

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

January to June 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.

Thursday the 17th Jan, 14th Feb, 14th March, 18th April, 16th May and the 13th June

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 £8.00

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 £8.00

Craft Group Stranraer

Tuesday the 15th Jan, 12th Feb, 12th March, 16th April, 14th May and the 11th of June

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 23rd Jan, 20th Feb, 20th March, 24th April, 22nd May and the 19th June

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 the 30th Jan, 27th Feb, 27th March, 1st May, 29th May and the 26th of June.

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 the 8th Jan, 5th Feb, 5th March 9th April, 7th May and the 4th of June

In Brambles restaurant Commerce Road, Stranraer.

Carers Week

National Carers week will start on Monday the 10th of June.

An afternoon tea will be held in the North West Castle to celebrate this occasion on Wednesday the 12th of June. If you would like to come along please contact Fiona on 01671 401152 to book a place, there will be a small donation asked for to help fund this event.

Bag Packing

We will be in Sainsbury's store in Newton Stewart on Friday the 14th of June raising awareness of The Centre and helping to pack bags at the till. If you could spare an hr on this day to help we would be very grateful.

We will also be selling raffle tickets for a luxury hamper, any donations for this would be gratefully received.