



# Angus Carers Centre

supporting carers

Winter Edition 2017/2018

## Newsletter



### Great News for 2018!

Starting in the New Year is our But'n'Ben Project for male carers.

Shared Care Scotland has agreed to fund the Angus Carers Centre to expand its local support work with carers in 2018.

This will be a male-only programme, with a focus on providing male carers with the opportunity to have some time away from their caring role and away from the family home.



The activities and groups will take place in But'n'Bens across Angus, e.g. the Carers Centre in Arbroath, local clubs, hotels and other gathering places that the men choose.



The project has been balanced to give men the 'permission' to take time out for themselves that they wouldn't otherwise allow themselves. We want to help create safe and supportive environments, where they can develop friendships with those who know what it is like to walk in their shoes.

In turn, this will provide them with emotional support, as well as going on trips and activities which will provide them with time away, and a chance to reflect and to re-charge their batteries.

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This project is for male carers from across Angus aged 21 to 85 plus. We currently have 550 male carers registered with us. The majority of these carers look after their wife (226), son (88), mother (65), daughter (36), partner (26) and father (18). With the others caring for extended family or friends.



### How to get involved

Please indicate your interest in finding out more about this project on the Reply Slip. We will then get back in touch with you once the new worker is in post.

Angus Carers Centre, Ground Floor, 8 Grant Road, Arbroath, DD11 1JN. Tel: 01241 439157  
Email: [enquiries@anguscarers.org.uk](mailto:enquiries@anguscarers.org.uk) Website: [www.anguscarers.org.uk](http://www.anguscarers.org.uk)

Facebook: [www.facebook.com/AngusCarers](http://www.facebook.com/AngusCarers) Twitter: [@AngusCarers](https://twitter.com/AngusCarers)

Angus Carers Association Charity No. SC026052 Company No. SC212062

## Carers Rights Day 2017

**Friday 24 November 2017, 10.30am to 12.30pm - in Angus Carers Centre**

The theme for this year's Carers Rights Day is 'Make Connections, Get Support' - so it's all about networking and finding out what support services are available locally and nationally.

This free event takes place on Friday 24 November 2017, from 10.30am to 12.30pm, at our office at 8 Grant Road in Arbroath. You'll get an update on Welfare Benefits from a carer's perspective, including the Carer's Allowance benefit. Other items to be discussed are the Carers Charter (this is a carers' consultation document for the Carers Scotland Act 2016), and there will also be a talk on the subject of 'Solicitors for Older People'.



If you'd like to attend this event, please complete the Reply Slip asap and we will be in touch to confirm your place.

## Keep Well

### Carers' Health Checks



The Angus Keep Well Service is working closely with Angus Carers to offer Health Checks to those whom they support. It is well recognised that the responsibilities of caring for another can often quietly and gradually impact on the health of the carer, who can find it difficult to make time to focus on their own health needs. This is an opportunity for you, as a carer, to discuss any health concerns, and have time and space to focus on your own health needs. The Health Check can identify any health risks which you may be currently unaware of, and help prevent further health risks developing.

The Health Check involves Checking blood pressure, blood sugar/diabetes, cholesterol, weight, height and BMI (Body Mass Index).

The Health Check also provides an opportunity to discuss general well-being issues, and any worries or anxieties which could be impacting on your own health and your caring role. The Health Check is carried out by a qualified nurse, who will explain any results to you and can provide further advice and support options.

The Health Check can be carried out in the Angus Carers Centre or some other suitable location. For further information or to make an appointment, contact the Angus Keep Well Community Team on 01307 474892, or by post at Angus Keep Well Community Team, St Margaret's House, Orchard Loan, Orchardbank Business Park, Forfar, DD8 1WS.

### Graeme Dey MSP Surgery - Monday 22 January 2018



Graeme Dey is holding a surgery for Angus South Constituents at Angus Carers Centre in Arbroath on Monday 22 January 2018, 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.

### Holiday Dates for the Centre over Christmas and the New Year

Please note that Angus Carers Centre will close at 4.30pm on Friday 22 December 2017, and will reopen at 9am on Tuesday 2 January 2018. We look forward to seeing you in 2018!

# Angus Carers Voice Network (ACVN)

## “The emotional impact of caring”

Many thanks to the 70 carers, aged 35-90, who were able to complete and return their diaries earlier this year. In the average week, 67% of carers provided more than 80 hours care. The unpaid care described by these 70 people in the diaries saves Angus Health & Social Care Services over £400,000 per year. Please see the insert in your newsletter for more of the initial findings from this project.



Carers at the ACVN felt strongly that the emotional impact of a caring role should be emphasised to those who design and deliver health & social care services in Angus. The group will be doing more work on this over the winter. Here are just a few of the ways you have described how your caring role affects you:.

- *“You feel like your independence has gone, can no longer be spontaneous, no longer go out when you want, often having to cancel any upcoming events if turned out to be on a bad day.”*
- *“Drained mentally and physically, he has become more selfish - everything revolves around him. I do not really have a life of my own. That’s just scratching the surface.”*
- *“It is heartbreaking for me to witness the deterioration of my wife’s condition on a daily basis.”*
- *“It can make me feel utterly exhausted at times, and I have to work hard on my own health and mental state to remain as positive as possible. Really challenging at times to pitch the right level of support.”*
- *“I don’t feel qualified to deal with someone who has changed so much. I feel I should know how to cope with someone I have lived with for over 60 years. I should be more caring and try to think of him and not myself.”*
- *“Caring for a disabled person 24/7 is sometimes quite stressful and I can find this difficult to deal with.”*

All carers registered with Angus Carers Centre are very welcome to attend our ACVN meetings. The meetings take place on Tuesdays from 1.30pm-4pm, and the next three meetings are on 28 November, 9 January and 13 February. If you’d like to attend the next meeting, please indicate your interest on the Reply Slip.

## Monthly Meet-ups for Parent Carers

Would you benefit from the company of other parents who understand how demanding a caring role can be? We now have four monthly ‘meet-ups’ specifically for parents/grandparents who care for a child under 18 years of age. These small groups consist of a group of parents who are always ready to welcome new people to the group, and to share their knowledge, practical strategies and experiences.

Each group is also attended by Lynne Kelly from Angus Carers and either Wendy McLean from Parent to Parent (ASD and ASN groups) or Alison Clink from ADHD Dundee and Angus (ADHD group). Parents are welcome to attend a group in any of the localities.



### Autism Parent Peer Support Group in Forfar

Queen Street Tavern, 9.30am to 11am, the 1st Wednesday of the month.

### Autism Parent Peer Support Group in Arbroath

Angus Carers Centre, 9.30am to 11am, the 3rd Wednesday of the month.

### Montrose Parent Support Group (for parents of a child with an additional support need)

Park Hotel, 9.30am to 11am, the 4th Wednesday of the month.

### ADHD Support and Training in Forfar

Forfar Community Campus, 12.30pm to 2.30pm, the 4th Tuesday of the month.

If you are interested in any of the above groups, please contact Lynne Kelly on 01241 439157 or [lynne@anguscarers.org.uk](mailto:lynne@anguscarers.org.uk) for more information or to confirm the date of the next get-together.

**Christmas Party for Carers**

**Monday 11 December 2017, 11.30am to 2.30pm - Angus Carers Centre**

Following on from our successful first Christmas Party in our new building last year, the Carers' Members Group has decided to have our Christmas party here again.

We'll have a Christmas hot & cold buffet, party games, a Christmas quiz, music and our famous raffle. (Donations to the raffle will be gratefully received at our office in Arbroath, or brought along on the day.)

Come along and pull a cracker with us! Christmas outfits are optional, although there will be a prize for the best one! Please complete the Reply Slip enclosing a £5 per head deposit to book your place. Hopefully, we can accommodate everyone who wishes to attend. If we are oversubscribed, places will be selected from 'the hat'. We will write to let you know the outcome of the draw. (Deposits will be returned where necessary.)

If you have any special dietary requirements please make a note of this on the Reply Slip.

Looking forward to seeing you all there!

## **Short Breaks and Self-Directed Support (SDS)**

### **Respite 'thank you' event - 30 November 2017, 11am to 1pm**

We've had a great response from local businesses over the past year supporting Respite by way of donating short breaks to carers. Now it's our turn to do something for them, so we're holding a 'thank you' event here at the Centre. We will present certificates to some of the local businesses who have very kindly donated respite breaks, and hear from carers who have benefited from them. The event will be followed by a buffet lunch. If you'd like to come along, please indicate your interest on the Reply Slip. Places will be limited and allocated on a 'first come, first served' basis.

#### **November dates for drop-in events across Angus**

If you have any queries about short breaks or Self-Directed Support, remember to pop in to our One Stop Shop at the Centre. If you can't make it to Arbroath, look out for Lesley out and about in the different localities:

- Montrose Library: Friday 3 November, 9.30am to 12.30pm;
- Brechin Community Campus: Monday 6 November, 9.30am to 12.30pm;
- Kirrie Connections: Wednesday 15 November, 2pm to 4.30pm.

#### **Self-Directed Support workshops - early Spring 2018**

We hope to hold some workshops for carers about Self Directed Support in early Spring 2018. These would likely be a one day activity and held in different localities across Angus. Part of the session will have a focus around using a Self-Directed Support budget for a short break. The details for this event are to be finalised, but if you might be interested in participating or getting involved in the design and delivery of them, then please indicate your interest on the Reply Slip and Lesley can keep you posted!

## WRAP Training for Carers

Wellness Recovery Action Planning (WRAP) is a self-management tool used to help individuals have or take more control over their own mental health and wellbeing. WRAP can help people in moving beyond personal distress and in 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 have given us the following feedback:



A group of carers who recently completed their WRAP training

- *“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 Wednesdays 7th, 14th, 21st and 28th February 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.

### Information and Training Survey for Carers 2018/19

We are currently in the process of planning our training calendar for February 2018 onwards. Your views on what training and information you feel you need to help you with your caring role, are vital in assisting us to design the sessions that best suits your needs.

Enclosed with the newsletter is a sheet with a list of possible sessions which we are considering, these being: Mental Health & Well Being, I.T, First Aid, Power of Attorney/Wills, Dementia Awareness and Financial Maximisation for Carers. There is also some space on the sheet for you to suggest other topics and issues as well. It would be really useful if you could let us know the themes and topics you would like to cover by completing the survey form enclosed with your newsletter, and returning it with your Reply Slip. You are not committing yourself to attending any courses at this stage, just letting us know what is important to you.

Thank you for your input.

### Christmas Shopping in Aberdeen - Monday 27 November 2017

The Carers' Members Group suggested a day out in Aberdeen. Would you like to join us on the trip?

This trip will take place on Monday 27 November 2017. We will be travelling by coach to Aberdeen, with the bus leaving Arbroath at approximately 9am, arriving back in Arbroath around 4pm. You can spend the day shopping or just taking in the Christmas atmosphere of the 'Northern Lights' city. If you would like to come along, please give the box a tick on the Reply Slip.



Hopefully, we can accommodate everyone who wishes to attend. If we are oversubscribed, places will be selected from 'the hat'. We will write to let you know the outcome of the draw.

## Fundraising Update

### Christmas Fayre - Saturday 2 December 2017

The Funding Support Group will be holding a Christmas Fayre at the Centre on Saturday 2 December 2017, from 10am to 1pm. The Carers' Crafts and Cuppas Group will have items for sale and we will have stalls selling a variety of craft items. If you are interested in hiring a table to sell your own craft items at the Fayre, please get in touch with Jim Dallas at the Centre - tables cost £10, plus a donation to the fund. Entry to the Fayre 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 prize raffle or tombola - please hand in items to the Centre. Music, entertainment and fun for all.



### Bag Pack at Morrisons in Arbroath - Sunday 31 December 2017

We have been given another opportunity by Morrisons to raise funds. A Bag Pack on Hogmanay, Sunday 31 December 2017, from 10am to 4pm. Can you spare a few hours to help fundraise for activities for adult and young carers? We have three 2-hour slots to be filled from 10am-12pm, 12pm-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! This date has proven to be very successful in the past and, if you are interested, come and join our CEO Alison Myles. If you can help out on the day, please tick the Reply Slip and we will be in touch to find a slot for you.

### Carers' Crafts and Cuppas

Come and spend some time with other carers making crafts and enjoying a cuppa! This group is led by volunteers and takes place on Wednesday afternoons from 1pm to 3pm, here at the Centre. The group will be making items for sale at our Christmas Fayre on Saturday 2 December 2017.



The group makes craft items from donated materials, including lots of jewellery bits that need putting together. Or bring along your own materials and have a cuppa with other carers while making your own craft items. We would also like to welcome any male carers that would like to get involved. Please feel free just to turn up if you're interested. If you cannot attend the group, we would be very happy to accept items made at home for sale at our Christmas Fayre.

### Claire's half-marathon run raises £1,115 for Angus Carers

Claire Findlay raised the fantastic sum of £1,115 for Angus Carers Centre by completing the half-marathon in The Great Aberdeen Run. Claire is a carer for her son, Murray, who has autism and ADHD.

Claire decided to raise funds in recognition of the support given to her through the Angus Carers local support group in Montrose, as well as the various activities provided through the Centre's Families Programme. Claire considers the support given by Angus Carers is vital to her family. Although Claire says the half marathon was tough going, she finds running is a good way of coping with the demands of being a carer.



Claire hands over her cheque to Alison Myles, CEO of Angus Carers Centre

### Bag Pack raises £678.51

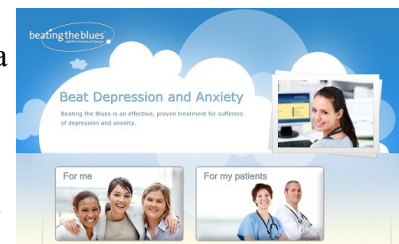
A BIG thank you to all the Carers and Volunteers who helped raise the fantastic sum of £678.51, at the bag pack at Morrisons on Saturday 16 September 2017. We would also like to thank the friendly staff and generous customers that made for an excellent day's fundraising for our Funding Support Group's 'Helping Hands' fund.

## **‘Beating the Blues’: A Self-Help Programme to Help People Combat Anxiety and Depression**

'Beating the Blues' is a FREE, confidential, self-help computerised treatment that uses Cognitive Behavioural Therapy (CBT) to help people experiencing anxiety and depression. It can be accessed within 10 working days, is very simple to use and support is provided. The treatment is recommended in the National Institute for Health and Care Excellence (NICE) and the Scottish Intercollegiate Guidelines Network (SIGN) guidelines. Studies show 'Beating the Blues' is effective at reducing symptoms of anxiety and depression for patients aged 65 years and over.

*“It made you look at things in a different way... you can talk yourself or think yourself out of situations that are crippling.”* [NHS Tayside patient, 80-90 years of age]

There are eight 60-minute sessions that you access online to help you focus on resolving your current issues. You work at your own pace on a computer or laptop to develop helpful ways of thinking and behaving which, in turn, help you to feel better and stay better.



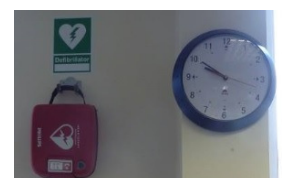
Anxiety and depression affects 10% - 30% of people aged 65 years and over (Age Concern, 2006). Carers are vulnerable with 78% experiencing anxiety and 55% experiencing depression as a result of their caring role ('The State of Caring Report 2015'). Contact Bronagh Weir on 01356 692807 or on [bronagh.weir@nhs.net](mailto:bronagh.weir@nhs.net) for more information about the programme.

Alternatively, if you are currently experiencing mood difficulties, are aged 65 years or over, and want to refer yourself to 'Beating the Blues', you can complete a self-referral form. The self-referral form is available for download (in Microsoft Word or PDF format) on Angus Carers Centre website ([www.anguscarers.org.uk](http://www.anguscarers.org.uk)), via the 'Beating the Blues' news story in the 'News' section. Completed forms can be emailed to [Tay-UHB.beatingtheblues@nhs.net](mailto:Tay-UHB.beatingtheblues@nhs.net), or posted to Beating the Blues with Older People, NHS Tayside, 15 Dudhope Terrace, Dundee, DD3 6HH.

If you are aged between 18 and 65, you can ask any health professional to give you FREE access to the 'Beating the Blues' programme.

## **The Funding Support Group buys a Defibrillator for the Centre**

Back in August 2017, the Funding Support Group (FSG) at Angus Carers Centre kindly donated funds to buy a defibrillator for the Centre. The defibrillator is located on the wall (on the window side) in the reception area of our office, next to the clock.



If you've never used a defibrillator before, don't worry, as the machine prompts you as soon as it is opened - and it's also very easy to do. That said, there's nothing like being shown how to use it by an expert. So, the plan is for our regular first aid trainers to give all the staff 'Heartstart' training on using the defibrillator. Once the staff are trained, then it will be a case of arranging training for carers and volunteers. So watch this space for updates about this ongoing

## **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.

## Diary of Events

<b>Date</b>	<b>Event and Venue</b>
Fri 24 Nov	Carers' Rights Day, at the Angus Carers Centre.
Mon 27 Nov	Christmas Shopping Trip to Aberdeen.
Sat 2 Dec	Christmas Fayre, at the Angus Carers Centre
Mon 11 Dec	Carers' Christmas Party, at the Angus Carers Centre.
Sun 31 Dec	Bag Pack at Morrisons Supermarket in Arbroath.
Mon 22 Jan	Graeme Dey MSP Surgery, at the Angus Carers Centre.
28 Nov, 9 Jan 13 Feb (all Tuesdays)	Meetings of the Angus Carers' Voice Network, at the Centre.

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

Thursday 9 November 2017  
Thursday 14 December 2017  
Thursday 11 January 2018  
Thursday 8 February 2018

### Dates for WRAP Training in 2018

Wednesday 7th, 14th, 21st and 28th February, from 1pm-4pm, at Angus Carers Centre.

### 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 in 2017/2018

<b>ARBROATH</b>	<b>11.00am</b>	<b>Tutties Neuk</b>	13 Nov	8 Jan	12 Feb
<b>BRECHIN</b>	<b>2.00pm</b>	<b>The Stables Lounge</b>	23 Nov	25 Jan	22 Feb
<b>CARNOUSTIE</b>	<b>10.00am</b>	<b>Station Hotel</b>	8 Jan	5 Feb	5 Mar
<b>FORFAR</b>	<b>11.00am</b>	<b>The Stag</b>	7 Feb	7 Mar	
<b>KIRRIEMUIR</b>	<b>10.00am</b>	<b>Airlie Arms Hotel</b>	24 Nov	26 Jan	23 Feb
<b>MONIFIETH</b>	<b>2.00pm</b>	<b>Milton Inn, Monifieth</b>	23 Nov	25 Jan	22 Feb
<b>MONTROSE</b>	<b>2.00pm</b>	<b>George Hotel</b>	27 Nov	22 Jan	26 Feb

<b>AUTISM PARENTS' GROUPS</b>	<b>9.30am</b>	<b>Angus Carers Centre Queen St Tavern, Forfar</b>	6 Dec* 6 Dec*	17 Jan 7 Feb	21 Feb
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<b>MONTROSE ASN PARENTS' GROUP</b>	<b>9.30am</b>	<b>Park Hotel, Montrose</b>	22 Nov	24 Jan	28 Feb
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**ADHD PARENTS' SUPPORT GROUP** 12.30-2.30pm Forfar Community Campus 28 Nov - please contact the office for future dates.

<b>DRUGS &amp; ALCOHOL</b>	<b>Kirriemuir</b>	22 Nov 17 Jan	6 Dec 31 Jan	20 Dec 14 Feb	3 Jan
	<b>Arbroath</b>	22 Nov**	13 Dec	10 Jan	21 Feb
<b>SMART F &amp; F</b> (Self-Management & Recovery Training for Family & Friends)	<b>VAA, Forfar</b>	14 Nov 23 Jan	28 Nov 6 Feb	12 Dec	9 Jan

\* Christmas lunch dates - further details to be confirmed by letter. \*\* Please note the change of date: not 29 Nov.

### 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.