



## Capital Carers (formerly North West Cares Centre)

### Adult Carers



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

Contact Rosie for Zoom Meeting ID and Password for all events except Carers Week which is open to all carers even if not registered.

Carers Week ZOOM ID : 907 582 5794 Password: carers

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

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

**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

