



## Capital Carers (formerly North West Cares Centre)

### Adult Carers & SIDE BY SIDE Programme of Events



**August—September 2021**  
**(Staying Connected Via Zoom and face to face)**

ZOOM ID : 907 582 5794 Password: sidebyside

Contact - Rosie Phone: 07407 427773 email: [rosie@nwcarers.org.uk](mailto:rosie@nwcarers.org.uk)

AUGUST	TIME	ACTIVITY
Mon 2nd — Fri 13th		I am on Annual Leave—no Groups available
Mon 16th	1 - 3pm	Gentle Walking Group and Tea/coffee—Dementia friendly. Botanic Gardens (Outdoors Event). Meeting point—Main Gates
Tues 17th	2 –3 pm	Dementia Friendly Singing Group ( Zoom event)
Wed 18th	2- 3pm	Bingo (Zoom Event)
Wed 25th	2-3pm	Carers' Support Group (Zoom Event)
Thurs 26th	2—3pm	Hangman Game (Zoom event)
Tues 31st	2-3pm	Musical Entertainment –Take 2 replay (ZOOM Event)
SEPTEMBER	TIME	ACTIVITY
Wed 1st	2-3pm	Bingo (Zoom Event)
Tues 7th	2-3pm	Dementia Friendly Singing Group (Zoom event)
Wed 8th	1 -3pm	Gentle Walking Group and Tea/coffee—Dementia friendly. Cramond. Meeting Point—Car Park
Tues 14th	1– 3pm	<b>Carers' Lunch Outdoors</b> - Lunch at a Venue to be confirmed depending on numbers and Covid Levels. <b>Level 0</b> allows 15 people to eat outdoors. Contact Rosie if interested— <b>Carer to pay for lunch.</b>
Wed 15th	2-3pm	Hangman Game (Zoom Event)
Tues 21st	2-3pm	Dementia Friendly Singing Group - Zoom event
Wed 22nd	2-3pm	Bingo (Zoom Event)
Tues 28th	1-4pm	South Queensferry Murder Mystery Treasure Trail —1.5 miles. Starting at West End of town and finishing at Hawes Bridge. Stop for tea/coffee at the Bridges. (Outdoors Event)
Wed 29th	2-3pm	Carers' Support Group (Zoom Event)

