But What Is an Unpaid Carer Anyway?

We ask people if they are a carer, if they say yes then we are able to invite them into the world of carer support. If people, of any age, provide regular unpaid help and support to a partner, relative or friend who’s struggling to cope alone, then they are a carer.

“I don’t have a 9 to 5. I have a ‘When I open my eyes to when I close my eyes.’”

However, if they don’t recognise themselves as an unpaid carer then they may never ask for or be offered the help that is available, perhaps until it is too late. At the Carers Conversation event in June 2019, people agreed that workers across Angus Health & Social Care Partnership should all commit to recognising unpaid carers. This may be people that:
- Paid care providers meet when they do a home visit, or...
- Accompany someone to an appointment.

‘Just ask us if we are ok’

Workers should use honest and direct language (like asking, “What do you think is happening right now?” and ‘What else do you need to know?’). They should actively listen to people we are in touch with and ask them, “How much ‘me time’ do you REALLY get?” and then know what do to when someone opens up to them.

Carers in the Angus Carers Voice Network are determined to find ways of reaching out to people who need to know they are not alone when their life is taken over by looking after someone else, and Angus Carers Centre are determined to help them.

What can you do?

Watch out for more coverage on unpaid carers in the local media in 2020 and get talking! Get involved with the Angus Carers Voice Network. (Dates of meetings on the back page.)

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Christmas Fair - Saturday 30 November

The Funding Support Group (FSG) will be holding a Christmas Fair at the Centre on Saturday 30 November 2019, from 2pm to 3.45pm. 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 mince pie). No ticket is required, just pay at the door. We would welcome donations for the raffle or tombola - please hand in any items to the Centre. Music, entertainment and fun for everyone! All are welcome!
Review of the Annual General Meeting

Our special guest, Chris Chinnock
Thank you to everyone who was able to come along to our well-attended AGM and make it such a success. Our special guest, Chris Chinnock (pictured right) from Nurture Development, invited us to imagine how different things would be if we took care to first discover how people naturally create change for themselves and their communities.

What we discussed with Chris
We talked about how we get things done in our community, how we can share the stories that reveal the ways people already make a difference, and how people get along and have come to understand each other. Chris used this picture to show how sometimes people helping each other gets more complex if it turns into a service. A thought-provoking session.

ACC Members
Thanks also to our Members, who voted in our new and re-elected Directors to our Board.

How to become a Member of Angus Carers Centre
If you want to find out more about how to become a Member of Angus Carers Centre, tick the Reply Slip and we will be in touch.

Angus Adult Carer Support Plan

Introduction and background information
The Carers (Scotland) Act 2016 aims to support carers’ health and well-being and ensure that they are better supported and able to continue to care, if they wish to, and have a life alongside their caring role. It placed a duty on Angus Health & Social Care Partnership and Angus Council to ensure that an Adult Carer Support Plan is offered to adult carers, or those considering taking on a caring role, to identify their needs and outcomes.

Do you have an Adult Carer Support Plan?
Have you been offered an Adult Carer Support Plan yet? If you are caring for someone who is accessing statutory services and they have a Care Manager - then the Care Manager is the best person to speak to about the plan. If you are registered with Angus Carers Centre, you have already been offered a Carer Information Support Plan.

What to do next
If you are not sure what you have, you will not be the only one! Request a call back from one of our staff team (by ticking the Reply Slip), and they will help you to sort this out.
Carers Christmas Party

Wednesday 11 December 2019 - The Park Hotel, Montrose

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

If you would like to attend, please indicate your interest on the Reply Slip and return along with your completed menu choices and a £10 deposit. Places will be allocated through a draw if oversubscribed, and we will be in touch with you about the result. If you are not allocated a place, your deposit will be returned.

Donations to the raffle will be gratefully received at our office in Arbroath or brought along on the day itself. We look forward to seeing you there!

Carers Rights Day: Caring for Your Future

Thursday 21 November 2019, 10am-4pm, at Angus Carers Centre, Arbroath

Having the right information at the right time can make all the difference when you’re looking after someone. Every day 6,000 people become carers, but often it’s not something we’ve planned for. This Carers Rights Day we’re focusing on supporting people to prepare for the future.

The schedule for the day
- 10.00 Welcome & Refreshments,
- 10.30 Self-Directed Support: Have you got what you need? (Dundee & Angus SDS Team),
- 11.30 BE SCAM AWARE (Angus Adult Protection),
- 12.30 – 1.00 Advanced Statements in Angus (Angus Independent Advocacy),
- 1.00 – 1.45 Lunch (Information about Emergency Carers Cards will be available),
- 2.00 – 3.30 Angus Citizens Advice Bureau.

More details about the Angus CAB talk and Q&A session
Working out which benefits you can claim and how much money you are entitled to can be complicated and confusing. Angus CAB will be delivering a talk on what benefits are out there for carers to claim and what knock-on effects, if any, this could have on cared for persons. This talk will include Carers’ Allowance, the new Carers’ Allowance Supplement, Universal Credit, Caring & Work – Better-off calculations, Council Tax Reduction and National Insurance Credits and The Young Carer Grant. Angus CAB will be on hand after their talk to take any questions in a confidential space.

To reserve a place, please tick the Reply Slip. We look forward to seeing you on the day.
New Starters at Angus Carers Centre

Three new employees recently started work at the Centre and it’s great to have them in the Team! Included below is a 'Hello' from them. If you see them in the Centre or going about their work elsewhere in Angus, please say ‘Hi’ to them.

**Jane, Adult Service Manager**
Hello, my name is Jane and I started working as Adult Services Manager on Monday 23 September 2019.

I am really happy to be here and have had a wonderful welcome from all the people I have met so far. To those I haven’t come across yet, I look forward very much to meeting you. I have been working in the charitable sector for quite a few years now (more than I care to name!) and am excited to play a part in the wonderful journey of Angus Carers Centre.

I look forward to meeting all the carers and volunteers.

**Gillian, Young Carer Service Coordinator**
Hello, my name is Gillian. I am excited to become part of the Angus Young Carers Team.

It is important for me that young people have a voice and that they are heard. One of the very first things I did when I came into this post was to read the Angus Young Carers’ Newsletter - Autumn 2019, and I am looking forward to getting involved in some of the activities mentioned in the newsletter. There are exciting times ahead for Angus Young Carers.

I’m looking forward to meeting everybody.

**Megan, Young Carer Support Worker**
Hello, my name is Megan. I have recently started with Angus Young Carers in August 2019 as a Young Carers Support Worker and I am excited to be working as part of the team.

I am looking forward to getting involved in the fortnightly groups and in the activities which run during the school holidays. I attended the Scottish Young Carers Festival with a group of young people this summer, and I had a fab time!

In the past, I have been involved in work which supported families, children and young people. At Angus Carers Centre, I will be working with young carers on a 1:1 basis in the community, as well as the support groups based in Arbroath and Forfar.

I’m looking forward to meeting everyone.

**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.
Seasonal Flu Vaccination - Have You Got Yours Yet?

We need everyone to help prevent the spread of flu this winter!

Getting vaccinated is the single most important thing people can do to protect themselves and others from getting flu. It is not too late to call your GP to ask for the vaccine, as there could be many months of the flu season to go.

Who is eligible?
The annual flu vaccine is available free on the NHS for anyone who is:
- An unpaid or young carer,
- Over the age of 65,
- A pregnant woman.

Or...
- Someone who has an underlying health condition (particularly long-term heart conditions or respiratory diseases),
- People with weakened immune systems.

Feedback from carers about the flu jab
Angus Carers Voice Network would really like to hear about your experience of requesting a flu jab from your GP or Community Hospital. Send your story to them at listening@anguscarers.org.uk or send a letter to ACVN - Flu Vaccination via the Carers Centre. We’ll then pass your comments back to Angus Health & Social Care Partnership.

About the Integrated Joint Board
The Integrated Joint Board (IJB) is the top level of the Angus Health and Social Care Partnership.

There are six voting members, three Angus Councillors and three members of the NHS Tayside board.

The Board is supported by officers from both health and social care, and other non-voting members include representatives from the third sector, care home providers, service users, and me (representing unpaid carers).

Normally around twenty people are present in the Council Chamber in the town and county hall in Forfar.

What the Integrated Joint Board does
We meet every two months and consider reports which have been prepared by the officers as a result of activities by Partnership Officers, Scottish Government directives or requested by the Board, including financial and performance reports.

All board members are encouraged to give their views on the content of reports and these are formally minuted. Action notes are produced and subsequently checked for performance. The meetings are open to the public, although few attend unless there is a report in which they are particularly interested.

Angus Carers Voice Network member, Caroline Petrie (pictured left), sits alongside me on the (Strategic Planning Group) SPG and is my depute at the IJB.
Accommodation Survey for People with Disabilities in Angus

The requirements for the number and type of residential accommodation for people with disabilities across Angus forms part of the Angus Health and Social Care Partnership plan for 2019-2022. How does the Housing department, which provides the input, know the numbers it is presenting are correct? In short, they don’t.

The registered charity, South Angus Parents of Adults with Learning Disabilities (SAPALD), has worked with the Angus Carers Centre to create a small survey to try to collect the real numbers. This is available for download (in PDF format) in the ‘News’ section of our website at www.anguscarers.org.uk. We recommend that you download this survey, complete it, and mail it back in the freepost envelope by Monday 25 November 2019.

You can never start planning for the future for your loved one too soon - bear in mind that it can take upwards of 15 years between registering for accommodation, and your loved one being offered somewhere suitable.

It is important! Only by collecting this information can you be sure that the plans for the coming years are accurate and that the accommodation needed is planned and provided - so please complete the survey and return it before the deadline.

Paper copy of the survey
If you prefer to receive a paper copy, please say so on the Reply Slip, and a paper copy plus a pre-paid envelope will be sent out to you.

SDS Café at the ACC: Thursday 12 December / Friockheim Hub SDS Cafés

Do you or someone you know need help with daily living?

Self-directed Support (SDS) is the way support services are now provided by the Health and Social Care Partnership. The Self-directed Support Service for Dundee and Angus are holding regular SDS Cafés in both Arbroath and Friockheim. The Friockheim Hub SDS cafes will take place on the first Monday of the month (2 December 2019, 6 January 2020 and 3 February 2020), from 10.30am to 12.30pm.

Aims of the SDS cafés
- To provide information, advice and guidance on SDS,
- To find out about how to access support if you or someone you support is eligible,
- To find out about the 4 SDS Options,
- To find out about more about Carers budgets,
- To have a chat with other people and find out how they use their budgets.

Come along to our SDS Café at Angus Carers Centre on Thursday 12 December 2019 from 1.30-3.30pm, and our SDS sessions every 2nd Thursday of the month (dates on back page).

Come along for a coffee and a chat - all welcome.

For more information, call Catherine or Barbara on 01382 200422 or send an email to: sds@dundeecarerscentre.org.uk.
Clothing Swap - Bring an Item, Swap for Another!

Initiatives like Radio Tay’s Cash for Coats and Winter Warmer appeals are being overwhelmed with applications to give children and young people access to suitable winter clothing. There is an opportunity for our community to come together and try something a bit different.

We want your donations of clothing any age, any size in good, wearable condition that you would like to go to a new home. With Christmas coming up no doubt there will be a few ‘wardrobe clear-outs’ happening in the New Year.

We want to trial our own clothes swap with collections from across Angus, as a swap or for a small donation, to others in need. Monetary donations will be put back into activities for carers. If there is enough interest, and a suitable amount of clothing donations are received between now and January, a date will be confirmed in our first newsletter of 2020. Please indicate on your Reply Slip if you want to know more about this.

If you would like to make a donation of clothing, bags or accessories this can be done either by dropping them in to Angus Carers Centre, or if you require someone to collect items, please contact us on 01241 439157 and a pick-up can be arranged.

Bag Pack at Morrisons in Arbroath - Sunday 15 December 2019

We have been given another opportunity by Morrisons to raise funds on Sunday 15 December 2019. Can you spare a few hours to help fundraise to support activities for adult and young carers?

We have three 2-hour slots to be filled: from 10am to 12 noon, 12 noon to 2pm, and 2pm to 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, choose your preferred time slot, and we will be in touch to confirm a slot for you.

Graeme Dey MSP Surgery

Friday 10 January 2020

Graeme Dey MSP is holding a surgery for Angus South Constituents at Angus Carers Centre in Arbroath on Friday 10 January 2020, 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.

The Arbroath Locality Group

Just a wee reminder to all Arbroath carers that the support group runs on the 2nd Monday of the month at Tutties Neuk. Please come along and enjoy a cuppie, cake and some good conversation with other carers. You’ll find the dates and the time of the group on the back of this newsletter.

I look forward to seeing you there.

Vanessa Black, Carer Development Worker
Diary of Events for Winter 2019/2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Event and Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 21 Nov</td>
<td>Carers Rights Day, 10am to 4pm, at ACC.</td>
</tr>
<tr>
<td>Sat 30 Nov</td>
<td>Christmas Fair at Angus Carers Centre, 2pm to 3.45pm. All welcome!</td>
</tr>
<tr>
<td>Wed 11 Dec</td>
<td>Carers Christmas Party at the Park Hotel in Montrose.</td>
</tr>
<tr>
<td>Tues: 12 Dec</td>
<td>Meetings of the Angus Carers Voice Network, 10-30am-1.30pm, at Angus Carers Centre (ACC).</td>
</tr>
<tr>
<td>14 Jan, 11 Feb</td>
<td></td>
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<tr>
<td>10 Mar</td>
<td></td>
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<tr>
<td>Wed 6 Dec</td>
<td>Friockheim Hub: Vanessa, our Carer Development Worker, 2.30pm-4.30pm.</td>
</tr>
<tr>
<td>Thur 12 Dec</td>
<td>SDS Café, 1.30pm to 3.30pm, at Angus Carers Centre.</td>
</tr>
<tr>
<td>Sun 15 Dec</td>
<td>Bag pack at Morrisons in Arbroath - see the Reply Slip for the time slots.</td>
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Meetings of Carers’ Support Groups in Winter 2019/2020

<table>
<thead>
<tr>
<th>Location</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 Dec, 11 Nov, 13 Jan, 10 Feb, 9 Mar</td>
</tr>
<tr>
<td>BRECHIN</td>
<td>2.00pm</td>
<td>Stables Lounge</td>
<td>27 Nov, Dec TBC, 29 Jan, 26 Feb, 25 Mar</td>
</tr>
<tr>
<td>CARNoustie</td>
<td>10.00am</td>
<td>Station Hotel</td>
<td>2 Dec, 6 Jan, 3 Feb, 2 Mar</td>
</tr>
<tr>
<td>FORFAR</td>
<td>10.30am</td>
<td>The Royal Hotel</td>
<td>Dec TBC, 8 Jan, 5 Feb, 4 Mar</td>
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<tr>
<td>KIRRIEMUIR</td>
<td>10.00am</td>
<td>Airlie Arms Hotel</td>
<td>29 Nov, Dec TBC, 31 Jan, 28 Feb, 27 Mar</td>
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<tr>
<td>MONIFIETH</td>
<td>2.00pm</td>
<td>Milton Inn</td>
<td>28 Nov, Dec TBC, 30 Jan, 27 Feb, 26 Mar</td>
</tr>
<tr>
<td>MONTROSE</td>
<td>2.00pm</td>
<td>George Hotel</td>
<td>25 Nov, Dec TBC, 27 Jan, 24 Feb, 30 Mar</td>
</tr>
<tr>
<td>AUTISM PARENTS’ GROUPS (ASD)</td>
<td>9.30-11am</td>
<td>Angus Carers Centre</td>
<td>20 Nov, 15 Jan, 19 Feb, 18 Mar</td>
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<td></td>
<td>9.30-11am</td>
<td>Chapelbank, Forfar</td>
<td>5 Feb, 4 Mar</td>
</tr>
<tr>
<td>MONTROSE ASN PARENTS’ GROUP</td>
<td>9.30-11am</td>
<td>Park Hotel, Montrose</td>
<td>27 Nov, 22 Jan, 26 Feb, 25 Mar</td>
</tr>
<tr>
<td>ADHD PARENTS’ SUPPORT GROUP</td>
<td>12.30-2.30pm</td>
<td>Forfar Community Campus</td>
<td>26 Nov, 28 Jan, 25 Feb, 31 Mar</td>
</tr>
<tr>
<td>DEMENTIA CARERS’ GROUP</td>
<td>10am-12 noon</td>
<td>Kirrie Connections</td>
<td>Every Monday morning</td>
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<tr>
<td>SUBSTANCE MISUSE</td>
<td>20 Nov, 4&amp;18 Dec, 8&amp;22 Jan, 5&amp;19 Feb, 4&amp;18 Mar</td>
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<tr>
<td>FAMILY &amp; FRIENDS’ GROUPS (formerly called the Drug &amp; Alcohol Groups)</td>
<td>Arbroath 11 Dec, 5 Feb, 4 Mar, 1 Apr</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.