



Carers Programme

Spring 2024

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.

April 19, 26,
May 3, 10, 17, 24, 31
June 7

Chinese 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.

April 5, 12, 19, 26
May 3, 10, 17, 24, 31
June 7, 14



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.

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

 [facebook.com](https://www.facebook.com/ericliddell)

 [@theericliddell](https://twitter.com/theericliddell)

 [instagram.com](https://www.instagram.com/ericliddell)

 [linkedin.com](https://www.linkedin.com/company/ericliddell)

Tel: 0131 447 4520

email: support@ericliddell.org

www.ericliddell.org





Monday

Yoga

11:15am – 12:15pm

A gentle restorative wellbeing session standing or seated.

April 8, 15, 22, 29

May 13, 20, 27

June 10, 17, 24

Chinese Tea Ceremony

1:30pm – 3:00pm

'The way of tea', Chinese tea ceremony is not only to drink tea but also to learn and understand the traditional Chinese culture

April, 22

May 13

June 3

Tuesday

Expressive Art

10am – 12pm

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

April 30

May 7, 14, 21, 28

June 11, 18

Garden Project

10am – 12pm

Expressive Art meets social and therapeutic horticulture. Decorating materials for the garden.

April 9, 16, 23

Chords for Carers

12:30pm – 1:30pm

Are you a music fan and want to meet other like-minded carers? Welcoming all instruments, this group is a space to jam, unwind and connect with other carers.

April 2, 9, 16, 23, 30

May 7, 14, 21, 28

June 4, 11, 18, 25

Meditation

1pm – 1:30pm

A time to rest your body and your mind

Zoom

April – June

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.

April 10

May 15

June 12

Cuppa and Chat

10:30am – 12pm

Eating Well

Edinburgh Community Food

May 22

Carers Programme

June 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.

April 4, 11, 18, 25

May 2, 9, 16, 23

Meditation

with Justyn Comer

2:15pm – 3:30pm

A time to rest your body and your mind

May 2, 9, 16, 23, 30

June 6, 13, 20

Book Room Barbers

1:30pm – 3:30pm

Haircuts for gents

April 4

May 2

June 6

Appointment only call

Irene McCarthy - 0131 537 1278

Meditation

Theiya Arts

6pm – 6:30pm

Zoom

April – June

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