

What's On...

...March/April 2017

Dundee Carers Centre aims to improve the lives of unpaid carers and disabled people through practical and emotional support, advocacy and training plus information about welfare rights and benefits.

We run a number of regular groups as well as one-off events throughout the year. For more information please contact Dundee Carers Centre

Tel: 01382 200422

www.dundecarerscentre.org.uk

Regular groups...

Mondays - No Monday groups at the moment.

Tuesdays

- **The Former Carers Lunch Club - Last Tuesday of every month.**
This group is for carers who are no longer in a caring role and are looking for a bit of peer support, social contact and a chance to have a bit of a laugh and a nice lunch. Contact Dave or Isabel on 07746996752.

Wednesdays

- **Happy Feet Walking Group - First Wednesday of the month, 10am - 1.30pm**
Enjoy some fresh air, exercise and company.
- **Carers Drop-in Clinic at Lochee Library - First Wednesday of the month from 2pm - 4pm.**
Pop in for a chat and get some advice on the services we can offer for carers and disabled people.
- **Arts & Crafts Group - Every Wednesday from 2pm - 4pm**
Open to carers of all ages. Come along and get involved in a variety of different arts & crafts.
- **Care & Share - Last Wednesday of each month - 10.30am - 12.30pm**
Information and social group held in the Central Baptist Church, Ward Road, Dundee. Coffee/tea and a light sandwich lunch provided.
- **Drop-in at Ardler Village Trust**
Information and advice for carers. 1st Wednesday of the month, 12.30 - 2pm

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Regular groups...

Thursdays

- **Snap Happy Photography Group - 2nd Thursday of every month, 10.30am - 12.30pm**
The group alternates guest speakers and photography outings.
- **YCP Parent/Guardian Group - Every Thursday, 10am- 12pm.**
This is a chance to have fun, learn and share your skills/knowledge with other parents of young carers.
- **Ninewells Advice Centre Drop - in - Every Thursday, 1pm - 5pm**
Pop in for a chat with a member of our Welfare Rights Team about carer and disabled benefits, form filling and advice on financial matters such as prioritising spending, bills, managing financial records and budgeting.

Fridays

- **Stressbusters - 1st Friday of the month, 10.30am - 12.30pm**
Learn different techniques to help deal with stress through~workshops and speakers. Carers must be referred to this group by their support worker at the Centre.
- **Lifeline - 3rd Friday of the month , 1pm - 3pm**
For carers who care for someone who is affected by an addiction.

Monthly Minority Ethnic Groups

There are two monthly ME groups, one delivered in Urdu and Punjabi, and one delivered in Chinese. Both groups are open to carers and the people they care for and offer a variety of activities including information sessions, training and activities. A free, light lunch is provided.

Millan Group:

Wednesday 29th March - Assertiveness training

Other news...

Young Carers and Young Adult Carers

We have some exciting opportunities planned in 2017 for our young carers and young adult carers. Your youth worker will be in touch with more information.

Carers Health Checks - Friday 31st March & Friday 28th April

Health check involves checking: blood pressure, blood sugar/diabetes check, cholesterol, height, weight and BMI. There is also an opportunity to discuss wellbeing and social issues that may be impacting on your health, as well as lifestyle issues such as smoking, diet and alcohol. Call 01382 200422 to book your free health check.

Ardler Complex Drop - In

Sharon will be at Ardler Complex on the following dates:

Mon 6th, 13th & 20th March: 3.30 - 7.30pm

Wed 8th, 15th & 22nd March: 2.00 - 4.00pm

Fri 10th, 17th & 24th March: 9.00 - 12.00pm

Sat 25th March: 6.00 - 10.00pm

Sun 5th March: 12.00 - 4.00pm

Come along for a chat about carer support in the area.

Dundee Carers Centre provide a range of services for carers and disabled people:

- ✓ Individual and group support
- ✓ Welfare rights and benefits advice
- ✓ Support for young carers
- ✓ Support for young adult carers
- ✓ Training
- ✓ Access to short breaks
- ✓ Self-directed Support
- ✓ Support for carers from minority ethnic groups

Dundee Carers Centre | Seagate House | 132 -134 Seagate

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