



## 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



### March 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**

| March          | TIME        | ACTIVITY                                    | WHERE                                                                                     |
|----------------|-------------|---------------------------------------------|-------------------------------------------------------------------------------------------|
| Tuesday 5th    | 2-3.30pm    | Singalong to familiar songs                 | Queensferry Church, The Loan                                                              |
| Thursday 7th   | 2-4pm       | Carer Drop in<br>ZOOM Event                 | ZOOM- Meeting ID: 907 582 5794<br>Passcode: sidebyside                                    |
| Tuesday 12th   | 1 –2.30pm   | Gentle Walking Outing and tea/coffee        | Lauriston Castle Grounds.<br>Meet at Car Park                                             |
| Wednesday 13th | 1 - 2.30pm  | Tea and Chat                                | <b>Space to Be</b> - meet upstairs at Food Hall (last unit on right) Gyle Shopping Centre |
| Tuesday 19th   | 2-3.30pm    | Singalong to familiar songs                 | Queensferry Church, The Loan                                                              |
| Thursday 21st  | 1—2.30pm    | Visit to Botanic Gardens—<br>Soup and Bread | Botanic Gardens—meet inside at reception.                                                 |
| Wednesday 27th | 11 –12.30pm | Carers Support Group                        | Morrison’s Café at Ferry Road                                                             |

### Dates for your Diary

Clocks change this month— March 31st

Easter Friday is 29th March; Easter Monday is 1st April—Office is closed on these days.

**April Save The Date: 2 Intergenerational Events (Adult Carers and Young Adult Carers). Booking required as limited places. Priority will be given to Current carers first.**

**Kelpies Outing on 11th April—rescheduled event so carers who had name down to go in October will get first choice.**

**Edinburgh Playhouse Outing to see Madagascar (musical) on 27th April at 7pm**

