

# FREE ACTIVITIES FOR UNPAID CARERS

YOU ARE ABLE TO BRING ALONG THE PERSON YOU CARE FOR TO THESE ACTIVITIES. ACTIVITIES ARE COMPLETELY FREE AND ALL ARE DROP IN SESSIONS WITH NO SIGN UP REQUIRED.

CONTACT US FOR MORE INFO: [ENQUIRIES@LIFECARE-EDINBURGH.ORG.UK](mailto:ENQUIRIES@LIFECARE-EDINBURGH.ORG.UK).  
ALL SESSIONS ARE HELD AT LIFECARE, 2 CHEYNE STREET, EDINBURGH EH4 1JB



SCAN FOR MORE INFO

## **Monday 3:30pm-4:30pm:**

### **Gentle Yoga/Pilates with A Move and Flow**

Suitable for any age or ability, with a seated option available.  
Meeting Space, upstairs via accessible lift

## **Tuesday 10:30am-12pm:**

### **Sporting Memories**

Come for a fun chat and reminisce about sports and sport history.  
Simply turn up for conversations and refreshments!  
Boardroom, ground floor.

## **Wednesday 11am-12pm:**

### **Movement Therapy/Dementia dance therapy**

Move, listen, sing, connect and have fun! Look after your physical and mental wellbeing through movement therapy. Also recommended for those living with dementia.  
Boardroom, ground floor.

## **Wednesday 12:30-2pm:**

### **Mindfulness sessions**

Join us for Mindfulness drop in sessions where we'll help you deal with the challenges and stresses of modern life.  
Meeting Space, upstairs via accessible lift.

## **Thursday 11am-12pm:**

### **Gentle Jazz dance**

Dance away your troubles with this fun and inclusive jazz dance class!  
Suitable for complete beginners of any age or ability.  
Seated option available.  
The Gallery Room, upstairs via accessible lift.