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Angus Carers Centre

supporting carers

Supporting you to have fulfilling lives alongside caring.

Welcome to Angus Carers Centre e-bulletin for January 2021



Welcome from Alison Myles, CEO, Angus Carers Centre

The best thing about being outdoors is that it's free and you don't need to go very far to feel the benefits.

The current restriction asks us to stay indoors as much as possible, only going out for exercise, meeting up with one other person and those essential

trips to the shops and the chemist.

Each one of us will be affected by the restrictions in different ways, and with the vaccination programme now underway, (we will keep you up to date on how this includes unpaid carer whenever we get more info this, keep an eye on our Facebook page) we can begin to think about the support and information we need to help us come out of the restrictions safely.

Even if you can only spend a short amount of time outdoors every day, sometimes I only get as far as the front step with my cup of tea, but I know this makes a difference to me. So please connect with nature whenever you can and take care of your mental health. This message also goes out to all the volunteers and staff at Angus Carers Centre, who every day, continue to show compassion, enthusiasm and creativity in the way they reach out to support carers, even when they themselves are working from home.

We will get through this together, you are not alone.

Take Care & Stay Safe

Alison

#supportisonlyaphonecallaway

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Ann's Story

You may not know that you are a carer. Ann realised she wasn't coping and didn't know enough about life from her son's perspective. Ann shares her story and the difference asking for help has made to her. [Watch Ann telling her story here.](#)



We are recruiting

Our vision is that all carers in Angus will receive appropriate information and support to enable them to feel valued and confident in their caring situation and to develop their own potential. We currently have vacancies and are looking for highly motivated people to work within a small, supportive and dynamic team striving to recognise and enhance the lives of unpaid carers.

Interested? Then please visit [Good Moves](#) for further information. Come and join us!



Just some of your messages of thanks for the online pastimes and activities many of you recently participated in.

This is a fantastic opportunity to learn new skills & thank you for allowing us to try something new

Thank you for the email and the opportunity to enjoy learning some new skills.

Thank you for the offer to participate in online courses

Thank you, it will be lovely to try something new and light up some of the dark days

Really looking forward to the video classes. And very appreciative of your help in funding them 👍 thanks

It is very kind of Angus Carers to offer carers this chance and I would like to thank you very much.

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appointments

Invitations to a coronavirus (COVID-19) vaccine appointment for people aged 70-79 will have started to land on doormats in several health board areas from 25 January. A new booking system is being used by health boards in Fife, Forth Valley, Ayrshire & Arran, Lanarkshire, Greater Glasgow and Clyde and Lothian to schedule appointments for patients in order of priority. More boards are expected to make use of the technology as the vaccination programme expands. Further details on the announcement can be found [here](#).

Covid-19 Vaccine – Information for Carers

Follow this link to find out what you need to know about getting your Covid-19 vaccine if you are an unpaid carer for a family member or friend who relies on your support due to an illness or disability:
<https://www.angushscp.scot/covid19-vaccine-info-for...>

What are the main supports we can give you whilst the COVID-19 current restrictions are in place?

- Telephone and video Conferencing Befriending.
- 1:1 Welfare Calls
- Emergency Planning & Emergency Card for Carers
- Monthly e-bulletins (online activities for carers, including updates on financial support & welfare benefits)
- Counselling Bereavement Support
- Self-Care
- Programme Referral to PPE HUB
- Info on Limited Short Breaks and Respite Options
- Young Carers online & community based activities & community Befriending
- Parent Carer & Substance Misuse Carer Support (access to closed Facebook page for carers)
- Volunteer Opportunities with us
- All tailored to individual carer needs

Contact us on 01241 439157 or by email at enquiries@anguscarers.org.uk

Get Nourished

New NHS Tayside Advice Line **What is the telephone line for?** This telephone line will provide practical tips and advice about how to stay well nourished when you or someone you know has a poor appetite and/or is experiencing unintended weight loss. **Who is the telephone line for?** This telephone line is open to members of the

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Worried about weight loss?

Lost interest in cooking or eating?

Clothes or rings getting loose?

Call our tayside wide advice line



poor appetite, and are concerned about the impact this is having on their health and wellbeing. We also welcome calls from carers and family members who are concerned about an individual they are supporting. This is not an emergency telephone line, if there is an immediate concern about health and wellbeing, please contact your GP or NHS 24 on 111. If a dietitian currently supports the individual, they should make contact with the local dietetic team in the first instance. Who is responsible for the telephone line? The telephone line has been set up by the NHS Tayside Nutrition and Dietetic Service, and is supported by

staff who are able to provide evidence based information or sign post to further support and advice. Why has the telephone line been set up? Losing weight without meaning to can be a sign of undernutrition, even if you are overweight. It is important to be aware of your weight and appetite, particularly if you are older or have a pre-existing medical condition. Around one in ten people over the age of 65 is undernourished. Most people with undernutrition in the UK live at home. There are many reasons that affect our nutritional wellbeing including loneliness, mental health conditions and recovery during illness. We recognise during the COVID-19 pandemic that these physical and social factors are likely to increase, and in turn, the risk of undernutrition will increase. **What is the telephone number?** The telephone line is 01738 450556 **When is the telephone line open?** The lines opening hours are: Monday – 0930 – 1230 Wednesday – 1500 - 1800 Friday – 1200 – 1500 There may be instances when we are unable to take a call, please call back within the opening hours. **Is there any other way to make contact?** Should it be more appropriate, individuals can also make contact by email – TAY.getnourished@nhs.scot

Time to Change is a growing social movement working to change the way we all think and act about mental health problems.

Time to Talk Day is the day that we get the nation talking about mental health. This year's event might look a little different, but at times like this open conversations about mental health are more important than ever. Go on over to **Time to Talk** day to help start the conversation. Together we can end mental health stigma.

Social Work Scotland's draft standards for Self-Directed Support.

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standards. Further details can be found on their [website](#).

Experiences during COVID-19

Last August we invited you to participate in a survey regarding your experiences during COVID - 19 Pandemic. We will shortly be asking you complete a further survey. Your input is invaluable so please look out for it.

Register for the Scottish Government COVID 19 research panel 2021

Scottish Government researchers are recruiting people to help us better understand and predict the next stages of the COVID-19 epidemic in Scotland. You can register if you live in Scotland and are 18 or over.

For more information please visit the [website](#).



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