Angus Carers Centre - Annual General Meeting 2019

Date/time: Monday 30 September 2019, 2.30pm to 4.30pm
Venue: Angus Carers Centre, Arbroath

A warm invitation is extended to anyone living in Angus who would like to find out more about our organisation and our plans for the future.

After the formal business, Guest Speaker, Chris Chinnock, Head of Business Development with Nurture Development (nurturedevelopment.org), will be coming along to discuss “Making neighbourhoods work for unpaid carers”.

Chris will provide an insight into how we can better support people to recognise themselves as carers and how we can better identify unpaid carers who are “hiding in plain sight”.

Referrals will be served from 2pm with a 2.30pm start for the meeting itself, ending by 4.30pm.

The draft Angus Carers Centre’s Strategy 2019-2022 will also be available for comment before it is recommended to the Health & Social Care – Integrated Joint Board on 30 October 2019. (See Page 6 for details of how to take part in engagement feedback sessions during Autumn 2019.)

If you would like to attend the AGM, please RSVP by ticking the Reply Slip and returning it in the pre-paid envelope or emailing listening@anguscarers.org.uk.

We look forward to seeing you there.

Scottish Parliament Trip

Thursday 7 November 2019
Our annual trip to the Scottish Parliament in Edinburgh, hosted by Graeme Dey MSP, is now confirmed. This will be a full day trip. We will travel to Edinburgh by coach and get a ‘behind the scenes’ tour of the Parliament building. A light lunch will be provided and also an opportunity to pose any burning questions to Graeme.

If you’re interested in attending, please indicate this on the Reply Slip and we will contact you in due course with further details.
**Volunteering with Angus Carers Centre**

Volunteers play an integral part in all aspects of our work, from the Board of Directors to the group of volunteers that mail out the newsletter you are reading.

**What we’re looking for...**
Currently we have room to add more volunteer help to the following groups and activities:

- a) Families Programme, which offers social activities to families who have a child with a disability or additional support needs.
- b) Fortnightly groups in Forfar and Arbroath with the Young Carers’ Service.
- c) Sessional Receptionist with our Admin Team and the ‘One Stop Shop’ that supports carers to get a short break from caring.
- d) Weeding and maintenance at our new allotment on Brechin Road, Arbroath and at the Carers Centre.

Experience not necessary, just a smile and a kind heart!

If you have some free time and would like to find out more about these opportunities, then please contact our Volunteer Co-ordinator, Jim Dallas, for a chat.

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**Carers in Angus Having Conversations and Influencing Change**

The Angus Carers Voice Network (ACVN) hosted a really successful Carers’ Conversation event as part of the National Carers Week in June 2019.

26 unpaid carers and paid workers (including some people who are both) put forward really practical ways in which we could better support unpaid carers. Just some of the things that participants committed to doing or ideas to improve how we support people who have a caring role:

- Encourage self-identification;
- Listen, support and encourage;
- Encourage people to speak to their HR Department;
- Have flexible working hours;
- Workplaces keeping the conversation going about people’s caring needs;
- Recognise unpaid carers working alongside paid care;
- Ensure Carers’ inclusion in the language we use;
- Promote carer support with peer support groups, public events, support agencies;
- Acknowledge other carer responsibilities and when support can be accessed;
- Make a carer’s checklist / and a care worker checklist.

A copy of the full report is available at [www.anguscarers.org.uk](http://www.anguscarers.org.uk). To request a paper copy, please complete the Reply Slip.

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**Note From the Editor**
Our registered carers are very welcome to attend all trips, activities and the Carer Support Groups. Other family members can only attend where an exception to this is stated.
The Good Self-Directed Support (SDS) Project

This project is a collaboration between the University of Stirling's Department of Social Policy and Criminology, Disability Research on Independent Living and Learning (DRILL), Glasgow Centre for Inclusive Living (GCIL), and the National Lottery Community Fund.

Self-directed Support was formally introduced in Scotland on 1 April, 2014, and emanated from the enforcement of the Social Care (Self-directed Support) (Scotland), Act, 2013. This gives people receiving social care services in Scotland the right to have the choice, control and flexibility, to meet their personal outcomes. In addition, local authorities are legally bound to a duty to ensure that clients are presented with a range of choices with regard to how they receive their social care and support package.

The project aims to:
- Find out what is important to disabled people and those who support them.
- Find out the support they need to live fulfilled lives; support disabled people to be equal citizens, and to fully participate in their local community.
- Improve the way SDS works by asking disabled people, and those who support them, about their experiences and how they think SDS could be improved.
- Establish the costs and benefits of social care and support for families, the community and wider society.

In order to better understand what good support looks like the project is looking for people who use Self-directed Support (SDS), or who would like to, and carers of people who use SDS, to participate in some focus groups. These focus groups would be formed of five or six individuals who receive or would like to receive SDS, or indeed individuals who care for a disabled person. These individuals would be invited to chat about their experiences of Self-directed Support for a period of no more than an hour. Participants will be provided with expenses for travel, any personal assistant, advocate and/or interpreter costs. Any information gathered via this process would be very valuable to the project. If you would like to take part please visit http://goodselfdirectedsupport.org.uk.

The project team has also developed a survey which looks at the impact of the support that disabled people have. This can also be accessed via the above website. If you would like to find out more about SDS please visit www.selfdirectedsupportscotland.org.uk.

If you would like to discuss the research with someone, please contact: Prof. Kirstein Rummery (Principal Investigator): kirstein.rummery@stir.ac.uk; Dr. Siabhainn Russell (Researcher): siabhainn.russell@stir.ac.uk or Julia Lawrence (Researcher): julia.lawrence@stir.ac.uk.

If you wish to speak to someone independent, please contact Professor Alison Bowes (Dean of the faculty of Social Sciences): a.m.bowes@stir.ac.uk.

Please visit www.anguscarers.org.uk for more details and/or come along to the next ACVN meeting on Tuesday 24 October (see Page 6 for details).
The Summer newsletter shared plans to develop the Independent Living Angus tool (www.independentlivingangus.org.uk), so that it can provide support specifically for carers.

Work is now underway on the first two of fifteen areas that carers can access advice and information on. These first two subject areas are:

1. I no longer care for someone and I would like some advice on how to move forward with my life.
2. I could be looking after someone in the near future and I don’t know where to begin.

The project is being supported by Elaine Colville, who is a Senior Nurse for Palliative Care with Angus Health & Social Partnership, and is very knowledgeable about the local palliative care pathways, which are covered in these areas.

We will continue to provide regular updates on progress of this project and it is not too late to be part of this work if you are interested. Please contact Janet Owers on 01307 492359 or at owersj@angus.gov.uk for further details or to get involved.

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Angus Carers Voice Representative, Part 1 - Peter Burke

I sit on both the top-level Integrated Joint Board (IJB) of the Angus Health and Social Care Partnership (AHSCP), and also the subsidiary Strategic Planning Group (SPG). Alphabet soup!

The SPG meets regularly – every two months - and does a number of things; every three years it takes input from the public, the locality groups of the partnership (there are four areas in Angus), and strategic guidance from the IJB and the Scottish Government, to create the strategic commissioning plan. We have just finished the 2019-2022 plan. This has been approved and means the IJB can put contracts in place with NHS Tayside and Angus Council who will deliver our plans. We then measure our success – or otherwise – during the three year period.

The SPG also addresses issues raised within the four localities which may have an impact across Angus – for example, an outbreak of measles in Carnoustie which could spread to Monifieth, Arbroath, and beyond. This would need addressing with a proposed action plan which would have to be approved by the IJB and delivered to the four localities to implement.

Next time – fun at the IJB!
Will You Help Us to #MakeACarersDay?

Respitality is a national scheme that provides a short break from routine for unpaid carers in Scotland. It aims to connect carers’ organisations with hospitality, tourism and leisure business who are willing to donate a break free of charge.

Here is what some carers told us about the impact of their caring role on them during our Diary Project in 2017.

“Caring for a disabled person 24/7 is sometimes quite stressful and I can find this difficult to deal with.”

“Although my wife’s memory and understanding of logic has gone, she is still emotionally aware and gets very agitated when I am tired and try to distance myself a little bit. I find this extremely stressful.”

“My partner and I are constantly in each other’s company. I must be careful to choose the right words as the least change in my tone of voice, most of the time unintentionally can upset him. It has consumed my whole life.”

This is why carers need a break from their daily routine. It helps them keep a sense of their own identity and reminds them to look after their own mental health & well-being.

Last year we helped to arrange 41 Respitality Short Breaks. These would have cost £3,988 had they not been donated.

Do you know of a local business that might consider making a donation to Respitality? They might be able to provide dog-friendly bed & breakfast, tickets for a night at a show, cover the cost of a taxis and a lunch out, make a visit to old friends... The list of ideas already donated in Respitality is amazing, but we need your help to keep this going.

You can recommend an Angus tourism or leisure business by putting your suggestion on the Reply Slip or email shortbreaks@anguscarers.org.uk and we will do the rest. #MakeACarersDay

A Last-Minute Respitality Donation - Rod Stewart in Aberdeen

In mid-July, a lady visited the Centre one morning and very kindly donated two FREE tickets for the Rod Stewart concert at the AECC in Aberdeen on Tuesday 16 July 2018. The lady who donated the two tickets said she would like them to go a registered carer with Angus Carers Centre.

We posted the tickets on our Facebook page and, very quickly, several carers expressed an interest in going to the gig. The first carer to reply was Lisa Hendry - Lisa is pictured right, holding her two tickets.
A Note From Liam McKelvie

A wee message from Liam McKelvie regarding the talk he gave at Angus Carers Centre back in mid-June 2019...

“I would like to thank everybody that came along to listen to my talk at Angus Carers Centre in June. It was an honour to inspire people who devote their life to helping others in situations similar to myself. I now hope to spend the rest of my career helping as many people as possible in one lifetime.

“As a speaker I want to try and create a more open minded and understanding world by speaking to others about my experiences with physical and mental health. I feel that my stories can carry lessons not just for myself, but for everybody and anybody. People often struggle alone and are afraid to ask for help. I feel that with every talk I do, I can help people reach out and find good within the bad situations.

“If you are interested in motivation, mind-set, self-help and/or my journey, feel free to follow ZeroLimbits on Facebook!”

The Support Group in Kirriemuir for Dementia Carers

Are you caring for someone who has dementia? We have a weekly support group meeting held in Kirriemuir at Kirrie Connections every Monday from 10am to 12.30pm. This group gives people the opportunity to meet up and discuss their concerns, as well as get access to information and advice.

If you would like to know more about this group, please contact Jacqui Dillon, Carer Development Worker, on 01241 439157 or email jacqueline@anguscarers.org.uk.

Angus Carers Voice Network - Themes for Autumn 2019

Carers who attend the network have compiled the following Autumn programme of dates and discussion themes for Autumn 2019.

Tuesday 20 August: Benefits & Universal Credit
Alun Parry, Local Delivery Lead, Social Security Scotland will attend to give you an update on the work of the new Social Security Scotland Team. If you have any questions for Alun please email them to listening@anguscarers.org.uk, or call the centre and ask to speak to Alison Myles.

Tuesday 24 September: The costs and benefits of ‘good’ Self-Directed Support
A researcher from Stirling University will attend to tell you more about “The Good Self-Directed Support Project” - see Page 3, to find out how you can get involved.

Tuesday 15 October: Angus Carers Centre’s Strategy 2019-2022
What does it mean for unpaid carers in Angus?

Tuesday 5 November: Emergency Plan
Have you got yours?

All sessions start at 10.30am, finishing with a light buffet lunch by 1.30pm. If you would like to come along to any of these session please call Jill at the Centre, new carers will be made to feel very welcome. If you would like to be added to the ACVN mailing list, please highlight this on the Reply Slip.
Graeme Dey MSP Surgery - Friday 4 October 2019

Graeme Dey MSP is holding a surgery for Angus South Constituents at Angus Carers Centre in Arbroath on Friday 4 October 2019, from 10am to 11am. If you have anything you would like to discuss with him or any issues you wish to raise, please contact the Centre to arrange an appointment.

Fundraising Bingo

Spring Bingo Night raises £471
The Angus Carers Centre’s Funding Support Group held a Bingo and Raffle at The British Legion Hall in Academy Street, Forfar, on Wednesday 22 May 2019, and raised the fantastic sum of £471. The group would like to thank the staff at the Legion, those who donated prizes, the volunteers who put on the bingo and all the generous folk who came along on the night, donating cash to our ‘Helping Hands’ fund.

Bingo in Forfar on Tuesday 8 October 2019
We will be holding another bingo at the Legion Hall on Tuesday 8 October 2019. Doors open 6.30pm, eyes down at 7.30pm. Entry is £5 at the door and this includes 6 bingo books, 2 flyers and supper. We would be happy to accept donations of prizes for the bingo or the raffle, these can be handed in to the office. As there is a licensed bar, this event is for over 18s only.

A Carers’ Worker Based at Friockheim Hub, 1st Wednesday of the Month

Starting on Wednesday 4 September 2019, Vanessa Black, our Carer Development Worker for the Arbroath area, will be based at the Friockheim Hub on the first Wednesday of every month, from 2.30pm to 4.30pm. If you would like to meet for a chat, then please make an appointment by either calling Vanessa on 01241 439157 or drop her an email at vanessa@anguscarers.org.uk.

News from the Families Programme

You may remember a few months ago that the Families Programme was looking for your help collecting blue tokens in the Tesco ‘Bags of Help’ scheme. Well, we are pleased to be able to let you know that we came 2nd and have been awarded £2,000 to help towards running events throughout the coming year. This will make a huge difference to our programme and to the families we support. A great BIG Thank You! to all those who helped us win this amount, we really appreciate it. Watch this space for updates on how we are spending our award.
## Diary of Events in Autumn 2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Event and Venue</th>
<th>Venue</th>
<th>SDS Drop-ins, 1.30-3.30pm, at ACC, second Thursday of the month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 30 Sept</td>
<td>The Angus Carers Centre’s AGM, at ACC from 2pm to 4pm.</td>
<td></td>
<td>Thursday 8 August 2019</td>
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<td></td>
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<td>Thursday 12 September 2019</td>
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<td>Thursday 10 October 2019</td>
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<td></td>
<td>Thursday 14 November 2019</td>
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<tr>
<td>Wed 4 Sept, 2 Oct, 6 Nov</td>
<td>Friockheim Hub: Vanessa, our Carer Development Worker, 2.30pm-4.30pm.</td>
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<tr>
<td>Tues 8 Oct</td>
<td>Bingo Night at Forfar’s British Legion, Academy Street; doors open 6.30pm, eyes down at 7.30pm.</td>
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<tr>
<td>Tuesdays: 20 Aug, 24 Sep, 15 Oct, 5 Nov.</td>
<td>Angus Carers Voice Network (ACVN), 10-30am-1.30pm, at Angus Carers Centre (ACC).</td>
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<tr>
<td>Thurs 7 Nov</td>
<td>Trip to the Scottish Parliament.</td>
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<td>Wed afternoons</td>
<td>The Carers’ Creative Corner, 1-3pm.</td>
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## Meetings of Carers’ Support Groups in Autumn 2019

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Venue</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARBROATH</td>
<td>11.00am</td>
<td>Tutties Neuk</td>
<td>9 Sept, 14 Oct, 11 Nov</td>
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<tr>
<td>BRECHIN</td>
<td>2.00pm</td>
<td>Stables Lounge</td>
<td>25 Sep, 30 Oct, 27 Nov</td>
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<tr>
<td>CARNoustie</td>
<td>10.00am</td>
<td>Station Hotel</td>
<td>2 Sept, 7 Oct, 4 Nov</td>
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<tr>
<td>FORFAR</td>
<td>10.30am</td>
<td>The Royal Hotel</td>
<td>4 Sept, 2 Oct, 6 Nov</td>
</tr>
<tr>
<td>KIRRIEMUIR</td>
<td>10.00am</td>
<td>Airlie Arms Hotel</td>
<td>27 Sept, 25 Oct, 29 Nov</td>
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<tr>
<td>MONIFIETH</td>
<td>2.00pm</td>
<td>Milton Inn</td>
<td>26 Sept, 31 Oct, 28 Nov</td>
</tr>
<tr>
<td>MONTROSE</td>
<td>2.00pm</td>
<td>George Hotel</td>
<td>30 Sept, 28 Oct, 25 Nov</td>
</tr>
<tr>
<td>AUTISM PARENTS’ GROUPS (ASD)</td>
<td>9.30-11am</td>
<td>Angus Carers Centre</td>
<td>21 Aug, 18 Sep, 20 Nov</td>
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<td></td>
<td>9.30-11am</td>
<td>Chapelbank, Forfar</td>
<td>4 Sept, 2 Oct, 6 Nov</td>
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<tr>
<td>MONTROSE ASN PARENTS’ GROUP</td>
<td>9.30-11am</td>
<td>Park Hotel, Montrose</td>
<td>28 Aug, 25 Sept, 23 Oct, 27 Nov</td>
</tr>
<tr>
<td>ADHD PARENTS’ SUPPORT GROUP</td>
<td>12.30-2.30pm</td>
<td>Forfar Community Campus</td>
<td>27 Aug, 24 Sept, 29 Oct, 26 Nov</td>
</tr>
<tr>
<td>DEMENTIA CARERS’ GROUP</td>
<td>10am–12 noon</td>
<td>Kirrie Connections Campus</td>
<td>Every Monday morning</td>
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<tr>
<td>SUBSTANCE MISUSE FAMILY &amp; FRIENDS’ GROUPS</td>
<td>7 Aug, 4 Sept, 2 Oct, 6 Nov, 4 Dec</td>
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## 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.