

CLASSES FOR CARERS OF PEOPLE WITH DEMENTIA

Do you provide care and support to an adult family member, friend or a neighbour? An unpaid carer does not need to be living with the person they care for. Anybody can become a carer at any time in their life and sometimes for more than one person at a time.

All classes are drop-ins (unless stated otherwise) and take place at our fully accessible hub on 2 Cheyne Street, EH4 1JB. If you'd like, you can bring the person you care for to these activities and enjoy a free cuppa in the café afterwards!

MONDAY

A Rambling Curiosity with Catherine

10:30pm - 12:00pm

Fortnightly, see individual flyer for dates or call 0131 343 0940

Zumba with Fergus

4:30pm - 5:30pm

online class available contact sarahduckmanton@lifecare-edinburgh.org.uk to book

TUESDAY

Massage Therapy with Cheryl

11am - 12:30pm **BOOK**

contact sarahduckmanton@lifecare-edinburgh.org.uk to book

Watercolour Workshop with Diana

11am - 12.30pm

online class available contact sarahduckmanton@lifecare-edinburgh.org.uk to book

WEDNESDAY

Celtic and Chakra Meditations (& Journaling) 10am - 11am

Pilates/Chair Yoga with Fiona

11:30am - 12:30pm

Alternates weekly between the two sessions

Get Moving! with Gemma 12.30pm - 1.30pm

Hairdressing and Styling with Lynne 1pm - 3pm **BOOK**

contact sarahduckmanton@lifecare-edinburgh.org.uk to book

THURSDAY

Feel the Beat - Dance Fitness with Gemma

5:30pm - 6:30pm



Please contact 0131 343 0940 for any enquiries