



Carers Programme

Autumn 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.

Oct 23, 30

Nov 6, 13, 20, 27

Dec 4, 11



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)

email: support@ericliddell.org

www.ericliddell.org





Monday

Yoga

11.15 am - 12.15pm

A gentle restorative wellbeing session standing or seated.

Oct 19, 26

Nov 2, 9, 16, 23, 30

Dec 7

Cuppa and Chat

Carer Peer Support

1pm - 2.30pm

A space to share with other Carers and invited guests.

Oct 19

Nov 2

Q&A Carers Benefits

1pm - 2.30pm

Nov 16

CPR Training

1pm - 2.30pm

12 spaces available

Please contact Irene.

Nov 30

Chinese Dumplings Workshop

1pm - 2.30pm

Dec 14

Tuesday

Expressive Art

10am - 12pm

Mixed media Art group. Beginners welcome.

Oct 13, 20, 27

Nov 10, 17, 24

Dec 3

Meditation

1pm - 1.30pm

Oct

Nov

Dec

Zoom - online

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.

Oct 22, 29

Nov 5, 12, 19, 26

Dec 3, 10

Book Room Barbers

Haircuts for Gents

1.30 - 3.30pm

Oct 1

Nov 5

Dec 3

By appointment only

Phone Irene

0131 357 1278

Meditation Theiya Arts

6pm - 6.30pm

Oct

Nov

Dec

Online - Zoom Only

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