



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



AUGUST 2023

ZOOM ID : 907 582 5794 Password: sidebyside

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.

AUGUST	TIME	EVENT	WHERE
Tuesday 1st	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 2nd	1-2.30pm	Walking Group— Crammond	Meet at car park
Tues 8th	9am— 4.30pm	Blair Drummond Safari trip – lunch provided Whole organisation outing with young carers and young adult carers so spaces limited	Transport Provided—Pick up points to be confirmed 18 Places available No Wheelchair access
Thursday 10th	3– 5. 30pm Time on barge	Ratho Barge Trip Outing with picnic - a few spaces still left	Seagull Trust Ratho Barge Transport available
Tuesday 15th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 16th	1-2.30pm	Knitting/ Craft or just come for the chat	Space to Be - meet upstairs at Food Hall (last unit on right) in Gyle Shopping Centre
Tuesday 22nd	1– 3.00 pm	Free Lunch at Toby Carvery's Lauriston	Lauriston Farm 69 Lauriston Farm Road EH4 5EX 20 PLACES AVAILABLE
Wed 30th	11 –12.30	Carers Support Group	Morrison's Café at Ferry Road

