



Angus Carers Centre

supporting carers

Autumn/Winter Edition 2018 *Newsletter*



Angus Carers Centre - Annual General Meeting 2018

Wednesday 26 September 2018

“Measuring the IMPACT of Supporting Unpaid Carers”

You are invited to the Angus Carers Centre Annual General Meeting on Wednesday 26 September 2018 from 2.30pm to 4.30pm, at Angus Carers Centre in Arbroath.

After the formal business has been attended to, you will then be able to meet the staff and volunteers who deliver our services.

Come and chat to them and find out more about what they have been doing over the past 12 months.

Please let us know if you plan to attend the AGM.

You are welcome to call in on the day, however, it would be really useful if you were able to let us know in advance if you intend to join us. Please confirm your intention to join us by ticking the Reply Slip and returning it in the pre-paid envelope. We look forward to seeing you.



Carers Christmas Party

Wednesday 12 December 2018

The Park Hotel, Montrose

The Carers Christmas Party will be held at the Park Hotel in Montrose, with all the usual fun, games and the famous raffle!

Please indicate your interest on the Reply Slip and send the £10 per head donation to book your place.

Donations to the prize raffle will be gratefully received at our office at 8 Grant Road, Arbroath or can be brought along on the day itself.

We look forward to seeing you all there!

“Frankie’s Guys”

Webster’s Theatre, Arbroath

Saturday 20 October 2018

If you’d like to go to this show, please tick the Reply Slip and return it in the pre-paid envelope.



Trip to the Scottish Antiques & Arts Centre, Abernethy

Wednesday 14 November 2018

We’re planning a trip to the Scottish Antiques and Arts Centre in Abernethy on Wednesday 14 November 2018. If you’d like to go on this day out, please tick and return the Reply Slip.



Short Breaks

A 1-week break in Pitlochry is available in 2019

There is an opportunity for carers to have a 7-night, self-catering holiday in Pitlochry. A 1-bedroom cottage has been donated by the BEN Licensed Society. The cottage is not accessible and does not have Wi-Fi, but it is on a bus route. The holiday is available in January, June or October 2019. There is no cost to carers, and the carer can take another person of their choice. If you are interested, please contact the Short Breaks Team at Angus Carers Centre for more information and availability. You can view photos of the cottage at this website, www.bensoc.org.uk.



'Introduction to Criminology' - a free course for carers

Ross Bull, a local teacher, is offering a free course to carers and volunteers. 'Introduction to Criminology' is an 8-week course which will run every Tuesday for 8 weeks from 4 September to 23 October 2018 from 6pm to 8pm, here at Angus Carers Centre.



This course aims to introduce students to some of the key questions asked by criminologists. We will examine the subject from various perspectives including social, cultural and psychological. In particular, we will challenge some of our assumptions about who commits crime and why, asking if the line between the 'good guys' and the 'bad guys' is as clear as we might imagine it to be.

This course is part of Crime Club's programme of free criminology courses and workshops. To find out more please visit www.crimeclub.courses. To reserve your place, please contact the Centre. Places will be limited. Please only book if you are able to commit to the full 8 weeks. If you're unsure about what the course is about, please drop an email to crimeclubcourses@gmail.com and Ross will be happy to advise.

Meetings of the Angus Carers Voice Network (ACVN)

The locations, dates and times for the September and October meetings of the Angus Carers Voice Network (ACVN) have been confirmed and are listed below. To make the meetings as accessible as possible to carers in Angus, we have chosen venues from across the area. If you would like to attend any of these meetings, then please tick the Reply Slip and return it in the pre-paid envelope by Monday 10 September 2018. If you choose the Brechin or Forfar location, we will confirm the venue for you when we send out the attendance confirmation letter to you.

- Wednesday 12 September, 10am to 12 noon; Kinloch Care Centre, Carnoustie.
- Wednesday 19 September, 10 am to 12 noon; Brechin (Venue TBC)
- Wednesday 3 October, 10am to 12 noon; Angus Carers Centre, Arbroath.
- Wednesday 17 October, 10am to 12 noon; Forfar (Venue TBC).

Tayside Carers Voice Network

The Angus Carers Voice Network has been invited to meet up with their equivalent networks from Dundee and Perth & Kinross. If you like to meet up with carers from Dundee Carers Voice and Perth Carers Voice, then you're most welcome to attend the first ever Tayside Carers Voice Network meeting, which will be on Tuesday 20 November 2018, 11am to 1pm at Perth Fire Station. Please tick the Reply Slip if you'd like to attend this event.

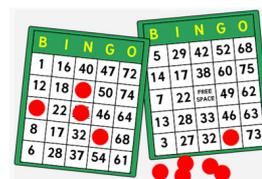
A Note From the Editor

Our registered carers are very welcome to attend all trips, activities and the Carer Support Groups. Friends and family can only attend events where an exception to this is stated.

Fundraising News

Prize Bingo and Raffle - Tuesday 9 October 2018

The Angus Carers Funding Support Group (FSG) is holding a Bingo and Raffle on Tuesday 9 October 2018 at The British Legion Hall, Academy Street, Forfar. Doors open at 6.30pm, eyes down at 7.30pm. Entry is £5 at the door and this includes 6 bingo books, 2 flyers and supper. Licensed bar, so over 18s only, please. We would be delighted to accept donations of prizes for the evening for the bingo or the raffle, these can be handed in to the office or brought along on the night.



Christmas Fayre - Saturday 24 November 2018

The Funding Support Group will be holding a Christmas Fayre at the Centre on Saturday 24 November 2018, from 10am to 12.30pm. The Carers Crafts and Cuppas Group will have items for sale and we will have stalls selling a variety of craft items. Entry is £2 for adults and 50p for children (price includes a cuppa and a mince pie). No ticket is required, just pay at the door. We would welcome donations for the raffle or tombola, please hand in items to the Centre. Music, entertainment and fun for all! All are welcome!



Bag Pack at Morrisons in Arbroath - Sunday 9 December 2018

We have been given another opportunity by Morrisons to raise funds on Sunday 9 December 2018. Could you spare a few hours to help fundraise for activities for adult and young carers, please? We have three 2-hour slots to be filled from 10am-12noon, 12noon-2pm and 2pm-4pm. We are looking for as many people to come along as possible - friends, family and young people (as long as they are accompanied by an adult, if under 16). It can be really good fun! If you can help out on the day please tick the Reply Slip and we will contact you nearer the time.



Allotment News - We're Looking for 'Allotmenters'!



We are on the waiting list for an allotment here in Arbroath, as we think it might be a good opportunity to get together carers who are interested in gardening. If there are any carers who would like to help us on the allotment, please contact our Volunteer Coordinator, Jim Dallas, at the Centre.

Please note ...

As an organisation that holds information, we are required by law to ask those who are on our mailing list if they still wish to receive regular mailings. If you do not wish to remain on our mailing list or if the information we hold on you is incorrect, please contact us so that we can make the necessary alterations.

Every effort is made to ensure that the information in this newsletter is correct. Angus Carers Centre can accept no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed in this publication are not necessarily those of Angus Carers Centre.