



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



May 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

May	TIME	ACTIVITY	WHERE
Thursday 2nd	2-3.30pm	Carer Drop in ZOOM Event	ZOOM- Meeting ID: 907 582 5794 Passcode: sidebyside
Tuesday 7th	2- 3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Wednesday 8th	1 - 2.30pm	Tea and Chat	Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre
Tuesday 14th	3 –5.30pm	Ratho Barge Trip with Picnic on board. Some spaces left	Meet at Seagull Trust Ratho –Parking at Rail bridge Inn.
Tuesday 16th	1 –2.30pm	Gentle Walking Group and tea/coffee	Lauriston Castle Ground s—meet at car park
Tuesday 21st	2- 3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Thursday 23rd	11am –1pm	Dynamic Earth Visit and Tour	Dynamic Earth Holyrood Road EH8 8AS Free mobility parking but Paid parking is available.
Wednesday 29th	11 –12.30pm	Carers Support Group	Morrison’s Café at Ferry Road

Ratho Barge Trips—Save the Date June 10th; July 24th; August 8th; September 11th. Spaces still left for some dates

Bank Holidays Monday 6th and 15th May—Office closed

