



# Carers Programme

Summer 2022



The  
**Eric  
Liddell**  
Community



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

Charity number (SC003147)



## Monday

### Yoga

With Roisin McVie

10.30am - 11.30am

Blended

A gentle and restorative yoga wellbeing session, standing or seated.

8th, 15th, 29th August

5th 19th, 26th, September

3rd, 10th October

### Carers Cuppa and Chat

With Care team

12pm - 1pm

Blended

A safe space to connect and converse with other Carers.

25th July

29th August

26th September

For more information on how to register, please contact Irene McCarthy. Carer Support and Development Officer, at [McCarthyI@ericliddell.org](mailto:McCarthyI@ericliddell.org) or call her on 0131 357 1278.

## Tuesday

### Carers Yoga Class

With Jen Hughes

10.15am - 11.15am

Gentle Yoga session

"Treat your body and your mind will thank you."

12th, 19th, 26th July

2nd, 9th, 16th August

### Ukulele Group

With Jordon Glendinning

1.30pm - 2.30 pm

Learn how to play the ukulele!

From tuning the instrument, to basic chord patterns and song structures, our course will get you started.

Ukuleles and music stands are available if required.

To sign up please contact Irene.

9th, 16th, 23rd, 30th August

6th, 13th, 20th, 27th September

### Meditation

With Theiya Arts

1.00pm - 1.30pm

Zoom only

A time to rest your body and mind.

Weekly until October 2022



## Wednesday

### Boost your Online Confidence

#### With Tap into IT

10.30am - 12pm

Need help or just want to learn a digital skill?

Drop in IT support for mobile phones, tablets, laptops.

For more information or to sign up please contact Lesley.

07392 960305

10th, 17th, 24th 31st August  
7th, 14th, 21st, 28th Sept  
5th, 12th Oct



## Thursday

### Art Class

#### With Moira Gracie

10.30am - 12.30pm

14th July

8th September

13th October

10th November

8th December

### Mindfulness

#### With Clunie Phipps

2pm - 4pm

Mindfulness is a technique you can learn, which involves noticing what's happening in the present moment, without judgement.

14th, 21st, 28th July

4th, 11th, 18th, 25th August

1st September

### Meditation

#### With Theiya Arts.

6pm - 6.30pm

(Zoom only)

A time for you to rest your body and your mind.

Weekly July - October 2022



## Friday

### Indian Dance

#### With Theiya Arts

11am - 12pm

#### Blended

From Indian classical and folk dance with its storytelling and rhythms, to fun and vibrant and easy Bollywood dance moves.

19th, 26th August

2nd , 9th, 16th 23rd September

7th 14th October

For more information on how to register, please contact Irene McCarthy  
Carer Support and Development Officer, at [McCarthyI@ericliddell.org](mailto:McCarthyI@ericliddell.org)  
or call her on 0131 357 1278.

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



[facebook.com](https://www.facebook.com/ericliddell)



[@theericliddell](https://twitter.com/theericliddell)



[instagram.com/](https://www.instagram.com/ericliddell/)



[linkedin.com](https://www.linkedin.com/company/ericliddell/)

Tel: 0131 447 4520

email: [support@ericliddell.org](mailto:support@ericliddell.org)

[www.ericliddell.org](http://www.ericliddell.org)