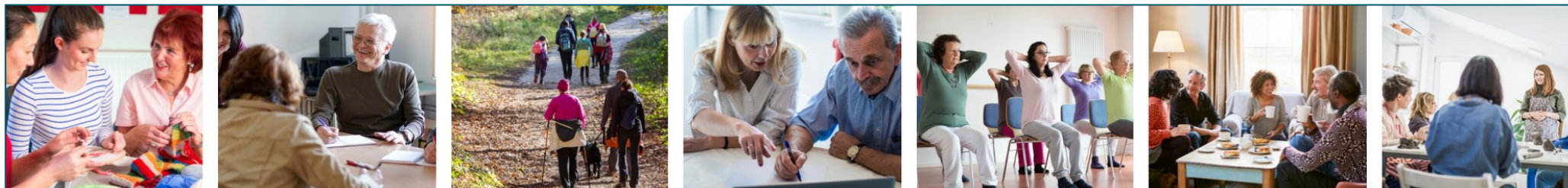


WHAT'S ON GUIDE



| | DAY | TIME | LOCATION | KEY CONTACT NAME & NO. |
|---|--|--------------------------|-------------------------------------|-----------------------------------|
| Citywide Groups (run by Dundee Carers Centre) | | | | |
| <i>Lifeline Group for carers supporting someone with challenges around dependency</i> | <i>3rd Tuesday of the month</i> | <i>1pm - 3pm</i> | <i>Dundee Carers Centre</i> | <i>Jaymieleigh (07810 147928)</i> |
| <i>Happy Feet Walking Group</i> | <i>Last Tuesday of the month</i> | <i>11am - 2pm</i> | <i>Varies</i> | <i>Michelle (07713 993425)</i> |
| <i>Creative Writing Group</i> | <i>2nd Monday of the month</i> | <i>12.30pm - 2.30pm</i> | <i>Dundee Carers Centre</i> | <i>Ellie (07713993431)</i> |
| Connecting Carers Cafés (run by Dundee Carers Centre) | | | | |
| <i>West End Connecting Carers Café</i> | <i>Every Monday</i> | <i>10.30am - 12.30pm</i> | <i>Blackness Library</i> | <i>Virginia (07748 805773)</i> |
| <i>Ferry Connecting Carers Café</i> | <i>1st & 3rd Monday of the month</i> | <i>10am - 12pm</i> | <i>St James Church</i> | <i>Alison (07919 904714)</i> |
| <i>Strathmartine Connecting Carers Café</i> | <i>Every 2nd Wednesday</i> | <i>10am - 12pm</i> | <i>Chalmers Ardler Church</i> | <i>Maxine (07787 534845)</i> |
| <i>Lochee Connecting Carers Café</i> | <i>Last Thursday of the month</i> | <i>10.15am - 12.15pm</i> | <i>The Friary</i> | <i>Vickie (07770 891425)</i> |
| <i>Maryfield Connecting Carers Café</i> | <i>Last Wednesday of the month</i> | <i>11am - 12.30pm</i> | <i>C Gate, Dundee Carers Centre</i> | <i>Sofia (07776 379631)</i> |
| <i>North East Connecting Carers Café</i> | <i>Last Tuesday of the month</i> | <i>10am - 12pm</i> | <i>Finmill Community Centre</i> | <i>Gillian (07469 680877)</i> |
| <i>East End Connecting Carers Café</i> | <i>Last Friday of the month</i> | <i>10am - 12pm</i> | <i>Brooksbank Centre</i> | <i>Gem (07515 067076)</i> |

WHAT'S ON GUIDE

| | DAY | TIME | LOCATION | KEY CONTACT NAME & NO. |
|---|------------------------------------|----------------------|-------------------------------------|--------------------------------|
| Drop-in Community Groups (carer support available) | | | | |
| <i>Sinderins Community Hub</i> | <i>Every Thursday</i> | <i>1pm - 3pm</i> | <i>Logie & St John's Church</i> | <i>Virginia (07748 805773)</i> |
| <i>Ardler Community Hub</i> | <i>1st Thursday of the month</i> | <i>11.30am - 1pm</i> | <i>Ardler Complex</i> | <i>Maxine (07787 534845)</i> |
| <i>Broughty Ferry Library</i> | <i>Last Wednesday of the month</i> | <i>10am - 12pm</i> | <i>Broughty Ferry Library</i> | <i>Alison (07919 904714)</i> |

Dundee Carers Centre runs a series of shorter, fixed length groups, learning and training opportunities. These focus on specific topics and issues such as managing anxiety, bereavement and loss, adult learning opportunities and flexible qualifications. For more information please visit www.carersofdundee.org There are a range of e-modules for carers that you can complete in your own time from the comfort of your own home. For more information please visit www.carersofdundee.org/learning

If you would like to find out about the types of services that Dundee Carers Centre can provide for unpaid carers and disabled people please call 01382 200422 or visit www.dundecarerscentre.org.uk

Dundee Carers Centre,
Seagate House, 132-134 Seagate,
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Tel: 01382 200422 | Email: centre@dundecarerscentre.org.uk

****All details are correct at time of print - please check with the Key Contact for the group you are interested in before attending****