



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
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 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
July - December 2017***

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

BREW & BLETHER

Dumfries & Galloway Carers Centre are now holding a Brew & Blether in Dumfries, Sanquhar and Thornhill to make it more accessible to Carers in Upper Nithsdale. Please come along and have a chat with staff and other Carers.

Please note there will be a small donation required for any Christmas lunches.

HEALTH CHECKS

Would you like an opportunity to talk with a member of the Nithsdale Health & Wellbeing Team about your own health & wellbeing? Monthly sessions are available in both Dumfries and Upper Nithsdale for age 16 and over. Contact the Centre for more information.

MALE CARERS LUNCH

Male Carers lunches are held on the **first Thursday of every month, 12.30pm Robert the Bruce**. If you would like to attend please phone the Carers Centre to put your name down and get further information. It is important that we know if you want to come along.

KNITTING & CRAFT GROUP

The Knitting & Craft Group meets weekly in the Dumfries Centre 10.30am-12pm. If you would like to join us with a current project or to learn some new skills please contact Kirsteen or Gillian.

CARER SPECIFIC TRAINING

Look out for new dates coming for Moving & Handling, Assertiveness, First Aid and Dealing With Stress courses. Please call the Centre for more information or to register your interest.

FIAT CLINIC- Financial Inclusion & Assessment Team

Every three weeks we hold a FIAT clinic at the Centre where you can get advice and help with applying for various benefits, if you would like to meet with one of the Adviser's please contact your support worker to be referred for an appointment.

LET'S GET SPORTY

Come along for a morning of fun, laughter and light exercise. Look out for new dates coming soon.

EVENING OPENINGS

There will be evening openings at the Centre and 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

PAMPER & RELAXATION DAYS

Our Pamper & Relaxation days are held at our Dumfries office on the last Monday of the month with our therapist Lynsey from Beauty Spot Salon Dumfries. Please contact the office if you would like to be on our appointment list.

'TIME TO LIVE' SHORT BREAKS FUND

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 Leigh Graham, Short Breaks Support Worker Leigh.Graham@dgalcarers.org or call the Centre.

Health & Wellbeing Actives & Training Calendar			
Date	Day	Event	Details
July			
16 th	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
24 th	Monday	Pamper & Relax Day	Dumfries office by appointment only
25 th	Tuesday	Dumfries Brew & Blether	Dumfries Office 10am-12pm
August			
3 rd	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
16 th	Wednesday	Thornhill Brew & Blether	Drumlanrig Café 10.30am-12pm
23 rd	Wednesday	Dumfries Brew & Blether	Dumfries Office 10am-12pm
24 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
28 th	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
30 th	Wednesday	Sanquhar Brew & Blether	Burnside Tea Room 10.30am-12pm
31 st	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
September			
5 th	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
7 th	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
14 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
19 th	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
21 st	Thursday	Continance Information Event	Dumfries Office 10am-12pm
25 th	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
26 th	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
28 th	Thursday	Dumfries Brew & Blether	Dumfries Office 10am-12pm
October			
3 rd	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
5 th	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
10 th	Tuesday	Thornhill Brew & Blether	Drumlanrig Café 10.30am-12pm
12 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
25 th	Wednesday	Dumfries Brew & Blether	Dumfries Office 10am-12pm
30 th	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
31 st	Tuesday	Sanquhar Brew & Blether	Burnside Tea Room 10.30am-12pm
31 st	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
November			
2 nd	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
9 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
14 th	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
21 st	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
23 rd	Thursday	Dumfries Brew & Blether	Dumfries Office 10am-12pm
27 th	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
30 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
December			
5 th	Tuesday	Knitting & Craft Coffee & Cakes	Dumfries Office 10.30am-12pm
6 th	Wednesday	Thornhill Christmas Lunch	Venue to be confirmed
7 th	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
13 th	Wednesday	Sanquhar Christmas Lunch	Burnside Tea Room 12pm
14 th	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
15 th	Friday	Dumfries Christmas Lunch	Venue to be confirmed
18 th	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
20 th	Wednesday	Dumfries Christmas Brew & Blether	Dumfries Office 10am-12pm

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

