



***DUMFRIES & UPPER NITHSDALE
CARERS
HEALTH & WELLBEING
CALENDAR
JANUARY - JUNE 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

DUMFRIES BREW & BLETHER

Come to the Carers centre for an opportunity to have a brew & blether with other Carers. You will also have a chance to talk to a support worker and keep up to date with what's going on. **10th Jan, 9th Feb, 14th March, 20th April, 16th May, 8th June, 25th July**
10am-12pm The Carers Centre Dumfries

UPPER NITHSDALE BREW & BLETHER

Come along to the Burnside Tea Room in Sanquhar for a brew & blether with other Carers, have a chat with a support worker and keep up to date with what is going on in your area.
Burnside Tea Room 10.30am-12pm, **16th Feb, 18th April, 15th June**

MALE CARERS LUNCH

Male Carers lunches are held on the **first Thursday of every month**. If you would like to attend 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.
5th Jan, 2nd Feb, 2nd March, 6th April, 4th May, 1st June
12pm Robert the Bruce

KNITTING/CROCHET GROUP

The Knitting/Crochet group meets weekly in the Dumfries Centre 10.30-12pm. If you would like to join us with a current project or to learn some new skills please contact Kirsteen or Gillian.
12th Jan, 17th Jan, 26th Jan, 31st Jan, 16th Feb, 21st Feb, 2nd Mar, 7th Mar, 16th Mar, 21st Mar, 30th Mar

CARER SPECIFIC TRAINING

Working with the Carers Training Consortium we organise specific training for Carers, dates are in the calendar if you would like to attend any of the courses please contact Kirsteen or Gillian at the Centre or speak to your support worker.

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 Adviser's 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.

'TIME TO LIVE' SHORT BREAKS FUND

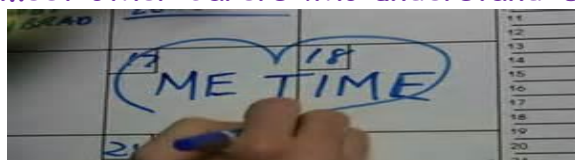
The Carers Short Breaks Project has been awarding grants to Carers and their families living in Dumfries & Galloway for breaks and activities since December 2011. Evaluations have shown that the benefits Carers have received from their break or activity has been invaluable. The fund is still open and 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 Rosalind Watt, Short Breaks Support Worker Rosalind.Watt@dgalcarers.org or call the Centre.

Health & Wellbeing Actives & Training Calendar			
Date	Day	Event	Details
January			
10	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
16	Monday	FIAT	9.45am -11.15am By Appointment Only
18	Wednesday	Free Talk on Legal Issues	11am-12pm Carers centre Dumfries
24	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
24	Tuesday	First Aid	5.30pm-8.30pm Carers Centre Dumfries
31	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
February			
2	Thursday	Dementia Awareness	10am-12.30pm CTC Office Dumfries
2	Thursday	Stress Management	1pm-3.30pm CTC Office Dumfries
2	Thursday	Guardianship & Power of Attorney	10am-12.30pm CTC office Dumfries
6	Monday	FIAT	By Appointment Only
7	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
14	Tuesday	Safer Manual Handling	10am-12.30pm CTC Office Dumfries
21	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
21	Tuesday	Stress Awareness	5.30pm-8.30pm Carers Centre Dumfries
22	Wednesday	Medication Awareness	10am-12.30pm CTC Office Dumfries
22	Wednesday	Epilepsy Awareness	1pm-3.30pm CTC Office Dumfries
27	Monday	FIAT	By Appointment Only
28	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
March			
2	Thursday	Assertiveness	10am-12.30pm CTC Office Dumfries
2	Thursday	Assertiveness	5.30pm-8.30pm Carers Centre Dumfries
2	Thursday	Managing challenging behaviour	1pm-3.30pm CTC Office Dumfries
7	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
14	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
16	Thursday	What is Advocacy	10am-11.30am CTC Office Dumfries
20	Monday	FIAT	By Appointment Only
21	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
22	Thursday	Personal Foot Care	10am-12.30pm CTC Office Dumfries
April			
10	Monday	FIAT	By Appointment Only
18	Tuesday	Let's Get Sporty	10.15am-11.45am Georgetown Community Centre
May			
8	Monday	FIAT	By Appointment Only
22	Monday	FIAT	By Appointment Only
June			
12	Monday	FIAT	By Appointment Only

EVENING OPENINGS

There will be evening openings at the Centre following the Easter Holidays, further information will be sent out nearer the time. If you have any ideas or suggestions of what you would like these to be, please contact Kirsteen or Gillian.

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





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 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: DUMFRIES CARERS SUPPORT STAFF
I NO LONGER WISH TO REMAIN ON THE DUMFRIES & UPPER NITHSDALE 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

