

Support Groups

There are a number of informal support groups for carers, which meet throughout Angus.

These include:

- Young People (8-18 years) - caring for a family member
- Parent/Carers - caring for a child with additional support needs
- Alcohol or substance misuse Carers - caring for someone affected by drug or alcohol misuse

Contact Details

Angus Carers Centre
Ground Floor
8 Grant Road
Arbroath DD11 1JN

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Angus Carers Association is a company limited by guarantee and a charity

Charity number SC026052 Company Number SC212062

Do you care for someone?

Information and support for carers in Angus



Angus Carers Centre
supporting carers

Freepost Plus RTTB-AKET-CZZH
Angus Carers Centre
8 Grant Road
ARBROATH
DD11 1JN



We offer

- Practical and emotional support
- Information and advice on a range of subjects including services available to carers
- Locality-based carers support groups
- Events and activities for carers
- A sitting/befriending service
- Regular newsletter
- A counselling service
- 1:1 support
- Training for carers
- Raising awareness of the contribution made by carers across Angus and the need for them to be properly supported and valued
- Short Break information
- Volunteering opportunities

Who is a carer?

Carers can be wives, husbands, partners, parents, daughters, son, friends or neighbours who look after someone of any age who may have:

- A physical disability
- A medical condition
- A learning disability
- Mental ill health or dementia
- Alcohol or substance misuse

Carers are ordinary people who simply get on with what has to be done, when someone close to them needs looking after. The carer does not need to be living with the cared-for person to be a carer.

Caring for someone can be rewarding, but it may also be very demanding. You may be worried about money or your own health, you may feel tired or under stress and could benefit from having someone to talk to.

All our services are confidential and free of charge

If you would like to receive further information about Angus Carers Centre services please complete this tear-off slip and post it or put it in an envelope with our freepost address on the front. Either way, no stamp is required. Other ways to contact us are by telephone, by letter, email or dropping in.

Name:

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Address:

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..... Postcode:

Tel No:

Email.....

Signed:

Date:

I obtained this leaflet from:

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All information will be stored on our database in compliance with the 1998 Data Protection Act.