



***ANNANDALE & ESKDALE  
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](http://www.dgalcarers.co.uk)

## **BREW & BLETHER**

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

There is a small charge of £2.00 ;

Mon 12<sup>th</sup> Feb, Hetland Garden Centre (2-3pm)

Wed 21<sup>st</sup> March, Rumblin' Tum, Moffat (1-2pm)

Wed 18<sup>th</sup> April, The Eskdale Hotel, Langholm (1-2pm)

Mon 14<sup>th</sup> May, Hetland Garden Centre (2-3pm)

Mon 18<sup>th</sup> June, Rumblin' Tum, Moffat (1-2pm)

## **CARERS WEEK - Week beg 11<sup>th</sup> June**

An Afternoon Tea will be arranged to celebrate Carers Week in June. Please look out/call for more information nearer the time.

## **BELIEVE IN YOU**

Gillian and Kirsteen are delivering Information & Discussion Sessions on Caring with Confidence. We hope to support you by increasing YOUR own confidence around the care you provide.

Please contact us at the Centre (Dfs 248600) if you are interested and the location will be decided on the response we receive.

## **MALE CARERS**

If you are interested in being involved in Male Carers Events please get in touch. We plan to organise 4 different events during the year.

Look out for Events/Dates via E-Mail, Post, Facebook

## **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 at Dumfries Carers Centre

## **KNITTING & CRAFTING GROUP**

The Knitting & Craft Group meet weekly at Dumfries Carers Centre on a Wednesday or a Friday. If you would like to join us with a current project or to learn some new skills please come along:

10<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & 31<sup>st</sup> January

9<sup>th</sup>, 16<sup>th</sup> & 21<sup>st</sup> Feb

2<sup>nd</sup>, 7<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> March

## LOCKERBIE SURGERY CARERS' CLINIC

Lindsay will be holding, monthly, Carer Clinics on a **Wednesday** at **Lockerbie Health Centre** from **9.30am -4.30pm**

**Please contact Lindsay** if you would like to make an appointment on one of the following dates:

**31<sup>st</sup> Jan, 28<sup>th</sup> Feb, 28<sup>th</sup> March, 25<sup>th</sup> April, 9<sup>th</sup> May & 27<sup>th</sup> June**

## PAMPER TIME☺

Our very relaxing, pampering appointments are held at Dumfries Carers Centre on the last Monday of the month with Lynsey, our Beauty Therapist.

Therapies (including massages, facials and more) start at £8.00.

Please contact us at the Centre if you would like to be added to our appointment list. Please note if you fail to turn up for an arranged appointment without cancelling you will need to pay

## EVENING OPENINGS

We will have some Evening Openings following the Easter holidays and further information will be sent out nearer the time.

## FIAT CLINIC-Financial Inclusion & Assessment Team

We have regular FIAT clinic at the Dumfries Centre where you can receive advice and support regarding various benefits. If you would like an Appointment with one of the Advisers please contact us:

**9.45-12.30 - Monday 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 5<sup>th</sup> March, 26<sup>th</sup> March, 16<sup>th</sup> April, 14<sup>th</sup> May, 28<sup>th</sup> May & 18<sup>th</sup> June**

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

Lindsay Sim  
Annandale & Eskdale Carers Support Worker  
2 - 6 Nith Street  
Dumfries  
DG1 2PW

E-Mail: [lindsay.sim@dgalcarers.org](mailto:lindsay.sim@dgalcarers.org)

Phone Number: 01387 248600



**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](mailto:info@dgalcarers.org)

**CONTACT INFORMATION**

Dumfries & Galloway Carers Centre  
2 - 6 Nith Street  
Dumfries  
DG1 2PW  
Tel: 01387 248600  
E-mail: [info@dgalcarers.org](mailto:info@dgalcarers.org)  
[Gillian.Corbett@dgalcarers.org](mailto:Gillian.Corbett@dgalcarers.org)  
[Kirsteen.Currie@dgalcarers.org](mailto: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](mailto: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

