



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.

July 18

Aug 1, 8, 15, 22

Sept 5, 12

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

 instagram.com

 linkedin.com

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Carers Programme

Summer 2025

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

July 21, 28

Aug 4, 11, 18, 25

Sept 1, 8

Tap into IT

12.30 - 2.00pm

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

July 14

Aug 11

Sept 8

Qigong with easy

Chinese dance

2pm - 3pm

Qigong is a holistic practice that connects mind, body, and spirit.

Mixed with some gentle easy Chinese dance movements.

July 7, 14, 28

Tuesday

Expressive Art

10am - 12pm

Mixed media Art group. Beginners welcome

July 15, 22, 29

Sept 9, 16, 23, 30

Meditation

Zoom

1pm - 1.30pm

Wednesday

Chinese Brush Painting

2.30pm - 3.30

Capturing the spirit or essence of something using minimum brush strokes

Jul 2, 9, 16, 23, 30

Thursday

Tai Chi

10.45 - 11.45am

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.

Jul 10, 17, 24, 31

Aug 28

Sept 4, 11

Book Room Barbers

1.30 - 3.30pm

Haircuts for Gents

Jul 3

Aug 7

Sept 4

By appointment only

Phone Irene 0131 357 1278

First Aid

2.15 - 3.30pm

A session for Carers with St Andrews Ambulance

July 17

Meditation Theiya Arts

6pm - 6.30pm

Zoom Only

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