



## Carer's Programme 2019

### Talks & Trips

Monday 10th June	VOCAL – Coping with Anger – Eric Liddell Centre
Monday 17th June	Botanic Gardens, Edinburgh – bus leaves ELC at 1.15pm, returning at 3.45pm
Thursday 25th July	Kailzie Gardens, Peebleshire – bus leaves ELC at 10am. Bus leaves gardens at 2.30pm
Monday 12th August	VOCAL – Lifestyle Management Tools – Eric Liddell Centre
Thursday 22nd August	Gosford House & Gardens, Longniddry – bus leaves ELC at 10.30am. Bus leaves Gosford House at 2.30pm. Packed lunch required.
Thursday 12th 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

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
Tuesdays (9.30am-10.30am) 11 <sup>th</sup> June – 2 <sup>nd</sup> July	Mindfulness - Introduction for Carers with Kristine;