



Carers Programme

Spring 2026

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.

May 1, 8, 15, 22, 29

June 5, 12, 19



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)

 [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

Apr 13, 20, 27

May 4, 11, 18, 25

Jun 1

Cuppa and chat

Carer Peer Support

1pm - 2pm

A space to share with other Carers and invited guests.

May 4

May 18

June 1

Tuesday

Expressive Art

10am - 12pm

Mixed media Art group. Beginners welcome

April 14, 21, 28

May 5, 12, 26

June 2, 9

Meditation

1pm - 1.30pm

online - Zoom

Tap into IT

1pm - 2.30pm

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

April 20

May 18

June 15

Call or email Irene for appointment.

Chinese Paper Cutting and Chinese Storytelling

2.30pm - 3.30pm

Chinese Paper Cutting is a traditional folk art with a rich history, intricate designs and deep cultural significance in China

April 21, 28

May 5, 12, 26

June 2, 9

Wednesday

Gentle Chinese Dance with Fans

2.45pm - 3.45 pm

The Chinese fan dance is a beautiful and mesmerizing art form that has been passed down for generations.

April 22, 29

May 6, 13, 20, 27

June 3, 10

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.

April 23, 30

May 7, 14, 21, 28

Seated or standing.

Book Room Barbers

1.30 - 3.30pm

Haircuts for Gents

April 2, 30

June 11

By appointment only

Phone Irene 0131 357 1278

Chinese Brush Painting

2.30pm - 3.30

Capturing the spirit or essence of something using minimum brush strokes

April 30

May 7, 14, 21, 28

June 4, 11, 18, 25

Meditation Theiya Arts

6pm - 6.30pm

Online - Zoom Only

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