



Capital Carers (formerly North West Cares Centre)

Adult Carers & SIDE BY SIDE Programme of Events



August—September 2021
(Staying Connected Via Zoom and face to face)

Please register with us to access Events and get Zoom link

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

AUGUST	TIME	ACTIVITY
Mon 2nd — Fri 13th		I am on Annual Leave—no Groups available
Mon 16th	1 - 3pm	Gentle Walking Group and Tea/coffee—Dementia friendly. Botanic Gardens (Outdoors Event). Meeting point—Main Gates
Tues 17th	2 –3 pm	Dementia Friendly Singing Group (Zoom event)
Wed 18th	2- 3pm	Bingo (Zoom Event)
Wed 25th	2-3pm	Carers' Support Group (Zoom Event)
Thurs 26th	2—3pm	Hangman Game (Zoom event)
Tues 31st	2-3pm	Musical Entertainment –Take 2 replay (ZOOM Event)
SEPTEMBER	TIME	ACTIVITY
Wed 1st	2-3pm	Bingo (Zoom Event)
Tues 7th	2-3pm	Dementia Friendly Singing Group (Zoom event)
Wed 8th	1 -3pm	Gentle Walking Group and Tea/coffee—Dementia friendly. Cramond. Meeting Point—Car Park
Tues 14th	1– 3pm	Carers' Lunch Outdoors - Lunch at a Venue to be confirmed depending on numbers and Covid Levels. Level 0 allows 15 people to eat outdoors. Contact Rosie if interested— Carer to pay for lunch.
Wed 15th	2-3pm	Hangman Game (Zoom Event)
Tues 21st	2-3pm	Dementia Friendly Singing Group - Zoom event
Wed 22nd	2-3pm	Bingo (Zoom Event)
Tues 28th	1-4pm	South Queensferry Murder Mystery Treasure Trail —1.5 miles. Starting at West End of town and finishing at Hawes Bridge. Stop for tea/coffee at the Bridges. (Outdoors Event)
Wed 29th	2-3pm	Carers' Support Group (Zoom Event)



Dementia Inclusive Singing Network

