



***STEWARTY
CARERS
HEALTH & WELLBEING
CALENDAR
JANUARY - JULY 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

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. **11th Jan, 15th Feb, 8th March, 12th April, 10th May, 14th June, 12th July 10am** The Kings Arms, Castle Douglas, cost £2

CARERS LUNCHESES

Lunches are held on the **last Wednesday of every month**. The lunch costs £6 and consists of 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.

10th Jan, 14th Feb, 14th March, 11th April, 9th May, 13th June, 11th July

THERAPY APPOINTMENTS WITH ROSIE

Therapies take place in The Green Room, Unit C, Johnstones Yard, Millisle, Dalbeattie. Treatments cost £8 and the following dates are available, please call the Centre to book an appointment.

10th Jan, 7th Feb, 7th March, 4th April, 2nd May, 30th May, 27th June, 25th July

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

Working with the Carers Training Consortium we organize specific training for Carers, dates are in the calendar if you would like to attend any of the courses please contact Karen, Kirsteen or Gillian at the centre or speak to your support worker.

FIAT CLINIC Financial Inclusion Assessment Team

If you have and concerns or worries about benefits and would like some advice, Kay Harper will be holding surgeries at my office on the following dates;

16th Jan, 13th Feb, 13th March, 10th April, 8th May, 19th June, 17th July

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. **Craignair Church Hall, Dalbeattie, DG5 4AX**

'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 Rosalind Watt, Short Breaks Support Worker Rosalind.Watt@dgalcarers.org or call the centre.

Health & Wellbeing Actives & Training Calendar

Date	Day	Event	Details
January			
16	Monday	Safer Manual Handling	10am-12.30pm Castle Douglas Fire Station
18	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
20	Friday	Guardianship & power of Attorney	10am-12.30pm Castle Douglas Fire Station
25	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
25	Wednesday	Carers Lunch	12.30pm The Grapes, Springholm
26	Thursday	Stroke Awareness	10am-12.30pm Castle Douglas Fire Station
26	Thursday	Medication Awareness	1pm-3.30pm Castle Douglas Fire Station
February			
1	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
8	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
15	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
22	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
22	Wednesday	Carers Lunch	12.30pm The Crown Hotel, castle Douglas
March			
1	Wednesday	Personal Foot Care	Castle Douglas Fire Station
1	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
8	Wednesday	Let's Get Sporty	10am-12pm Craignair Church Hall, Dalbeattie
9	Thursday	Palliative Care	Castle Douglas Fire Station
9	Thursday	Dementia Awareness	Castle Douglas Fire Station
29	Wednesday	Carers Lunch	12.30pm Arden House Hotel, Kirkcudbright
April			
26	Wednesday	Carers Lunch	12.15pm The Smithy Tea Room, New Galloway
May			
31	Wednesday	Carers Lunch	12.15pm Bank of Fleet Hotel, Gate House of fleet
June			
28	Wednesday	Carers Lunch	12.15pm The Mariner Hotel, Kippford
July			
26	Wednesday	Carers Lunch	12.15pm Galloway Lodge, Gate House of Fleet

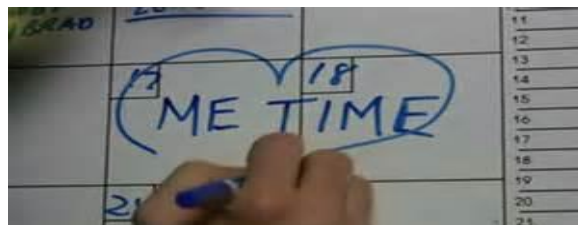
UKULELE LADIES GROUP

This group runs Friday Mornings 11am-12.30pm at Castle Douglas Parish Church. Cost £4 includes ukulele, tuner & music booklet. This is a small group with lots of attitude!!! If you would like to join please contact Karen.

EVENING OPENINGS

There will be evening openings at the Centre following the Easter Holidays, further information will be sent out nearer the time. If you have any ideas or suggestions of what you would like these to be, please contact Kirsteen or Gillian.

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





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 STEWARTRY 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

