



Dundee Carers Centre

Because We Care

Groups & Activities

For carers and those they care for

| | ACTIVITY/ GROUP | DATES / TIMES | COST | WHERE | WHO FOR | HOW TO GET INVOLVED | LEAD WORKER |
|--|---|--|--------------------------------|--|---|--|------------------------------|
| M O N D A Y | Young Carers Voice | 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. | | | | | | |
| T U E S D A Y | Carers Blethers | 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. | | | | | | |
| | Coldside Drop-in | 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. | | | | | | |
| W E D N E S D A Y | Former Carers Lunch Club | 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. | | | | | | |
| | Happy Feet Walking Group | 1 st 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 |
| C A R E & S H A R E | 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. | | | | | | |
| | Care & Share | 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. | | | | | | |
| A R D L E R | Ardler Carers Cafe | 1st Wednesday of the month. 11am - 1pm | FREE | Ardler Complex, Turnberry Avenue, Dundee, DD 2 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. | | | | | | |

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| W E D N E S D A Y | Arts & Crafts Group | 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. | | | | | | |
| | Lochee Drop-in | Every Wednesday 10am - 12 noon | 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. | | | | | | | |
| T H U R S D A Y | Dementia Café | 2nd Thursday of the month | 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. | | | | | | |
| | Drop-in Café | 1st Thursday of the month | FREE | Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB | All carers | Drop in | Sofia Tel: 200422 |
| | For carers, disabled people and their families. A chance to get together and socialise over a cup of tea or coffee. Various taster sessions e.g. IT, mindfulness, health checks may be available. From time to time other organisations will attend to provide information and advice. There will be staff from different teams within the centre to answer any questions. Tea, coffee and cakes will be served. | | | | | | |
| F R I D A Y | Carers Cinema Club | 1st Thursday of the month | FREE | Ardler Complex, Turnberry Avenue, Dundee, DD 2 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. Under 16's MUST be accompanied by an adult. Visit www.facebook.com/dundecarerscentre | | | | | | |
| F R I D A Y | Stressbusters | 1st Friday of the month (excluding Dec/Jan and Jul/ Aug) 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. | | | | | | |
| | Lifeline | 3rd 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. | | | | | | | |

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| O T H E R | Moving & Handling Training | 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. | | | | | |
| | Carer Health Checks | 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. | | | | | |
| | Carer Training | See Carersofdunde.org.uk/events-and-whats-on | FREE | Dundee Carers Centre & other venues | All carers | Contact the centre Tel: 200422 |
| A new program of carer training will cover topics relevant to Carers in Dundee. The autumn 2019 program includes sessions on First Aid, IT, Epilepsy, Growth Mindset and more. If you have any suggestions for future topics, please contact Ellie. | | | | | | |

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 get in touch.

Dundee Carers Centre
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Dundee, DD1 2HB

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