

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 the Carers Centre on 01387 248600 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**

✂.....

**FAO: DUMFRIES CARERS SUPPORT STAFF
PLEASE REMOVE NAME FROM MAILING LIST**

NAME.....

ADDRESS.....

POSTCODE.....TELEPHONE NO.....



Dumfries and Upper Nithsdale Carers Health and Wellbeing Calendar February – July 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

STAY IN TOUCH WITH THE CENTRE

FACEBOOK OR EMAIL- info@dgalcarers.org to opt-in to emails and keep in touch with up-to-date information and events.

Carers Health Checks

If you would like an opportunity to discuss your own health needs and find out what local services can support YOUR wellbeing, we can refer to a Health Practitioner from the NHS Healthy Connections Team. Please contact us at the centre for further information or to make an appointment.

Male Carers

Our Male Carers Group has regular outings and recently visited places like Dumfries House, The Devils Porridge, and the Riverside Museum in Glasgow. If you are interested in a day out with a friendly group of male Carers please look out for events/dates via email and facebook, or contact the centre to register your interest.

FIWS Clinics- Financial Inclusion & Welfare Support

We have a regular FIWS clinic at the Dumfries Centre where you can receive support and advice regarding various benefits. If you would like an appointment with an adviser please get in touch.

Evening Openings

We are planning events throughout the year- still to be confirmed! If you would like to stay in touch or have information sent please look out for emails or 'like' our Facebook page to keep in touch.

Knitting and Crafting Group

The Knitting and Crafting Group meet **fortnightly** during term time at the Dumfries Carers Centre on a Friday between 10:30-12. We will start again for the 2019 session on Friday 11th January. Hope to see you there!

Drawing For Enjoyment

Please see enclosed flyer for new dates at the centre! Call to book your space ☺

Relaxation Time ☺

Our very relaxing, pampering appointments are held at the Dumfries Carers Centre on the last Monday of the month with Lynsey, our Beauty Therapist. Therapies (including massage, facials and more) start at £8.00. Please contact us at the centre if you would like to add your name to the list. Please note these appointments are very popular so if you are unable to make it we can fill it- if you don't cancel we may ask you to pay for missed appointments.

Brew and Blether Sessions

Dumfries

Carers Centre 10:30-12

Friday Feb 1st, Wednesday April 24th, Thursday June 13th

Scrumptious Cafe, Dumfries *please let us know if you are attending!

Thursday March 7th, Tuesday May 21st, Wednesday July 17th

Sanquhar

Burnside Cafe, Sanquhar 10:30 -12

Tuesday January 22nd, Wednesday March 27th, Tuesday May 14th,
Tuesday 11th June

Thornhill

Drumlanrig Cafe, Drumlanrig Street, Thornhill 10:30-12

Thursday February 7th, Tuesday April 23rd, Thursday June 13th

Lampshade making with Gina Lillycrop Designs

Come along to the centre on March 15th 10:30 am- 12:30pm and create your very own one-off lampshade! Cost £5 per carer please call to book and for further information.

2 Day Mindfulness Course -14th & 28th March

We are hosting a 2 day Mindfulness course in partnership with NHS Public Health (see enclosed flyer for details).

Carers Week 10th-16th June 2019

Please join us for coffee and chat during Carers Week and keep an eye open for other events.