



Angus Carers Newsletter

Over the last couple of months, carers have been involved in many activities and events. Below is a few of them that have taken place, as well as information on future activities.

Carers Christmas Party

Gus Zee at The George Hotel

Thank you to all carers who came along to our Christmas party. We all had a great time with great food provided by The George Hotel, along with fantastic entertainment by Gus Zee.



Bingo Fundraising night

filled the Meadowbank in Abroath
Thanks to one of our volunteers Allison for coming
up with the idea, raised £1167.21

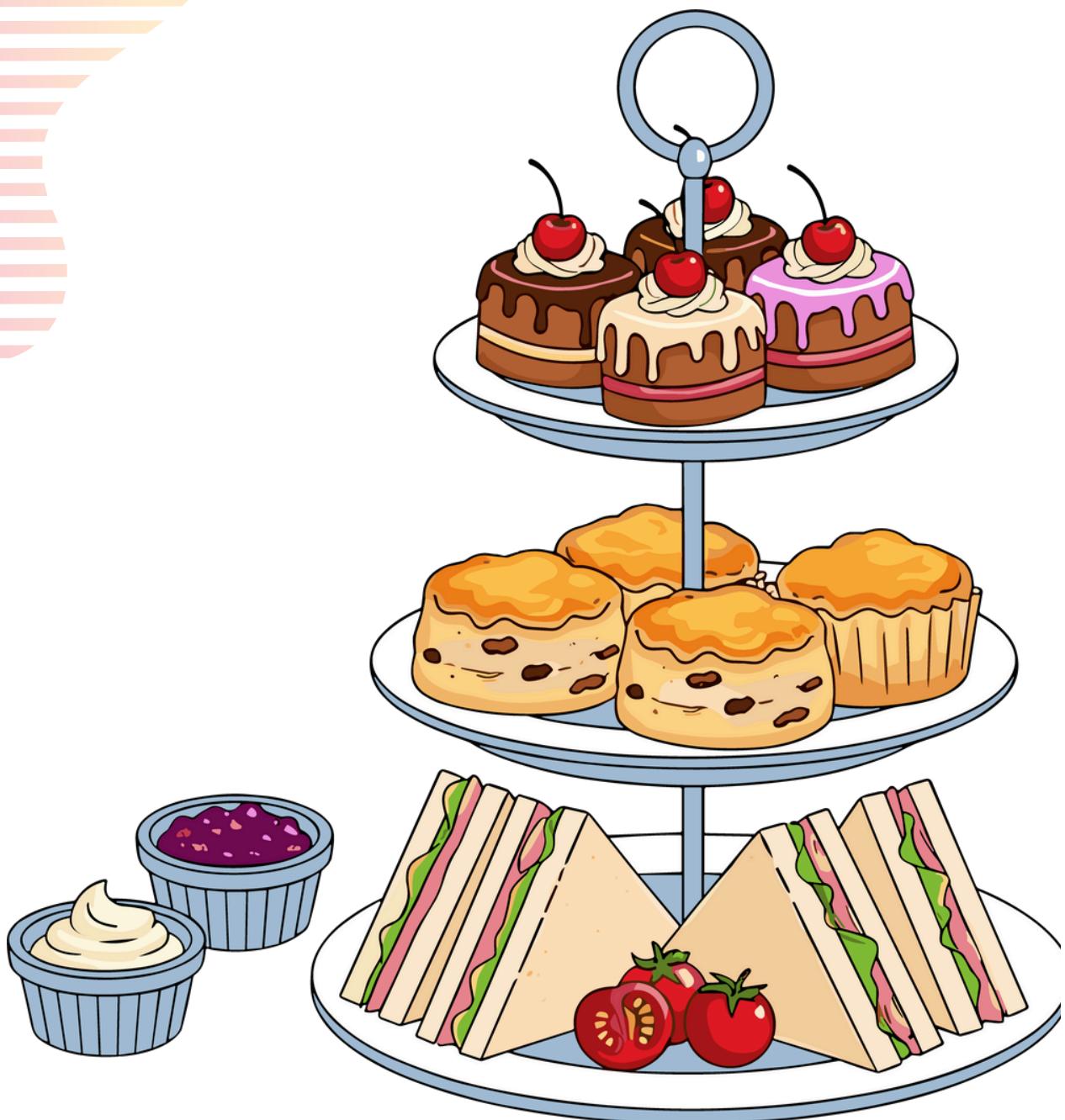


Afternoon Tea

28 carers enjoyed an afternoon tea for 2 thanks to Alison Beattie Catering again

Feedback from event

“Thank you so much and my mum said thank you too. It really cheered her up.”, “I just wanted to say a big thank you once again for our afternoon tea. It was absolutely delicious and really cheered my mum up”, “The afternoon tea was absolutely lovely”



Roadshows

We have been attending Small Repairs Roadshows

These roadshows are to help prevent slips, trips and falls within the home, advise on safety and security as well connecting you with other groups and organisations in Angus for support and advice. the Small Repairs service also take referrals for any repairs you require or give advice.

Other organisations coming along are:

Police Scotland
Angus Citizens Advice Bureau
Angus Carers Centre
NHS Falls Service
Community Alarm
Alzheimer Scotland
Home Energy Scotland
and more!



Drop-Ins

We will be at each library over Angus, this allows you to get more information about our services at somewhere convenient for you.

LIBRARY DROP-IN



Come along to one of our friendly drop-in sessions at your local library to find out more about the support available from Angus Carers Centre.

**JAN
05**

10AM - 12PM

FORFAR LIBRARY

**JAN
08**

10AM - 12PM

BRECHIN LIBRARY

**JAN
09**

1PM - 3PM

ARBROATH LIBRARY

**JAN
14**

2.30PM - 4.30PM

MONIFIETH LIBRARY

**JAN
19**

10AM - 12PM

CARNOUSTIE LIBRARY

**JAN
22**

10AM - 12PM

MONTROSE LIBRARY

**JAN
26**

1PM - 3PM

KIRRIEMUIR LIBRARY

Activities

Carers have enjoyed the opportunity to attend various activities that increase confidence, learnt new skills, reduced isolation and improve wellbeing.

These have included pottery painting, glass workshop, needle felting, clay building. These have been possible by the following businesses: The Clay Half, Amy Mason Glass, The Realm of Imagination.



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...



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

Wednesdays 12.30pm – 3pm, from Feb 18th - 25th March, weekly for 6 weeks.

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

To register your place please email enquiries@anguscarers.org.uk





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 as we continue our series of workshops learning how to create simple and effective herbal remedies in the beautiful setting of the Physic Garden at Hospitalfield House. This is an opportunity to learn and connect with the garden and share skills and knowledge in a welcoming atmosphere. The winter/ spring sessions will be looking at natural remedies to support our health through the colder seasons, using what is available to us in nature over this time, and as well as plenty of hands on medicine making we will explore practices to support our wellbeing through the darker days and into early spring. All are welcome, whether you have attended previous sessions or not, and no prior knowledge is needed.

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.