

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 Fiona on 01671 401152 or email your request to [info@dgalcarers.org](mailto: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](mailto: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.....



## Wigtownshire Carers

## Health and Wellbeing Calendar

## July 2019-Jan 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](http://www.dgalcarers.co.uk)

### **Craft Group A.R.C Newton Stewart 2pm-4pm.**

**Thursdays:** 18<sup>th</sup> July, 15<sup>th</sup> Aug, 19<sup>th</sup> Sept, 24<sup>th</sup> Oct,  
14<sup>th</sup> Nov, 12<sup>th</sup> Dec and 16<sup>th</sup> Jan

All Carers are welcome to come along, tea and coffee will be available.

### **Alternative Therapy Appointments Stranraer and Newton Stewart**

All Stranraer Therapies will be held in Park Children's Services  
Therapies in Newton Stewart will be held in our office at Dashwood  
Square.

You can book by calling 01671 401152. Appointments cost £8.00

Please be aware that if you fail to turn up for your arranged  
appointment and do not call to cancel you may still be charged £8.00

### **Craft Group Stranraer**

**Tuesdays:** 16<sup>th</sup> July, 13<sup>th</sup> Aug, 17<sup>th</sup> Sept, 22<sup>nd</sup> Oct,  
12<sup>th</sup> Nov, 10<sup>th</sup> Dec and 14<sup>th</sup> Jan

Come along and bring any crafts you would like to share or any projects  
you are working on. All groups will be held in Park Children's Services  
from 1pm till 3pm.

### **Lunch Group Newton Stewart A.R.C 12pm**

**Wednesday 24<sup>th</sup> July, 21<sup>st</sup> Aug, 25<sup>th</sup> Sept, 23<sup>rd</sup> Oct, 20<sup>th</sup> Nov and  
22<sup>nd</sup> Jan**

Come along and enjoy a lovely healthy lunch prepared by the Merrick  
staff and meet with other Carers in a similar situation.

Donation of £3.00.

### **Parent Carer Support Group**

This group meets on the second MONDAY of the month at 6pm in  
Newton Stewart A.R.C. If you care for someone on the Autistic  
Spectrum please feel free to come along.

For more information call Fiona on 01671 401152.

### **Male Carers Group**

Our group meets at the A.R.C cafe Newton Stewart at 12pm. Come  
along and enjoy a lovely lunch and meet with other Gentleman Carers.

The dates are as follows:

**Wednesday:** 10<sup>th</sup> July, 7<sup>th</sup> Aug, 11<sup>th</sup> Sep, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov and 8<sup>th</sup> Jan

### **Coffee and Chat Stranraer 10.30am-11.30am**

Come along and meet other carers and enjoy a scone and cuppa, we will  
meet on Tuesday the 23<sup>rd</sup> July, 27<sup>th</sup> Aug, 24<sup>th</sup> Sept, 29<sup>th</sup> Oct, 26<sup>th</sup> Nov  
3<sup>rd</sup> Dec and 21<sup>st</sup> Jan

In Brambles restaurant Commerce Road, Stranraer.

### **Lamp Shade Making Course with Gina Lillycrop**

Wed the 21<sup>st</sup> Aug from 10.30 till 12.30, come along and create a wonderful  
bespoke lampshade. Please call to book a place as numbers will be limited.

### **Heart Start First Aid Training**

Tuesday 17<sup>th</sup> September in The Hut Newton Stewart 9.45am-12pm.

Please call to book a place on this course.

### **Summer Shopping trip to Glasgow**

Thursday 22<sup>nd</sup> Aug.

Please call Fiona for times and to book a place.

**Annual Coffee Morning** Saturday 5<sup>th</sup> of October in St Ninians Hall Newton  
Stewart 10 am all friends and family welcome.

### **Belfast Xmas Market Trip Thursday 28<sup>th</sup> November**

Leaving on the early ferry from Cairnryan. Please call to secure a place on this  
trip, a donation of £10.00 will be asked for in advance.

### **Xmas Lunch at Tigh Na Mara Hotel in Sandhead**

Tuesday 17<sup>th</sup> December at 12pm (Donation of £9.00 towards cost of meal)