Capital Carers (formerly North West Cares Centre)

Adult and Dementia Services

**SIDE BY SIDE Programme of Events April 2021— May 2021
(Staying Connected Via Zoom)**

To register with us contact Rosie below. You will be able to access peer support groups, singing groups and social groups for <u>you</u> and the <u>person you care for</u>.

This Programme is also open to all Adult Carers and Former Carers.

You can still get 1-1 support via phone, text, email or Zoom

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

April 2021	Time	ZOOM ACITVITY	May 2021	Time	ZOOM ACTIVITY
Fri 2nd		**Easter Bank Holiday—closed**	Mon 3rd		**May Bank Holiday –closed**
Mon 5th		**Easter Bank Holiday –closed**	Tue 4th	2-3pm	**Dementia Friendly Singalong**
Tue 6th	2-3pm	**Dementia Friendly Singalong**	Mon 10th	2-3pm	**Male Carers Support Group**
Wed 7th	2-3pm	**Bingo - request a flyer**	Tue 11th	2-3pm	**Gentle Exercise**
Mon 12th	2-3pm	**Male Carers Support Group**	Thur 13th	2-3pm	**Bingo - request a flyer**
Tue 13th	2-3pm	**Gentle Exercise**	Mon 17th	2-3pm	**Gentle Exercise**
Thurs 15th	2-3pm	**Quiz**	Tues 18th	2-3pm	**Singalong Session**
Mon 19th	2-3pm	**Bank Holiday—closed**	Wed 19th	2-3pm	**Bingo—request a flyer**
Tue 20th	2-3pm	**Dementia Friendly Singalong**	Mon 24th		**Bank Holiday - closed**
Wed 21st	2-3pm	**Bingo - request a flyer**	Tue 25th	2-3pm	**Gentle Exercise**
Mon 26th	2-3pm	**Gentle Exercise**	Wed 26th	2-3pm	**Carer Support Group**
Tue 27th	2-3pm	**TAKE 2 Singing Entertainment**	Thur 27th	2-3pm	**Programme Feedback**
Wed 28th	2-3pm	**Carer Support Group**			

I hope you all have a lovely Easter break and hopefully will be able to start seeing more of your fam ily and friends in the near future. We are a year in lockdown with our Programme of Events. Thank you for continuing to support this and I hope it remains beneficial to you and the person you care for.   Remembering those who have lost their loved ones in such a difficult circumstance of ovid Lockdown.

Many thanks to Luminate Dementia Inclusive Singing Network who has funded our Dementia Friendly Singing Group and our Singing Entertainment this past 6 months.