

What's On...

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.
From more information please contact Dundee Carers Centre

Tel: 01382 200422

www.dundeecarerscentre.org.uk

Regular groups

Mondays

- **Lochee Library Info Sessions - Last Monday of every month, 12pm - 2pm**
Pop into Lochee Library for information about services we can offer carers and disabled people.

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.
- **Lochee Community Hub - First Tuesday of every month**
Carol and Alison from the centre will be at the Lochee Community Hub between 2pm and 4pm to chat about carers and disabled issues and provide advice and support.

Wednesdays

- **Happy Feet Walking Group - First Wednesday of the month, 10am - 1.30pm**
Enjoy some fresh air, exercise and company. A short walk followed by coffee/snack. Must book as minibus places are limited.
- **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**
Informal group 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. Carers are welcome to bring along the person they care for.
- **Drop-in at Ardler Village Trust**
Information and advice for carers. 1st Wednesday of the month, 12.30 - 2pm

Dundee Carers Centre | Seagate House | 132 –134 Seagate

Dundee | DD1 2HB | Tel: 01382 200422

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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. All level of skills welcome.
- **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 - Thursdays, 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**
Sample 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 support someone who is struggling with addiction.
- **Carers Health Checks - Last Friday every month**
The Dundee Keep Well Community Team and Dundee Carers Centre are working together to offer free health checks to unpaid carers over the age of 18. Come along and we will check your height, weight, blood pressure, cholesterol and blood sugar level. We can also discuss your health and lifestyle plus any other health related issues you may have. Checks will be held at the C Gate. Please contact reception on 01382 200422 to book or for more info.

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.

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

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