



Carers Programme

Spring 2025

Friday

Indian Dance

11am – 12pm

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

April 25

May 2, 9, 16, 23, 30

June 6, 13



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

11.15 – 12.15pm

A gentle restorative well-being session

Standing or seated.

April 28

May 5, 12, 19, 26

June 2, 9, 16, 23

Tap into IT

1pm – 2.30pm

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

April 14

May 5

June 2

Qigong with Easy

Chinese Dance

2pm – 3pm

Mixed with some gentle easy Chinese Dance movements Qigong is a holistic practice that connects mind, body and spirit.

May 5,

June 2, 16, 30

Tuesday

Expressive Art

10am – 12pm

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

April 22, 29

May 6, 13, 20, 27

June 3, 10

Meditation

1pm – 1.30pm

A time to rest your body and mind.

Zoom only

April - June

Wednesday

Cuppa and chat Carer Peer Support

10am - 11am

April 9, 23

Grief awareness

with Rekha Vijayshankar, Marie Curie

11am – 12pm

May 7

Chinese Brush Painting

3pm – 4pm

Capturing the essence or spirit of something; a symbolic expression using minimal brush strokes

April 23, 30

May 7, 14, 21, 28

June 4, 11

Thursday

Tai Chi

10.45am – 11.45am

An ancient Chinese tradition based in martial arts that is now a popular low-impact exercise method involving slow movements and breathing.

Seated or standing

April 24

May 1, 8, 15, 22, 29

June 5, 12

Book Room Barbers

1.30pm – 3.30pm

Haircuts for Gents

Appointments only

Phone Irene 0131 357 1278

April 3

May 1

June 5

Meditation Theiya Arts

6pm – 6.30pm

A time to rest your body and mind.

Zoom Only

April - June

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