

The Living Well

Information Required for Submitting Resources



Third Sector
Dumfries and Galloway

The Living Well is open to submission of activities and services which benefit the health and wellbeing of people living in Dumfries and Galloway. This comprises information from the Public Sector (Council & NHS), Third Sector, as well as communities themselves.

Although not exhaustive, examples include:

Health – *Health campaigns and initiatives, Details of medical centres.*

Care – *Care-at-home, Care homes, Day Centre activities, Mental Health, Disability Services.*

Sport and Recreation – *Walking and Cycle trails, Exercise Classes and Training, Hobby and Interest groups.*

Support and Advice – *Housing Support, Alcohol & Drug Services, Advocacy, Advice, Minorities.*

Community Initiatives – *Events, Public and community assets etc.*

Organisations of all sizes and reach are welcome to submit information and can do so by including the following:

Name:

Name of Organisation and service or activity (e.g. RVS Dumfries and Galloway; Dumfries and Galloway Over 50's Group)

**Please note if your organisation offers more than service then please detail these separately – E.g. Alzheimer Scotland: Stranraer Dementia Resource Centre;*

Support in Mind Scotland – Kaleidoscope (Dumfries)

Address:

The location for your service or activity. Please state multiple addresses if your service is replicated in a variety of locations.

General Description:

Please give a description of your activity or services (e.g who it is designed to cater form, requirements, date and time of meetings)

Please include key contact details – including telephone and email

Web Address:

(If applicable)

Key Words:

Please provide key words which best describe your organisation and can make it more searchable.

E.g. Bump, Baby and Beyond (Stewartry) – Parents, activities, toddlers, Stewartry, Community, Baby, Mothers, Fathers.

To submit your information or for support please contact:

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