



Capital Carers (formerly North West Cares Centre)

Adult Carers



SIDE BY SIDE Programme of Events June 2021— July 2021 (Staying Connected Via Zoom)

Zoom Meeting ID: 907 582 5794

Password: sidebyside

Please note Carers Week Password: carers

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

June 2021	Time	ZOOM ACITVITY	July	Time	ZOOM ACTIVITY
Tue 1st	2-3pm	Dementia Friendly Singalong Dementia Awareness Week	Mon 5th	2-3pm	Male Carers Support Group
Wed 2nd	2-3pm	Bingo	Tue 6th	2-3pm	Dementia Friendly Singalong
Mon 7th	11 –1pm	Carers Week drop—in. Information on our Service	Wed 7th	2-3pm	Bingo - request a flyer
Tue 8th	2- 3.30pm	Carers Week Entertainment with Take 2	Mon 12th	2-3pm	Walking Group
Wed 9th	2-3pm	Carers Week Quiz	Wed 14th	2-3pm	Hangman Game
Thurs 10th	2-3pm	Carers Week—Scavenger Hunt	Tues 20th	2-3pm	Dementia Friendly Singalong
Frid 11th	11 –1pm	Carers Week -Carers Group	Wed 21st	2-3pm	Bingo
Tues 15th	2-3pm	Dementia Friendly Singalong	Mon 26th	2-3pm	Walking Group
Wed 16th	2-3pm	Bingo	Wed 28th	2-3pm	Carers Support Group
Wed 23rd	2-3pm	Hangman Game			
Wed 30th	2-3pm	Carers Support Group			

Carers Week 7 –11 June —Making Caring Visible and Valued - See Flyer . Our programme for carers week has a **different password** . This is to be used for all activities that week. I have also included a Carers Week logo sticker for you or a family member to wear during Carers Week’.

As we start to move into different Covid Restriction Levels the Programme might change if there is an opportunity to do so safely. I am hoping I can start the **Walking Group** in July. Please contact me if you are interested and to share your thoughts on this.



Dementia Inclusive
Singing Network

