



# Angus Carers Newsletter

## Activities – Feb – April 2025

### THANK YOU FOR SUPPORTING OUR CARERS!

Thanks to your generous fundraising efforts, we were able to give carers a chance to relax and try something new. From ceramic painting and decoupage to clay throwing and afternoon tea, these experiences offered a well-deserved break and a chance to connect. We're excited to continue this into 2025, ensuring more carers can enjoy these special moments. Your support truly makes a difference—thank you!

### The Culdee, Monifieth

We had a lovely Afternoon Tea for some of our unpaid carers in and around the Monifieth/Carnoustie area. Thank you to Allison for making up another quiz. Lots of fun was had along with the delicious food .



### The Realm of Imagination in Kirriemuir

Recently some of our carers from the Kirrie/Forfar area attended a couple of craft activities at The Realm of Imagination in Kirriemuir. These events were thoroughly enjoyed by all who participated, it gave them a chance to try something different, and provided them with a break from their caring roles.



# Story from a carer

A beautiful story of one of our lovely carers who benefited last year from a break, through our time to live fund, below is a picture she got whilst away and a short story of why this made such a difference to her and her family, (please note all names have been changed for data protection).



Lily is a carer for her son who has a diagnosis of Autism.

This is a very recent diagnosis, but the family have known for many years that this was the case.

Lily has struggled for many years with her caring role – it has been demanding on her both physically and emotionally. She has had a few breaks away with ACC through our Respite and Time to Live in the past, but it had been a few years since her most recent break.

Before her break, she was in a battle to get her son officially diagnosed and the appropriate support that he needed after he had an attempt to take his own life. Times were very hard for Lily and her family, and she reached out to her worker to help get a break away.

Her worker helped her to complete her application and look at a break away in a beautiful cottage by the coast with her family. After the break, she contacted her worker to send some pictures of their time away and to explain the wonderful time they had as a family.

Without access to the Time to Live fund, it is unlikely that Lily and her family would have been able to fund this holiday away. Although she was still in an active caring role whilst she was away, she had the opportunity to get her son into a different environment which helped his mental health and in turn helped Lily.

# Groups & Activities



**Angus Carers Centre**  
supporting carers



## ARE YOU IMPACTED BY SOMEONE ELSE'S ALCOHOL AND/OR DRUG USE?

Do you care for someone who is dependent on alcohol and/or drugs? Did you know we have a dedicated worker who can help you navigate your caring role

You don't have to live with someone to care for them.

Caring for someone who is dependent on alcohol and/or drugs doesn't need to feel lonely.

Angus Carers Centre can help to connect you with others in a similar position.

### We can offer:

- emotional support
- peer groups
- signposting
- training and awareness
- short breaks

For more information, please contact  
Amanda McDonald at Angus Carers Centre:



amanda.mcdonald@anguscarers.org.uk



01241 439157



8 Grant Road,  
Arbroath  
DD11 1JN

Company Number SC212062 | Charity Number SC026052



**Angus Carers Centre**  
supporting carers

## Male Carers Group

North West Angus  
cuppy group



LAST THURSDAY  
OF EVERY MONTH  
(10:30AM - 12:00PM)



Kirriemuir Golf Club,  
Shiehill Road,  
Kirriemuir, DD8 4LN

Opportunity to meet other male  
carers and build support  
networks.

To register or for more information, contact Angus Carers Centre at:



enquiries@anguscarers.org.uk



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Here at Angus Carers we recognise that our Cuppy groups can be very female orientated so we have created a space for male carers to come along and get peer support.



# CARERS WEEK 2025

The week we celebrate our carers, our activities are open to all carers registered with us.

## CARERS WEEK



**Angus Carers Centre**  
supporting carers

**JUNE 9-13 2025**

**09**

**MONDAY**



### CUPCAKE DECORATING

ANGUS CARERS CENTRE ARBROATH  
1PM-3PM



### BUFFET/PUB GAMES (MALE CARERS)

THE RAILWAY INN FROICKHEIM  
11AM-2PM

**10**

**TUESDAY**



### MOCKTAIL MASTERCLASS

THE BRITISH LEGION FORFAR 11AM-2PM

BUS PICK UP KIRRIEMUIR PETER PAN STATUE  
10.30AM

**11**

**WEDNESDAY**

BUS PICK UP EDZELL  
MEMORIAL HALL  
12.30PM  
BRECHIN CO-OP 12.45PM

### HOUSE OF DUN VISIT

HOUSE OF DUN 1PM-3PM



**12**

**THURSDAY**



### CROMBIE WALK AND PICNIC

CROMBIE COUNTRY PARK 11.30AM

**13**

**FRIDAY**

### MP FORUM/ CARERS PARTY

ANGUS CARERS CENTRE ARBROATH 10AM  
ONWARDS (ENTERTAINMENT BY GUS ZEE)



EVENTS ARE OPEN TO ALL CARERS REGISTERED WITH ANGUS  
CARERS CENTRE, ACTIVITIES MUST BE BOOKED  
01241 439157 | [SAM@ANGUSCARERS.ORG.UK](mailto:SAM@ANGUSCARERS.ORG.UK)

# Angus Young Carers 3 month snap shot

Angus Young Carers have had a busy few months. We continue to support many young carers throughout Angus, in school, and engaging in peer group activities, where they build skills, develop knowledge and have fun with their peers.

## Murton Wednesday Group (8-12 years)

The young carers continue to thrive attending the Wednesday group based at Murton Farm. They have enjoyed so many different opportunities. In March they visited the Kirriemuir Fire Station and were extremely excited to be present when a “shout” to attend an actual fire occurred during their visit. They returned the following week to learn basic First Aid, all important, essential skills.

The YC have lots of fun when at Murton Farm, where they learn animal husbandry, conservation skills, adopting Terry the tortoise, and playing outdoors. We had support from Outdoor Adventures, Michelle Spink, who was funded via the Climate Hub, and introduced our young carers to using different materials to make wonderful art.





# COOKING SCHOOL – Fit's Cooking - Montrose

Cooking school ran for a 4-week block finishing at the Easter Holidays. The age group was our 8-12 years old young carers. The YC made sweet potato soup and bread rolls, veggie lasagne and tortilla chips, Chicken curry and naan bread, and finishing off with an Easter themed goodies bag, featuring cheesecake inside an Easter eggshell and carrot muffins.

All the young carers had a brilliant time learning new skills and about food waste reduction and trying new flavours. Each young carer was lucky enough to receive a signed book from local author Celia Norman Smith with a goodie bag at the last session.





## Brothock Shotokan Self Defence Class (13-17 year).

Our latest group activity for the 13 – 17 young carers was a six-week self-defence course facilitated by Brothock Shotokan Karate Club.

Young carers met every Friday afternoon to learn all about self-protection, assertiveness, verbal confrontation skills, safety strategies, and physical skills, all through an introduction to karate. As well as learning all this, it was a bit fun and fitness for everyone with a focus on trying out something new and enjoying themselves along the way.

Each week it was evident the skills the young carers worked on with their teachers Billy and Lilly continued to grow, as did the groups confidence in themselves. Throughout the week the group developed their punches, kicks, blocking and learned a few Katas which are choreographed movements using different skills from karate. The young carers who attended spoke positively of this experience enjoying the challenge of something new.

We are now looking at a second round of this activity for the 8 – 12-year-old young carers.



## The Promise Primary School - Feb - April

Support is continuing to grow and cover more areas of Angus. It has been a busy couple of months working in schools doing lots of group crafts for Mother's Day and Easter Celebrations.

A BIG thank you to the Primary schools which took part in our Young Carers Action Day competitions where we selected x 2 winners, this wasn't an easy decision because all entries were fantastic

We have now returned to schools and working towards the summer break and will continue to support all young people in school, we have planned refresher assemblies and will help prepare for p7 transitioning into Secondary school.





## Angus YC High School Project – Feb - April

With the school exam term upon us it brings different challenges and stresses for YC within the High School Education Development project.

Morag remains in schools with drop-in days but as most of the senior YC are on study leave, we have the chance to offer class presentations where possible and attend parent information evenings for new S1 intake across Angus.

Along with joint working with the Promise Primary Education Development team to support P7 YC transitioning to secondary school, it's another busy term.





# Thank You, Becca!

We've had the pleasure of welcoming Becca, a Primary Education student from Dundee University, for a six-week placement. She spent valuable time with our adult and young carer team, bringing enthusiasm and warmth to everything she did. Becca has been a joy to have around, and we will truly miss her. We wish her all the best with her studies and future career!





# Are you passionate about making a real difference in your community?

Angus Carers Centre is looking for inspiring and committed Board Members to help shape our future and the future of support for unpaid carers in Angus

We provide life-changing support to unpaid carers aged 8 and up. As a board member, you'll guide our team, shape our strategy, and ensure we continue to thrive.

If you have leadership experience, a passion for the third sector, and the ability to work collaboratively with staff and other trustees, we'd love to hear from you!



**Angus Carers Centre**  
supporting carers

We are looking  
for volunteers to  
become part of our  
Board of Trustees

**Board of Trustees  
Volunteers  
wanted!**

## Volunteers will:

Be an integral part of the governance of Angus Carers Centre. Helping to shape our future.

You will be asked to attend at least one Board meeting per month either in person or virtually.



## We are looking for someone who: has experience in;

- Business development
- Social Enterprise
- Financial Planning
- Learning and Development
- Strategic Planning
- Marketing

If you are interested in this role,  
please contact Laura Nicol:

# MAY CALENDAR

**MAY  
5**

## **BOOK CLUB**

1:30 PM - 3:00 PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**MAY  
7**

## **MONTROSE CARE FOR A CUPPY**

10:30AM - 12PM  
Tayock Park Montrose DD10 9LE

**MAY  
7**

## **INFLUENCER GROUP**

11-1PM  
8 Grant Road, Arbroath, Angus, DD11 1JN

**MAY  
7**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**MAY  
9**

## **KIRRIEMUIR CUPPY GROUP**

10.30 - 12PM  
Golf course house, Northmuir Kirriemuir  
DD8 4LN

**MAY  
12**

## **ARBROATH CUPPY GROUP**

11 - 12:30PM  
8 Grant Road, Arbroath, Angus, DD11  
1JN

**MAY  
12**

## **BRECHIN CUPPY GROUP**

10.30-12NOON  
Brechtin City hall 9 Swan Street  
Brechtin DD9 6EE

**MAY  
14**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**MAY  
15**

## **FORFAR CUPPY GROUP**

10.30AM-12NOON  
East old Parish Church, East High Street  
Forfar dd8 2EG

**MAY  
16**

## **PARENT CARER GROUP**

10AM-11:30  
8 Grant Road, Arbroath, Angus, DD11 1JN

**MAY  
21**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**MAY  
27**

## **MONIFIETH CARE FOR A CUPPY**

1:30 - 3PM  
Monifieth Activity Centre  
Riverside Drive Monifieth DD5 4NH

**MAY  
28**

## **FRIENDS AND FAMILY**

6PM-7:30PM  
8 Grant Road, Arbroath, Angus, DD11 1JN

**MAY  
28**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**MAY  
29**

## **CARNOUSTIE CARE FOR A CUPPY**

10 - 11:30AM  
Carnoustie Golf Club, Links Parade,  
DD7 7JF

**MAY  
29**

## **MALE CARER GROUP**

10.30AM-12PM  
Kirriemuir Golf Club, Shielhill Road,  
Kirriemuir, Angus, DD8 4LN

**MAY  
30**

## **MALE CARER GROUP**

10.30AM-12PM  
Weatherspoons, Market place Arbroath  
DD11 1HR



# JUNE CALENDAR

**JUN  
2**

## **BOOK CLUB**

1:30 PM - 3:00 PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**JUN  
4**

## **INFLUENCER GROUP**

11-1PM  
8 Grant Road, Arbroath, Angus, DD11 1JN

**JUN  
4**

## **MONTROSE CARE FOR A CUPPY**

10:30 - 12NOON  
Tayock Park Montrose DD10 9LE

**JUN  
4**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**JUN  
11**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**JUN  
9 - 13**

## **CARERS WEEK 2025**

**JUN  
18**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**JUN  
19**

## **FORFAR CUPPY GROUP**

10.30AM-12NOON  
East old Parish Church, East High Street  
Forfar dd8 2EG

**JUN  
20**

## **PARENT CARER GROUP**

10AM-11:30  
8 Grant Road, Arbroath, Angus, DD11 1JN

**JUN  
24**

## **MONIFIETH CARE FOR A CUPPY**

1:30 - 3PM  
Monifieth Activity Centre  
Riverside Drive Monifieth DD5 4NH

**JUN  
25**

## **CRAFT GROUP**

1-3PM  
8 Grant Road, Arbroath, Angus,  
DD11 1JN

**JUN  
25**

## **FRIENDS AND FAMILY**

6PM-7:30PM  
8 Grant Road, Arbroath, Angus, DD11 1JN

**JUN  
26**

## **MALE CARER GROUP**

10.30AM-12PM  
Kirriemuir Golf Club, Shielhill Road,  
Kirriemuir, Angus, DD8 4LN

**JUN  
26**

## **CARNOUSTIE CARE FOR A CUPPY**

10 - 11:30AM  
Carnoustie Golf Club, Links Parade, DD7  
7JF

**JUN  
27**

## **MALE CARER GROUP**

10.30AM-12PM  
Weatherspoons, Market place Arbroath  
DD11 1HR

# GROUP INFORMATION

## WHAT YOU CAN EXPECT FROM EACH SESSION

### CARE FOR A CUPPY

CARE FOR A CUPPY IS AN EXCELLENT OPPORTUNITY TO MEET OTHERS, CONNECT AND BUILD YOUR NETWORKS OF SUPPORT. IT NOT ONLY GIVES YOU THE CHANCE TO MEET OTHER UNPAID CARERS OVER COFFEE AND CAKE, BUT PROVIDES YOU WITH ADVICE AND SUPPORT FROM OUR RIGHTS AND ENGAGEMENT OFFICERS. CARE FOR A CUPPY HAPPENS THROUGHOUT ANGUS. REGISTERED CARERS OR THOSE CARERS WISHING TO REGISTER ARE ALL WELCOME TO ATTEND.

### INFLUENCER GROUP

THIS IS A CLOSED GROUP, THIS GROUP COMES TOGETHER ONCE A MONTH TO SHARE IDEAS ON HOW CHANGE CAN BE MADE FOR CARERS AT GOVERNMENT LEVEL, IF YOU WOULD LIKE TO BE INVOLVED IN CREATING CHANGE PLEASE CONTACT [KIERAN.MARTIN@ANGUSCARERS.ORG.UK](mailto:KIERAN.MARTIN@ANGUSCARERS.ORG.UK)

### FRIENDS AND FAMILY

THIS GROUP PROVIDES SPECIFIC SUPPORT FOR THOSE WHO CARE FOR SOMEONE WHO IS STRUGGLING WITH DEPENDENCY.

### MALE CARERS

HERE AT ANGUS CARERS WE RECOGNISE THAT OUR CUPPY GROUPS CAN BE VERY FEMALE ORIENTATED SO WE HAVE CREATED A SPACE FOR MALE CARERS TO COME ALONG AND GET PEER SUPPORT.

### PARENT CARERS

THIS GROUP PROVIDES SPECIFIC SUPPORT FOR PARENTS WHO CARE FOR ANY CHILDREN WITH ADDITIONAL NEEDS.

**IF YOU WOULD LIKE TO ATTEND ANY OF OUR GROUPS PLEASE SPEAK TO  
YOUR KEYWORKER OR CONTACT OUR OFFICE FOR MORE INFORMATION.**



**01241 439157**



**[ENQUIRIES@ANGUSCARERS.ORG.UK](mailto:ENQUIRIES@ANGUSCARERS.ORG.UK)**