



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



February 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

FERUARY	TIME	ACTIVITY	WHERE
Tuesday 6th	2-3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Wednesday 7th	11 –12.30pm	Scottish Parliament Tour and tea/coffee	Meet at reception of Scottish Parliament Building , Bus 35 Blue Badge at Horse Wynd
Tuesday 13thh	2-4pm	Carer Drop in ZOOM Event	ZOOM Meeting ID: 907 582 5794 Passcode: sidebyside
Wednesday 14TH	1 - 2.30pm	BINGO and Tea and Chat	Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre
Tuesday 20th	2-3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Thursday 22nd	1—2.30pm	Visit to Botanic Gardens restaurant for Soup and Bread	Botanic Gardens—meet inside at reception.
Wednesday 28th	11 –12.30pm	Carers Support Group	Morrison’s Café at Ferry Road
Thursday 29th	1 –2.30pm	QuiZ. Zoom Event	ZOOM Meeting ID: 907 582 5794 Passcode: sidebyside

