



Carers Programme

Winter 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 - 12.15pm

A gentle restorative wellbeing session standing or seated.

Jan 15, 22, 29

Feb 12, 19, 26

Mar 11, 18

Chinese Dancing

2.30pm - 4pm

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

Jan 15, 22, 29

Feb 5, 12, 19, 26

Mar 4, 11, 18, 25

Tuesday

Expressive Art

10am - 12pm

A drop in expressive arts group, no experience needed! Learn to relax by playing with various art materials

Jan 9, 16, 23 30

Feb 6, 13, 20, 27

Meditation

1pm - 1.30pm

A time to rest your body and mind

Jan 16, 23, 30

Feb 6, 13, 20, 27

Mar 5, 12, 19

Zoom

Ukulele

12.30pm - 1.30pm

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

Jan 9, 16, 23, 30

Feb 6, 13, 20, 27

Mar 5, 12, 19

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.



Wednesday

Tech Support

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.

Jan 10

Feb 14

March 13

Tea Taster

12pm - 1pm

Join us for a mindful tea tasting with Fi. Refocus and energise yourself.

Feb 14th

Cuppa and Chat

2pm - 3pm

Jan 24

Carers Breaks

Feb 21

VoiceAbility

Mar 20

Eating well for older people

Thursday

Tai Chi

10.30am - 11.30am

Tai Chi is an ancient Chinese tradition based in martial arts that is now a popular low-impact exercise method

Jan 11, 18, 25

Feb 1, 8, 15, 22, 29

Mar 7, 14, 21

Bookroom Barber

1.30pm - 3.30pm

Haircuts for men.

For appointment please call Irene

0131 357 1278

Jan 11

Feb 1

Mar 7

Meditation Theiya Arts

6pm - 6.30pm

A time to rest your body and mind

Zoom Only

Jan 11, 18, 25

Feb 1, 8, 15, 22, 29

Mar 7, 14, 21



Friday

Indian Dance

11am - 12pm

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

Jan 19, 26

Feb 2, 9, 16, 23

Mar 1, 8

Chinese Brush Painting

12pm - 1pm

A traditional art form that involves painting on rice paper or silk. with its roots in the brush strokes of Chinese Calligraphy

Jan 19, 26

Feb 2, 9, 16, 23

Mar 1, 8, 15, 22, 29

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Tel: 0131 447 4520

email: support@ericliddell.org

www.ericliddell.org