

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 your caring role can prevent you from attending our activities. If you require help on arranging respite care so that you can attend our groups, please let your Carers Support Worker know.

HOW TO BOOK

Contact Fiona on 01671 401152 or email your request to info@dgalcarers.org or your Carers Support Worker

CONTACT INFORMATION

Dumfries & Galloway Carers Centre
2-6 Nith Street
Dumfries
DG1 2PW
Tel: 01387 248600
Fax: 01387 247821
e-mail: info@dgalcarers.org



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 (NO STAMP REQUIRED) to the following address:-**DUMFRIES & GALLOWAY CARERS CENTRE, FREEPOST SCO 1597, DUMFRIES DG1 2ER**

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**FAO: DUMFRIES CARERS SUPPORT STAFF
PLEASE REMOVE NAME FROM MAILING LIST**

NAME.....

ADDRESS.....

POSTCODE.....TELEPHONE NO.....



Wigtownshire Carers Health and Wellbeing Calendar July 2018- January 2019

Welcome to the Health and Wellbeing Calendar; come along for time out, relaxation and support. Our Health and Wellbeing Activities Co-ordinator is Gillian Corbett. 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

Craft Group A.R.C Newton Stewart 2pm-4pm. As from

August Craft group will be on a Thursday

Thursday 26th July, 30th August, 27th September, 25th October, 22nd November and 20th December.

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

Alternative Therapy Appointments Stranraer and 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 calling 01671 401152. Appointments cost £7.00

Please be aware that if you fail to turn up for your arranged appointment and do not call to cancel you may still be charged £7.00

Craft Group Stranraer

Tuesday 17th July, 21st August, 18th September, 23rd October, 20th November and 11th December

Come along and bring any crafts you would like to share or any projects you are working on. All groups will be held in Park Children's Services from 1pm till 3pm.

Lunch Group Newton Stewart - Merrick Centre 12pm

Wednesday 11th July, 15th August, 12th September, 17th October, 14th November and 12th December

Come along and enjoy a lovely healthy lunch prepared by the Merrick staff and meet with other Carers in a similar situation.

Donation of £3.00.

Parent Carer Support Group

This group meets on the second MONDAY of the month at 6pm in Newton Stewart A.R.C. If you care for someone on the Autistic Spectrum please feel free to come along. For more information call Fiona on 01671 401152.

Male Carers Group

Our group meets at the Merrick Cafe Newton Stewart at 12pm. Come along and enjoy a lovely lunch and meet with other Gentleman Carers.

The dates are as follows:

Wednesday 18th July, 22nd August, 19th September, 24th October, 21st November.

If you would like to attend please call 01671 401152

Coffee and Chat Stranraer 10.30am-11.30am

Come along and meet other carers and enjoy a scone and cuppa, we will meet on Tuesday 10th July, 14th August, 11th September, 16th

October, 13th November and 11th December

In Brambles restaurant Commerce Road, Stranraer.

Autumn Mystery Trip

Tuesday 30th August, please call to book a place as numbers are limited.

Autumn Coffee Morning Saturday 20th October in St Ninians Hall, Newton Stewart at 10am

All donations gratefully received, please come along everyone welcome.

Christmas Shopping Trip to Belfast

Leaving on the early boat from Cairnryan on Thursday 29th November, spending the day in Belfast with an opportunity to visit the German Christmas Market. Dinner will be provided on the return journey.

Donation required of £10. All places must be booked in advance.

Christmas lunch at the Tigh Na Mara on the 18th December.

Carers must book a place by contacting Fiona on 01671 401152.

Donation of £8.50.

Mindfulness Course

If carers are interested in the course please contact Fiona.

Fiona Barr, Wigtownshire Carers Support Worker

4 Dashwood Square, Newton Stewart, DG8 6EQ

Tel: 01671 401152/07990830851