

WHAT'S ON



Dundee Carers Centre

Because We Care

We run a number of regular groups as well as one-off events throughout the year. For more information call us on **01382 200422** or visit www.dundecarerscentre.org.uk

TUESDAYS

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're looking for info or advice, just 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 the month (Jan - Jun & Aug - Nov) - 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 (Feb - Nov), 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.

Arts & Crafts Group - Every Wednesday (Jan - Nov), 2pm - 4pm. Informal group open to carers of all ages. Come along and get involved in a variety of different arts & crafts.

THURSDAYS

YCP Parent/Guardian Group - Every Thursday, 10am- 12pm. A chance to have fun, learn and share skills/knowledge with other parents of young carers.

Ninewells Advice Centre Drop-in - Alternate Thursdays, 9am - 12pm. 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 - Sharon from the centre will be based at the Ardler Complex Community Office on a Thursday. Pop in for info and advice.

Dementia Café - 2nd Thursday of the month, 2pm - 3.30pm, St Mary's Community Church, St Kilda Road, Dundee. Support, information and advice to those with, or caring for someone with Dementia, Alzheimer's or anyone concerned about their memory. For people who can safely attend or bring their own support.

Drop In Café - First Thursday of every month (excl. Jan) at C Gate. For carers, disabled people and their families. There are therapies available on the day as well as tasters sessions e.g. IT, mindfulness, health checks. There will usually 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 (Sept - Nov & Feb - Jun), 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 (Jan - Nov), 1pm - 3pm. For carers who support someone who is struggling with addiction.

Carers Health Checks

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. Call 01382 200422 to book or for more info.

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.