



Capital Carers (formerly North West Cares Centre)

Adult Carers & Cared for SIDE BY SIDE Programme of Events



June 2023

ZOOM ID : 907 582 5794 Password: sidebyside

Contact - Rosie Phone: 07407 427773 email: rosie@nwcarers.org.uk

Please let me know if you can attend any of these as it will help with planning. Former Carers welcome. [Carers's Week commences on 5th June](#)

I am also available for 1-1 chat by phone, ZOOM or in person.

June	TIME	EVENT	WHERE
Monday 5th	3– 4.30pm Time on barge	Ratho Barge Trip Outing with picnic - a few spaces still left	Seagull Trust Ratho Barge Limited transport available so own transport will be needed for this trip
Tuesday 6th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 7th	1–3pm	Visit to a Victorian Classroom— Please note this is not suitable for wheelchairs. It is on first floor and stairs access only	THE HEART OF NEWHAVEN COMMUNITY, 4–6 MAIN STREET, NEWHAVEN, EDINBURGH EH6 4HY.
Tuesday 13th	1-2.30pm	Walking Group—Botanic Gardens	Meet at Main Entrance
Wednesday 14th	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 20th	2-3.30pm	Singalong to familiar songs (Dementia inclusive)	Queensferry Church, The Loan
Wednesday 21st	1 –2. 30pm	Carers Do Lunch (and cared for) Carers to pay	Venue to be confirmed. Contact me if interested.
Wed 28th	11 –12.30	Carers Support Group	Morrison's Café at Ferry Road
Thursday 29	1-2.30pm	Walking Group—Lauriston Castle Grounds	Meet at car park

