Welcome

Angus Carers’ Voice

Angus Carers’ Voice had an information session at the Centre on Thursday 24th March 2016. This was attended by a number of carers and three special guests who gave individual talks.

Claire Cairns from the Coalition of Carers in Scotland gave an update on the progress of the Carers Bill and answered a range of questions from carers.

Vivienne Davidson from the Angus Health and Social Care Integration Team shared information on their strategic plan for 2016-1019, as well as how decision-making about services will be made at a local level.

Graeme Dey, the SNP candidate for Angus South discussed the various stages that the Carers Bill has gone through and the debates that took place. Graeme has been actively involved in this process.

The Carers (Scotland) Bill was introduced to the Scottish Parliament on March 9th, 2015. The Bill will ensure better and more consistent support for carers and young carers.

Claire and Vivien gave detailed presentations and have kindly allowed us to publish their presentations on our website. If you wish to view these presentations just visit the downloads page at www.anguscarers.org.uk.

The photograph on the right shows the guest speakers and some of the carers who attended the meeting of Angus Carers’ Voice.
Children in Need awards over £100,000 to Angus Carers Centre

Angus Carers Centre has been awarded a total of £102,566 in funding from BBC Children in Need. The Centre will use the funding to run weekly respite groups and one-to-one sessions for young people aged 15 and under, who are acting as carers for family members.

As well as acting as a safe space for young people to relax and have fun, the group will provide a support network for them to talk through any issues and concerns. It will also offer opportunities for training and teaching skills to support carers at home, such as first aid, moving and handling, fire safety and cooking.

To make the group as inclusive as possible, young people can be referred to the group independently as well as by family members, schools and social workers. During the three year period of this funding, the group expects to work with some 80 local young carers each year. Since 2002, the Centre has received over £175,000 from BBC Children in Need.

Across Angus, BBC Children in Need now funds three organisations with over £142,000, invested to benefit disadvantaged young lives in the area.

You can read the full story about the awarding of this grant on our website.

Families Programme Update

So, the Easter eggs are all eaten (at least they are in my house!) and the children are back to school but the Families Programme is already in top gear preparing for more fun events during the Summer holidays.

The Spring Programme had some great times to look back on. The first Stay and Play Day held at our new premises was a big hit and will be repeated and this time we’re hoping for an even better response. Sing-a-long-a-Frozen was magical with wall-to-wall princesses and snow! In contrast the sun smiled on our Easter Fun Day at Brechin Castle Centre where the Barrel Train made several more trips than scheduled. The egg hunt was very well attended and all our ‘athletes’ went home with gold medals.

Unfortunately, the rain was persistent and prolonged for our Murton Farm trips and although most of the animals were reluctant to make an appearance, our families weren’t and they were rewarded with a very nice picnic lunch in a warm, dry resource centre.

Our popular Sportzone and Hydrotherapy sessions continue through the coming months and we will be contacting Families Programme members with available dates shortly.

The Families Programme is designed to offer social activities to families who have a child with a disability or additional support needs. We continue to get excellent feedback from parents about their experiences at these events, so if you care for a child under the age of 18 and would like to find out more about the Families Programme, please contact enquiries@anguscarers.org.uk.
Self-Directed Support (SDS)

Although Self-Directed Support has been around for a while now, we know it’s not always a straightforward process and there can be a lot of information to take in. Here at Angus Carers Centre we’d like to help make that process easier and have a number of events and opportunities for you to come along and find out more.

Angus Health & Social Care Partnership is in the process of reviewing SDS assessments and systems, and also planning for the new duties when the Carers (Scotland) Act 2015 is introduced in April next year. We want to know what’s working well with Self-Directed Support, as well as what’s not working so well and why. Please complete and return the enclosed questionnaire to Angus Carers Centre and we will continue to work with Angus Health & Social Care Partnership to ensure SDS works for carers.

SDS Monthly Forums for Carers

Do you have a Carers SDS budget? Would you know how to request an assessment? Do you know what you can do with Self-Directed Support? Are the four different options clear to you? These may be just some of the questions you have or maybe you have the answers and can share with other carers! There will be monthly SDS forums for carers to come along and share experiences, queries and solutions in a relaxed environment and we’re starting with one here at Angus Carers Centre on Wednesday 18th May 10.00am – 12 noon, followed by Wednesday 22nd June 10.00am– 12 noon at Voluntary Action Angus in Forfar. The forums will also be an opportunity to hear from Barbara, Direct Payments Advisor and Gill Watson, Support Broker.

Please tick the Reply Slip if you are interested in coming along.

SDS Learning Networks

We are planning four Learning Networks which will focus on SDS and bring together carers, providers and those who commission services for a workshop. The Learning Networks, to be held in each locality, are aimed at building on what has already been implemented with SDS in Angus and how we can all work together to make it a reality.

The Learning Networks will be either a morning session or afternoon session. Venues are to be confirmed but dates for your diary are as follows:

- Wednesday 25th May – Montrose/ Brechin
- Tuesday 31st May – Monifieth/Carnoustie
- Thursday 23rd June – Arbroath
- Wednesday 29th June – Forfar/Kirriemuir

The questionnaires which we have included with this Newsletter will also help us to identify areas for development and discussion. Places will be limited so please register your interest in the event in your area by ticking the Reply Slip.

SDS Awareness Week

National Self-Directed Awareness week begins on 13th June. We’ll be out and about in Angus with information and a chance for you to ask questions. Exact venues and times to be confirmed but watch out for us in Brechin & Montrose on Tuesday 14th June and in Carnoustie & Monifieth on Thursday 16th June. All the information will be regularly updated on our website and on Facebook/ Twitter. To express an interest in these events please tick the Reply Slip and remember if it’s difficult to get along to any of the venues we can always arrange to meet with you at another time.
Carers’ Walking Trip  
House of Mark, Glenesk  
Wednesday 29th June

A popular trip for those carers who enjoy fresh air and exercise in the company of other like-minded carers. This trip will be hosted by Ian at House of Mark. We will arrive at 10.00am for bacon rolls followed by a walk through the Glenesk area (exact route still to be decided, depending on ability of the group).

To round off the day there will be time to relax and enjoy lunch and a chat.

If you would like to attend, please tick the Reply Slip.

Carers’ Day Out  
Abernyte Antique Centre and Glendoick Garden Centre  
Wednesday 24th August

Back by popular demand!

Following a successful trip last year, please join us for a day out to the Scottish Antique & Arts Centre in Abernyte, followed by a visit to Glendoick Garden Centre for tea and scones.

To express an interest in this event, please tick the Reply Slip.

Annual Carers’ Day 2016  
Wednesday 8th June 2016  
10.15am to 3.30pm  
Carnoustie Golf Hotel

All registered adult carers are invited to our annual Carers’ Day, which will once again be held in the Carnoustie Golf Hotel.

There is a fun-filled programme of workshops/talks, with some old favourites and some new ideas as well.

Please note that as happened in 2015, we will not be holding our AGM at Carers’ Day 2016. Instead, the AGM will take place on 22nd September.

To see the list of all the interesting workshops/talks that are being held and to book your place at a workshop, please refer to the separate flyer and booking form.

Booking forms for the workshops must be returned by Tuesday 24th May 2016 so please book early.
**Fundraising Prize Bingo**

Angus Carers Funding Support Group is holding a Prize Bingo and Raffle evening on Tuesday 24th May at the British Legion Hall, Academy Street, Forfar. Doors open 6.30pm, eyes down 7.30pm. Entry is £5 at the door and this includes 6 bingo books, 2 flyers and supper. Licensed bar, over 18s only.

We would be happy to accept donations of prizes for the evening for the bingo or the raffle, these can be handed in to the office.

**IT Training**

Staff and volunteers are revamping the IT training we offer and have been in contact with carers who had previously expressed an interest in basic, beginners IT training. An information gathering session was held on 14 April to ensure that we reflect carers’ needs with the new training.

If you would be interested in learning how to use a computer, please complete the Reply Slip.

**Caring Counts**

This is a self-reflection and planning course for carers, designed by carers and the Open University.

The course has been running every two weeks as a drop-in. So far, four carers have come along and enrolled and their feedback has been really positive. When the group meets we choose an activity from the course, have a chat and look at the skills we have – many of these are things we didn’t know we were good at.

The drop-in sessions will continue to run on 18th May, 1st June and 15th June 2016 between 2.00pm and 4.00pm.

New faces are always welcome.

If you want to know more please e-mail Andrea at andrea@anguscarers.org.uk or give her a call on 01241 439157.

**Drug and Alcohol Project**

We offer specific support to carers who are affected by someone’s alcohol or drug problem. This can include information, practical advice on coping, signposting to other agencies, contact with other carers who are or have been in a similar situation, support and a listening ear. If you would like further information on this service please contact Belinda or Allie on 01241 439157.

**A note from the Editor**

Our registered carers are very welcome to attend all trips, activities and cuppy times. Friends and family can only attend events where an exception to this is stated.
Short Breaks One Stop Shop Official Launch

The One Stop Shop had its official launch on 14th April – thanks to those of you who managed along. Here, you will find lots of information on different types of short breaks from accessible accommodation to supported holidays including possible sources of funding. The One Stop Shop has the same opening hours as Angus Carers Centre but there are specific supported times when either Lesley, Short Breaks Development Worker or one of our Short Breaks volunteers will be there to support you. No appointment is needed, so please do pop in and have a chat about how we might support you to find the short break that is right for you.

Supported opening times are as follows:

Mondays 9.30am – 12.30pm; Tuesdays 1.30pm – 4.30pm; Wednesdays 9.30am – 12.30 pm; Thursdays 9.30am – 12.30pm and Fridays 1.30pm – 4.30pm. The One Stop Shop will also open 6.00pm -8.00pm on the last Wednesday of each month.

Problems with Electricity or Gas Bills?

Do you… worry about paying your energy bills? Think your bills are wrong? Need help because you’re getting nowhere with your energy supplier? Have electricity or gas arrears? Want help to find out if any discounts are available? Want help to shop around and see how much money you could save by switching supplier?

If the answer to any of these questions is YES, then Angus Citizens Advice Bureau can help!

We come to Angus Carers Centre on the first Thursday of every month to offer help with any energy problems you have.

Phone Linda at Angus Carers on 01241 439157 to make an appointment with Eileen and bring along your electricity and gas bills.

SAMH Community Support Network

SAMH’s Community Support Network will be holding four drop-in sessions at the Resource Centre in Montrose for anyone who supports someone with suicidal thoughts and for those experiencing suicidal thoughts.

These sessions will take place on Thursday the 9th, 16th, 23rd and 30th of June between 10.00am and 1.00pm at the SAMH Resource Centre, 1-3 Bridge Street, Montrose, DD10 8AB.

Come along to find out more about the support that the Community Support Network can offer you as well as other support available in the Angus area. For more information please contact Shanice Taylor on 07850213735 or shanice.taylor@samh.org.uk
ADP Showcase Event

Angus Carers Centre took part in the Alcohol and Drug Partnership (ADP) showcase event at St Andrew’s Church in Arbroath on Wednesday 2nd March. Angus Carers Centre presented a workshop on carers and families affected by alcohol and drugs. Using the experience of our carers we highlighted the diverse role of a carer for someone with substance misuse; how that can impact on the carer’s life and how Angus Carers Centre provides support. Information stands were also available which emphasised the wide range of interventions, opportunities and services that are provided by local organisations in Angus. Over 70 delegates took part over the course of the day and the response to the event was very positive, with attendees all expressing how useful the event was.

Silent Auction raises £700

A BIG thank you to all the kind folk who attended the Silent Auction at the Centre on Saturday 19th March 2016.

Thanks to your generosity, a grand total of £700 was raised, which will be spent on supporting unpaid carers in Angus.

This event wouldn't have been possible to organise without the work of our wonderful volunteers, who are pictured below.

Leanne Scott

We recently presented Leanne with Saltire Award certificates celebrating 100 hours of volunteering with young and adult carers.

Goodbye from Linda D

Hello! By the time you read this I will already be well into retirement mode. I finished work at the end of March after being with Angus Carers Centre for nearly 5 years.

Through my close contact with carers, I’ve become more and more aware of the fantastic job that carers do often in very difficult circumstances while supporting a loved one, sometimes to the detriment of their own personal, health or financial situation.

I’d like to thank all the professionals who helped support me and my project co-worker Lynne Kelly in the project.

I’ve been part of a fantastic, supportive team at Angus Carers Centre who, in spite of challenging situations, always put carers at the top of their agenda. I’d like to thank every one of them for their support. I will miss them all …

My best wishes to every one of you for the future,

Linda D
**Diary of Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 18 May</td>
<td>SDS Forum 10.00am&lt;br&gt;Angus Carers Centre</td>
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<tr>
<td>Tuesday 24 May</td>
<td>Fundraising Bingo Doors Open 6.30pm, Eyes down 7.30pm&lt;br&gt;British Legion Hall, Forfar</td>
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<tr>
<td>Wednesday 25 May</td>
<td>SDS Learning Network 10.00am&lt;br&gt;George Hotel, Montrose</td>
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<tr>
<td>Wednesday 22 June</td>
<td>SDS Forum 10.00am&lt;br&gt;Voluntary Action Angus, Forfar</td>
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<tr>
<td>Wednesday 8 June</td>
<td>Carers Day 10.15am&lt;br&gt;Carnoustie Golf Hotel</td>
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<td>Wednesday 29 June</td>
<td>Carers Walking Trip 10.00am&lt;br&gt;Glenesk, Edzell</td>
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<tr>
<td>Wednesday 24 August</td>
<td>Summer Day Out&lt;br&gt;Abernyte Antique Centre and</td>
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**CAB Appointments 10.00am—12noon**

Angus Carers Centre (First Thursday of the month)

- Thursday 2 June
- Thursday 7 July
- Thursday 4 Aug

**SDS Drop-ins 1.30pm—3.30pm**

Angus Carers Centre (Second Thursday of the month)

- Thursday 12 May
- Thursday 9 June
- Thursday 14 July

**Carers Groups**

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<tr>
<th>ARBROATH</th>
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<th>9 May</th>
<th>13 June</th>
<th>11 July</th>
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<td>BRECHIN</td>
<td>2.00pm</td>
<td>Brechin Baptist Church</td>
<td>26 May</td>
<td>23 June</td>
<td>28 July</td>
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<td>CARNOSTIE</td>
<td>10.00am</td>
<td>Station Hotel</td>
<td>6 June</td>
<td>4 July</td>
<td>1 August</td>
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<td>FORFAR</td>
<td>10.00am</td>
<td>VAA</td>
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<td>3 August</td>
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<td>KIRRIEMUIR</td>
<td>10.00am</td>
<td>Age Concern Hall</td>
<td>27 May</td>
<td>24 June</td>
<td>29 July</td>
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<td>MONIFIETH</td>
<td>2.00pm</td>
<td>Milton Inn Monifieth</td>
<td>26 May</td>
<td>23 June</td>
<td>28 July</td>
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<tr>
<td>MONTROSE</td>
<td>2.00pm</td>
<td>George Hotel</td>
<td>23 May</td>
<td>27 June</td>
<td>25 July</td>
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<tr>
<td>AUTISM GROUP</td>
<td>9.30am</td>
<td>Angus Carers Centre&lt;br&gt;Queen Street Tavern, Forfar</td>
<td>18 May</td>
<td>15 June</td>
<td>17 August</td>
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<td></td>
<td>1 June</td>
<td>Summer trips and events to be arranged</td>
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| DRUG & ALCOHOL | Kirriemuir | 11 May | 25 May | 8 June |
|                |            | 22 June | 6 July | 20 July |
|                | Arbroath   | 18 May | 29 June | 27 July |
| SMART F & F    | VAA, Forfar | 17 May | 31 May | 14 June |
|                | (Self Management & Recovery Training for Family & Friends) | 28 June | 12 July | 26 July |

**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.