



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



OCTOBER 2023

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.

October	TIME	EVENT	WHERE
Tuesday 3rd	2-3.30pm	Singalong to familiar songs(Dementia inclusive)	Queensferry Church, The Loan
Thursday 5th	2 pm onwards	Social Together Event with Adult and the Young Adult Carers	1 Waterfront Avenue, EH5 1SG (Old Scottish Gas building) Bus 9, 22, 38, X37 Parking at back—press buzzer and inform you are here for Capital Carers.
Tuesday 10th	1–2.30pm	Gentle Walk - ForthQuarter Park walk beside new office	Meet at office entrance 1 Waterfront Avenue, EH5 1SG (Old Scottish Gas building) Parking at back—press buzzer and inform you are here for Capital Carers.
Wednesday 11th	1-2.30pm	Tea, chat and a Quiz	Space to Be - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre
Tuesday 17th	2-3.30pm	Singalong to familiar songs(Dementia inclusive)	Queensferry Church, The Loan
Thursday 19th		October Outing - The Kelpies with Adult and Young Adult Carers	Save the Date More information to follow
Wed 25th	11 –12.30	Carers Support Group	Morrison’s Café at Ferry Road

