



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

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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 WIGTOWNSHIRE 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
July-December 2017***

Welcome to the new 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 for an opportunity to have a brew & blether with other Carers.
10.30am-11.30am Brambles Restaurant, Commerce Road Stranraer

CHRISTMAS LUNCHESES & TRIPS

Carlisle Trip- Leaving Hanover Square 9am, pick up in Newton Stewart, returning 6.30pm £4 donation.

Christmas Coffee Morning - Please come along with family and friends. We would be very grateful for any donations of baking, books and raffle prizes.

Trip to Belfast & German Xmas Market- Back by popular demand 😊 leaving on the early sailing from Cairnryan £10 donation, dinner included.

Christmas Lunch - Tigh Na Mara Hotel 12pm, donation to be confirmed.

All trips and Christmas lunches must be pre booked in advance, please contact Fiona Barr directly to put your name down. Contact details are on the back of this calendar.

MALE CARERS LUNCH

Come along and enjoy a lovely lunch and meet with other Gentlemen Carers.

Merrick Café Newton Stewart 12pm Cost £6 If you would like to go along please call **01467 401152**

CRAFT GROUP STRANRAER

Come along and try out some crafts with Trish 😊 **Park Children's Services** from 1pm till 3pm

CRAFT GROUP A.R.C NEWTON STEWART

All Carers welcome to come along, tea and coffee will be available **1pm-4pm**

ALTERNATIVE THERAPY APPOINTMENTS STRANRAER & 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 contacting Fiona, appointments cost £7, please note if you fail to attend an arranged appointment without cancelling you may still be charged.

CARERS LUNCH GROUP NEWTON STEWART

Come along for a lovely lunch prepared by the Merrick staff and have a chat with other Carers.
12pm Merrick Café, Newton Stewart £3 Carers donation

PARENT CARER SUPPORT GROUP

This group meets on the **second** Monday of each month at **6pm** in **Newton Stewart A.R.C.** If you care for someone on the Autistic Spectrum please feel free to come along.

'TIME TO LIVE' SHORT BREAKS FUND

The Carers Short Breaks Project has been awarding grants to Carers and their families living in Dumfries & Galloway for breaks and activities since December 2011. Evaluations have shown that the benefits Carers have received from their break or activity has been invaluable. The fund is still open and available to any Carer or Young Carer who meet the criteria. The grant can be used for a break away, an activity or to try a new hobby - the more imaginative the better. For more information or to request an application pack please contact Leigh Graham, Short Breaks Support Worker Leigh.Graham@dgalcarers.org or call the centre.

Health & Wellbeing Actives & Training Calendar

Date	Day	Event	Details
July			
5 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
11 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
18 th	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
25 th	Tuesday	Brew & Blether	Brambles Restaurant, Stranraer 10.30am-11.30am
26 th	Wednesday	Carers Lunch Group	Newton Stewart, Merrick Cafe 12pm
August			
9 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
15 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
22 nd	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
29 th	Tuesday	Brew & Blether	Brambles Restaurant, Stranraer 10.30am-11.30am
30 th	Wednesday	Carers Lunch Group	Newton Stewart, Merrick Cafe 12pm
September			
5 th	Tuesday	Carlisle Trip	Hanover Square 9am Returning 6.30pm
6 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
12 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
19 th	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
26 th	Tuesday	Brew & Blether	Brambles Restaurant, Stranraer 10.30am-11.30am
27 th	Wednesday	Carers Lunch Group	Newton Stewart, Merrick Cafe 12pm
October			
4 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
10 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
17 th	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
24 th	Tuesday	Brew & Blether	Brambles Restaurant, Stranraer 10.30am-11.30am
25 th	Wednesday	Carers Lunch Group	Newton Stewart, Merrick Cafe 12pm
November			
8 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
14 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
21 st	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
25 th	Saturday	Christmas Coffee Morning	St Ninians Hall, Newton Stewart 10am
28 th	Tuesday	Brew & Blether	Brambles Restaurant, Stranraer 10.30am-11.30am
29 th	Wednesday	Carers Lunch Group	Newton Stewart, Merrick Cafe 12pm
30 th	Thursday	Belfast Trip	Early Sailing Cairnryan £10 Cost for trip
December			
5 th	Tuesday	Newton Stewart Craft Group	ARC, Newton Stewart 1pm-4pm
6 th	Wednesday	Male Carers Lunch	Merrick Cafe, Newton Stewart 12pm
12 th	Tuesday	Stranraer Craft Group	Park Child Services 1pm-3pm
19 th	Tuesday	Christmas Lunch	Tigh Na Mara Hotel, Sandhead 12pm

INFORMATION EVENING WITH LOCAL COUNCILORS FOR YOUR AREA

Questions welcome regarding issues relating to your Caring Role. Groups will be held in Newton Stewart and Stranraer. Please contact Fiona Barr if you are interested in attending.

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

