

WHY IS IT IMPORTANT TO TAKE CARE OF YOURSELF AND COME TO OUR GROUPS?

- Relieve stress
- Time out for yourself
- Relaxation
- Meet other Carers
- Keep yourself informed
- Meet with others who understand

We are aware that your caring role can prevent you from attending our activities. If you require help on arranging respite care so that you can attend our groups, please let your Carers Support Worker know.

HOW TO BOOK

Contact the Carers Centre on 01387 248600 or email your request to [info@dgalcarers.org](mailto:info@dgalcarers.org) or your Carers Support Worker

CONTACT INFORMATION

Dumfries & Galloway Carers Centre  
2-6 Nith Street  
Dumfries  
DG1 2PW  
Tel: 01387 248600  
Fax: 01387 247821  
e-mail: [info@dgalcarers.org](mailto:info@dgalcarers.org)



**DO YOU STILL WISH TO RECEIVE THIS CALENDAR?**

If you still wish to receive this calendar, then it will be posted to you every six months. If you do not wish to carry on receiving it, then please complete the slip below and return it to the Carers Centre free of charge (NO STAMP REQUIRED) to the following address:-**DUMFRIES & GALLOWAY CARERS CENTRE, FREEPOST SCO 1597, DUMFRIES DG1 2ER**

✂.....

**FAO: DUMFRIES CARERS SUPPORT STAFF  
PLEASE REMOVE NAME FROM MAILING LIST**

NAME.....

ADDRESS.....

POSTCODE.....TELEPHONE NO.....



# Dumfries and Upper Nithsdale Carers Health and Wellbeing Calendar July 2018- January 2019

Welcome to the Health and Wellbeing Calendar; come along for time out, relaxation and support. Our Health and Wellbeing Activities Co-ordinator is Gillian Corbett. 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)

### Knitting and Crafting Group

The Knitting and Crafting Group meet weekly at the Dumfries Carers Centre on a Friday between 10:30-12. We will start again for the autumn session on 7th September- 7<sup>th</sup> December. Hope to see you there!

### Carers Health Checks

If you would like an opportunity to discuss your own health needs and find out what local services can support YOUR wellbeing, we can refer to a Health Practitioner from the NHS Healthy Connections Team. Please contact us at the centre for further information or to make an appointment.

### Male Carers

This spring the Male Carers Group have visited the Annandale Distillery, The Devil's Porridge, and the Riverside Museum in Glasgow. If you are interested in a day out with a friendly group of male Carers please look out for events/dates via email and facebook, or contact the centre to register your interest.

### FIWS Clinics- Financial Inclusion & Welfare Support

We have a regular FIWS clinic at the Dumfries Centre where you can receive support and advice regarding various benefits. If you would like an appointment with an adviser please get in touch. Our next dates are: July 9<sup>th</sup> & 30<sup>th</sup>, August 20<sup>th</sup>, September 10<sup>th</sup>, October 1<sup>st</sup> & 22<sup>nd</sup>, November 12<sup>th</sup> and December 3<sup>rd</sup>.

### Carer Specific Training

Please see enclosed leaflet detailing training dates coming up in D&G

### Relaxation Time ☺

Our very relaxing, pampering appointments are held at the Dumfries Carers Centre on the last Monday of the month with Lynsey, our Beauty Therapist. Therapies (including massage, facials and more) start at £8.00. Please contact us at the centre if you would like an appointment. Please note if you fail to turn up for an arranged appointment without cancelling you will need to pay.

### Brew and Blether

We are now holding Brew and Blether groups in **Dumfries, Sanquhar and Thornhill**. Please come along between 10:30 and noon and have a chat with staff and other Carers:

**Scrumptious Cafe (spaces limited please call to put your name down),**

Dumfries 12<sup>th</sup> July, 14<sup>th</sup> August,  
28<sup>th</sup> September, 10<sup>th</sup> October, 15<sup>th</sup> November, and Christmas meal on  
12<sup>th</sup> December (12-2pm)

**Burnside Tearooms, Sanquhar** 21<sup>st</sup> August, 31<sup>st</sup> October, and Christmas  
Meal on Wednesday 19<sup>th</sup> December (12-2pm)

**Drumlanrig Cafe, Drumlanrig Street, Thornhill** 16<sup>th</sup> August, 3<sup>rd</sup> October  
and Christmas Meal at the Buccleuch & Queensberry Arms Hotel,  
Thornhill on 13<sup>th</sup> December 11:30am- 1:30pm

### Evening Openings

Are you unable to access the centre during the day? Come along to an evening session between 6-8:30 pm, where you can meet others and Carers Support Workers

**Drawing for Enjoyment** 4<sup>th</sup> September- come along and meet Frank Hayes for a taster session of this drawing workshop for all abilities. The focus is on the enjoyment of drawing, not the result, so it will be a friendly, relaxing evening.

**Relaxation and Reiki Night** 2<sup>nd</sup> October- sessions for reiki as well as with Lynsey from the Beauty Spot for relaxation/ beauty therapies. Please get in touch with the Centre to register your interest! ☺