








Capital Carers - Carers Week Events

7–13 June 2021 - Making Caring Visible and Valued

Our Programme of Activities for Carers Week is open to all Adult Unpaid Carers in North West Edinburgh.

Covid 19 has had a major impact on unpaid carers and the person they care for. Some of you perhaps did not realise how much caring you actually do until lockdown or that you were indeed a carer. Join in our Programme of Activities to see how we can support you in your caring role and get an opportunity to try out some of our activities we have on offer. We will be hosting virtual groups via Zoom. See link below to join in. The person you care for is welcome to join in too.

CARERS WEEK EVENTS 7 th – 11 th June		
Monday 7 th 11 -1 pm		Who Are We? Introduction to Capital Carers—an opportunity to find out more about the services we offer. (drop – in)
Tuesday 8 th 2 – 3pm		Singing Entertainment by Take 2 – Back to the 60's and songs of places
Wednesday 9 th 2 – 3pm		Quiz
Thursday 10 th 2 – 3pm		Join in with our House Scavenger Hunt searching for everyday objects. A slow paced fun event for all to participate in.
Friday 11 th 11-1pm		Tea and Chat Carer Drop in Support Group

Zoom ID and passcode for all events. Meeting ID: 907 582 5794 Passcode: carers

If I have your email address I will send out the Zoom link to you.

Get in touch for more information. Contact Rosie: 07407 427773 or email rosie@nwcarers.org.uk