

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

Karen Lewis- Carer Support Worker Stewartry
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:-

**THE PRINCESS ROYAL TRUST FOR CARERS, FREEPOST SCO 1597,
DUMFRIES DG1 2ER**

✂.....✂
FAO: KAREN LEWIS

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

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

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



STEWARTRY
CARERS
ACTIVITY CALENDAR

January - July 2019

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

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

Karen Lewis, Stewartry Carers Support Worker
43 Cotton St, Castle Douglas DG7 1AR
Tel: 07902002963

CARERS LUNCHESES

Lunches are held on the last Wednesday of each month. The lunch costs £6 and consists of a main course and coffee. Please contact Karen on 07902002963 the week before each lunch so that she can then make the booking.

Meet at 12.15-12.30

30st Jan - The Bay Hotel, Kirkcudbright
27th Feb The Garden Centre, Castle Douglas
27th Mar - Arden House Hotel Kirkcudbright
24th April -The Bank of Fleet hotel, Gatehouse of Fleet
29th May - The Smithy Tearoom, New Galloway
26th June - The Maxwell, Dalbeattie
31st July - The Clonyard Hotel, Colvend

MALE CARERS LUNCHESES

Held at the King's Arms, Castle Douglas on the second Tuesday of the month at 12.30pm

8th January, 12th Feb, 12th March, 9th April, 14th May, 11th June and 9th July
Lunch of a main course and coffee costs £5.

For both Carers lunches and male Carers lunches please be aware that dates and venues may change so please telephone the Karen before attending.

COFFEE AND CHAT

We will meet on the second Wednesday of each month, 10am at the King's Arms, Castle Douglas. Cost £2.00.

9th Jan, 13th Feb, 13th March, 10th April, 12th June and 10th July

THERAPY APPOINTMENTS WITH ROSIE

Therapies take place in the Green Room, Unit C, Johnstones Yard, Millisle, Dalbeattie.

Choose from manicure, pedicure, facial, leg or back massage or body exfoliation

Cost to Carers £8.00

This is also open to our male Carers

. The following dates are now available

8th Jan, 5th Feb, 5th March, 2nd April, 30th April, 28th May ,
25th June, 23rd July and 20th Aug

Please phone Karen to book an appointment

Should you need to cancel an appointment, please phone Karen or the Carers Centre to notify staff as failing to do so may result in a charge of £8.00

Healthy Connections Team

We work closely with Sue Vest in the Healthy Connections Team and can refer Carers to Sue and her team for extra support around their Health and Wellbeing , linking you into groups and activities that promote a healthier lifestyle.

Benefit Surgery Dates with FIAT Team

If you have any concerns or worries about benefits and would like some advice, Kay Harper will be holding surgeries at my office please contact me to enquire about dates available

Training

Please keep an eye on our web page for courses that are coming up for Carers in Stewartry