



**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  
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**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 ANNANDALE & ESKDALE 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





***ANNANDALE & ESKDALE  
CARERS  
HEALTH & WELLBEING  
CALENDAR  
JULY-DECEMBER 2017***

Welcome to the new 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**

Come along for an opportunity to have a brew & blether with staff and other Carers. It is essential that you call the Carers Centre or email Lindsay/Gillian if you wish to attend; otherwise Lindsay/Gillian will assume no one is going along. Please note there is now a small cost of £2 towards coffee/tea and a cake/biscuit.

### **CARER CLINIC**

Lindsay will be holding Carer Clinics at Lockerbie Health Centre from 9.30am till 4.30pm on the dates shown in the calendar. Please let Lindsay know if you would like to meet up on any of the dates for an appointment in advance. Thank you ☺

### **MALE CARERS LUNCH**

Male Carers lunches are held on the **first Thursday of every month**. If you would like to go along, 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/Crochet Group meets weekly at Dumfries Carers Centre. We have had great fun making our Christmas themed projects. 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**

Working alongside the Carers Training Consortium, we organise specific training for Carers. Look out for new dates coming for Moving & Handling, Assertiveness, First Aid and Dealing with Stress

### **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 advisors 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. You don't need to be an athlete to join in - just an awareness of looking after your own Health & Wellbeing and how important that is to YOU in sustaining your caring role. Call Gillian or Kirsteen at the Centre for more information.

### **EVENING OPENINGS**

Look out for various Groups and activities coming up, fun, exercise and crafting. Please call Gillian or Kirsteen at the Centre for more information.

### **'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](mailto:Leigh.Graham@dgalcarers.org) or call the centre.

## Health & Wellbeing Actives & Training Calendar

Date	Day	Event	Details
<b>July</b>			
6 <sup>th</sup>	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
19 <sup>th</sup>	Wednesday	Carers Clinic	Lockerbie Health Centre
26 <sup>th</sup>	Wednesday	Moffat Brew & Blether	The Rumbin Tum 3pm-4pm
31 <sup>st</sup>	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
<b>August</b>			
3 <sup>rd</sup>	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
24 <sup>th</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
28 <sup>th</sup>	Monday	Langholm Brew & Blether	The Eskdale Hotel 2pm-3pm
28 <sup>th</sup>	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
31 <sup>st</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
<b>September</b>			
5 <sup>th</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
7 <sup>th</sup>	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
14 <sup>th</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
19 <sup>th</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
20 <sup>th</sup>	Wednesday	Carers Clinic	Lockerbie Health Centre
21 <sup>st</sup>	Thursday	Continenence Information Event	Dumfries Office 10am-12pm
25 <sup>th</sup>	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
26 <sup>th</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
27 <sup>th</sup>	Wednesday	Brew & Blether	Hetland Garden Centre 2pm-3pm
<b>October</b>			
3 <sup>rd</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
5 <sup>th</sup>	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
12 <sup>th</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
18 <sup>th</sup>	Wednesday	Carer Clinic	Lockerbie Health Centre
30 <sup>th</sup>	Monday	Moffat Brew & Blether	The Rumbin Tum 3pm-4pm
31 <sup>st</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
<b>November</b>			
2 <sup>nd</sup>	Thursday	Male Carers Lunch	Robert The Bruce Dumfries 12.30pm
9 <sup>th</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30pm-12pm
14 <sup>th</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
15 <sup>th</sup>	Wednesday	Carers Clinic	Lockerbie Health Centre
21 <sup>st</sup>	Tuesday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
27 <sup>th</sup>	Monday	Pamper & Relaxation Day	Dumfries Office by appointment only
29 <sup>th</sup>	Wednesday	Langholm Brew & Blether	The Eskdale Hotel 2pm-3pm
<b>December</b>			
5 <sup>th</sup>	Tuesday	Knitting & Craft Coffee & Cakes	Scrumptious 10.30am-12pm
7 <sup>th</sup>	Thursday	Male Carers Lunch	Robert The Bruce 12.30pm
11 <sup>th</sup>	Monday	Hetland Christmas Lunch	Hetland Garden Centre 1pm-3pm Cost £8
13 <sup>th</sup>	Wednesday	Carers Clinic	Lockerbie Health centre
14 <sup>th</sup>	Thursday	Knitting & Craft Group	Dumfries Office 10.30am-12pm
20 <sup>th</sup>	Wednesday	Christmas Lunch	Eskdale Hotel 12.30pm-2pm Cost £10

The first Male Carers Lunch of the Year is Thursday 4<sup>th</sup> January @ Robert The Bruce Dumfries 12.30pm

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

