



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.

Oct 24, 31

Nov 7, 14, 21, 28

Dec 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](https://www.facebook.com/ericliddellcommunity)

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

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

Tel: 0131 447 4520

email: support@ericliddell.org

www.ericliddell.org



Carers Programme

Autumn 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 well-being session

Standing or seated.

Oct 20, 27

Nov 3, 10, 17, 24

Dec 1, 8

Cuppa and chat

Carer Peer Support.

CPR Training

1.30pm - 3pm

Oct 20

Planning session for Carers Programme 2026

1.30pm - 2.30pm

Nov 3

Cuppa and Chat

Dec 1



Tuesday

Expressive Art

10am - 12pm

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

Oct 7, 14, 21

Nov 11, 18, 25

Dec 2, 9

Meditation

1pm - 1.30pm

Oct - Dec

A time to rest your body and mind.

Zoom only

For link details call or email Irene

Tap into IT

Oct - Dec

If you have the basics but need some tech support with your tablet mobile or laptop, we can offer a home visit, by appointment only.

Phone Irene 0131 557 1278



Wednesday

Chinese Brush Painting

2.30pm - 3.30pm

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

Oct 1, 8, 22, 29

Nov 5, 12, 19, 26

Dec 3, 10

Chinese Paper Cutting

3.45 pm - 4.45pm

Chinese paper cutting is a traditional folk art with a rich history, intricate designs, and deep cultural significance in China.

Oct 1, 8, 22, 29

Nov 5, 12, 19, 26

Dec 3, 10



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

Oct 23, 30

Nov 6, 13, 20, 27

Dec 4, 11

Book Room Barbers

1.30 - 3.30pm

Haircuts for Gents

Phone Irene 0131 357 1278

By appointment only

Oct 2

Nov 6

Dec 4

Meditation Theiya Arts

6pm - 6.30pm

A time to rest your body and mind.

Zoom Only

Oct - Dec

For link details call or email Irene

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.