



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

Dumfries & Galloway Carers Centre

2 - 6 Nith Street

Dumfries

DG1 2PW

Tel: 01387 248600 Karen Lewis mobile: 07902002963

E-mail: info@dgalcarers.org

Karen.Lewis@dgalcarers.org

Gillian.Corbett@dgalcarers.org

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 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 CENTRE STAFF
I NO LONGER WISH TO REMAIN ON THE STEWARTRTY 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





***STEWARTRY
CARERS
HEALTH & WELLBEING
CALENDAR
July 2017-January 2018***

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

STEWARTRY COFFEE & CHAT

We will meet on the **second Wednesday of every month** for an opportunity to have a brew & blether with other Carers. You will also have a chance to talk to me and keep up to date with what's going on. **10am The Kings Arms, Castle Douglas, cost £2**

CARERS LUNCHES

Lunches are held on the **last Wednesday of every month in various venues**. The lunch costs £6 for a main course and coffee. If you would like to attend please contact Karen the week before each lunch so she has the correct numbers for each booking. Meet 12.15pm start 12.30pm

MALE CARERS LUNCH

Male Carers lunches are held on the **second Tuesday of every month** at The Kings Arms, Castle Douglas 12pm and costs £6, this includes a main course and coffee.

THERAPY APPOINTMENTS WITH ROSIE

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

Treatments cost £8, please call Leigh at the Centre to book an appointment.

Please contact Karen or the Centre if you need to cancel an appointment, failure to do so may result in an £8 charge to cover the cost.

CARER SPECIFIC TRAINING

Look out for new dates coming for Moving & Handling, Assertiveness, First Aid and Dealing With Stress courses. Please call the Centre for more information or to register your interest.

FIAT CLINIC - Financial Inclusion Assessment Team

If you have any concerns or worries about benefits and would like some advice, Kay Harper will be holding surgeries at my office, dates in the calendar. Please contact Karen to arrange an appointment.

LET'S GET SPORTY

Come along for a morning of fun, laughter and light exercise. You don't need to be an athlete to join in - just an awareness of looking after your own Health & Wellbeing and how important that is to YOU in sustaining your caring role. **Contact Karen for more information.**

HEALTH CLINICS

Home visits by N.H.S staff can also be arranged for Carers 16 years of age and over. We are hoping to get these started again soon. Please contact Karen if you have any questions.

'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 | | | |
| 11 th | Tuesday | Male carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 12 th | Wednesday | Coffee & Chat | Kings Arms Hotel, Castle Douglas 10am |
| 17 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 25 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 26 th | Wednesday | Carers Lunch | Galloway Lodge, Gatehouse of Fleet 12.30pm |
| August | | | |
| 8 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 9 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 14 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 15 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 30 th | Wednesday | Carers Lunch | Threave Gardens, Castle Douglas 12.30pm |
| September | | | |
| 11 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 12 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 13 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 19 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 27 th | Wednesday | Carers Lunch | The Smithy Tea Room, New Galloway 12.30pm |
| October | | | |
| 9 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 10 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 11 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 17 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 25 th | Wednesday | Carers Lunch | The Kings Arms, Dalbeattie 12.30pm |
| November | | | |
| 8 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 14 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 14 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 20 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 29 th | Wednesday | Carers Lunch | The Bay Hotel, Kirkcudbright 12.30pm |
| December | | | |
| 4 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 6 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 12 th | Tuesday | Relax with Rosie | Green Room, Johnstones Yard, Millisle, Dalbeattie |
| 12 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 13 th | Wednesday | Carers Christmas Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| January | | | |
| 9 th | Tuesday | Male Carers Lunch | Kings Arms Hotel, Castle Douglas 12.30pm |
| 10 th | Wednesday | Coffee & Chat | King Arms Hotel, Castle Douglas 10am |
| 15 th | Monday | FIAT | Castle Douglas Office, appointment needed |
| 31 st | Wednesday | Carers Lunch | The Grapes, Springholm 12.30pm |

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

