



***ANNANDALE & ESKDALE
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

BREW & BLETHER

It is essential that you call the Carers Centre or email Lindsay if you wish to attend, otherwise Lindsay 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, please let Lindsay know if you would like to meet up on any of the dates for an appointment. Thank you ☺

MALE CARERS LUNCH

Male Carers lunches are held on the **first Thursday of every month**. The venue may vary so 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.

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. 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.

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 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.

'TIME TO LIVE' SHORT BREAKS FUND

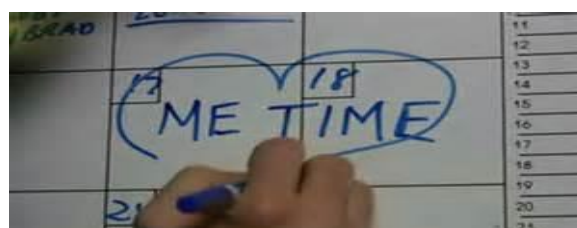
The Carers Short Breaks Project has been awarding grants to Carers and their families living in Dumfries & Galloway for breaks and activities since December 2011. Evaluations have shown that the benefits Carers have received from their break or activity has been invaluable. The fund is still open and 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			
5	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
18	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
25	Wednesday	Brew & Blether	3pm-4pm Rumbin Tum, Moffat
February			
2	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
15	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
17	Friday	Guardianship & Power of Attorney	10am-12.30pm Annan Fire Station
20	Monday	Brew & Blether	2pm-3pm Eskdale Hotel, Langholm
23	Thursday	Safer Manual Handling	10am-12.30pm Annan Fire Station
23	Thursday	Dementia Awareness	1pm-3.30pm Annan Fire Station
March			
2	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
15	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
15	Wednesday	Assertiveness	10am-12.30pm Annan Fire Station
15	Wednesday	Managing Challenging Behaviour	1pm-3.30pm Annan Fire Station
29	Wednesday	Brew & Blether	2pm-3pm Hetland Hall Garden Centre
April			
6	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
19	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
24	Monday	Brew & Blether	3pm-4pm Rumbin Tum, Moffat
May			
4	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
17	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
31	Wednesday	Brew & Blether	2pm-3pm Eskdale Hotel, Langholm
June			
1	Thursday	Male Carers Lunch	12.30pm Robert The Bruce Dumfries
21	Wednesday	Carers Clinic	9.30-4.30pm Lockerbie Health Centre
26	Monday	Brew & Blether	2pm-3pm Hetland Hall Garden Centre

EVENING OPENINGS

There will be evening openings activities and events 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
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

