

# WHAT'S ON



Dundee Carers Centre

*Because We Care*

For more information call **01382 200422** or visit  
[www.dundee-carers-centre.org.uk](http://www.dundee-carers-centre.org.uk)

## TUESDAY

**Hilltown Community Centre** - Every Tuesday. One of our staff will be based at the Colonsay Community Office on a Tuesday. If you're looking for info or advice, just pop in.

**Carers Blethers** - Starting in September - 2nd 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.

**Ardler Complex** - Every Tuesday from 1.30 - 3.30pm. Louise from the centre will be at Ardler Complex to for a chat and some information and advice.

**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.

## WEDNESDAY

**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.

**Ardler Carers Café** - First Wednesday of the month from 11am - 1pm. For carers, disabled people and their families. Come along for some a FREE lunch and refreshments and find out what services are available from the Centre.

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

**MacMillan Ardler Hub @ Café Ardler** - Every Wednesday, 9 - 11am. Pop in for a chat with Louise who can provide information on services that are available to carers, disabled people and their families.

## THURSDAY

**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.

**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), 10am - 12pm 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 from September, 6pm - 8pm. Come along to Ardler Complex, enjoy a film and bring along some snacks. Open to all carers and their families.

## FRIDAY

**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 are held at the C Gate. Call 01382 200422 to book or for more info.