

Complete the section below to request further information, or call us.

Your name and the name of the person you care for:

Your age: _____

Telephone Number(s) _____

Email address: _____

Postal address:

Do you or the person you care for have any mobility difficulties?

Do you or the person you care for have any special dietary requirements?

Please return this form to:

Martha Pollard, Dementia Support & Education Co-ordinator
Eric Liddell Centre, 15 Morningside Road, Edinburgh EH10 4DP.
ELC Reg. Charity SC 003147

Contact details: Martha Pollard, Tel: 0131 446 3301 or
email pollardm@ericliddell.org

Supported by the Queensberry House Trust

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Lunch Breaks

For carers and the person they care for



Lunch Breaks

*For carers to attend
with the person they care for*

Come join us!

You are warmly invited to join our Friday group from 1.00pm – 3.00pm, for a two-course lunch followed by a programme of shared activities such as singing; themed reminiscence; poetry & stories; Tai Chi; guest talks of interest, and more.

Who is eligible?

The Lunch Breaks are open to carers of any age who are currently in a caring role and where the cared for person would be able to attend also.

How do I find further information?

Please contact me, Martha Pollard, Dementia Support & Education Co-ordinator

Email me on: pollardm@ericliddell.org

Telephone me on: 0131 446 3301



Outings!

*We're planning outings
too, open to carers and
the cared for person
even if they aren't
members of the Lunch
Breaks group.*

*We'll advertise these in
the coming months.
Do come along!*

Martha Pollard
Dementia Support & Education
Co-ordinator
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