



Capital Carers (formerly North West Cares Centre)
Adult Carers & Cared for SIDE BY SIDE Programme of Events



October—November 21

To register with us please contact us below:

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

OCTOBER	TIME	ACTIVITY
Tuesday 5th	2-3pm	Dementia Friendly Singing Goup - ZOOM Event
Wednesday 6th	2—3pm	Bingo ZOOM Event
Tuesday 12th	1 –3 pm	Gentle Walking Group and tea/coffee—Dementia friendly. Botanic Gardens. Meet at main gate
Wednesday 13th	To be confirmed	Talk and Information session by Admiral Nurses in relation to a <u>new</u> Dementia support service for families and carers in Edinburgh
Tuesday 19th	2—3pm	Dementia Friendly Singing Goup - ZOOM Event
Wednesday 20th	2-3pm	Bingo ZOOM Event
Tuesday 26th	1.30pm – 3.30pm	Social Together CAFÉ at The Prentice Centre. Welcome back Tea and Chat. (New event in person). Please Book a place
Wednesday 27th	2-3pm	Carer Support Group (Current & Former Carers) ZOOM Event
NOVEMBER	TIME	ACTIVITY
Tuesday 2nd	2-3pm	Dementia Friendly Singing Group ZOOM Event
Wednesday 3rd	1 -3pm	Gentle Walking Group and Tea/coffee—Dementia friendly.
Tuesday 9th	1– 3pm	Carers' Lunch - Lunch at Ye Olde Inn at Davidson Mains. Carer to pay for lunch. Cared for welcome. Please Book a place
Thursday 11th	2-3pm	Bingo ZOOM Event
Tuesday 16th	2-3pm	Dementia Friendly Singing Group - ZOOM Event
Wednesday 24th	2-3pm	Carers' Support Group ZOOM Event
Thursday 25th	2-3pm	Hangman Game ZOOM Event
Tuesday 30th	1.30— 3.30pm	Social Together CAFÉ at the Prentice Centre. St Andrews Day and Musical Entertainment by Take Two . Please Book a place