



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

Dumfries & Galloway Carers Centre
2 - 6 Nith Street
Dumfries
DG1 2PW
Tel: 01387 248600
E-mail: info@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 DUMFRIES & UPPER NITHSDALE 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





***Wigtownshire
Carers
HEALTH & WELLBEING
CALENDAR
JANUARY - JUNE 2018***

Welcome to the 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 and meet other Carers and enjoy a scone and a cuppa.

We will meet monthly in;

Brambles Restaurant, Commerce Road from 10.30-11.30am

**Tuesday 30th Jan, 27th Feb, 27th March, 24th April,
29th May & 26th June**

CARERS WEEK - Week beg 11th June

An Afternoon Tea will be arranged to celebrate Carers Week in June.

Please look out/call for more information nearer the time.

MALE CARERS LUNCH

Come along and enjoy a lovely lunch and meet with other Male Carers at

The Merrick Café, Newton Stewart - 12 noon:

**Wednesday 17th Jan, 14th Feb, 14th March, 11th April, 16th May, 13th
June**

If you would like to attend, please call 01671 401152- small donation of £3.00

CRAFT GROUP - Stranraer

Come along and try some Crafts with Trish at Park Children's Services

from 1-3pm:

Tues 16th Jan, 13th Feb, 13th March, 10th April, 15th May, 12th June

CRAFT GROUP - Newton Stewart

All Carers are welcome to come along to the ARC, Newton Stewart

, from 2-4pm:

**Tuesday 23rd Jan, 20th Feb, 20th March, 17th April, 22nd May, 19th
June**

CARER SPECIFIC TRAINING

Look out for new dates coming for FREE Training for Carers. If you require specific Training e.g. First Aid, Assertiveness, Dealing with Stress please register your interest with Fiona or Dumfries Carers Centre.

PAMPER APPOINTMENTS - Stranraer & Newton Stewart

All Stranraer Therapies will be held in **Park Children's Services**
All Newton Stewart Therapies will be held in our office at **Dashwood Square**.

Book by calling **01671 401152**

Appointments cost £7.00.

Please note if you fail to turn up for your arranged appointment without cancelling you may still be charged.

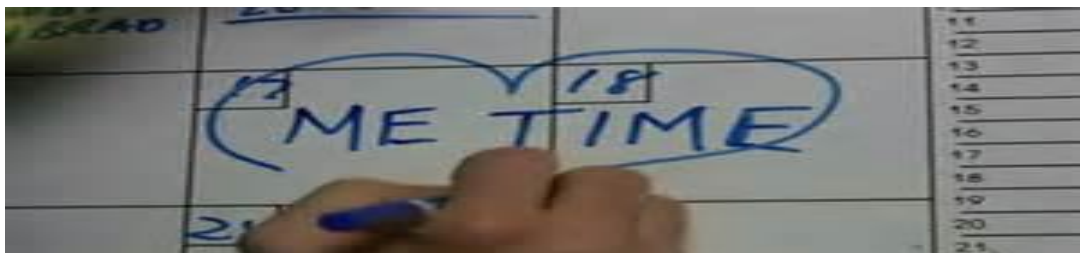
RESIDENTIAL

We will be going to Cray House in the Spring for 2 nights. If you are interested please contact Fiona or Dumfries Carers Centre for an application form.

CARERS LUNCH GROUP - Newton Stewart

Come along and enjoy a lovely healthy lunch prepared by the Merrick Staff at the Merrick Centre from **12noon** and have a chat with other Carers. Small donation of £3.00:

Wednesday 31st Jan, 28th Feb, 28th March, 25th April, 30th May, 27th June



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

**Fiona Barr,
Wigtownshire Carers Support Worker,
4 Dashwood Square
Newton Stewart
DG8 6EQ
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Mobile: 07990 830851
E-Mail: Fiona.Barr@dgalcarers.org**