



	DAY	TIME	LOCATION	KEY CONTACT
Citywide Groups (run by Dundee Carers Centre)				
<i>Lifeline Group for carers supporting someone with challenges around dependency</i>	<i>1st Tuesday of the month</i>	<i>1pm - 3pm</i>	<i>Dundee Carers Centre</i>	<i>Tom (07770 891425)</i>
<i>Happy Feet Walking Group</i>	<i>Last Tuesday of the month</i>	<i>10am - 2pm</i>	<i>Varies</i>	<i>Siobhan (07858 129771)</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>Laura (07733 070391)</i>
<i>Men's Carers Club</i>	<i>1st Friday of every month</i>	<i>11am - 1pm</i>	<i>Craigowl Church, 58 Turnberry Ave</i>	<i>Ross (07768 348194)</i>
Connecting Carers Cafés (run by Dundee Carers Centre) (FROM SEPTEMBER TO JUNE ONLY)				
<i>West End Connecting Carers Café</i>	<i>Last Monday of the month</i>	<i>10.30am - 12.30pm</i>	<i>Blackness Library</i>	<i>Virginia (07515 067075)</i>
<i>Ferry Connecting Carers Café</i>	<i>1st 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>Every 2nd Thursday</i>	<i>10.30am - 12.30pm</i>	<i>The Friary</i>	<i>Morgan (07787 534871)</i>
<i>Central Connecting Carers Café</i>	<i>3rd Tuesday 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>Jaimie (07720 824834)</i>
<i>East End Connecting Carers Café</i>	<i>Every 3rd Tuesday</i>	<i>1pm - 3pm</i>	<i>Brooksbank Centre</i>	<i>Kev (07712 856090)</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 - 2pm</i>	<i>Logie, 33 Lime St Sheltered Housing</i>	<i>Virginia (07515 067075)</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>First Wednesday of the month</i>	<i>10am - 12pm</i>	<i>Broughty Ferry Library</i>	<i>Alison (07919 904714)</i>
<i>Stobswell Connect</i>	<i>First Tuesday of the month</i>	<i>2pm - 4pm</i>	<i>Stobswell Connect</i>	<i>Sofia (07776 379631)</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

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