



***WIGTOWNSHIRE
CARERS
HEALTH & WELLBEING
CALENDAR
JANUARY - JUNE 2017***

Welcome to the new Health & Wellbeing Calendar; come along for time out, relaxation and support. Our Health & Wellbeing Co-ordinators are Gillian Corbett and Kirsteen Currie. We welcome any new suggestions and look forward to meeting you at some of our Carers events 😊

The calendar that takes care of YOU



Dumfries and Galloway Carers Centre

www.dgalcarers.co.uk

BREW & BLETHER

Come along for an opportunity to have a brew & blether with other Carers.

24th Jan, 28th Feb, 28th March, 25th April, 30th May, 27th June. 10.30am-11.30am Brambles Restaurant, Commerce Road Stranraer

CARERS WEEK 12TH JUNE 2017

Bag Packing Sainsbury's Newton Stewart

If you could spare an hour or so to help on the day, please call Fiona to put your name down.

Afternoon Tea

To celebrate Carers week we will be having an afternoon tea at The North West Castle Stranraer. If you would like to come along please call Fiona to book a place.

MALE CARERS LUNCH

Come along and enjoy a lovely lunch and meet with other Gentlemen Carers. If you would like to go along the dates are: **The Merrick Café Newton Stewart**

18th Jan, 15th Feb, 15th March, 12th April, 17th May, 7th June 12pm

CRAFT GROUP

Come along and try out some crafts with Trish 😊

17th Jan, 1st Feb, 21st March, 18th April, 23rd May 23rd June Park Children's Services from 1pm till 3pm

CRAFT GROUP A.R.C NEWTON STEWART

All Carers welcome to come along, tea and coffee will be available.

10th Jan, 14th Feb, 14th March, 11th April, 16th May, 13th June 2pm-4pm

ALTERNATIVE THERAPY APPOINTMENTS STRANRAER & NEWTON STEWART

All Stranraer therapies will be held in Park children's Services. Therapies in Newton Stewart will be held in our office at Dashwood Square. You can book by contacting Fiona, appointments cost £7, please note if you fail to attend an arranged appointment without canceling you may still be charged.

LUNCH GROUP NEWTON STEWART

Come along for a lovely lunch prepared by the Merrick staff and have a chat with other Carers.

18th Jan, 22nd Feb, 22nd March, 19th April, 24th May, 21st June, Merrick Centre 12pm £3

PARENT CARER SUPPORT GROUP

This group meets on the **second** Monday of each month at 6pm in Newton Stewart A.R.C. if you care for someone on the Autistic Spectrum please feel free to come along.

'TIME TO LIVE' SHORT BREAKS FUND

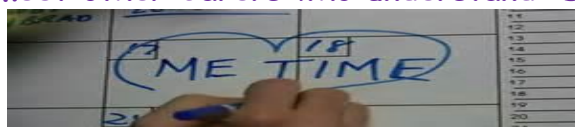
The Carers Short Breaks Project has been awarding grants to Carers and their families living in Dumfries & Galloway for breaks and activities since December 2011. Evaluations have shown that the benefits Carers have received from their break or activity has been invaluable. The fund is still open and available to any Carer or Young Carer who meet the criteria. The grant can be used for a break away, an activity or to try a new hobby - the more imaginative the better. For more information or to request an application pack please contact Rosalind Watt, Short Breaks Support Worker Rosalind.Watt@dgalcarers.org or call the centre.

Health & Wellbeing Actives & Training Calendar			
Date	Day	Event	Details
January			
10	Tuesday	Craft Group	2pm-4pm A.R.C Newton Stewart
17	Tuesday	Craft Group	1pm-3pm Park Children's Services
18	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
18	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
24	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant
February			
1	Wednesday	Craft Group	1pm-3pm Park Children's Services
14	Tuesday	Craft Group	2pm-4pm A.R.C Newton Stewart
15	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
22	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
28	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant
March			
14	Tuesday	Craft Group	2pm-4pm A.R.C Newton Stewart
15	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
21	Tuesday	Craft Group	1pm-3pm Park Children's Services
22	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
28	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant
April			
11	Tuesday	Craft Group	2pm-4pm A.R.C Newton Stewart
12	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
18	Tuesday	Craft Group	1pm-3pm Park Children's Services
19	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
25	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant
May			
17	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
16	Tuesday	Craft Group	2pm-4pm A.R.C Newton Stewart
23	Tuesday	Craft Group	1pm-3pm Park Children's Services
24	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
30	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant
June			
7	Wednesday	Male Carers Lunch	12pm Merrick Cafe Newton Stewart
12	Monday	Carers week Bag Packing	Sainsbury's Newton Stewart
13	Tuesday	Craft Group	2pm- 4pm A.R.C Newton Stewart
14	Wednesday	Afternoon Tea	North West Castle
21	Wednesday	Lunch Group	12pm Merrick Centre Newton Stewart
23	Friday	Craft Group	1pm-3pm Park Children's Services
27	Tuesday	Brew & Blether	10.30am-11.30am Brambles Restaurant

EVENING OPENINGS

There will be evening openings at the Centre following the Easter Holidays, further information will be sent out nearer the time. If you have any ideas or suggestions of what you would like these to be, please contact Kirsteen or Gillian.

Attending Groups can help relieve stress by having time out for you to relax, have fun and meet other Carers who understand 😊





GO PAPERLESS

If you would like to receive this or any other caring information, as well as additional events throughout the calendar year by email, please send your request to info@dgalcarers.org

CONTACT INFORMATION

Fiona Barr
4 Dashwood Square
Newton Stewart
DG8 6EQ
Tel: 01671 401152

Fiona.Barr@dgalcarers.org
Gillian.Corbett@dgalcarers.org
Kirsteen.Currie@dgalcarers.org

DO YOU STILL WISH TO RECEIVE THIS CALENDAR?

The calendar will be issued twice a year , if you no longer wish to receive it either email info@dgalcarers.org or complete the slip below and return it to the Carers Centre free of charge (NO STAMP REQUIRED).

DUMFRIES & GALLOWAY CARERS CENTRE,
FREEPOST SCO 1597,
DUMFRIES
DG1 2PW

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**FAO: DUMFRIES CARERS SUPPORT STAFF
I NO LONGER WISH TO REMAIN ON THE WIGTOWNSHIRE MAILING LIST:**

Name

Address

Post code

Contact Telephone

Registered Name – Carers Centre for Dumfries & Galloway Limited
Registered Address – 2-6 Nith Street, Dumfries, DG1 2PW
Registered in Scotland – SC166447
Registered Scottish Charity No: SCO24103

