



**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](mailto:info@dgalcarers.org)

**CONTACT INFORMATION**

Dumfries & Galloway Carers Centre  
2 - 6 Nith Street  
Dumfries  
DG1 2PW  
Tel: 01387 248600  
E-mail: [info@dgalcarers.org](mailto:info@dgalcarers.org)  
[Gillian.Corbett@dgalcarers.org](mailto:Gillian.Corbett@dgalcarers.org)  
[Kirsteen.Currie@dgalcarers.org](mailto: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](mailto: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 DUMFRIES & UPPER NITHSDALE 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





***DUMFRIES & UPPER NITHSDALE  
CARERS  
HEALTH & WELLBEING  
CALENDAR  
JANUARY - JUNE 2018***

Welcome to the 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](http://www.dgalcarers.co.uk)

## **BREW & BLETHER**

We are now holding Brew & Blether groups in Dumfries, Sanquhar & Thornhill. Please come along and have a chat with Staff and other Carers:

10am-12, Dumfries Carers Centre- Wed 24<sup>th</sup> Jan, Frid 23<sup>rd</sup> Feb, Wed 28<sup>th</sup> March, Fri 27<sup>th</sup> April, Wed 30<sup>th</sup> May, Fri 29<sup>th</sup> June

10.30- 12, Sanquhar, Burnside Tea Rooms - Tues 6<sup>th</sup> Feb, Wed 18<sup>th</sup> April

10.30-12, Thornhill, Drumlanrig Tea Rooms - Tues 20<sup>th</sup> Feb, Wed 18<sup>th</sup> April

## **CARERS' WEEK - Week beg 11<sup>th</sup> June**

An Afternoon Tea will be arranged to celebrate Carers Week in June. Please look out/call for more information nearer the time.

## **EVENING OPENINGS**

We will have some Evening Openings following the Easter holidays and further information will be sent out nearer the time.

## **MALE CARERS**

If you are interested in being involved in Male Carers Events please get in touch. We plan to organise 4 different events during the year.

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

## **CARER SPECIFIC 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

## **FIAT CLINIC-Financial Inclusion & Assessment Team**

We have regular FIAT clinic at the Dumfries Centre where you can receive advice and support regarding various benefits. If you would like an Appointment with one of the Advisers please contact us:

9.45-12.30 - Monday 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 5<sup>th</sup> March, 26<sup>th</sup> March, 16<sup>th</sup> April, 14<sup>th</sup> May, 28<sup>th</sup> May & 18<sup>th</sup> June

## CARER HEALTH CHECKS

If you would like an opportunity to discuss your own Health needs and find out what local services can support YOUR Wellbeing ; make an appointment with a Health Practitioner from the NHS Health & Wellbeing Team.

Please contact us at the Centre for further information or to make an appointment.

## KNITTING & CRAFTING GROUP

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

10<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & 31<sup>st</sup> January

9<sup>th</sup>, 16<sup>th</sup> & 21<sup>st</sup> Feb

2<sup>nd</sup>, 7<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> March

## PAMPER TIME☺

Our very relaxing, pampering appointments are held at Dumfries Carers Centre on the last Monday of the 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 need to pay

Nicola Meechan, UN & Dumfries Carers Support Worker  
Jennifer Cranmer, Dumfries Carers Support Worker  
Rosalind Finnie, Dumfries Carers Support Worker

2-6 Nith Street  
Dumfries  
DG1 2PW

Phone number: 01387 248600

E-Mail: [info@dgalcarers.org](mailto:info@dgalcarers.org)

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