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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 March 2021



How are you doing?

Did you answer "Fine" - I'm doing ok?" Most people do.

The next time someone asks you this let them know how you really are. We tell people all the time that we are fine even when we could do with someone to off load to, share our feelings with and tell us it will be ok. Please don't be alone and don't say you are ok when you are not. Keep connecting with each other, however you manage it. This has always been important but never more so than over the past 12 months when we can't see each other as much as we would like. It looks like it won't be long until our groups and face to face work can start again – something to look forward to.

Perhaps we can meet at Murton Trust

([www.murtontrust.org.uk](http://www.murtontrust.org.uk)) where I recently enjoyed a walk

around the nature reserve. It was a beautiful sunny day, but a bit windy as you can probably tell by my hair is this photo!

I hope you are sending out a flare to someone you know if you need to have a chat, and remember #supportisonlyaphonecallaway We will get through this together, you are not alone.

Take Care & Stay Safe

Alison

Alison Myles, CEO Angus Carers Centre

The term self-care is used a lot these days, but what does it really mean?



Katie has delivered four self-care workshops so far and more dates have now been set.

All those who have indicated their interest in this so far will have been informed via email of these.

Dates and times are:

Friday 9<sup>th</sup> April 2021 at 11 am

Tuesday 13<sup>th</sup> April 2021 at 2 pm

Monday 10<sup>th</sup> May 2021 at 10 am

Wednesday 19<sup>th</sup> May 2021 at 3 pm

These sessions will take a look at what self-care means in practice and consider the benefits to your health – both mental and physical.

Katie will also suggest some simple ways to maintain and improve self-care.

These sessions take place over Zoom and last approximately 1 hr.

If you wish to attend a workshop then please either email [enquiries@anguscarers.org.uk](mailto:enquiries@anguscarers.org.uk) or call 01241 439157.



[Independent Living Angus website](#)

## What is Independent Living Angus?

Independent Living Angus is a simple visual tool designed to help an individual and/or their family to understand how to shape their progress against certain milestones.

Take a professional style assessment at your own pace and on your own terms

Independent Living Angus is tailored to the individual users, which means that the advice, services, e-marketplaces or self-help sites suggested will be available in their local area and are intended to be relevant to their requirements. It is our aim to offer a range of possible solutions so that you can pick the method that is best for you.

[This section in particular focuses on carers](#)

The National Carer Organisations are asking you to share their '[Manifesto for Unpaid Carers and Young Carers](#)' with your Parliamentary Candidates ahead of 2021 Scottish Parliament Election.

With the Scottish Parliament election taking place on the 6th May 2021, the National Carer Organisations have created a 'manifesto for unpaid carers and young carers', highlighting the top priorities unpaid carers want to see delivered by the next Scottish Government.

We want a society that respects, values, and supports carers. To realise this, we want the next parliament to be the most carer friendly ever.

To help us achieve this we want all candidates standing for election (parliamentary candidates) to hear that supporting unpaid carers matters to voters. [#CarersVotesCount](#)

We would therefore like you to share the manifesto with your parliamentary candidates ahead of the election and ask them to tweet their support for carers. See below for further action.

<https://carersuk.e-activist.com/page/77875/action/1>

A Manifesto for  
Unpaid Carers and  
Young Carers



[Help make #CarersVotesCount in the Scottish Parliament election](#)

Write to your candidates today and call for their support for the Manifesto for Unpaid Carers and Young Carers. 1.1 million people provide unpaid care to families, friends and neighbours. Despite saving Scotland £13.4 billion this year, carers and young carers often face poverty, ill health and lack of opportunity, simply because they care. Our manifesto for carers and unpaid carers sets out the top priorities unpaid carers want to see delivered by the next Scottish Government. We want a society that respects, values, and supports carers. We want the next parliament to give carers the rights and recognition they deserve.

## Carers Hustings - Scottish Parliamentary Election

National Carer Organisations and Oxfam Scotland

### About this Event

The national carer organisations and Oxfam Scotland are delighted to host a hustings for unpaid carers ahead of the Scottish Parliamentary elections on 6 May.

This event will be held on zoom

# Carers Hustings

8 APRIL 2021  
1.30PM - 3PM



- Alison Johnstone, Scottish Green Party
- Mark Griffin, Scottish Labour
- Donald Cameron, Scottish Conservatives
- Alex Cole-Hamilton, Scottish Liberal Democrats
- Name to be confirmed, Scottish National Party

[Register today to book your place.](#)

We'll send out further information including the link to attend shortly thereafter.

#CarersVotesCount



## Angus Carers Voice Network (ACVN)

Carers who attend ACVN will be meeting again on Tuesday 20th April and Tuesday 11th May, both from 11am – 12.30pm. Any carer registered with Angus Carers Centre can join the network by emailing [listening@anguscarers.org.uk](mailto:listening@anguscarers.org.uk) and asking to be added to the circulation list. You'll then get information on how to join our video conferencing meetings (by ZOOM). If you have any suggestions for topics for the Network please send these to the same email address.

### What has ACVN been doing?

### Experiences during COVID-19

Last August ACVN, working with Angus Health & Social Care Partnership (AHSCP) invited you to participate in a survey regarding your experiences during COVID - 19 Pandemic. 133 carers responded.

We will shortly be circulating a follow up survey to find out how the extended lockdown and further restrictions have affected you. We want as many people with caring responsibilities to complete this survey so once you have completed this yourself, please pass onto as many other carers as you can. They do not have to be registered with Angus Carers Centre to do so. Please tell your friends about this. The findings from this work will really help ACVN to ensure your voices are listened to as we all start to consider what life will be like when all of the restrictions have been lifted.

### Planning for Carers Week 2021 - "Make Caring Visible and Valued" 7 – 13 June 2021

[This Carers Week](#), we're recognising that now, more than ever before, it's time for us to come together and help Make Caring Visible and Valued.



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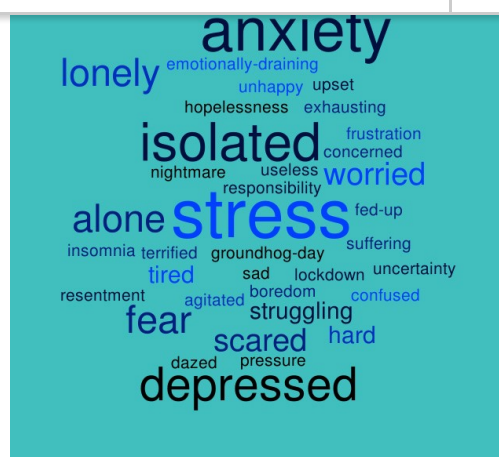
**Carers Conversation event on Wednesday 9th June 2021** as part of our Carers Week Programme. (More details in the next bulletin.)

**Gail Smith, Interim Chief Officer, Angus Health & Social Care Partnership** will open the event, listening to you and answering your questions.



Topics to be discussed are:

- The findings of the April Carers COVID-19 survey
- Taking forward the recommendations of the [National Adult Social Care Review](#) at a local level
- Progress of the Angus Carers Strategy 2021-2022



## The future of employment for older people.

"It's important to focus on helping older workers."

[This Age UK article](#) captures an interview with the Employment Minister, Mims Davies MP, to discuss how the UK Government has responded to the pandemic and is supporting older workers to remain in and get back into work. It includes a question relating to carers - "We hear from lots of carers struggling to balance their responsibilities with work, and our own analysis has shown as little as 5-10 hours a week can make it difficult to keep working. What are you doing to help carers?"

And the Ministers response -

"Informal family carers are absolutely crucial. I've had experience of sandwich caring with young children and elderly relatives and it's really difficult and I've total sympathy. We've achieved a lot through the pandemic to be more inclusive at work that helps people caring at any age. There's a great opportunity to be inclusive through virtual means – for example not making people travel in for the sake of it."

Leave, and I'd say to all employers that by not having everyone in the office, you get really committed workers if you listen and understand what's going on in their lives they'll give back in spades. There's a great opportunity here to be more inclusive and the Government will continue to support our carers."

"I gave up a job when I had to help look after my dad, I didn't look out for my own career. I wouldn't change [that], but I'd like other people to have choices. It's a great opportunity to give people that longer career."

[See the full article on the website.](#)

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

#### **Also – Carer support groups throughout Angus via video conferencing**

- 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
- Self-Care
- Programme Referral to PPE HUB
- Info on Short Breaks and Respite Options
- Young Carers online & community based activities & community Befriending
- Parent Carer & Substance Misuse Carer Group 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](mailto:enquiries@anguscarers.org.uk)

### **The Dalhousie Centre in Brechin**

Unpaid carers in Angus are being offered much-needed respite care, as part of a new service the charity behind it never thought possible. The Dalhousie Centre in Brechin is among a host of recipients of the National Lottery's latest Community Fund pay-outs. Unpaid workers, typically those looking after elderly parents or spouses at home, are being invited to contact Dalhousie Centre for a "short break" from their caring responsibilities. See this [Dundee and Angus Courier](#) article for more information.



### [Montrose Community Trust Walk and Talk](#)

**WALK & TALK IS BACK!** Montrose Community Trust are delighted to let all of our existing and potential new participants know that our walks are starting back as of Thursday this week. With the Government restrictions changing we are now in a position to restart our Walk & Talk Programmes with groups of up to 15 walkers. This has come as very welcome news to participants and volunteers alike and although we are not in a position to offer a cuppa and biscuit after the walks just yet we are able to meet up and get out for some exercise and social interaction. Our walk times are as follows: Mondays 1pm (low level, 30 minute walk) Thursdays 9.45am (fast paced, 60 minute walk) Thursdays 10am (medium & low level walks, 45 - 60 minutes) Tuesdays 6.30pm from 6th April (medium & fast paced 60 minute walks) All walks start and end at the turnstiles at Links Park Stadium. Social distancing guidelines apply for all walks at all times and face coverings are optional. Hand sanitizer will be available on arrival outside the Stadium. If you have any questions please do not hesitate to email at [office@montrosect.org.uk](mailto:office@montrosect.org.uk)

[Links Health Centre Garden](#) A therapeutic garden with an emphasis on the benefits of gardening for physical and mental health. Run by volunteers and open to all. See their facebook page for more info.

### **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.

### **Respitality - Virtual activities!**

Many groups and organisations are offering online activities via zoom. Details of current activities are shown below. You must be registered as a carer and have access to 'Zoom' to participate. To express an interest and get further details, please contact Angus Carers Centre by email to [shortbreaks@anguscarers.org.uk](mailto:shortbreaks@anguscarers.org.uk)

#### **Online whisky tasting & cocktail making with Lindores Abbey Distillery**

*Your hosts Helen and Murray will be hosting the tasting with dram and cocktails, as well as providing the history of Lindores Abbey and the famous people who have visited it. An interactive quiz with prizes for the top three winners will also be included (prizes will be sent out after the event) and finish off with a rendition of Tam O' Shanter from co-host Murray!*

*The pack to be sent out in advance will comprise of:*

*1. A History of Lindores Abbey booklet*

4. A cocktail shaker (to make the Espresso Martini in)
  5. 25ml of Lindores single malt to drink neat with a wee bit of water
  6. Selection of truffles hand made by Colin, one of their distillers and a talented chocolate maker
  7. Two vouchers so that the carer can visit them 'in person' when the opportunity allows
- The guests would need to find a piece of orange and some ice to ensure that they enjoy the drinks at their best.

Thursday 20th May 2021 from 7pm-9pm Booking by Thursday 13<sup>th</sup> May

### Tommy Dewar's Whisky Ramble

*This package gives guests the chance to explore the world of Scotch Whisky and journey through the history of the cocktails that made the Scotch Whisky industry the booming success it is today. On this ramble guests will learn all about our globe trotting founder, Tommy Dewar. In this package, guests will sample two of our Dewar's blended whiskies, our flagship 'White Label' and the Dewar's 12 Year Old, as well as the single malt from the Dewar's Aberfeldy Distillery, the Aberfeldy 12 Year Old.*

*This session is all about whisky cocktails. After trying our whiskies we will show your guests how to create three fantastic whisky-based cocktails, and tell you about their history. We will create two versions of the classic Whisky Highball: a refreshing tall drink, ideal for summer, pioneered by our very own Tommy Dewar. The classic, which combines soda water and Dewar's Scotch, and a modern twist with ginger ale and lime. Following this, guests will make the Aberfeldy 'Golden Dram', a fantastic twist on the classic Old Fashioned cocktail using honey and orange bitters. This package is all about fun, cocktails, and breaking down the barriers around Scotch Whisky. It makes a great team building session and includes an interactive live quiz throughout the session to get everyone involved!*

#### INCLUDED IN THIS PACKAGE:

1X DEWAR'S WHITE LABEL – 5CL, 40%ABV  
1X DEWAR'S 12YR – 5CL, 40%ABV  
1X ABERFELDY 12YR – 5CL, 40%ABV  
1X FEVER TREE SODA WATER  
1X FEVER TREE GINGER ALE  
1X HONEY & BITTERS PRE-MIX (GOLDEN DRAM)  
INTERNAL & EXTERNAL PACKAGING & POSTAGE

This session will be held on Thursday 22nd April 2021 from 7pm-8.30pm. Deadline for booking is 9<sup>th</sup> April and is not for those who have already had this package

### Virtual break: Beginner's guide to stargazing with Dynamic Earth

Join Dynamic Earth's resident astronomer for some top tips on stargazing – from the comfort of your own sofa! This session will take place on Thursday 13th May 2021 from 10.30am to 12pm. Gazing up at the stars is something that humans have done throughout history, but if you need some top tips on distinguishing your Plough from your Cassiopeia, join us and get stuck in! We'll cover the basics of finding your bearings in the night sky, spotting the Milky Way, and knowing which seasonal constellations to look out for. We will also talk you through how to use



You do not need any prior knowledge or kit to take part in this workshop.  
We will provide an hour of online activity with a flexible 30 minutes at the end for you to ask questions or just stay for a chat!

## Virtual break: Exploring the deep ocean online with Dynamic Earth

Dynamic Earth are hosting a deep ocean exploration virtual session for Respite on Wednesday 14th April from 10.30am-12pm.

Discover the weird and wonderful ways that different species have developed to survive the extreme pressure and darkness of the deep sea! Explore some of the latest methods for scientists exploring these areas and learn about advances in technology that have allowed us to discover new species off the Scottish coasts and the threats they face.

This will be an interactive session with demos, experiments and a calming ocean-themed craft at the end! We will send all participants an activity pack containing kit to use for the experiments and craft. To participate, all you need to bring along is a cup or glass of vinegar and a clean glass jar (a jam jar will do!)

We will provide an hour of online activity with a flexible 30 minutes at the end for Q&A, more time to craft together or just a chat!

Suitable for all ages, however any young children will require supervision!



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