



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



September 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.

SEPTEMBER	TIME	EVENT	WHERE
Tuesday 5th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Thursday 7th	2pm onwards	Welcome to new Office—Tea and chat - plus meet the Young Adult Carers. We would also like feedback on our new space and what activities carers are interested in	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 12th	1—2.30pm	Visit to Lady Haig’s Poppy Factory	9 Warriston Road, EH7 4HJ please book if interested.
Thursday 14th	3– 5. 30pm Time on barge	Ratho Barge Trip Outing with picnic - Adult and Young Adult Carers event	Seagull Trust Ratho Barge Limited spaces so this will be prioritised
Tuesday 19th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 20th	1-2.30pm	Tea, chat and a game of BINGO	Space to Be - meet upstairs at Food Hall (last unit on right) in Gyle Shopping Centre
Thursday 28th	1 –3pm	Lunch Outing -Adult and Young Adult Carers event	Ye Olde Inn –Davidson Mains . Booking required.

