

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.

HOW TO BOOK

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:-

**THE PRINCESS ROYAL TRUST FOR CARERS, 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
ACTIVITY CALENDAR

July 2019- January 2020

The calendar that takes care of **YOU!**

Come along and meet staff and other Carers for time out, relaxation and support.

Karen Lewis, Stewartry Carers Support Worker
43 Cotton St, Castle Douglas DG7 1AR
Tel: 01556 517065 -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 the week before each lunch so that she can then make the booking.

Meet at **12.00 - 12.15**

31st July - The Cloneyard Hotel Colvend
28th Aug - The Smithy Tearoom New Galloway
25th Sept - The Galloway Lodge, Gatehouse of Fleet
30st Oct - Arden House Hotel Kirkcudbright
27th Nov - The Maxwell Hotel Dalbeattie
18th Dec - (Xmas lunch) Kings Arms Castle Douglas
29th 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 costs £5.

9th July, 13th Aug, 10th Sept, 8th Oct, 12th Nov, 10th Dec and 7th Jan (2020)

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

10th July, 14th Aug, 11th Sept, 9th Oct, 13th Nov, 11th Dec and 8th Jan (2020)

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 (we pay the rest ☺)

This is also open to our male Carers

The following dates are now available

**23rd July, 20th Aug, 17th Sept, 15th Oct, 12th Nov, 10th Dec
and 14th Jan 2020**

To Book please contact Karen

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

Lampshade making class with Gina Lillycrop

Wednesday 18th September from 10 -12.30pm
at the Castle Douglas office

If you are interested please contact Karen

October Fundraiser

We are holding a fundraising event on Saturday 26th October in Dalbeattie Town Hall from 10 - 12.30pm

If you have any unwanted gifts that would be good for a raffle or tombola prize drop them off to my office or if you would like to offer some help on the day we would be most grateful

Benefit Surgery Changes

Benefit surgeries with Kay Harper at my office for Carers over the age of 60
22nd July, 19th Aug, 16th Sept, 14th Oct, 11th Nov and 9th Dec
Please phone Karen to book a place

For anyone **under the age of 60** they will now have to be seen by Dumfries and Galloway Citizens Advice Service who can be contacted on 0300 303 4321
Or alternatively I can email a referral form to them on your behalf.