



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



JUNE 2024

Contact - Rosie Phone: 07407 427773 email: rosie@nwcarers.org.uk

To register with us contact 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

| JUNE | TIME | ACTIVITY | WHERE |
|--|------------|--|---|
| Tuesday 4th | 2- 3.30pm | Singalong to familiar songs | Queensferry Church, The Loan |
| Thursday 6th | 1 –2.30pm | Walking Group - Botanics | Meet at main entrance |
| Monday 10th Carers Week | 3 –5.30pm | Ratho Barge Trip with Picnic on board. Some spaces left | Meet at Seagull Trust Ratho –Parking at Rail bridge Inn. |
| Tuesday 11th Carers Week | 2- 3.30pm | Music Entertainment with Take 2 musicians. Sandwiches and snacks | Queensferry Church, The Loan |
| Wednesday 13th Carers Week | 1 - 2.30pm | Tea and Chat | Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre |
| Tuesday 18th Sue will be organising this day Sue will be there | 2- 3.30pm | Singalong to familiar songs | Queensferry Church, The Loan |

Ratho Barge Trips—Save the Date July 24th; August 8th; September 11th.

Spaces still left for some dates

I am on Annual Leave from Monday 17th June and will return on Thursday 27th June

