



**Dundee Carers Centre**

*Because We Care*

# Groups & Activities

**For carers and those they care for**

For more information on any of the groups or activities, or if you'd like to know more about support and information for carers please contact us on 01382 200422 or pop into the centre:

**Seagate House, 132 – 134 Seagate,  
Dundee, DD1 2HB**

ACTIVITY/GROUP	DATES/TIMES	COST	WHERE	WHO FOR	HOW TO GET INVOLVED	LEAD WORKER	
<b>MONDAY</b>	<b>Young Carers Voice</b>	Every 2nd Monday 5.30pm - 7.30pm	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Young carers aged 14 - 18 years	Drop in or contact lead worker	Jenny Tel: 200422
	This group aims to greater involve Young Carers in decisions on matters that affect their lives and the lives of the people they care for. A snack will be provided.						
<b>TUESDAY</b>	<b>Carers Blethers</b>	2nd Tuesday of the month 10.30am - 12 noon	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Drop in or contact lead worker	Jenny Tel: 200422
	Time for adult carers to come together to share experiences and work together to make sure carers of Dundee are valued and supported in their caring role. Tea/Coffee/biscuits provided.						
	<b>Coldside Drop-in</b>	Every Tuesday	FREE	Hilltown Community Centre 15 Alexander St, Dundee, DD3 7UN	All carers	Drop in	Kieran Tel: 200422
	To find out more about the services available at Dundee Carers Centre, and other support available for carers, come along for a chat.						
	<b>Former Carers Lunch Club</b>	1st Tuesday of every month	Carers pay for their own lunch	Contact Dave for more details	For carers whose caring role has ended.	Contact lead worker	Dave Tel: 07746 996752
An opportunity for former carers to come together in an informal, social setting. The group is run by two volunteers, Isabel and Dave, who are also former carers.							



ACTIVITY/GROUP	DATES/TIMES	COST	WHERE	WHO FOR	HOW TO GET INVOLVED	LEAD WORKER	
WEDNESDAY	<b>Happy Feet Walking Group</b>	1 <sup>st</sup> Wednesday of every month (excluding December and January) 10am - 1.30pm	FREE	Meet at Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Must book so transport can be arranged. Contact lead worker	Virginia Tel: 200422
	This is a walking group which undertakes short, low-level walks in the local area. Sometimes the group will go to a nearby café where you can purchase refreshments afterwards and sometimes you will be advised to bring a snack. This will be confirmed by the walk leader.						
	<b>Care &amp; Share</b>	Last Wednesday of the month (excluding July & December). 10:30am – 12.30pm	FREE	Central Baptist Church, Ward Road, Dundee, DD1 1LX	Carers are welcome to bring those they care for	Drop in	Jessie Tel: 200422
	This is a friendly group open to all carers and those they care for. It provides an opportunity to try and variety of activities, listen to guest speakers and have the chance to sit and chat. Lunch and tea/coffee is provided.						
	<b>Ardler Carers Café</b>	1 <sup>st</sup> Wednesday of the month. 11am – 1pm	FREE	Ardler Complex, Turnberry Ave, Dundee, DD2 3TP	Carers, disabled people and their families.	Drop in	TBC Tel: 200422
	Come along for a free lunch and refreshments and find out what services are available from the centre.						
	<b>Arts &amp; Crafts Group</b>	Every Wednesday 2pm – 4pm	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers aged 16+	Contact lead worker	Alison Tel: 200422
	Come along and join in with this self-led craft group. This is an opportunity to try a variety of crafts, bring along your own project or share any crafting skills. Tea/coffee and biscuits provided.						
	<b>MacMillan Ardler Hub @ Ardler Café</b>	Every Wednesday 9am – 11am	FREE	Ardler Complex, Turnberry Ave, Dundee, DD2 3TP	All carers	Drop in	Louise Tel: 200422
	Pop in for a chat with Louise who can provide information on services that are available to carers, disabled people and their families.						
<b>Lochee Drop-in</b>	Every Wednesday 10am – 12noon	FREE	Lochee Community Hub 118 High St, Lochee, DD2 3BL	All carers	Drop in	Alison Tel: 200422	
Pop in for a chat with Alison for info on services that are available to carers, disabled people and their families.							

ACTIVITY/GROUP	DATES/TIMES	COST	WHERE	WHO FOR	HOW TO GET INVOLVED	LEAD WORKER	
THURSDAY	<b>Dementia Café</b>	2 <sup>nd</sup> Thursday of the month 2pm - 3.30pm	FREE	St Mary's Community Church, St Kilda Road, Dundee, DD3 9ND	Those with, or caring for, someone with Dementia, Alzheimer's or memory concerns	Drop in	Kieran Tel: 200422
	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.						
	<b>Drop In Café</b>	1 <sup>st</sup> Thursday of the month 10.30am - 12 noon	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	All carers and those they care for.	Drop in	Sofia Tel: 200422
	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 be staff from different teams within the centre available for information and advice. Tea, coffee and cakes will be served.						
	<b>Carer's Cinema Club</b>	1 <sup>st</sup> Thursday of the month, 6pm - 8pm	FREE	Ardler Complex, Turnberry Ave, Dundee, DD2 3TP	All carers.	Just come along	Kieran, Louise or Maxine Tel: 200422
	Come and enjoy a film and bring along some snacks. Keep an eye out on the centre's Facebook page from the Monday before the showing to vote for which film will be shown. <b>Under 16's MUST be accompanied by an adult.</b> <b>Visit <a href="http://www.facebook.com/dundecarerscentre">www.facebook.com/dundecarerscentre</a></b>						
FRIDAY	<b>Stressbusters</b>	1 <sup>st</sup> Friday of the month (excluding December and January) 10:30am – 12:30pm	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	You must be referred by a support worker from the centre.	Louise Tel: 200422
	Sample different techniques to help deal with stress through workshops and speakers.						
	<b>Lifeline</b>	3 <sup>rd</sup> Friday of the month (excluding December) 1pm – 3pm	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Contact lead worker	Lucinda Tel: 200422
	For carers who support someone who is struggling with addiction. Tea/Coffee provided.						
OTHER	<b>Moving &amp; Handling Training</b>	By appointment	FREE	Takes place in your home	Carers over the age of 18	Contact Lead Worker	Alison Tel: 200422
	Carers can get advice and information on back care, in turn leading to fewer injuries for themselves. The training can also help carers feel more confident and knowledgeable in the safest moving and handling techniques.						
	<b>Carer Health Checks</b>	By appointment	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Contact the centre	Tel: 200422
	Dundee Keep Well Team will check your height, weight, blood pressure, cholesterol and blood sugar level. You can also discuss your health and lifestyle plus any other health related issues you may have.						