



Carer's Programme 2019

Talks & Trips

Thursday 12th September	Canal Barge Trip - Ratho – bus leaves ELC at 10am, returning at 2.30pm
Thursday 19 th September	1.30 – 2.30pm Relaxed Art Class - Local artist Moira will lead an art session designed to inspire you to get creative! Classes will be held monthly in The Robertson Suite. Future dates to be confirmed shortly. Refreshments provided. Contact Bryony to confirm attendance.
Tuesday 8 th October	1-3pm: 'Decluttering' - This talk will be given by Louise Donald who has plenty of experience, tips and support for those who need a little help to re order their homes/lives. www.spaceandtimedecluttering.co.uk . Contact Bryony to confirm attendance.

Let Bryony know if you would like to come along on any of the trips at 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; jo@laughterforhealth.co.uk
Tuesdays (1-2pm)	Knitting Group – Any level and ability