

# Do you look after someone?

Information and support for carers in Angus



**Angus Carers Centre**  
supporting carers

## Support Groups

There are a number of informal support groups for carers, which meet throughout Angus.

### These include:

- Groups open to all carers at local venues throughout Angus

### In addition:

- Young People (8-18 years) - caring for a family member
- Male Carers - men who have taken on a caring role
- Parent/Carers - caring for a child or young person on the autistic spectrum
- Drug/Alcohol Carers - caring for someone affected by drug or alcohol misuse.

## Contact details

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Angus Carers Association is a company limited by guarantee and a charity. **Charity number SC 026052**

Business Reply Plus  
Licence Number  
RSAZ-BEYT-URRT

Princess Royal Trust for Carers  
Angus Carers Centre  
3 Fisheracre  
Arbroath  
DD11 1LE



## Who is a carer?

Carers can be wives, husbands, partners, parents, daughters, sons, friends or neighbours who look after someone of any age who may have:

- a physical disability
- a medical condition
- a learning disability
- mental ill health or dementia
- a dependency on alcohol or drugs

Carers are ordinary people who simply get on with what has to be done, when someone close to them needs looking after.

Caring for someone can be rewarding, but it may also be very demanding. You may be worried about money or your own health, you may feel tired or under stress and could benefit from having someone to talk to.

All our services are confidential and free of charge

# At Angus Carers Centre we can offer you practical and emotional support

## Angus Carers Centre offers

Information and advice on a range of subjects including services available to Carers:

- Stress management
- Carers support groups
- Pampering for carers
- A sitting service
- Regular newsletter
- A counselling service
- Home visits
- Training for carers
- Raising awareness of the contribution made by carers in our communities and of the need for them to be properly supported and valued
- Volunteering opportunities
- Free pass to Angus Council leisure facilities



If you would like to receive further information about Angus Carers Centre and a copy of our free quarterly Carers newsletter, please complete this tear off slip and post it or put it in an envelope with our freepost address on the front. Either way no stamp is required. Other ways to contact us are by telephone, by letter, email or dropping in.

Name: .....

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Address:.....

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..... Postcode:.....

Tel No:.....

Email: .....

Signed:.....

Date:.....

I obtained this leaflet from:

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All information received will be stored on our database and only divulged with permission to other parties. This is in compliance with the 1998 Data Protection Act.