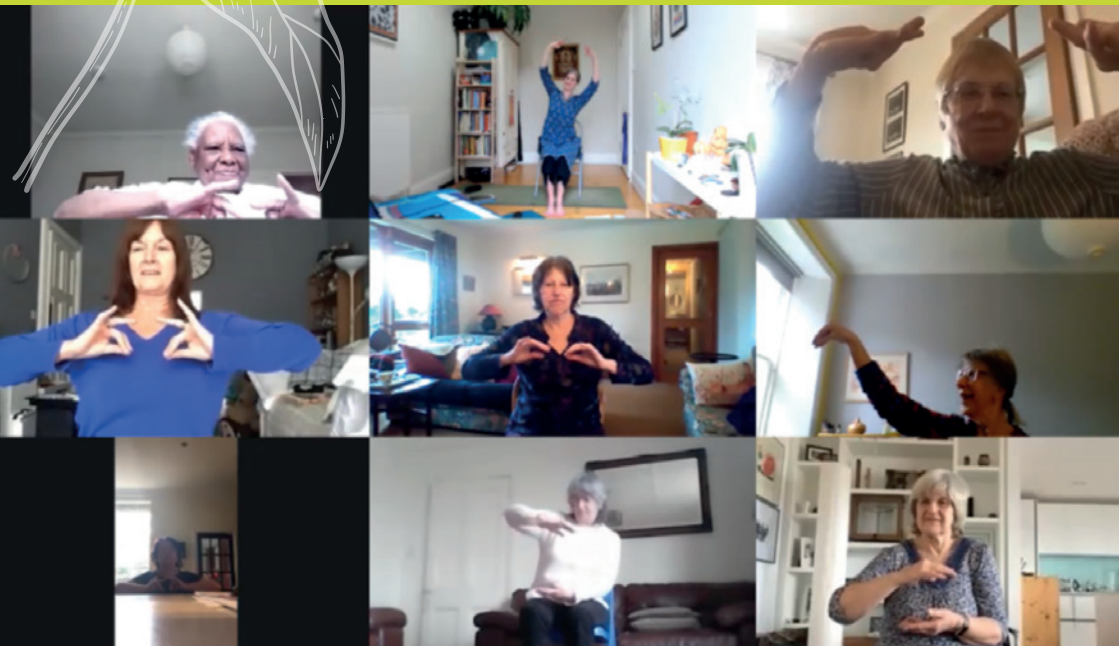




Eric Liddell Centre

Carers Programme Spring Schedule



All Zoom 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 AM

Yoga with Roisín McVie

10:30 am - 11:30 am

22nd March – 3rd June 2021

Tai Chi & Qigong with Hazel Moffat

11:45 am - 12:45 pm

22nd March – 7th June 2021

No class on the 31st May

TUESDAY AM

Tai Chi & Qigong with Hazel Moffat

10:30 am - 11:30 am

23rd March – 25th June 2021

No class on the 1st June



MONDAY PM

Mindful Drawing with Lisa Jennings

2:00 pm - 3:30 pm

29th March – 17th - May 2021

TUESDAY PM

Meditation Session Theyā Arts with Gaby & Karen

1:00 pm - 1:30 pm

12th March – 14th May 2021

No class on the 6th April

Mindfulness - Peer 2 Peer

2:00 pm - 4:00 pm

27th April – 22nd June 2021

*To participate in the new course,
please register at*

<https://www.peer2peer-mindfulness.co.uk/ELC-Online-Course-Registration-form.html>

All Zoom sessions and classes are FREE for unpaid carers

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**.



WEDNESDAY AM

Introduction to Carers Rights Rachel Davidson Age Scotland

10:30 am - 12:00 pm

28th April 2021

Movement for Memories Easy Dance Sessions With Felicity from Edinburgh Leisure

11.45am - 12.45pm

14th April – 23 June

no classes 28th April and 26th May

Carers Rights Follow Up Rachel Davidson Age Scotland

10:30 am - 12:00 pm

26th May 2021



WEDNESDAY PM

Cuppa & Chat with the Carer Team Staff

1:30 pm - 2:30 pm

Chat & exercise / activity / quiz

Music and Singing with Chloe Hughes

2:30 pm - 3:30 pm

March - 28th May

All Zoom sessions and classes are FREE for unpaid carers

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**.



THURSDAY AM

Drop in Mindfulness with Peer 2 Peer

10:30 am - 11:30 am



THURSDAY PM

Yoga with Roisín McVie

1:30 pm - 2:30 pm

18th March – 6th June 2021

FRIDAY AM

Indian Dance Class

Theiyā Arts with Gaby & Karen

11:00 am - 12:00 pm

12th March -14th May 2021

No classes on the 2nd and 5th April

Meditation Session

Theiyā Arts with Gaby & Karen

6:00 pm - 6:30 pm

26th March - 13th May

FRIDAY PM

Music Appreciation with Chloe Hughes

2:00 pm -3:00 pm

2nd April-28th May

All Zoom sessions and classes are FREE for unpaid carers



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