



Capital Carers (formerly North West Cares Centre)

Supporting unpaid carers and those they care for

Adult Carers & Cared for SIDE BY SIDE Programme of Events



December 2023

Contact - Rosie Phone: 07407 427773 email: rosie@nwcarers.org.uk To register with us contact Rosie above. You will be able to access advice and information; peer support groups, singing groups and social groups for you and the person you care for.

This Programme is open to all Adult Carers and Former Carers.

I am also available for 1-1 chat by phone, ZOOM or in person.

5th December - Christmas Party and musical entertainment from our musicians Take Two). Let me know if you might attend as I will need to plan for food also. If I don't see or hear from you, I hope you have a lovely Christmas and New Year.

Over the festive period Social Care Direct can assist with any emergency caring issue – 0131 315 3130

Other Emergency Numbers: Gas 0800 111 999; Electricity 105

I will be on Annual Leave from Friday 22nd December until the Monday 8th January.

| DECEMBER | TIME | ACTIVITY | WHERE |
|----------------|-------------|--|---|
| Tuesday 5th | 2pm –3.45pm | Festive Entertainment with Take 2 AND Christmas Party (contact Rosie if you intend to come along) | Queensferry Church Hall, The Loan |
| Thursday 7th | 2 pm—4 pm | ZOOM Event—Drop in for chat, advice or information | ZOOM Meeting ID: 907 582 5794 Passcode: sidebyside |
| Tuesday 12th | 1—2.30pm | Visit to Botanic Gardens shop and restaurant for Soup and Bread | Botanic Gardens—meet inside at reception |
| Wednesday 13th | 1 - 2.30pm | Festive Mince Pies and Cream with a mini game of BINGO/QUIZ | Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre |
| Tuesday 19th | 2-3.30pm | Singalong to familiar songs(Dementia inclusive) | Queensferry Church, The Loan |
| Wednesday 20th | 11 –12.30 | Carers Support Group | Morrison's Café at Ferry Road |

