

Eric Liddell Centre launch new service supporting vulnerable people

Eric Liddell Centre Launch New Service to support vulnerable people.

The care charity and community hub, the Eric Liddell Centre, has announced the details of their new Wellbeing Project.

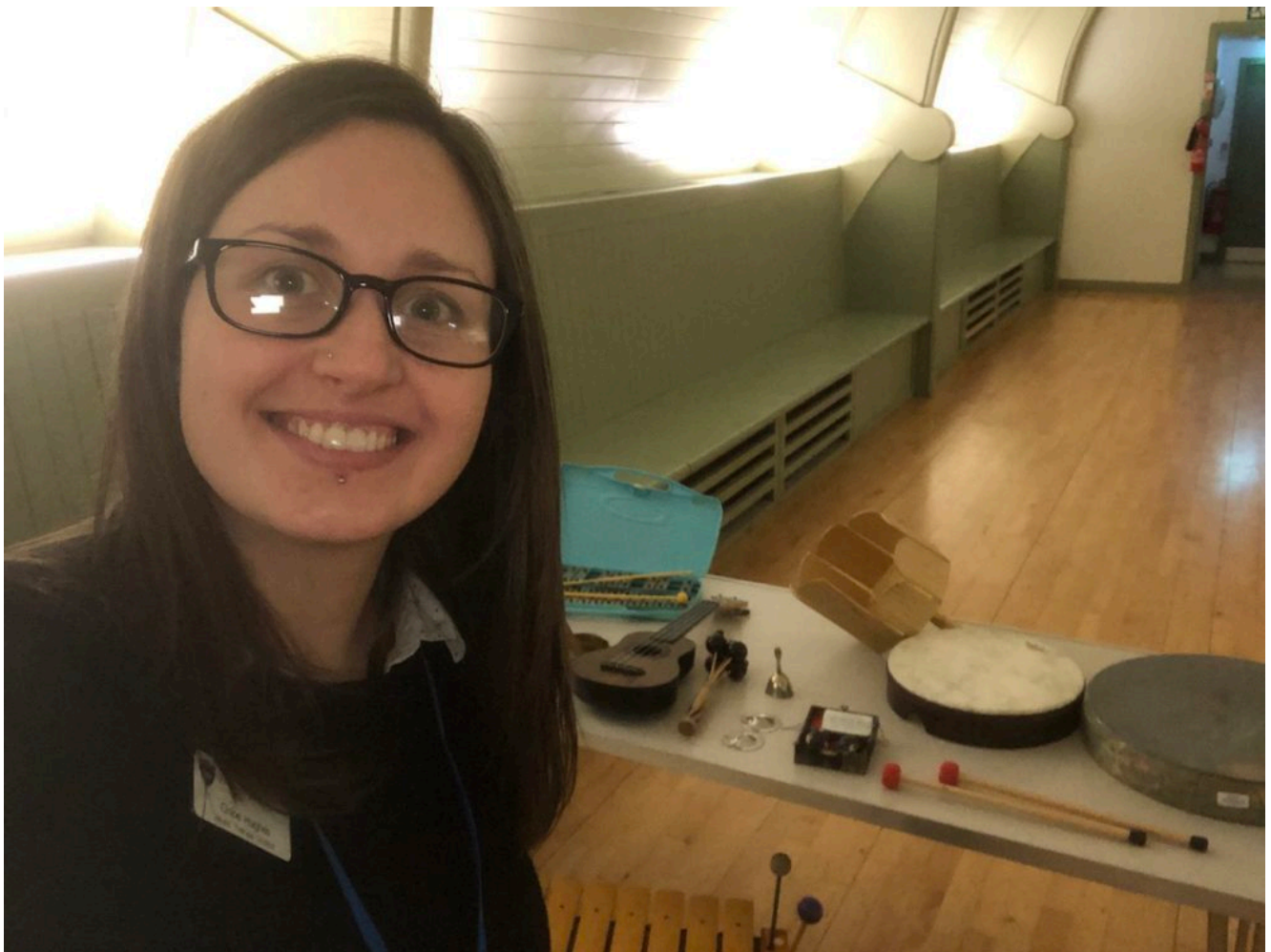
The organisation has been committed to providing alternative service arrangements in response to vulnerable people's needs during the Covid-19 pandemic. Since the beginning of the lockdown, staff and volunteers have provided a wide range of service provision, which has been essential to many service users during this difficult period.

Now they are adding to their support services and activities for carers and cared-for alike, with the Wellbeing Project. This brings together a wide range of free, online health and wellbeing classes and activities to keep mind, body and soul active. These include music and singing groups, yoga, Tai Chi, mindfulness, dancing, and art-based activities that will be available online via Zoom.

Alongside these scheduled classes, there will be shorter, online resources released each week for service users to engage with at their leisure. And there is specific IT support to assist people in getting online, and to stay connected at this time.

John MacMillan, Chief Executive of the Eric Liddell Centre said: "We are delighted to launch the Wellbeing Project as an

addition to our alternative services we put in place to continue providing much needed support to vulnerable people at the height of pandemic crisis. The aim of the project is to promote and improve health and wellbeing, improve social connections, reduce isolation and loneliness, by providing a wide range of opportunities for people living with dementia, carers, cared-for, and befrienders. We believed that living a full life can be achieved with the correct support and this project is yet another step forward from our charity.”



Chloe-Rose Hughes

The newly appointed Music Development and Activities Coordinator, Chloe-Rose Hughes said: “While the current situation has had such an impact on all of us, for many of the Eric Liddell Centre’s service users it has been profoundly difficult. It has been inspiring to see the staff, volunteers, tutors and other professionals come together to deliver much needed services and support via our Wellbeing Project. We are

excited by the prospects of setting up these additional activities, as well as launching our online YouTube channel, where we can collect and organise video resources for our target groups to engage with at any time they wish.”

You can donate to the charity using DONATE. To donate £5, text COVCARE to 70970. To donate £10, text COVCARE to 70191. Or [CLICK HERE](#)

***The Eric Liddell Centre- 15 Morningside Road- EH10 4DP
- www.ericliddell.org - 0131 447 4520 - SC003147***