



***ANNANDALE & ESKDALE
CARERS
HEALTH & WELLBEING
CALENDAR
JANUARY '19 - JUNE '19***

Welcome to the Health & Wellbeing Calendar; come along for time out, relaxation and support. Our Health & Wellbeing Coordinator 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

HELLO

Hi, as some of you will know by now I'm Shelley Smith the new Support Worker for Annandale & Eskdale. It has been lovely meeting so many of you already over my first few months and I look forward to meeting more of you at events or on a 1 to 1 basis

CARERS COFFEE & CHAT

Come along and meet other Carers and enjoy a cake/biscuit and a cuppa.

There is a small charge of £2.00

- Thursday 31st January, The Rumblin' Tum, Moffat(1-2pm)
- Thursday 28th February, The Pink Flamingo, Lochmaben (1-2pm)
- Thursday 28th March The Eskdale Hotel, Langholm (1-2pm)
- Thursday 25th April, The Anglers, Annan (1-2pm)
- Tuesday 28th May, Kings Arms, Lockerbie (1-2pm)
- Tuesday 25th June, The Rumblin' Tum, Moffat(1-2pm)

You are welcome to attend any or all dates 😊

APPOINTMENTS AVAILABLE IN ANNAN

Appointments are now available to meet with Shelley on a 1 to 1 basis at the SONAS office in Annan (based within Annan Hospital grounds).

If you would like an appointment please email Shelley on

Shelley.smith@dgalcarers.org or info@dgalcarers.org

Or call the Centre on 01387 248600

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). This course was previously held over 8 weeks.

Over the 2 days you will benefit from learning new skills, relaxation techniques, making new friends and enjoying Allanton House which is set in beautiful surroundings.

This course is open to all Carers. If you have attended a previous 8 week course you are welcome to attend this 2 day course as a refresher to help with your Mindfulness practice.

Details of how to book your place or for more information are on the flyer alternatively you can contact the centre on 01387 248600 or info@dgalcarers.org

MALE CARERS EVENTS

If you are interested in coming along to our Male Carers Events please get in touch. We plan to organise more events over the coming year. Our male Carers have recently been to the Devils Porridge Museum, the whisky distillery and the Riverside Museum in Glasgow.

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

KNITTING & CRAFTING GROUP

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

**25th January, 8th & 22nd February, 8th & 22nd March,
3rd and 17th May, 14th & 28th June**

PAMPER TIME

Our very relaxing, pampering appointments are held at the Carers Centre in Dumfries on the last Monday of each 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 be asked to pay for your missed appointment

FIWS CLINIC - Financial Inclusion & Welfare Support team

We have regular FIWS clinics at the Carers Centre in Dumfries where you can receive advice and support regarding various benefits. If you would like an appointment with one of the Advisers from the FIWS team - please contact us:

All sessions are on Mondays between 9.45am-12.30pm

**28th January, 18th February 11th March, 1st April,
22nd April, 13th May, 3rd June and 24th June 2019**

There are also lots more exciting things in the planning for 2019 so keep an eye on your post box, inbox and our Facebook page for news as soon as we have it .

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

Please contact your Annandale & Eskdale Carers Support Worker at
2 - 6 Nith Street, Dumfries DG1 2PW Phone Number: 01387 248600

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

DO YOU STILL WISH TO RECEIVE THIS CALENDAR?

This calendar is issued twice a year, if you no longer wish to receive it please 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



FAO: CARERS SUPPORT STAFF

I NO LONGER WISH TO REMAIN ON THE ANNANDALE & ESKDALE MAILING LIST:

Name

Address

Post code

Contact Telephone

Email

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 & GALLOWAY
Carers centre