



# Carers Programme

Winter 2026

## 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.

Jan 23, 30

Feb 6, 20, 27

March 6, 13, 27

### Tap into IT

If you have the basics but need some tech support with your mobile, tablet/ iPad, computer or laptop,

We can offer an appointment or a home visit.

Monday to Friday

Appointments only (call Irene)

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For more information on how to register, please contact  
Irene McCarthy

Carer Support and Development Officer, at [McCarthyI@ericliddell.org](mailto: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](mailto:support@ericliddell.org)

[www.ericliddell.org](http://www.ericliddell.org)





## Monday

### Yoga

11.15am - 12.15pm

A gentle restorative well-being session

**Standing or seated**

Jan 19, 26

Feb 2, 9, 16, 23

Mar 2, 9

### Cuppa and chat

1pm - 3pm

Carer Peer Support,

Feb 9

### CPR training

Feb 23

### Dementia and the home environment

Carers Rights

March 9

### Mood and Wellbeing

March 23

## Tuesday

### Expressive Art

10am - 12pm

No art experience needed. Play with materials, share ideas, and chat in good company. A chance to unwind, forget worries, and spark creativity.

Jan 20, 27

Feb 3, 10, 17, 24

March 3, 10

### Meditation

1pm - 1.30pm

A time to rest your body and mind.

January - March

Zoom only

### Chinese Brush Painting

2.30pm - 3.30pm

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

Jan 20, 27

Feb 3, 10, 17, 24

March 3, 10, 17, 24

## Wednesday

### Chinese Paper Cutting

2.30pm - 3.30pm

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

Jan 14, 21, 28

Feb 4, 11, 18, 25

Mar 4, 11, 18

## Thursday

### Book Room Barbers

1.30pm - 3.30pm

Haircuts for Gents  
Appointments only (call Irene)

Jan 8

Feb 5

March 5

### Meditation Theiya Arts

6pm - 6.30pm

A time to rest your body and mind.

Zoom Only

January – March

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