

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.dundee carers centre.org.uk

Regular groups

Mondays

- **Lochee Library Info Sessions - Last Monday of every month, 12.30pm - 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.
- **Coldside Community Office - Every Tuesday**
Sharon from the centre will be based at the Coldside Community Office on a Tuesday. If you are looking for info or advice, pop in and ask for her.
- **Carers Blethers - Last Tuesday of the month, 10.30am - 12pm**
Time for adult carers to come together to share experiences and work together to make sure that carers of Dundee are valued and supported in their caring role.

Wednesdays

- **Care & Share - Last Wednesday of each month (January to June & August to November) - 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.
- **Happy Feet Walking Group - First Wednesday of the month (February to November), 10am - 1.30pm**
Enjoy some fresh air, exercise and company. A short walk followed by coffee/snack. Must book so that transport can be arranged appropriately.
- **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 (February to November) from 2pm - 4pm**
Informal group open to carers of all ages. Come along and get involved in a variety of different arts & crafts.
- **Drop-in at Ardler Village Trust**
Information and advice for carers. 1st Wednesday of the month, 12.30 - 2pm

What's On...

Thursdays

- **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.
- **Ardler Complex Community Office - Every Thursday**
Sharon from the centre will be based at the Ardler Complex Community Office on a Thursday. If you are looking for info or advice, pop in and ask for her.
- **Strathmartine D Café - Second Thursday of the month, 2pm - 3.30pm, St Mary's Community Church, St Kilda Road, Dundee**
Do you have dementia or are you caring for someone with dementia? Visit our Strathmartine D Cafe for support, information, carers' group and activities. This is for a group of people who can safely attend or bring their own support.
- **New Drop In Café - First Thursday of every month (excluding January) in Dundee Carers Centre.**
This is open to all carers and disabled people and their families. The date for the first drop in is on the 7th December 10am to 12 noon. There will be therapies available on the day as well as tasters sessions eg IT, mindfulness, health checks. There will be a Welfare Rights worker and Short Breaks staff member available for information and advice. Tea, coffee and cakes will be served.
- **Cinema Club - First Thursday of the month, 6pm - 8pm**
Come along to Ardler Complex, enjoy a film and bring along some snacks. Open to all carers and their families.

Fridays

- **Stressbusters - 1st Friday of the month (September to November & February to June), 10.30am - 12.30pm**
Sample different techniques to help deal with stress through workshops and speakers. Carers must be referred to this group by a staff member at the Centre.
- **Lifeline - 3rd Friday of the month (January to November), 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.

Saturdays

- **Carers Blethers - Last Saturday of the month, 3pm - 4.30pm**
Time for adult carers to come together to share experiences and work together to make sure that carers of Dundee are valued and supported in their caring role.

Monthly Minority Ethnic Groups

We run a monthly group delivered in Chinese. This group is open to carers and the people they care for and offers a variety of activities including information sessions, training and activities. A free, light lunch is provided.