



## 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



### April 2024

Contact - Rosie Phone: 07407 427773 email: [rosie@nwcarers.org.uk](mailto: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**

April	TIME	ACTIVITY	WHERE
Tuesday 2nd	2-3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Wednesday 10th	2-4pm	Carer Drop in ZOOM Event	ZOOM- Meeting ID: 907 582 5794 Passcode: sidebyside
Thursday 11th	10am—4pm	Rescheduled Trip to Kelpies -tour and lunch. Event with our Young Adult Carers joining us. Limited Spaces	Kelpies—Falkirk Pick up points to be confirmed. Carers who previously had name down for this trip in October will get priority to attend.
Tuesday 16th	2-3.30pm	Singalong to familiar songs	Queensferry Church, The Loan
Wednesday 17th	1—2.30pm	Cramond Gentle Walk	Meet at carpark
Wednesday 24th	11—12.30pm	Carers Support Group	Morrison's Café at Ferry Road
Thursdaoy 25th	7pm - 8.45PM Evening event	<b>Madagascar the Musical</b> Event with our Young Adult Carers joining us. Limited Spaces	Edinburgh Playhouse. Booking required. Current carers prioritised. Carers will need to be able to use stairs as this is in the Stalls. I have a few seats available for those with mobility issues in the Circle
Thursday 29th	1—2.30pm	Visit to Botanic Gardens— Soup and Bread	Botanic Gardens—meet inside at reception.

### Ratho Barge Trips—Save the Date

May 14th; June 10th; July 24th; August 8th; September 4th

