

September 2026 NEWSLETTER



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OUR VALUES

Crossroads Caring for Carers Annandale & Eskdale is a voluntary organisation and its mission and objectives, are

- To relieve stress on persons or families caring for the elderly or people with physical, mental or sensory impairment, and
- To care in appropriate circumstances for the elderly or people with physical, mental or sensory impairment who are living alone

WINTER TIPS

Staying Warm and Healthy

- **Heat your home:** Keep the rooms you use most, like your living room or bedroom, heated to at least 18°C (64°F).
- **Wear layers:** Put on several thin layers of clothing instead of one thick piece to trap body heat more effectively.
- **Eat well and hydrate:** Eat balanced meals with seasonal fruits and vegetables, and drink plenty of warm fluids throughout the day.

What's on in Kate's Kitchen this month Annan



WHATS ON WEEK COMMENCING 14TH SEPTEMBER:

MONDAY
OLD BANK COMMUNITY CAFE - 9:30 - 2PM
ESOL - 10:00-12PM

TUESDAY
OLD BANK COMMUNITY CAFE - 9:30 - 2PM
FREE SOUP + HOT DRINK - SERVED 12PM
AFFORDABLE FOOD PROJECT - 10:00 - 2PM
MINDFULNESS GROUP - 10:00-12PM
VOICEABILITY - 10:00-12
ESOL - 10:00-12PM
ANNAN ART GROUP - 2:30-4:30PM

WEDNESDAY
OLD BANK COMMUNITY CAFE - 9:30 - 2PM
KNIT + NATTER - 10:00 -12PM
GARDENING GROUP - 10:00 -1PM

THURSDAY
OLD BANK COMMUNITY CAFE - 9:30 - 2PM
WALKING GROUP 10:30 - 11:30
FREE SOUP + HOT DRINK - SERVED 12PM
YOGA - 2:30 - 3:30

FRIDAY
OLD BANK COMMUNITY CAFE - 9:30 - 2PM
ARTS + CRAFTS - 10:00 - 1PM

FOR MORE INFORMATION ON OUR GROUPS AND SERVICES
POP IN OR SEE KATESKITCHEN.ORG

NEW VENTURES STORIES & FUND RAISING

Corrie our long standing care attendant is moving on to study Midwifery. Good Luck Corrie!



Corrie's Story

I began working at Crossroads in Jan 2023. It is an amazing service that provides people and their families/Carers with person-centred care, support and essential respite services. I have supported many people over the last 3 years and you can really see the difference it makes to people. I am about to start a new challenge as a student Midwife at the university of Cumbria and wanted to do something to raise money and awareness for Crossroads before I left. I decided to run Carlisle Half Marathon on the 19th June pushing my daughter, Keira in the pram. We were the only pram out there on the day but the support we received was incredible and we managed to raise £545 which is amazing!



GRANTS FOR CARERS

Short Break - TIME FOR YOU
Grants Available Thorough
Dumfries and Galloway Carers
Centre.

Time for You is more than just a break away, Carers are encouraged to think about what makes them happy and what they would like to do given the opportunity to take 'time out', a chance to relax and have time out from routines and responsibilities. .

Carers can be as creative as they wish!

CONTACT: Dgalcarers.co.uk



Service User News

A special birthday celebration with care attendant Monika who arranged a memory photograph book. A lovely afternoon was had by all!! Our donations are all used to enrich our service users lives.