

Are you affected by someone's alcohol or drug problem



Contact details

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Opening times

Monday - Thursday 9am - 5pm

Friday 9am - 4.30pm

(closed 12.30 - 1.30pm lunch)

This project is funded by the
Angus Alcohol Drug Partnership



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



We offer

- Free information available at Angus Carers Centre
- Benefits advice
- Individual and group support
- A listening ear
- A drop-in facility
- Contact with other people who are or have been in a similar situation
- Relaxation (eg reflexology, therapeutic massage)
- Training (stress management etc)
- Sign posting to other agencies
- Practical advice on coping

What is an alcohol or drug problem?

Everyone is different and can experience a range of problems, which are related to their drinking or drug misuse. These could be to do with relationships, how they feel emotionally or physically, the law, or financial concerns.

Who is a carer?

A carer can be anyone. It could be a partner, a parent or grandparent, a son or daughter or friend who looks after someone of any age who cannot manage on their own without help.

What can Angus Carers Centre offer?

Angus Carers Centre is working in partnership with Tayside Council on Alcohol (TCA) to offer advice and support to people in this situation. We understand some of the difficulties you face and can offer you information and support.

All our services are free and totally confidential



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.