



***ANNANDALE & ESKDALE
CARERS
HEALTH & WELLBEING
CALENDAR
JULY 2018 - JANUARY 2019***

Welcome to the Health & Wellbeing Calendar; come along for time out, relaxation and support. Our Health & Wellbeing Coordinator 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

CARERS COFFEE & CHAT

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

There is a small charge of £2.00

Monday 30th July, Hetland Garden Centre Tea Room (1-2pm)

Wednesday 22nd August, The Eskdale Hotel, Langholm (1-2pm)

Wednesday 19th September The Rumblin' Tum, Moffat (1-2pm)

Monday 22nd October Hetland Garden Centre Tea Room (1-2pm)

Wednesday 14th November, The Eskdale Hotel, Langholm (1-2pm)

BELIEVE IN YOU! BOOST YOUR CONFIDENCE!

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

Please contact us at the Centre (01387 248600) if you are interested and the location will be decided on the responses that we receive.

MALE CARERS EVENTS

If you are interested in coming along to our Male Carers Events please get in touch.

We plan to organise more events over the coming year. Our male Carers have recently been to the Devils Porridge Museum, the whisky distillery and the Riverside Museum in Glasgow.

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

CARER RELATED 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. Please see the attached leaflet about Carer related courses run by the CTC - Care Training Consortium.

KNITTING & CRAFTING GROUP

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

**7th, 14th, 21st & 28th September / 5th, 12th, 19th & 26th October
9th, 16th, 23rd & 30th November / 7th December**

LOCKERBIE SURGERY CARERS' CLINIC

There are monthly Carer Clinics on a **Wednesday** at **Lockerbie Health Centre** from
9.30am - 4.30pm

Please contact us if you would like to make an appointment during these times to
see a Carers Support Worker on one of the following dates:

29th August, 26th September, 10th October and 7th November 2018

PAMPER TIME

Our very relaxing, pampering appointments are held at the Carers Centre in
Dumfries on the last Monday of each 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
be asked to pay for your missed appointment**

EVENING OPENINGS

Are you unable to access the Centre during the day? Come along to an evening
session between 6pm - 8.30pm where you can meet others and
Carer Support Workers.

Drawing for Enjoyment 4th September - come along and meet Frank Hayes for
a taster session of this drawing workshop for all abilities. The focus is on the
enjoyment of drawing, not the results, so will be a relaxing, friendly evening.

Relaxation and Reiki Night 2nd October - Reiki as well as treatments with
Lynsey from the Beauty Spot for relaxation/beauty therapies.

Please get in touch with the centre to note your interest for these! 😊

FIWS CLINIC - Financial Inclusion & Welfare Support team

We have regular FIWS clinics at the Carers Centre in Dumfries where you can
receive advice and support regarding various benefits. If you would like an
appointment with one of the Advisers from the FIWS team - please contact us:

All sessions are on Mondays between 9.45am-12.30pm

**9th July, 20th August, 10th September,
1st October, 12th November & 3rd December 2018**

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

Please contact your Annandale & Eskdale Carers Support Worker at
2 - 6 Nith Street, Dumfries DG1 2PW Phone Number: 01387 248600

Goodbye

A wee message to let you all know that I am leaving my post as Annandale & Eskdale Carers Support Worker on the 1st August. I am having a goodbye get together on Wednesday 31st July at Hetland Garden Centre Tearoom at 2.00pm and would love it if you could come along to say goodbye after all these years knowing you. If you could let me know if you are coming along by phoning me on 01387 248600 or by emailing me at lindsay.sim@dgalcarers.org it would be appreciated. Hope to see you there! A new Support Worker will hopefully be in post by September, if you have any issues in the meantime, please phone the Carers Centre.

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
E-mail: info@dgalcarers.org
gillian.corbett@dgalcarers.org

DO YOU STILL WISH TO RECEIVE THIS CALENDAR?

This calendar is issued twice a year, if you no longer wish to receive it please 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



FAO: CARERS SUPPORT STAFF

I NO LONGER WISH TO REMAIN ON THE ANNANDALE & ESKDALE MAILING LIST:

Name

Address

Post code

Contact Telephone

Email

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

 DUMFRIES & GALLOWAY
Carers centre