



Eric Liddell Centre

We're part of the
Carewell Health
& Wellbeing
Partnership



Carers Programme Autumn Schedule



All sessions and classes are **FREE** for unpaid carers

Charity number (SC003147)

For more information on how to register, please contact Irene McCarthy Carer Support Development Officer, at McCarthyI@ericliddell.org or call her on **07394 497173**.



MONDAY

Yoga

With Rosin McVey

10.30am – 11.30am

30th August – 4th October

MONDAY PM

Open Book

12.30pm – 1.30pm

Groups meet to share stories and poems, reading them aloud before discussing them as you might in a regular 'book group'. In an Open Book group there is no reading in advance - everyone hears the story and poem for the first time during the session.

September 20th, 27th

October 4th, 11th, 25th

November 1st

No class 18th October



TUESDAY

Creative Carers Drama

11.00am – 12.00pm

8 drama sessions for carers who like to be creatively dramatic. Sessions will be fun, inclusive and a safe space to create and find your own dramatic self.

October 5th, 12th, 26th

November 2nd, 9th, 16th, 23rd

No class on the 19th October 2021

Meditation With Thieya Arts

Zoom Only

1.00pm – 1.30pm

Music Playlist Point

1.30pm - 2.30pm

A space in which attendees can enjoy listening to music together, while connecting and interacting with other group members. It can also be used if you require any guidance in accessing digital or online musical resources on your own personal devices.

September 7th, 14th, 21st, 28th

October 5th, 19th, 26th

November 2nd

No class 12th October

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WEDNESDAY

Easy Dancing

Seated dance class

10.30am – 11.30am

Blended from 11th August

No class 20th October

WEDNESDAY PM

Music and Singing

2.30pm – 3.30pm

Our Music & Singing Group is a relaxed, open space where attendees can enjoy singing and playing music together. There will be various percussion instruments to explore, and a selection of songs prepared each week with lyrics provided.

September 8th, 12th, 21st, 29th

October 6th, 20th, 27th

November 3rd

No class on 13th October



THURSDAY

Creative Writing with Citadel Arts Group

Laure Paterson

Writing with surprise no experience required

11.00am – 12.00 pm

October 7th, 14th, 21st, 28th

November 4th and 11th

THURSDAY PM

Health in Mind Conversations

1.00pm – 2.30pm

September 23rd, 30th

October 7th, 14th, 21st, 28th

Chats about how to improve your mental health and enhance your wellbeing. Join us and learn some support techniques for stress and anxiety and meet other carers!

Meditation with Theiya Arts

6.00pm – 6.30pm

Zoom Only

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FRIDAY

Indian Dance

11.00am – 12.00pm

Blended

September 3rd, 10th, 17th, 24th

October 1st, 8th, 22nd, 29th

No class on 15th October

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