



Carers Programme

Winter 2022/23



The
**Eric
Liddell**
Community

We're part of the
**Carewell Health
& Wellbeing
Partnership**



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

Charity number (SC003147)



Monday

Yoga

with Roisin

11.15am - 12.30am

A gentle and restorative wellbeing session standing or seated.

Blended*

Jan 9th, 16th, 23rd, 30th

Feb 13th, 20th, 27th

March 13th

Tuesday

Expressive Art

with Maggi Scott

10.30am - 12.30am

A drop in expressive arts group, learn to relax by playing with various art materials.

Jan 10th, 17th, 24th, 31st

Feb 7th, 14th, 21st, 28th

Cuppa and Chat

with Carer Team Member

12pm - 1pm

A safe space to connect and converse.

Jan 24th

Feb 21st

March 21st

Meditation

With Thieya Arts

1pm - 1.30pm

(Zoom only)

A time for you to rest your body and mind.

Weekly from 31st Jan

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



Wednesday

Tech Support

With Tap into IT

11am - 12.30pm

If you've got the basics but struggle with certain things on your tablet, mobile or laptop, this is the space for you.

Jan 18th

Feb 1st, 15th

March 1st 15th

Mindfulness

With Clunie Phipps

11.30am - 12pm

Jan 11th, 25th

Feb 8th

Mar 1st, 15th, 29th

Wednesday

Emotional Wellbeing

with Health in Mind

1pm - 2.30pm

Join us if you want to understand your emotional life better. We will learn tools and techniques to manage emotions and reflect on ways of improving our emotional wellbeing.

Carers will:

- Learn to observe and recognize their emotions
- Strategies to cope with strong emotions
- Reflecting on setbacks and ways of managing them'

Feb 1st, 8th, 15th, 22nd



Thursday

Meditation

With Justyn Comer

2pm - 4pm

Jan 5th, 12th 19th, 26th

Feb 2nd, 9th, 23rd

March 2nd

Meditation

With Theiya Arts

6pm - 6.30pm

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

Weekly from 2nd Feb

(Zoom only)

Please contact Irene for zoom link.

Friday

Indian Dance

With Theiya Arts

11am - 12pm

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

Feb 3rd, 10th, 17th, 24th

March 3rd, 10th, 17th, 24th

Blended*

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Carer Support and Development
Officer, at McCarthyI@ericliddell.org
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