

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

Shelley Smith - Carer Support Worker Annandale & Eskdale
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 SC0 1597,
DUMFRIES DG1 2ER**

FAO: SHELLEY SMITH

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

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

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



ANNANDALE & ESKDALE
CARERS
HEALTH & WELLBEING
CALENDAR

August 2019- January 2020

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

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



Dumfries and Galloway Carers Centre

www.dgalcarers.co.uk

CARERS LUNCHES

The lunch costs £6 and consists of two courses and coffee. Please contact Shelley the week before each lunch so that she can then make the booking.

Meet at 12.00 - 12.15

29th August - Gretna, Solway Lodge

10th October - Lockerbie, The Somerton House Hotel

12th December - Christmas Lunch at Gretna, Solway Lodge

COFFEE AND CHAT - 1pm to 2pm

Come along and meet other Carers and enjoy a cake/biscuit and a cuppa.

There is a small charge of £2

26th September - Rumblin Tum, Moffat

21st November - Eskdale Hotel, Langholm

30th January - Pink Flamingo, Lochmaben

YOU ARE WELCOME TO ATTEND ANY OR ALL DATES

APPOINTMENTS AVAILABLE IN ANNAN

Appointments are now available to meet with Shelley on a 1 to 1 basis at the SONAS Office in Annan (based within Annan Hospital grounds).

If you would like an appointment please email Shelley on Shelley.smith@dgalcarers.org or info@dgalcarers.org or call the Carers Centre on 01387 248600

There are also lots more exciting things in the planning for 2019/20 so keep an eye on your post box, inbox and our Facebook page for news as soon as we have it.

PAMPER TIME

Our lovely therapist Lynsey is finishing with our service! We will all miss her happy smile and soothing sessions. She will be introducing her colleague Sinay, who will continue to provide beauty and relaxation therapies to our Carers.

We will continue to offer sessions to Carers. Please note that we have a lot of names on our list, so appointments are at a premium. If you are interested get in touch for a price list and to book.

KNITTING & CRAFTING

The knitting and crafting group meet monthly at the Dumfries Carers Centre between 10:30-12. Please see leaflet for dates as well as extra crafting sessions.

MOVING AND HANDLING COURSE

At the Dumfries Carers Centre Wednesday August 21st 10-1
Learn how to assist those you care for safely, how to use equipment (excluding hoists) and wheelchair use. Contact the centre to book a place.

MALE CARERS EVENTS

Our Male Carers group has regular outings and events including a trip to Annan Distillery in September and a Christmas Lunch. More events may be added in the meantime so please stay in touch if you are interested in coming along.



Dumfries and Galloway Carers Centre