



Carers Programme

Spring 2022



The
**Eric
Liddell**
Community



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

Charity number (SC003147)



Monday

Yoga

10.30am-11.30am

Blended

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

9th, 16th, 23rd, 30th May

6th 13th 20th, 27th June

Healthy Minds

12pm-2pm

Session 4.

4th April

Thinking styles

Session 5.

18th April

Resilience

Based on New Economic Foundation Report we will continue to explore the most effective and the most researched ways of enhancing mental and physical wellbeing. You can sign up for sessions that you are interested in

Sessions will be run as face to face event. For more information or to sign up contact Paulina Szach (Health in Mind) on paulina.szach@health-in-mind.org.uk or 07435 274586

Tuesday

Tai Chi Qigong

10.30am – 12.30pm

A relaxing gentle way to improve your balance and flexibility.

26th April

3rd, 10th, 17th, 24th May

And 7th, 14th 21st June.

No class on 31st May

Ukulele Group

1pm – 2pm

Learn how to play the ukulele!

From tuning the instrument, to basic chord patterns and song structures, our 8-week course will get you started. Ukuleles and music stands are available if required.

Limited spaces available – to sign up please contact Irene

26th April,

3rd, 10th, 17th, 24th, May

7th, 14th, and 21st June

No class on 31st May

Meditation

With Thieya Arts

1pm - 1.30pm (Zoom only)

A time for you to rest your body and mind.

Weekly from the 26th April until June 2022.



Wednesday

Boost your Online Confidence

1pm – 2.30pm

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

27th April

4th, 11th, 18th, 25th May

1st 8th, 15th, 22nd, 29th June

Thursday

Carers Rights

11am– 12.30pm

Introduction to the Carers Act

12th May

Benefits

Information on Benefits for Carers

19th May, 11am – 12.30

Q&A session

Question and answer session around Carers' rights and other related topics

26th May, 11am – 12.30

Cuppa and Chat

12.30pm – 1.30pm

A safe space to connect and converse.

14th, 28th April

12th, 26th, May

9th, 23rd June

Mindfulness Tasters

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

April 28th 1pm – 2.30

May 26th 1pm-2.30pm

June 23rd 11am – 12.30pm

Meditation Theiya Arts

6pm - 6.30pm

(Zoom only)

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

Weekly from the 28th April until June 2022.

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



Friday

Indian Dance

11am-12pm

Blended*

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

29th April

6th, 13th, 20th, 27th May

3rd, 10th, 17th June

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

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