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## Welcome to Angus Carers Centre e-bulletin for June 2022

### **Angus Carers Centre is pleased to announce the appointment of Maciej Alexander as its new Chief Executive Officer.**

Reflecting on his appointment, Maciej stated: "It's a privilege to become part of a cause that is close to my heart and join Angus Carers Centre at this exciting time. Carers play an integral role in our society providing invaluable support to individuals and families, yet their efforts often remain unrecognised and undervalued.

The last two years of the pandemic have had a profound impact on all our lives and relationships. We have seen how kind, compassionate and selfless we can be, with many individuals taking on additional responsibilities, caring and supporting loved ones and others in our communities.

This, however, comes at a cost. Poor physical and mental health, limited employment and social opportunities, smaller support networks, not to mention,



support our team provides day-in day-out is even more essential now more than ever.

With the local and national social care horizon changing, we have a unique opportunity and moment in time to make a true difference to the lives of carers and their families. I am thrilled to be joining and lead a talented and passionate team, work with our volunteers, and Board members, and immensely looking forward to meeting our carers and building on the successes and achievements of this wonderful charity.”

## Carers Week 2022



### **Making caring visible, valued and supported**

Carers Week 2022 ran from 6th to 12th June. Together with a number of public and other third sector organisations, we had a week filled with activities ranging from vital financial and energy advice, through to sessions on guardianship and telecare to wellness breaks. These activities gave young and unpaid carers opportunities to get involved.

Two of the participants in the Mandala, Mindfulness in Nature sessions said - "I loved the Mandala session. It was so relaxing and I so enjoyed creating the art works! Lovely to meet others in the group and the relaxation meditation at the end of the session was wonderful." "I too really enjoyed the workshop with Katie. Just so relaxing and fun at the same time! Thank you"

Beautiful examples of the mandalas created -



We all look forward to next years Carers Week.



## Volunteering achievement for James

The Sunday Mail Young Scot Awards 2022 took place on Wednesday 27th April at the Edinburgh International Conference Centre. The son of one of our unpaid carers and volunteer at the Centre, was successful in winning one of the awards. James Anderson, 18, who's Mum, Ann Anderson, is registered with Angus Carers, won the award for volunteering. James has worked with [Enable Scotland](#) for years. They are a charity that fight to amplify the voices of people with learning disabilities. He has delivered disability and anti-bullying workshops to schools and youth organisations. His activism has taken him to Geneva, speaking at a United Nations conference.



encourage other young people to start volunteering. We would not be here if it wasn't for the patience and support of Angus Carers Centre, Enable Scotland and Carnoustie High School."

James and Ann join members of the Angus Carers Centre team to celebrate his achievement.



**Guided Relaxation Sessions with Katie**



For nearly a year now I have been running regular Guided Relaxation sessions to help improve carers' wellbeing.

We have worked through various styles of Breathing, Muscular and Visualization scripts.

The first 15 minutes of every session is very gentle with carers getting connected and comfortable then once the session starts, they can relax and enjoy 30 minutes of calming guided relaxation.

These sessions are delivered on Teams, no registration is required, just simply click on the link provided.

Links can be found on the website, social media pages of FB and Twitter and it is sent by email as well.

I will be offering some evening slots and day sessions will continue to take place fortnightly.

***“Sessions are very welcomed and allow me to detach from the stresses of daily life”.***

***“These sessions are useful as a chance to have some me time”.***

If you haven't tried this and want to give it a go, then you would be made very welcome.

If you need any help getting set up with Teams, then please call the Carers Centre.

I also look forward to these sessions and hope to see many of you at the next one.

***Katie***

### **Future events and activities**

Please watch out for forthcoming activities on our website and facebook pages.



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