



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.						
F O R M E R C A R E R S L U N C H C L U B	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.						
W E D N E S D A Y	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
	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.						
C A R E & S H A R E	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 C A F E	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	Karin Tel: 200422
	Carers and cared for can come along to socialise, play board games and participate in a book swap. Hot drinks and refreshments provided.						

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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	Patrick Tel: 200422
Pop in for a chat with Patrick for info on services that are available to carers, disabled people and their families.							
T H U R S D A Y	Dementia Café	3rd 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	Louise 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 10am - 12pm	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	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	Laura Tel: 200422
	For carers who support someone with drug or alcohol dependency. The group decide together their areas of interest and invite guest speakers along. Tea/Coffee provided.						
NEW Access to Lifeline	1st Friday of the month (excluding December) 1pm - 3pm	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Contact lead worker	Karin Tel: 200422	
New group for carers of someone with drug or alcohol dependency. For those who prefer a more informal setting.							

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O T H E R	Carer Health Checks	By appointment	FREE	Dundee Carers Centre, 132 - 134 Seagate, Dundee, DD1 2HB	Adult carers	Contact the centre	Dundee Carers Centre: 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 Carersofdundee.org.uk/events-and-whats-on	FREE	Dundee Carers Centre & other venues	All carers	Contact the centre	Tel: Ellie 200422
A new program of carer training will cover topics relevant to Carers in Dundee. The Spring 2020 program includes sessions on Carer Wellbeing, Anxiety Anger, Carer courses, bereavement 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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