



## Capital Carers (formerly North West Cares Centre)

Adult Carers & Cared for SIDE BY SIDE Programme of Events



### April 2023

ZOOM ID : 907 582 5794 Password: sidebyside

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

Please let me know if you can attend any of these as it will help with planning. Former Carers welcome. I am also available for 1-1 chat by phone, ZOOM or in person.

The ever popular Ratho Barge trips are starting this month.

Other Barge trips in May 25th; June 5th; July 20th and August 10th

APRIL	TIME	EVENT	WHERE
Tuesday 4th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan and on ZOOM
Wednesday 5th	1- 2.30 pm	Walking Group—Botanics	Meet at main entrance
Wednesday 12th. Booking required	12.30 –2pm	<b>Male Carers Support Group.</b> Come along for soup a chat. <b>New Group Pilot.</b>	Ye Olde Inn Davison Mains
Thursday 13th Booking required	3 –4.30pm  Time on Barge	Ratho Barge Trip Outing with Picnic for both Adult and Young Adult Carers—10 spaces	Seagull Trust Ratho Barge  Limited transport available so own transport will be needed for this trip
Tuesday 18th	2- 3.30pm	Singalong to familiar songs (Dementia Inclusive)	Queensferry Church, The Loan and on ZOOM
Wednesday 19th	1—2.30pm	Knitting/ Craft Group or just come for the Tea and chat	<b>Space to Be</b> - meet upstairs at Food Hall (last unit on right) in Gyle Shopping Centre
Thursday 25th Booking required	11.30 –2.30 pm	Treasure Trail - Secret Spy Mission Trail in Edinburgh New Town	Meet Place to be confirmed  We will stop for lunch
Wed 29th	11 –12.30	Carers Support Group	Morrisons Café at Ferry Road





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The Month of May has 3 Public holidays and the Office is closed: May 1st, 8th, and 22nd

**I will also be on Annual leave from Tuesday 9th May –Wednesday 17th May**

MAY	TIME	EVENT	WHERE
Tuesday 2nd	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan and on ZOOM
Wednesday 3rd	1—2.30pm	Knitting/ Craft Group or just come for the Tea and chat	<b>Space to Be</b> - meet upstairs at Food Hall (last unit on right) in Gyle Shopping Centre
Tuesday 16th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan and on ZOOM
Thursday 18th Booking required	1- 2.30pm	Visit to Craigie’s Farm Soup and Bread of the day at Café—free	Meet at café. Own transport required . West Craigie Farm, South Queensferry EH30 9AR
Tuesday 23rd Booking required	12.30 –2pm	Male Carers Support Group Come along for a chat.	Ye Olde Inn Davison Mains
Wed 24th Booking required	3– 4.30pm Time on barge	Ratho Barge Trip Outing with picnic - 10 spaces available	Seagull Trust Ratho Barge Limited transport available so own transport will be needed for this trip
Tuesday 30th	2-3.30pm	Take 2 Musicians—Izzy and Elaine will entertain us with song and music . Plus Refreshments	Queensferry Church, The Loan and on ZOOM...Dementia Awareness Week
Wed 31st	11 –12.30	Carers Support Group	Morrison’s Café at Ferry Road
Wed 31st	6-7pm	<b>Working Carers Connections</b> via Zoom — <b>New Group Pilot</b>	ZOOM

