

**WHY IS IT IMPORTANT TO TAKE CARE OF YOURSELF AND COME TO OUR GROUPS?**

- Relieve stress
- Time out for yourself
- Relaxation
- Meet other Carers
- Keep yourself informed
- Meet with others who understand

We are aware that sometimes your caring role can prevent you from attending our activities. If you require help in arranging respite care so that you can attend our activities, lunches or groups, please let your Carers Support Worker know.

Contact the Carers Centre on 01387 248600

**GENERAL CONTACT INFORMATION**

Karen Lewis- Carer Support Worker Stewartry  
Dumfries & Galloway Carers Centre  
2-6 Nith Street  
Dumfries  
DG1 2PW  
Tel: 01387 248600

**DO YOU STILL WISH TO RECEIVE THIS CALENDAR?**

If you still wish to receive this calendar, then it will be posted to you every six months. If you do not wish to carry on receiving it, then please complete the slip below and return it to the Carers Centre free of charge to the following address:-

**DUMFRIES & GALLOWAY CARERS CENTRE, FREEPOST SCO 1597,  
DUMFRIES DG1 2ER**

✂.....✂  
FAO: KAREN LEWIS

I NO LONGER WISH TO REMAIN ON THE STEWARTRY MAILING LIST:

NAME.....ADDRESS.....

.....  
POSTCODE.....TELEPHONE NUMBER.....



***STEWARTRY  
CARERS  
HEALTH & WELLBEING  
JULY-JAN 2019***

The calendar that takes care of YOU

Would you like to try a different activity in Stewartry? We are always looking for new ideas or suggestions. Maybe you would like to try a craft workshop or have a day out. If you have any ideas or suggestions, please let Karen know or contact Gillian Corbett on 01387 248600 or email [Gillian.Corbett@dgalcarers.org](mailto:Gillian.Corbett@dgalcarers.org).



**Dumfries and Galloway Carers Centre**

[www.dgalcarers.co.uk](http://www.dgalcarers.co.uk)

**Karen Lewis, Stewartry Carers Support Worker**  
**43 Cotton St, Castle Douglas DG7 1AR**  
**Tel: 07902002963**

**CARERS LUNCHES**

Lunches are held on the last Wednesday of each month. The lunch costs £6 and consists of a main course and coffee. Please contact Karen on 07902002963 the week before each lunch so that she can then make the booking.

Meet at 12.00 - 12.15

**25<sup>th</sup> July - Cally Palace Gatehouse of Fleet**

**29<sup>th</sup> Aug - Barstobrick Coffee Shop, Ringford**

**26<sup>th</sup> Sept - The Clachan, Dalry**

**31<sup>st</sup> Oct - Maxwell Arms, Dalbeattie**

**28<sup>th</sup> Nov - Inn on the Loch, Crocketford**

**19<sup>th</sup> Dec - (Xmas lunch) Kings Arms Castle Douglas**

**30<sup>th</sup> January - The Bay Hotel, Kirkcudbright**

**MALE CARERS LUNCHES**

Held at the King's Arms, Castle Douglas on the second Tuesday of the month at 12.30pm

**Lunch of a main course and coffee costs £5.**

**10<sup>th</sup> July, 14<sup>th</sup> Aug, 11<sup>th</sup> Sept, 9<sup>th</sup> Oct, 13<sup>th</sup>**

**Nov, 11<sup>th</sup> Dec and 8<sup>th</sup> Jan (2019)**

For both Carers lunches and male Carers lunches please be aware that dates and venues may change so please telephone Karen to confirm before attending.

**COFFEE AND CHAT**

We will meet on the second Wednesday of each month, 10am at the King's Arms, Castle Douglas. **Cost £2.00.**

**11<sup>th</sup> July, 15<sup>th</sup> Aug, 12<sup>th</sup> Sept, 10<sup>th</sup> Oct, 14<sup>th</sup> Nov, 12<sup>th</sup> Dec and 9<sup>th</sup> Jan**

**THERAPY APPOINTMENTS WITH ROSIE**

Therapies take place in the Green Room, Unit C, Johnstones Yard, Millisle, Dalbeattie.

Choose from manicure, pedicure, facial, leg or back massage or body exfoliation and the cost is £8.00.

This is also open to our male Carers

. The following dates are now available

Please phone Karen to book an appointment

Should you need to cancel an appointment, please phone Karen or the Carers Centre to notify staff as failing to do so may result in a charge of £8.00

**26<sup>th</sup> June, 24<sup>th</sup> July, 14<sup>th</sup> Aug, 11<sup>th</sup> Sept, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov, 4<sup>th</sup> Dec and Jan**

**To Book please contact Karen 07902002963**

**Benefits Advice**

If you have any queries regarding benefits Financial Inclusion and Welfare Team

( F.I.W.T) 030 33 33 3008