



**Eric  
Liddell  
Centre**

### **Carer's Programme 2019**

#### **Talks & Trips**

Tuesday 30 <sup>th</sup> April	Storytelling Centre Courtyard, Royal Mile (2-4pm) Join friends from the Scots Music Group for an afternoon session of traditional songs, music, poems and stories.
Thursday 9 <sup>th</sup> May	Canal Barge Trip - Ratho – bus leaves ELC at 10am, returning at 2.30pm
Monday 10 <sup>th</sup> June	VOCAL – Coping with Anger – Eric Liddell Centre
Monday 17 <sup>th</sup> June	Botanic Gardens, Edinburgh – bus leaves ELC at 1.15pm, returning at 3.45pm
Thursday 25 <sup>th</sup> July	Kailzie Gardens, Peebleshire – bus leaves ELC at 10am. Bus leaves gardens at 2.30pm
Monday 12 <sup>th</sup> August	VOCAL – Lifestyle Management Tools – Eric Liddell Centre
Thursday 22 <sup>nd</sup> August	Gosford House & Gardens, Longniddry – bus leaves ELC at 10.30am. Bus leaves Gosford House at 2.30pm. Packed lunch required.
Thursday 12 <sup>th</sup> September	Canal Barge Trip - Ratho – bus leaves ELC at 10am, returning at 2.30pm

Let Bryony know if you would like to come along on any of the trips at [grisewoodb@ericliddell.org](mailto:grisewoodb@ericliddell.org) or by calling 0131 357 1278.

#### **Miscellaneous Classes & Events at the Eric Liddell Centre**

Fridays (4-5pm)	Mindfulness drop-in with Dr Avinash Bansode
Thursdays (11am-12pm)	Laughter Club. Contact Jo Bluett, 0792 989 7460; <a href="mailto:jo@laughterforhealth.co.uk">jo@laughterforhealth.co.uk</a>
Tuesdays (1-2pm)	Knitting Group – Any level and ability
Thursday 16 <sup>th</sup> May Thursday 23 <sup>rd</sup> May	<p>Group Singing Session for Carers: We have a talented music student coming here to the ELC to lead a singing group – this is for anyone who wants to give it a try for fun.</p> <p>Andrea from Napier University will lead, support and encourage a group to sing popular songs. There is no cost involved.</p> <p>You don't need to be an experienced or confident singer, just be willing to give it a go! Songs will be chosen carefully to ensure that everyone can join in together.</p>