



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



January 2024

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

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Thursday 25th January. I am planning to book a Rabbie Burns Lunch. Carers to pay for this. If you would like to come can you let me know as I will need to contact the Venue. I

January	TIME	ACTIVITY	WHERE
Tuesday 9th	1 –3pm	Welcome Back –Tea and Chat	1 Waterfront Avenue, EH5 1SG (Old Scottish Gas building) Bus 9, 22, 24 38, X37
Thursday 11th	2 pm—4 pm	ZOOM Event—Drop in for chat, advice or information	ZOOM Meeting ID: 907 582 5794 Passcode: sidebyside
Tuesday 16th	1—2.30pm	Visit to Botanic Gardens shop and restaurant for Soup and Bread	Botanic Gardens—meet inside at reception
Wednesday 17th	1 - 2.30pm	Tea and Chat	Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre
Tuesday 23rd	2-3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Thursday 25th	1-3pm	Rabbie Burns Lunch Haggis, Neeps, Tatties	Will book Venue once I know how many—will try for Ye Olde Inn at Davidson Mains. Carers to Pay
Wednesday 31st	11 –12.30pm	Carers Support Group	Morrison’s Café at Ferry Road

