

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

August 19-January 2020

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.



Dumfries and Galloway Carers Centre

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 events including a trip to Annan Distillery in September and a Christmas lunch. More events may be added in the meantime so please stay in touch if you are interested in coming along!

Silk Scarf Workshop

We are having a 'Silk Scarf' workshop on Wednesday the 30th October 10.30am - 12.30pm in the room downstairs. The session is being run by Gina who recently ran a lampshade making course. Cost £5. To book a place, please contact the Carers Centre.

Knitting and Crafting Group

The Knitting and Crafting Group meet **monthly** at the Dumfries Carers between 10:30-12. Please see leaflet for dates as well as extra crafting sessions ☺

Moving and Handling Course- Dumfries Carers Centre

Wednesday 21st August 10-1pm

Learn how to assist those you care for safely, how to use equipment (excluding hoists) and wheelchair use. Contact us to book a place.

Drawing for Enjoyment- New Dates!

This is a popular session and new dates for Dumfries Carers Centre are the 20th & 27th November, 10:30-12:30 please call to note interest ☺

Relaxation Time ☺

Our lovely therapist Lynsey is finishing with our service! We will all miss her happy smile and soothing sessions. She will be introducing her colleague Sinay, who will continue to provide beauty and relaxation therapies to our Carers.

We will continue to offer sessions to all Dumfries Carers. Please note that we have a lot of names on our list, so appointments are at a premium. If you are interested get in touch for a price list and to book .



Brew and Blether Sessions

DUMFRIES

Carers Centre 10:30-12

Thursday Aug 22nd, Wed October 30th, Wed January 8th

The Stove Cafe, Dumfries 10:30-12

(please let us know you are attending!)

Thursday 19th September, Christmas Coffees Tuesday December 3rd

SANQUHAR

Please note change of venue. Coffee and chat will now be held at A' the Airts, High Street, Sanquhar

Wednesday 21st August 2019, 10.30am-12noon

Wednesday 9th October 2019, 10.30am-12noon

Christmas Lunch will be held at The Nithsdale Hotel, Sanquhar

on Tuesday 17th December at 12 noon

THORNHILL

Coffee and chat will be held at Drumlanrig Cafe, Thornhill

Thursday 15th August 2019, 10.30am-12noon

Tuesday 29th October 2019, 10.30am-12noon

Christmas Lunch will be held at The Buccleuch & Queensberry Arms

Hotel, Thornhill on Thursday 12th December 2019 at 12 noon

Christmas Crackers and Mince Pies at the Carers Centre

Please drop in for a coffee and mince pies before the holidays!

10:30-12 on Wednesday 18th December

Prize for the best Christmas Jumper!



2 Day NHS Mindfulness Course – Allanton House

September 4th and 11th

See enclosed information sheet