

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 E-Mail 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: DUMFRIES CARERS SUPPORT STAFF
I NO LONGER WISH TO REMAIN ON THE DUMFRIES & UPPER NITHSDALE MAILING LIST:**

Name

Address

Post code

Contact Telephone

***STEWARTRY
CARERS
HEALTH & WELLBEING
CALENDAR
JANUARY - JULY 2018***

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

Karen Lewis, Stewartry Carers Support Worker
43 Cotton Street Castle Douglas DG7 1AR
Tel: 07902002963

CARERS LUNCHES

Lunches are held on the last Wednesday of each month. The lunch costs £6 and consists of a main course and coffee. Please contact Karen on 07902002963 the week before each lunch so that she can then make the booking.

Meet at 12.15-12.30

31st Jan - The Grapes, Springholm
28th Feb The Kings, Dalbeattie
28th Mar - Galloway Lodge Gatehouse of Fleet
25th April - The Smith Tearoom New Galloway
30th May - The Burnbank Hotel Twynholm
27th June - The Crown Castle Douglas
25th July - Cally Palace Gatehouse of Fleet

MALE CARERS LUNCHES

Held at the King's Arms, Castle Douglas on the second Tuesday of the month at 12.30.

9th Jan, 13th Feb, 13th March, 10th April, 8th May, 12th June and 10th July
Lunch of a main course and coffee costs £5.

For both Carers lunches and male Carers lunches please be aware that dates and venues may change so please telephone the Karen before attending.

COFFEE AND CHAT

We will meet on the second Wednesday of each month, 10am at the King's Arms, Castle Douglas. Cost £2.00.

10th Jan, 14th Feb, 14th Mar, 11th April, 9th May, 13th June and 11th July

THERAPY APPOINTMENTS WITH ROSIE

Therapies take place in the Green Room, Unit C, Johnstones Yard, Millisle, Dalbeattie.

Choose from manicure, pedicure, facial, leg or back massage or body exfoliation and the cost is **£8.00**.

This is also open to our male Carers.

. The following dates are now available:

9th Jan, 6th Feb, 6th March, 3rd April, 1st May, 29th May, 26th June and 24th July

Please phone the Carers Centre to book an appointment: **(01387) 248600**

Please phone should you need to cancel your appointment.

Failing to do so may result in a charge of **£8.00**

BENEFIT SURGERY WITH FIAT TEAM

If you have any concerns or worries about benefits and would like some advice, Kay Harper will be holding surgeries at my office on the following dates:

15th Jan, 12th Feb, 12th March, 23rd April, 14th May, 11th June and 23rd July

FREE TRAINING FOR CARERS

FREE Moving & Handling / Medication Training - held at my office, CD

Monday 8th January: 10 am Moving & Handling
1pm Medication

To book your place, please contact D & G Carers Centre **(01387) 248600**
or E-Mail - info@dgalcarers.org