



**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**

**July 2023**

**ZOOM ID : 907 582 5794 Password: sidebyside**

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

<b>July</b>	<b>TIME</b>	<b>EVENT</b>	<b>WHERE</b>
Tuesday 4th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 5th	1 –2.30pm	Knitting/ Craft or just come for the chat	<b>Space to Be</b> - meet upstairs at Food Hall (last unit on right) in Gyle Shopping Centre
Tuesday 18th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Thursday 20th	3– 4.30pm  Time on barge	Ratho Barge Trip Outing with picnic - a few spaces still left	Seagull Trust Ratho Barge  Limited transport available so own transport will be needed for this trip
Tuesday 25th	1-2.30pm	Walking Group— Corstorphine Heritage walk and St Margaret's Park	Meet outside White Lady pub 98 st John's Road, Corstorphine
Wed 26th	11 –12.30	Carers Support Group	Morrison's Café at Ferry Road

**I am on Annual Leave from Thursday 6th of July— Monday 17th July.**

The Barge trip on the 20th July is now fully booked but if you are still interested, let me know as a space might become available.

**Annual Outing** —We are planning a day trip to the Blair Drummond Safari Park on the **8th August**.

Please register your interest as spaces are limited and fill up quickly. No wheelchair access

Lunch will be provided

The Young carers and Young Adult carers will also be travelling with us ..

There are still free tickets for some Fringe events. Contact me for more information

