

## Angus Carers Centre Newsletter



### Let's hope for a "flaming" June!

We have some new updates for you, all in one place.

Here's what we've got planned throughout June, as well as our latest news.

#### In need of PPE?

A necessary part of your brilliant efforts is maintaining the right PPE when caring. To save you the trouble of researching and ordering your PPE, please call our office or contact your Rights & Engagement Officer to place your order.

We can provide:

Surgical masks, plastic aprons and gloves, visors and gowns.

#### Meeting Centre Case Study

At Angus Carers Centre, we value all feedback we receive about our centre. We have a wonderfully written case study written by Hamish and his wife about their experience with Angus Connections, as Hamish attends three sessions per week.

We've opened up our listing to new referrals so if you're interested, please do [get in touch](#).

#### Use less energy at home this summer

As the summer approaches, we have prepared a useful guide on how to reduce electricity and water use to save energy and reduce utility bills. By implementing the tips such as turning off unused electronics and switching to LED bulbs, you can save yourself money as we move into summer.

### Are you eligible for a council tax discount?

Many people are eligible for a council tax discount or reduction of between 25% and 100%, saving hundreds of pounds each each year. Those living alone or only with children, people on a low income, students, those with a carer or a specific medical diagnosis, are among those who could cut their bill.

To see if you're eligible for a discount, contact one of our Rights and Engagement officers on: 01241 439157.

Or you can visit this website below to find out more information.

### New projects and opportunities

#### Dare to dream

The time has come to start dreaming and dreaming big. We are embarking on a journey that determines our future. We're reaching out to you to let us know what Angus Carers Centre needs to do to better serve the people it exists for – unpaid carers.

By being part of this journey, you are directly informing our direction of travel, what areas we need to improve on, where we need to flex and evolve. Your collective voice will give us the mandate to shape the future. [To take part, speak to one of our Rights & Engagement Officers or call us on 01241439157.](#)

### We're helping Young Carers achieve more

Latest research from [University College London](#) shows that young carers are 38% less likely than their peers to get a degree. The research is based on 10 years worth of data, and found that more hours spent caring made it less likely someone would get a degree. Our new project focusing on young adults (18-25) supports young people who are in higher and further education to achieve their goals.

#### To find out more, contact

Christian Walton

07706315485

[christian.walton@anguscarers.org.uk](mailto:christian.walton@anguscarers.org.uk)

## Care to make change happen?

We are looking for a diverse group of unpaid carers to come together and help voice the needs of carers direct from carers.

By bridging this gap we are confident we can directly address the current needs of carers and grow as an organisation, reaching the 15,000 unpaid carers in Angus.

### To find out more, contact

Kieran Martin  
07851255031

[kieran.martin@anguscarers.org.uk](mailto:kieran.martin@anguscarers.org.uk)

## What's happening throughout June

### Celebrating Volunteers

We're incredibly thankful to the amazing volunteers we have working with us at Angus Carers Centre. To celebrate our volunteers, we're hosting an event during Volunteers Week in our centre. Tuesday 6th June 6-8pm.

### To find out more, contact

Alison Tonner  
07387017437

[alison.tonner@anguscarers.org.uk](mailto:alison.tonner@anguscarers.org.uk)

### Crafty Carers

There's still a great chance for you to get crafty in good company! Crafty Carers provides materials for a range of craft activities but feel free to bring along your own!

**Date:** Every Wednesday

**Time:** 13:00pm – 15:00pm

**Location:** Angus Carers Centre, 8 Grant Road, Arbroath, DD11 1JN

### Care For A Cuppy

Our Rights and Engagement Officers are on-hand to provide you with advice and support during our Care For A Cuppy sessions, where you can also meet other carers over coffee and cake. Care For A Cuppy takes place throughout Angus, with dates and times listed below.

Location:	Location: Airlie	Location: The
Northern Hotel, 2	Arms Hotel, 4 St	Royal Hotel, 33
Clerk Street,	Malcolms Wynd,	Castle Street,
Brechin, DD9 6AE	Kirriemuir DD8	Forfar, DD8 3AE
	4HB	
Date: 05/06/2023	Date: 09/06/2023	Date: 15/06/2023
Time: 10:30am –	Time: 10:30am –	Time: 10:00am –
12 noon	12 noon	12:00pm

## Transitions Group

The transitions group is there to support you and changes in your caring role.

**Date:** 20/06/2023

**Time:** 11:00am – 12:30pm

**Location:** 8 Grant Road, Arbroath, DD11 1JN

**To find out more, contact**

Leah Harper  
7387 017445

[leah.harper@anguscarers.org.uk](mailto:leah.harper@anguscarers.org.uk)

## Art Attack Angus Group

We've got a chance for our Young Carers to take part in 6 weeks of art activities at the Art Attack Angus studio in Arbroath.

**To find out more, contact**

Laurie Easom  
07387017448

[laurie.easom@anguscarers.org.uk](mailto:laurie.easom@anguscarers.org.uk)

## Mindfulness Session in Forfar

Get ready for a self-care session like no other! Together, we'll embark on an adventure, exploring techniques like EFT (tapping) and Meditation that will not only benefit you but also your whole family. We'll dive into these easy techniques that will leave you feeling relaxed, rejuvenated, and ready to conquer the world. No prior experience required—just bring your enthusiasm, and we'll have an absolute blast on this self-care journey!

28<sup>th</sup> June, 1-3pm

East and Old Parish Church, 38-40 E High St,  
Forfar DD8 2EG

**To find out more, contact**

Laura Scott

[07387017435](tel:07387017435)

[laura.scott@anguscarers.org.uk](mailto:laura.scott@anguscarers.org.uk)