



## 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



## November 2023

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.**

NOVEMBER	TIME	EVENT	WHERE
Tuesday 7th	2- 3.30pm	Singalong to familiar songs(Dementia inclusive). Sue will be opening up	Queensferry Church, The Loan Sue will be taking this session and opening the Hall
Tuesday 14th	1 –3pm	ZOOM Event Drop—in Support	On line –Zoom Meeting ID: 907 582 5794 Passcode: sidebyside
Thursday 16thh	1pm –3pm	Tea/Chat and Bingo	Room 2, 3rd Floor. Meet at reception. 1 Waterfront Avenue NW5 1SG Parking at Back of building
Tuesday 21st	2- 3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 22nd	1- 2.30pm	Visit to Dobbies Christmas Shop	Let me know if you will be attending—Meet at entrance Dobbies, EH18 1AZ
Wed 29th	11— 12.30pm	Carers Support Group	Morrison’s Café at Ferry Road

1 am on Annual Leave for 2 weeks from Monday 30th October—Friday 11th November.

If you need to contact Capital Carers please email [admin@nwcarers.org.uk](mailto:admin@nwcarers.org.uk)

Save the Date—Tuesday 5th December -Christmas Entertainment and Sandwiches with Take 2 at Queensferry Church, The Loan

