




## Capital Carers (formerly North West Cares Centre)

### SIDE BY SIDE Programme of Events Dec 2020 — Jan 2021 (Staying Connected Via Zoom and IN )



You can still get 1-1 support via phone, text email or Zoom

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

DECEMBER	TIME	ACTIVITY	WHERE
<b>Thursday 9th</b> 	12.30 - 2.30pm	Free Festive Carers' Lunch— <b>contact Rosie to book</b> BY 3rd December. Please note Limited spaces which will be prioritised	Toby Carvery Corstorphine Booking Required
<b>Saturday 11th</b> 	3.00pm – 4.15pm	<b>Free External Event— Christmas Caledonia From Luminate Dementia Inclusive Singing Network Book : <a href="https://christmas-caledonia.eventbrite.co.uk">https://christmas-caledonia.eventbrite.co.uk</a></b>	<b>ZOOM—Book ticket via Event Brite or I may be able to book this for you.</b>
<b>Tuesday 14th</b>	1—2pm	Bingo	Zoom
<b>Wednesday 15th</b> 	2—3.45pm	South Queensferry Dementia Inclusive Singing is back. Please join us if you can for a Christmas singalong and refreshments.  Contact Rosie to book. Masks required for singing.	Queensferry Church Hall, The Loan  Booking required
<b>Monday 20th</b>	1-2pm	Christmas Quiz	Zoom
<b>Wednesday 22nd</b>	1-2pm	Carers Support Group	Zoom
<b>JANUARY 2021</b>	<b>TIME</b>	<b>ACTIVITY</b>	<b>WHERE</b>
<b>Tuesday 11th</b>	1-2pm	Welcome back Tea and Chat	Zoom
<b>Tuesday 18th</b> 	2 –3.45pm	South Queensferry Dementia Inclusive Singing  We will also try to put this on Zoom  Masks required	Queensferry Church Hall, The Loan  Booking Required
<b>Thursday 20th</b>	1-2pm	Gentle Exercise	Zoom
<b>Tuesday 25th</b>	1.30-3pm	Social Together Bingo and Refreshments	Prentice Centre, 1 Granton Mains Road. EH4 4GA  Booking Required
<b>Wednesday 26th</b>	1 –2pm	Carer Support Group	Zoom

