



Angus Carers Centre

supporting carers

Summer Edition 2018

Newsletter



General Data Protection Regulation (GDPR) Starts on Friday 25 May

IMPORTANT INFORMATION ENCLOSED!

With effect from Friday 25 May 2018, the Data Protection Directive (DPD) will be replaced by the General Data Protection Regulation (GDPR). This is the new European legal framework for the protection of personal data. All carers registered with us need to complete and return the Consent Form enclosed in this newsletter.

The change is expected to have a far-reaching impact on the way that all organisations manage any personal data they hold.



What does this mean for the Carers Centre?

We are now legally required to ask all carers registered with us to give formal permission to hold data on them. This applies to both written and electronically stored information.

What do you have to do now?

We are now asking all carers who are registered with us to return the enclosed Consent Form to the Centre as soon as possible but by **Wednesday 16 May 2018** at the latest.

If you are not sure what to do or want to ask more about this, please contact us on 01241 439157 and ask to speak to Linda.

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SDS Workshops

We will be running Self-Directed Support (SDS) Workshops in late June and early to mid-August. The venues are still to be confirmed, but the dates, times and locations are on the back page. The aims of the workshops are to explain to carers what SDS is all about, how it works, what eligibility means and what the four options of SDS are. The workshops will help give you confidence when completing your Adult Carer Support Plan and making your own decisions about the support that's right for you and the person you care for. If you wish to find out more about SDS, then these workshops are for you. If you would like to register for one of the workshops, please indicate on the Reply Slip and Lesley, the Short Break Development Worker, will get back to you with the details of the venues.



Accessible holiday accommodation in Cupar, Fife

Booking a holiday or short break can be daunting at the best of times - thinking about where to go, how to get there and what you need to take. These decisions can be extra challenging if you have a disability or health condition, which means you have extra requirements.

Set in the beautiful countryside around Cupar, The Rings provides self-catering accommodation which is all on one level, wheelchair accessible, offers ceiling tracking hoists and has wet rooms. However, don't take our word for how good it is, come and see it yourself!

Moira Henderson, the owner, has been very supportive of Angus Carers Centre and has kindly offered to show us round. We're planning a trip on **Monday 11 June 2018**, hopefully by minibus and perhaps we will manage to organise lunch during the trip too!

If you would like to see The Rings for yourself, please return the enclosed Reply Slip. Please note we will have to limit spaces and give priority to carers who would benefit most from the facilities at The Rings. If you have any queries about the trip, please email Lesley at lesley@anguscarers.org.uk.

Update from the Carer Activity Programme Group (Members Group)

Carer events are important part of our work at the Carers Centre. We know it is important to maintain these as you tell us that they are a great opportunity for carers to get peer support, catch up with each other and make new friends. The Members Group has met to look at carers events and activities for the remainder of the year. The group looked at feedback from carers and what has proved popular. Here is what is on offer this season:

- Thursday 7 June: 'Elvis in Vegas', Gardyne Theatre, Dundee;
- Wednesday 13 June: Carers' Week Celebration - Carers Pampering Day (for ladies & gents!), Angus Carers Centre, Arbroath;
- Saturday 4 August: 'Story of the Beach Boys - a Tribute', Webster Theatre, Arbroath.

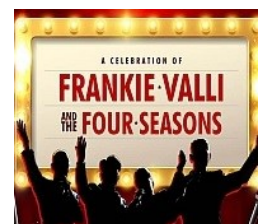
Watch out for lots more exciting opportunities in the autumn newsletter as we are planning trips to the Scottish Antiques & Arts Centre at Abernethy, Chalmers Cinema in Arbroath, Bingo afternoon in Dundee, a night to see "Frankie's Guys" (a celebration of Frankie Valli and the Four Seasons) at the Webster Theatre in Arbroath and a Christmas Party at the Park Hotel in Montrose.



The group agreed that we should hold the Christmas Party in the Carers Centre one year and out the next year, so the 2018 party will be in Montrose.

They discussed the costs of trips and have agreed that the deposit on all of the above would increase to £10.00

The group agreed that it was better to spend the 2018/19 activity budget on trips and events throughout the year to allow as many people as possible can get involved rather than putting most of this year's budget to the annual day at Carnoustie Hotel. You can still join us for a Pampering Day at the Carers Centre on Wednesday 13th June instead.



If you would like to get involved in the Carer Activity Programme Group or have any feedback for them on the programme they have put together you can either pop your suggestions on a sheet of paper and return with your Reply Slip or email enquiries@anguscarers.org.uk.

Please indicate your interest in attending the summer activities on the Reply Slip.

The Carers Act - a Brief Summary and List of the Main Points

The Carers (Scotland) Act 2016 came into existence on 1 April 2018. In short, the purpose of the Carers Act is to ensure better and more consistent support for unpaid carers across Scotland.

Shared Care Scotland has put together a tool-kit document to help people understand what the Act entails, and we've included below an introduction to the Act and also a list of the key facts. You can access this tool-kit document in the 'News' section of our website at www.anguscarers.org.uk.

Introduction to the Carers Act

On 1 April this year, Scotland took a major step towards extending and enhancing the rights of unpaid carers with the introduction of the Carers (Scotland) Act 2016. This comes at a time when there is increasing pressure on health and social care services and greater reliance on those who take on caring responsibilities. The Act aims to ensure that carers are supported more consistently, so they can continue to care if they wish, and are able to do so in good health and with a life alongside their caring responsibilities.



Carers (Scotland) Act 2016
Supporting Carers

The Act gives carers new rights including the right to have or request an Adult Carer Support Plan or Young Carer Statement, and also sets out duties relating to support, breaks from caring, hospital discharge, and information and advice.

Key facts

From 1 April 2018, the following will apply as a result of the Carers Act taking effect:

- **Adult Carer Support Plans/Young Carer Statements:** Carers have the right to be offered or request an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS), setting out their personal outcomes and identified needs.
- **Information and advice:** Local authorities are required to establish and maintain an information and advice service for carers. They must also publish and keep under review a Short Breaks Services Statement. This statement must be published by 31st December 2018.
- **Support to carers:** Local authorities have a duty to provide support to carers, based on the carer's needs which meet local eligibility criteria. Local authorities also have powers to enable them to provide support to carers who do not meet local eligibility criteria.
- **Breaks from caring:** Local authorities are required to consider whether any support provided should include, or take the form of, a break from caring. They must also have regard to the desirability of breaks being provided on a planned basis.
- **Hospital discharge:** Health boards have a duty to inform the carer and to invite their views before a cared-for person is discharged from hospital. These must be taken into account before the discharge of the cared-for person.
- **Carers' charter:** Scottish Government have published a Carers' charter which sets out the rights of carers in or under the Act.

Graeme Dey MSP Surgery - Monday 2 July 2018

Graeme Dey MSP is holding a surgery for Angus South Constituents at Angus Carers Centre in Arbroath on Monday 2 July 2018, from 10am to 11am. If you have anything you would like to discuss with him or any issues you wish to raise, contact the Centre to arrange an appointment.



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.

News from the Families Programme

Summer is almost upon us (or so we hear) and the Families Programme Spring events are in full swing. We have held a bouncy castle party, a teddy bears picnic (complete with a build your own bear activity), squelched through the mud at Murton Farm and spent a rather cold couple of evenings stargazing at Mills Observatory. Even though our first evening was hampered by thick clouds making it almost impossible to find any stars to gaze at, it was still an enjoyable evening for those budding astronomers among us. As you can see from the pictures, building a bear to have a picnic with was also great fun, they even got involved in the parachute games at the end of the day!



Also, a big ‘Thank You!’ to all parents/carers who returned their suggestions for events ideas to us. There were some great suggestions for both family and parents only trips or days away. We will be looking into the finer details of these and hope to announce the new programme soon!

Are You Looking After Someone With Dementia?

Are you looking after someone with dementia? Would you like to know more about the local services that could support both you and the person you are caring for? We will be holding information sessions for carers who are supporting someone living with dementia. The sessions will run every Monday morning for six weeks and will look at the range of support services that are available in Angus. It will also give you the opportunity to talk to others about their caring role.

The programme starts on Monday 21 May and ends on Monday 25 June, and takes place at Kirrie Connections in Kirriemuir (5 Bank Street, DD8 4BE) from 10.30am 12.30pm. While it is useful to attend all six sessions, it is not compulsory - so please feel free to attend one or more sessions. Please indicate on the Reply Slip by 16 May if you would be interested in attending and let us know if you require support to attend. Jacqui, our Dementia Ambassador, will then get in touch with you to organise things.

Dementia Funding News

If you are living with or caring for someone living with dementia, we have a new fund which is available until 30 September 2018. If you are interested in this, we can support you to apply. Please email shortbreaks@anguscarers.org.uk to find out more by Wednesday 16 May 2018.

WRAP Training for Carers

Wellness Recovery Action Planning (WRAP) is a self-management tool used to help individuals take more control over their own mental health and wellbeing. WRAP can help people in moving beyond personal distress and learning more about themselves.

WRAP recognises that you are the expert in your own experience and it can also help you to cope better within your caring role. A total of 25 carers have now completed the WRAP workshops and given us the following feedback:

- “I learned to be more myself, and not always the carer.”
- “Am more aware of coping skills and how beneficial these plans are to my wellness.”
- “I’m more in control than I realised.”
- “It’s been a useful experience and one I can refer to if I am feeling low and vulnerable.”

If you would like to take part in WRAP, the next workshops will be on Tuesdays 15, 22 and 29 May and 5 June 2018, from 1pm to 4pm, at Angus Carers Centre. Please tick the Reply Slip to reserve your place or to register your interest for future workshops.

Celebrating the Achievements of Volunteers

Volunteers' Week 2018

To celebrate Volunteers' Week (1-7 June), please come and join us for a cuppa here at Angus Carers Centre on Wednesday 6 June from 1.30pm to 3.00pm. At this informal event you can meet some of our volunteers and find out more about how you can get involved, or just to pop in to say 'hello' to a fab group of folk who contribute so much to our activities. All are welcome and there's no need to book!

Fundraising News and Events

Montrose Rotary Treasure Hunt - Sunday 13 May

On the afternoon of Sunday 13 May 2018, Montrose Rotary Club and the Montrose Emergency Services Group (MESG) are holding their second annual Adventure Treasure Hunt in aid of young carers. While keen to emphasise that it is not a race, they invite everyone to join them in a car event with a difference. Teams 'scatter' to follow clues around Montrose to discover code letters and take part in surprise fun challenges designed for all, young and old!

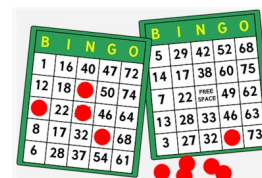


Crews can be any number up to four persons. After the event there will be a prize-giving ceremony and BBQ, with novelty games and refreshments at the George Hotel from 5pm onwards. Everyone, contestants, marshals, family and friends are more than welcome!

Entries to the Treasure Hunt costs £20 per car, with every pound raised going to help Angus Young Carers. Entries are restricted to 40 cars, so please register early, by email, at aycth@btinternet.com quoting your Crew Team Name and the number of people in your car. You will receive booking confirmation and a contestants' guide by return email. Payment is only required at Signing-On at Montrose Sports Centre at 12:00 midday on the day itself.

Fundraising Bingo - Tuesday 22 May

The Angus Carers Funding Support Group (FSG) is holding a Bingo and Raffle event on Tuesday 22 May 2018, at The British Legion Hall in 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. We would be happy to accept donations of prizes for the bingo or raffle - these can be handed in to the office in advance or on the night. As there is a licensed bar, this event is for over 18s only.



Dundee Kilt Walk - Sunday 19 August

This event takes place in Dundee on Sunday 19 August 2018, with three separate walks: The Mighty Stride, which is a smidge at just under 25 miles; The Big Stroll, which is 11 miles; and The Wee Wander, which is just over 6 miles. We would like to encourage folk to take part in this fundraiser on behalf of Angus Carers, especially as the organisers will boost the total raised by 40%. There are costs for registration, but we may be able to help with this. If you would like to find out more, please visit the web page, www.thekiltwalk.co.uk/events/dundee2018/ or contact Jim Dallas at the Centre.



Carers Creative Corner

Our Carers Creative Corner Group meets every Wednesday afternoon, from 1pm to 3pm, here at Angus Carers Centre. They are busy making lovely hand-crafted knitted goods, developing their crocheting skills, and creating items that were on sale at our recent Spring Fayre. The money raised at the Fayre will go to our Helping Hands Fund. The group is as much a time for you to come and have a blether with other carers and get a bit of time to yourself, as well as getting crafty (no experience is needed). So don't worry if you don't know anyone else in the group, come along and make new friends!

Website Update - www.anguscarers.org.uk

Many thanks to everyone who responded to our website consultation. We had 25 responses. The feedback on this was very encouraging. You told us we had the right balance of information, with one respondent saying that “Whoever is responsible for the website is doing a great job!” Some of you told us that you used the website to check out the dates of events and groups, whilst others suggested that making this information easier to find by providing an events calendar would be useful.

We need to refresh our website for lots of technical reasons and to ensure that it is as secure as possible to meet with the new General Data Protection Reform (GDPR) compliance standards, which are enforceable from 25 May 2018 onwards.

Building on the success of our Crowdfunder campaign, we also wish to be able to embed ‘on line’ giving into our main website rather than potential donors having to click lots of times to get to the right section of the site, which we know puts people off.



The most important improvement that carers will notice is that we will be able to put all of our carer news into one place. You may know that, at the moment, we have two websites, one for adult carers and one for young carers. Our work with young carers is now a much more integral element of our service, particularly as we work with families through our Families Programme. Whilst we will create a dedicated space in our website especially for young carers, we also want to strengthen the links between the Young Carers' Service and our other work, since many aspects are relevant to all carers - e.g. short breaks, volunteering, carers' rights, the new Carers charter, etc. In summary, you have told us that our website is working well, so we will make sure that any changes build on this success.

We hope to have the updated website ready by July 2018. We would like to hear from you during the development of our demonstration website, to give us feedback before it goes live. If you would like to find out more about getting involved in this, please indicate your interest on the Reply Slip and we will be in touch.

Tesco Bags of Help Scheme - Help Angus Young Carers to Win £4,000!

From 1 May to 30 June 2018 at the Tesco store in Arbroath, the Angus Young Carers (AYC) will be taking part in the Bags of Help Scheme. If the young carers win this vote, then the AYC service will be awarded £4,000 from Tesco.

If you sometimes shop at this store, then you could help us to win this money. All you have to do is put one of the blue, plastic tokens in the glass container with the 'Angus Young Carers' label on it. The blue, plastic tokens are given to you at the till by the check-out operator (if you use the self-service checkouts, then the person who looks after these check-outs can give you the voting token) when you make a purchase. The glass voting booth is located near the store's entrance door, close to the self-service check-outs. And that's all there is to it!

Bags of Help

So please keep us in mind if you're shopping in Arbroath in May and June! To find out more about the Bags of Help scheme, visit www.tesco.com/bagsofhelp.

IMPORTANT REMINDER FOR GDPR!

Please remember to send in the General Data Protection Regulation (GDPR) Consent Form to us by Wednesday 16 May 2018. Thank you!

Diary of Events

Date	Event and Venue
Sun 13 May	Treasure Hunt in Montrose.
21 May-25 June	Dementia Info Sessions in Kirrie.
Tues 22 May	Bingo Night in Forfar.
Fri 25 May	The GDPR becomes law!
Wed 6 June	Volunteering - Open Afternoon.
Thu 7 June	'Elvis in Vegas', Dundee.
Mon 11 June	Visit to The Rings in Cupar.
Wed 13 June	Carers' Pampering Day.
Mon 2 July	Graeme Dey MSP, Surgery,
Sat 4 Aug	'Story of the Beach Boys', Arbroath.
Sun 19 Aug	The Dundee Kilt Walk.
Every Wed, 1-3pm	The Carers Creative Corner Group.

SDS Drop-ins, 1.30pm to 3.30pm Angus Carers Centre (second Thursday of the month)

Thursday 10 May 2018
Thursday 14 June 2018
Thursday 12 July 2018
Thursday 9 August 2018

Self-Directed Workshops, 11am to 1.30pm, (all dates are a Wednesday)

20 June - Carnoustie/Monifieth
27 June - Arbroath
8 August - Brechin/Montrose
15 August - Forfar/Kirriemuir

Helpline Numbers

NHS 24: 111
Silver Line: 0800 470 8090
Breathing Space: 0800 838 587
Angus Council: 03452 777 778
The Samaritans: 116 123

Meetings of Carers' Support Groups

ARBROATH	11.00am	Tutties Neuk	14 May	11 June	9 July	13 Aug
BRECHIN	2.00pm	The Stables Lounge	24 May	28 June	26 July	23 Aug
CARNOUSTIE	10.00am	Station Hotel	7 May	4 June	2 July	6 Aug
FORFAR	11.00am	The Stag	6 June	1 Aug	5 Sept	
KIRRIEMUIR	10.00am	Airlie Arms Hotel	25 May	29 June	31 Aug	
MONIFIETH	2.00pm	Milton Inn, Monifieth	31 May	28 June	26 July	30 Aug
MONTROSE	2.00pm	George Hotel	28 May	25 June	23 July	27Aug
WORKING CARERS' GROUP	6.30-8.30pm	Angus Carers Centre	12 June	14 Aug	16 Oct	
AUTISM PARENTS' GROUPS	9.30-11am	Angus Carers Centre Queen St Tavern, Forfar	16 May 6 June	20 June 5 Sept	15 Aug 7 Nov	19 Sept
MONTROSE ASN PARENTS' GROUP	9.30-11am	Park Hotel, Montrose	23 May	27 June	22 Aug	26 Sept
ADHD PARENTS' SUPPORT GROUP	12.30-2.30pm	Forfar Community Campus	29 May	26 June	28 Aug	25 Sept
DRUGS & ALCOHOL		Kirriemuir	9 May 4 July	23 May 18 July	6 June 1 Aug	20 June 15 Aug
		Arbroath	16 May	13 June	11 July	22 Aug

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.