

**Forthcoming events from West End
Carers #dundeewestend**

IT'S TIME FOR YOU WEST END CARERS!

EVERY MONDAY AT BLACKNESS LIBRARY,
225 PERTH RD, DUNDEE DD2 1EJ

Are you an unpaid carer? Not sure if you are an
unpaid carer?

Come along and have a chat with some of the
West End Locality Carers Support Team.

GROUP SESSIONS WILL FOCUS ON WELL-BEING AND LISTENING TO CARERS' NEEDS.

Programme (All sessions take place from 10.30am - 12.30pm):

- **Mon 6th June** - Local Planned Walk
- **Mon 13th June** - Chat & Blether - Bits & Bobs (Finishing Projects)
- **Mon 20th June** - Card Making
- **Mon 27th June** - Card & Board Games
- **Mon 4th July** - Guest speaker from Dundee Carers Centre
- **Mon 11th July** - Glass Painting
- **Mon 18th July** - Tote Bag Decorating
- **Mon 25th July** - Reminiscing on Old Dundee
- **Mon 1st August** - Paper Cutting Designs
- **Mon 8th August** - Local Planned Walk
- **Mon 15th August** - Fire Service/Safety at Home
- **Mon 22nd August** - Chair Yoga
- **Mon 29th August** - Fun Fitness (suitable for all levels)

If you are not keen on any of the activities above, carers are still welcome to come along for a coffee and a chat (Booking is essential).

Places are limited and booking is essential. If you would like any more information, don't hesitate to contact your West End Carers Support Team:

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