



Angus Carers Newsletter

Carers Week 2025

The theme for Carers Week 2025 was 'Caring About Equality' and highlighted the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

The Caring About Equality report

highlights the ongoing challenges faced by unpaid carers in the UK. Key findings include:

- 22% of people are currently unpaid carers, and 46% have cared for someone at some point.
- This equates to 11.9 million current and 24.9 million total (past and present) unpaid carers.
- 43% of carers (10.7 million people) report worsening physical or mental health due to caring responsibilities — rising to 48% among current carers.

The report stresses the urgent need for government action to address inequalities faced by carers, especially regarding their health and wellbeing. Carers UK and partner charities call for a new, fully funded National Carers Strategy involving cross-government coordination, stakeholder engagement, and clear actions to support carers of all ages.



Angus Carers Centre

supporting carers

1 Who are we?

Angus Carers Centre is a charity that was founded and built with the purpose of supporting unpaid carers throughout Angus.

We support both young and adult carers.

Young Carers aged 8-17
Adult Carers aged 18 and over.



2 What is an unpaid Carer?

Anyone who provides unpaid care for a friend or family member who due to illness would be unable to cope without their support.

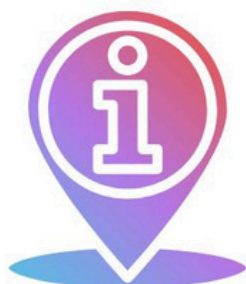
3 What can we help with?

Adult Carers

- Emergency Carers Card
- Adult Carer Support Plan
- Signposting + Information
- 1-1 Support
- Monthly peer support groups
- Activities and Events
- Access to breaks

Young Carers - Assessment led

- Young Carers ID card
- Young Carers Statement
- 1-1 support
- Peer group opportunities



4 What we can't help with

We are here to help and support you in your caring role, however there are some things we can not do including;

- Providing carers
- Emergency situations

5 Do you feel in crisis?

If you feel like you are facing a crisis please use the following resources

- Angus Council Access Line - 03452 777 778
- Breathing Space - 0800 83 85 87
- Samaritans - 116 123
- NHS 24 - 111



6 How to get in touch?

If you feel like you would benefit from our service please visit our website to complete a referral form and a member of staff will contact you.

www.anguscarers.org.uk
01241 439157

Events from Carers Week

Crombie walk and picnic

11 carers enjoyed a walk around Crombie park This was followed by a picnic. Thankfully the weather stayed on our side, a few had never walked that distance before. The success of this has resulted in the development of our 'Carers on The Move' walking group. Please get in touch for more details

Feedback from event

"fab day", very invigorating and well organised", "motivational and enjoyable", "friendly and fun"



Mocktail class

14 carers – learnt the art of cocktail making, minus the alcohol, much to the disappointment of some. Lots of hilarity, mainly caused by the mess made. Some got creative at the end putting their own spin on their drinks. Everyone gone home with their own kits to continue making these and enjoy with others.

Feedback from event

“very good unusual event”, “lovely atmosphere”, “friendly and interesting”, “a fun experience”, “good fun and light hearted”,



House of Dun tour

10 carers enjoyed a guided tour around the House of Dun, with a couple of people opting to walk around the grounds. Discovered new knowledge and learnt history of the house. Followed by a brew and fine piece at Violets Café.



Cupcake decorating class

10 carers, unlocked skills they didn't know they had. Made a sheep, highland cow, pig and chick – some easier than they looked!

Feedback from event

“good experience and good laugh”, Loved this event, was amazing, everyone was so friendly”, “fun, well organised and friendly”, “relaxed way to socialise”



Carers Party

24 carers and cared for attended. Enjoyed music from Gus Zee who was fantastic and kept everyone entertained. Impressive dance moves, which sparked a few tears and memories unlocked. Buffet from Papa John's from Arbroath and continued the mocktail theme with our very own Laura being the bar tender.

Feedback from event

"absolutely fantastic", "the event was excellent", "very good", "fantastic", "lovely friendly afternoon"

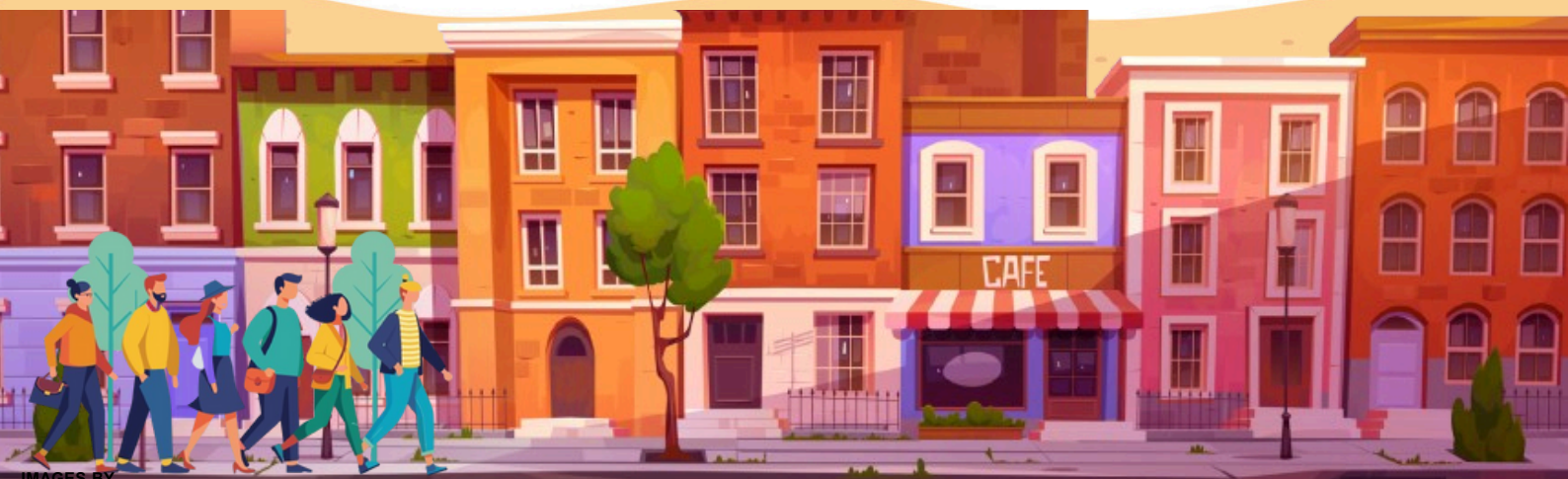


Activities and other events

Carers on the Move

First Carers on the Move walking group! Lovely walk alongside Monifieth beach with a well earned drink afterwards

Keep an eye out for details of our next walk. All registered carers welcome



HOSPITALFIELD

Herbal Solidarity

Would you like to learn about the healing qualities of plants?

This is a project open to those who have caring responsibilities and need a bit of time to do something rewarding for themselves...

Over the last two years, Hospitalfield has been working with Angus Carers and herbalists to develop a project that connects the practice of herbalism with societal structures of care through a model of solidarity. Herbal Solidarity is all about making one for you, one for the person you care for and one for someone else...

**The Herbal Solidarity workshops will take place at
Hospitalfield, West Way Arbroath, DD11 2NH**



Wednesdays 12.30pm – 3pm, from 27 August
(full dates available on enquiry)

Lunch and hot drinks provided. All Materials will be provided. You only need to bring yourself.

To register your interest or to find out more please email Sam at Angus Carers
sam@anguscarers.org.uk

HOSPITALFIELD

Herbal Solidarity

The project will run in 3 blocks, Autumn '25, Winter/ spring '26 and Spring/ summer '26. We encourage you to sign up for the whole cycle, or a minimum of one block if you can, however if you can only make some of the sessions we have reserved some flexible spaces.

Carers are invited to join herbalist Anna Kinross in a series of workshops learning how to create simple but effective remedies using herbs from Hospitalfield's Physic Garden. This is an opportunity to learn and connect with the garden and share skills and knowledge in a welcoming atmosphere. As well as doing plenty of hands on herbal medicine making, we will spend time building our self care and wellbeing toolkits and connecting with nature, ourselves and each other.

Each of you will take what you have made home (one for yourself and another for anyone you care for) and any additional herbal remedies that are prepared will be distributed by Hospitalfield and Angus Carers throughout their community.

Access

These workshops are designed for adult carers in Angus. You may be a parent, a son or daughter, a sister or brother or friend to someone who needs your support as a result of their illness, condition or disability.

There is no age limit. Please contact emma@hospitalfield.org.uk or call 01241 656 124 if you have any questions.

Hospitalfield Gardens and Café is wheelchair accessible via a ramp into the Gardens and there are wide pathways throughout the Walled Gardens. It is possible to access the ground floor level of the restored Fernery. Hospitalfield would like to prepare with you for your visit and give any information which could help, so please do get in touch. There is accessible parking available on site by the entrance to the Garden.

CRAFT CLASSES AWAIT

NEEDLE FELTING

MARBLE BAUBLE

Join us for a fun-filled **Needle Felting** class
17th September
11am

Discover the joy of
Marble Bauble
27th November
1pm

open to registered carers
sam@anguscarers.org.uk
01241 439157

REALM OF IMAGINATION



Verdant Works



BUS TRIP TO VERDANT WORKS

- 22ND SEPTEMBER
- BUS LEAVING AT 1PM,
ANGUS CARERS CENTRE
- RETURN APPROX 5PM



DISCOVER THE ART OF DECOUPAGE

Online session, delivered via teams

Join us for a fun and engaging class where you'll learn the **beautiful techniques** of decoupage. Transform ordinary objects into stunning pieces of art by layering materials and adding your personal touch. This class is perfect for all skill levels,.

Supplies are provided ahead of the class; just bring yourself

23rd October - 1-3pm

sam@anguscarers.org.uk
01241 439157



Angus Carers Centre
supporting carers



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

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



SEPTEMBER CALENDAR

SEPT
1

BOOK CLUB

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

SEPT
3

CRAFT GROUP

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

SEPT
3

MONTROSE CARE FOR A CUPPY

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

SEPT
8

ARBROATH CARE FOR A CUPPY

11-12.30PM
8 Grant Road, Arbroath, Angus,
DD11 1JN

SEPT
8

BRECHIN CARE FOR A CUPPY

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

SEPT
10

CRAFT GROUP

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

SEPT
12

KIRRIE CARE FOR A CUPPY

10.30-12PM
Northmuir Hall, 21 Northmuir Hill
Kirriemuir, DD8 4TN

SEPT
17

CRAFT GROUP

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

SEPT
18

FORFAR CUPPY GROUP

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

SEPT
24

CRAFT GROUP

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

SEPT
24

FRIENDS AND FAMILY

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

SEPT
25

CARNOUSTIE CARE FOR A CUPPY

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

SEPT
26

MALE CARER GROUP

10.30AM-12PM
Angus Carers Centre, 8 Grant Road,
D11 1JN

SEPT
30

MONIFIETH CARE FOR A CUPPY

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

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

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