing with various art materials

August 1st, 8th, 15th, 22nd, 29th

September 5th 12th

### Meditation

1pm - 1.30pm

A time to rest your body and your mind

### Zoom

July - September

### Ukulele

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

12.15pm - 13.15pm

August 1st, 8th, 15th, 29th

September 5th, 12th 19th,

3pm - 4pm

July 18th, 25th

August 22nd

### Carers Chorus

6.30pm - 7.30pm

A positive, upbeat singing session for singers of all abilities. No musical knowledge needed – it is all about singing, having fun, and making friends.

25th July, 29th Aug, 26th Sept

### Carers Peer Support Group

Space for Carers to converse and connect

15th August, 19th September



## Wednesday

### 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.

19th July,  
16th August  
20th September

### Chinese Etiquette

#### Do's and Don't's

12pm - 1pm

Some useful tips on China's business culture and etiquette for effortless and enjoyable communications.

July 12th, 19th, 26th

## Thursday

### Tai Chi

10.45am - 11.45am

Otherwise known as meditation in motion, tai chi is an ancient Chinese tradition based in martial arts that is now a popular low-impact exercise method involving slow movements and breath.

Seated or standing  
July 13th, 20th, 27th  
August 3rd, 10th, 17th 24th

### Mindfulness

2.15pm – 3.30pm

Becoming more aware of the present moment can help us to enjoy the world around us more and understand ourselves better

July 6th, 13th, 20th, 27th  
August 3rd, 10th, 17th

### Book Room Barbers

Appointment only

Haircuts for gents.

July 6th  
August 3rd  
September 7th

### Meditation Theiya Arts

A time to rest your body and your mind

July – September  
6pm-6.30pm

Zoom Only

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



## Friday

### Indian Dance

11am - 12pm

From Indian classical folk dance with its storytelling and rhythms, to fun and vibrant and easy Bollywood dance moves, sitting or standing.

August 25th

September 1st, 8th, 15th, 22nd, 29th

October 6th, 13th

## Friday

### Chinese Calligraphy and Brush painting

12pm - 1pm

Capturing the essence, or spirit of something; it's a symbolic expression of a plant, landscape, animal, tree, or figure, using minimal brushstrokes.

July 7th, 14th, 28th

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Irene McCarthy

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