



Carers Programme

Autumn 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.

Oct: 9, 16, 23, 30

Nov: 13, 20, 27

Dec: 11, 18

Chinese Dance

2.30pm - 4.00pm

In Chinese culture, dance is not only an expression of emotion but also a representation of the history and culture of the very country.

Oct: 2, 16, 23, 30

Nov: 6, 13, 20, 27

Dec: 4, 11, 18

Tuesday

Expressive Art

10am - 12pm

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

Oct: 10, 17, 24, 31

Nov: 7, 14, 21, 28

Meditation

1pm - 1.30pm

A time to rest your body and your mind

Zoom

July - September

Ukulele

12pm - 1pm

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

Oct: 17, 24, 31

Nov: 7, 14, 28

Dec: 5, 12

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.

Oct: 31



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.

Sept: 20

Oct: 18

Nov: 15

Dec: 20

Thursday

Tai Chi

10.30am-11.30am

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.

Oct: 19, 26.

Nov: 2, 9, 16, 23, 30

Dec: 7, 14, 21

Meditation

with Justyn Comer

2.15pm - 3.30pm

A time to rest your body and your mind

Oct: 12

Nov: 2, 9, 30

Dec: 7, 14

Book Room Barbers

Appointment only

Haircuts for gents.

Oct: 5

Nov: 2

Dec: 7

Meditation

with Theiya Arts

6pm - 6.30pm

Oct-Dec

Zoom

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.



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.

Oct: 6, 13, 27

Nov: 3, 10, 17, 24

Dec: 1, 8

Friday

Chinese Calligraphy and Brush painting

12pm - 1.30pm

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

Oct: 6, 13, 20, 27

Nov: 3, 10, 17, 24

Dec: 1, 8, 15

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