



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
lindsay.sim@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 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

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 or call the centre.

Health & Wellbeing Actives & Training Calendar

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

The first Male Carers Lunch of the Year is Thursday 4th 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 😊

