



Welcome to our October bulletin. As the days get shorter, we know that caring can feel demanding, so this month we're sharing opportunities to connect, take a break and access practical support.

Inside, you'll find details of our creative writing course, coach trips, wellbeing and respite services, local consultations, and helpful updates for carers. We hope this bulletin helps you feel informed, supported and connected.

Best wishes,
The Adult Carers Team





Upcoming Events



Explore your imagination,
develop your writing style and
share ideas with others in our
friendly creative writing course.

All abilities are welcome.

Creative Writing for Carers

**Are you a carer aged 50+? Would you like to
try your hand at creative writing?**

Why not join local writer Sandra Ireland this autumn for
a series of free, friendly and relaxed writing workshops.

No experience required - everyone's welcome.

Time: 2pm - 3.30pm

Dates: Thursdays, 5th November – 17th December

Where: Arbroath Library

Cost: Free, but booking is essential

For more information or to book a place, please
contact Sam Will on sam@anguscarers.org.uk
or call 01241 439157.



Angus Carers Centre
supporting carers



Scottish Charitable
Incorporated
Organisation
number SC044652

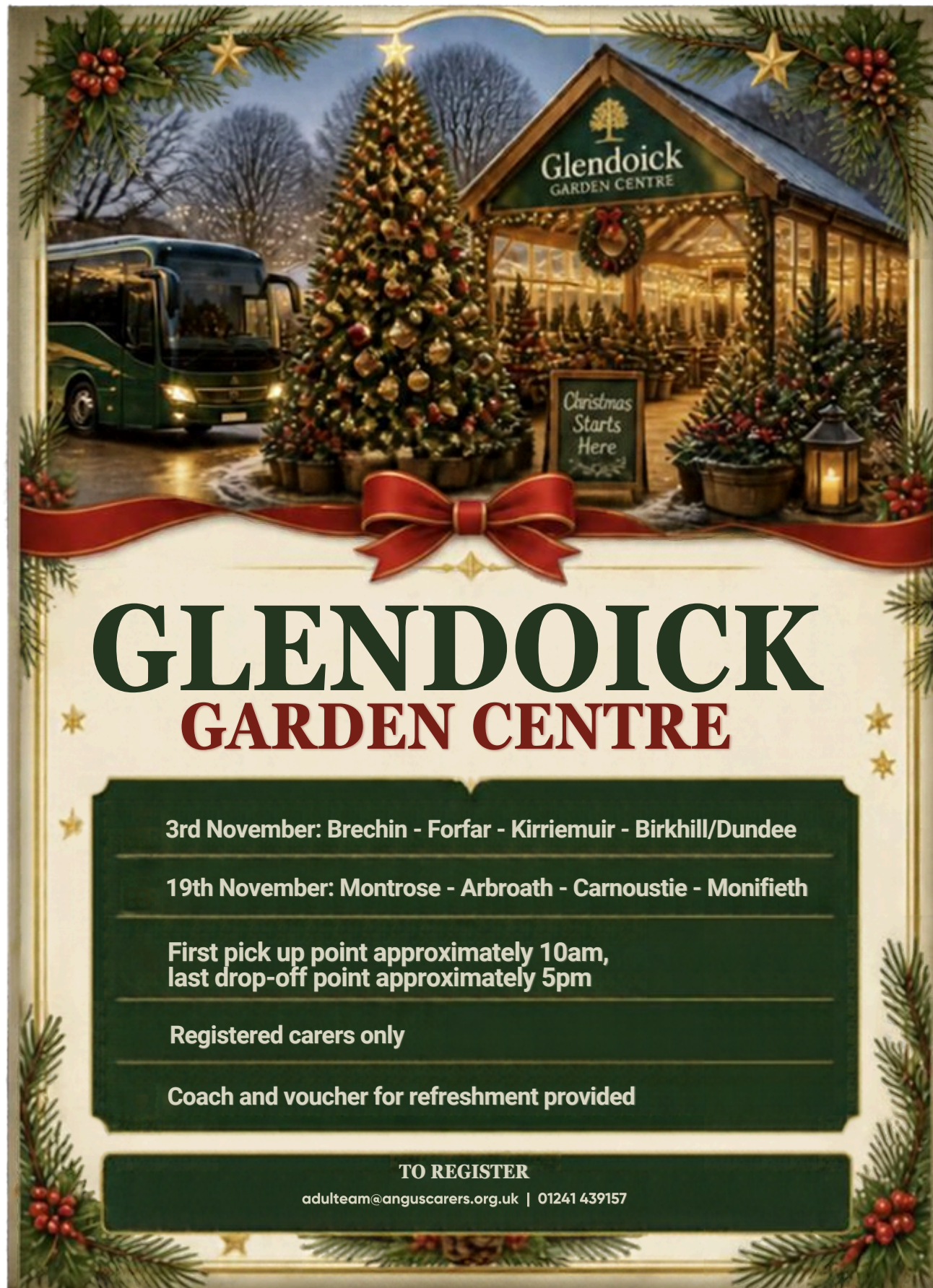
This project is a partnership between Angus Carers Centre and Luminate,
Scotland's creative ageing organisation.

Upcoming Events

Enjoy a relaxing day out with fellow carers on our November coach trips to Glendoick Garden Centre. With transport and a refreshment voucher provided, it's a lovely opportunity to take a break, explore, and enjoy some time together.

BOOKING ESSENTIAL

Pick-up points and locations to be confirmed.



The poster features a festive illustration of the Glendoick Garden Centre at night, decorated with Christmas lights and a large tree. A green bus is parked outside. The text is framed by a decorative border with holly leaves and berries.

GLENDOICK GARDEN CENTRE

3rd November: Brechin - Forfar - Kirriemuir - Birkhill/Dundee

19th November: Montrose - Arbroath - Carnoustie - Monifieth

First pick up point approximately 10am,
last drop-off point approximately 5pm

Registered carers only

Coach and voucher for refreshment provided

TO REGISTER
adulteam@anguscarers.org.uk | 01241 439157

Upcoming Events



Join us for a fun-filled fundraising bingo night, with the chance to enjoy an evening together while supporting Angus Carers Centre.

We hope to see you there!



FUNDRAISING BINGO NIGHT

★ AT MEADOWBANK, ARBROATH ★

Raising funds for
Angus Carers Centre
supporting carers
to support unpaid
carers in Angus

GREAT PRIZES!
FUN FOR EVERYONE!

7	24	36	53	67
3	16	41	58	72
11	28	★	49	64
6	18	35	50	71
2	22	37	55	69

12 **5** **75** **60** **42**

13TH NOVEMBER
DOORS OPEN 6.15PM
EYES DOWN 7.00PM

MEADOWBANK ARBROATH

TICKETS £10

★ COME ALONG AND SUPPORT THE CAUSE! ★

What's On



- OCT 5** **BOOK CLUB**
1.30PM - 3:00 PM
8 Grant Road, Arbroath, Angus,
DD11 1JN
- OCT 7** **MONTROSE CARE FOR A CUPPY**
10:30 - 12NOON
Borrowfield Community Centre
Newhame Rd, Montrose DD10 9EZ
- OCT 9** **KIRRIE CARE FOR A CUPPY**
10.30-12PM
Thrums Hotel, 25 Bank Street
Kirriemuir, DD8 4BE
- OCT 12** **ARBROATH CARE FOR A CUPPY**
11-12.30PM
Abbey Bowling Club, Walker
Place, DD11 1RQ
- OCT 15** **FORFAR FRIENDS AND FAMILY**
2PM - 3:30PM
Forfar Community Fire Station,
Strang Street, Forfar, DD8 2HR
- OCT 19** **BRECHIN CARE FOR A CUPPY**
10.30-12NOON
Nursery Lane, Brechin
DD9 7ET
- OCT 21** **FORFAR CUPPY GROUP**
10.30AM-12NOON
Guide Hall, The Myre
Forfar, DD8 1AZ
- OCT 27** **MONIFIETH CARE FOR A CUPPY**
2:00 PM - 3:30 PM
Lodge Grange, 2 Dalhousie Street,
Monifieth, DD5 4AZ
- OCT 28** **PARENT CARERS**
10.00AM-11:30
Guide Hall, The Myre
Forfar, DD8 1AZ

- OCT 28** **BIRKHILL CARE FOR A CUPPY**
1.30PM - 3:00 PM
Millennium Hall, Birkhill DD2 5QE
- OCT 28** **ARBROATH FRIENDS AND FAMILY**
1.30PM - 3PM
8 Grant Road, Arbroath, Angus, DD11 1JN
- OCT 29** **CARNOUSTIE CARE FOR A CUPPY**
10 - 11:30AM
Carnoustie Golf Club, Links Parade,
DD7 7JF
- OCT 30** **MALE CARER GROUP**
10.30AM-12PM
8 Grant Road, Arbroath
DD11 1JN

Advice and Support Drop-In Sessions for Carers of Patients with Extended Hospital Admissions

- OCT 8** **WILLOW WARD - STRACATHRO**
10AM - 12PM
- OCT 12** **ARBROATH INFIRMARY**
2PM - 4PM
- OCT 22** **ROWAN WARD - STRACATHRO**
10AM - 12PM

For more information contact us:
enquiries@anguscarers.org.uk or 01241 439157



Have your say!

Help Shape ASN Support in Angus

Angus Council is consulting on the future of Additional Support Needs (ASN) provision across Angus schools.

We want to hear from carers, families, professionals and anyone with an interest in ASN support.

-  *Complete the consultation survey ([Options for Additional Support Needs Provision in Angus | Engage Angus](#))*
-  *Visit one of the Drop-In' our Project Worker will be at Abbey View on 22 October*
-  *Join a short-life Task Group and help shape Angus Carers Centre's response and register your interest in future consultations (<https://forms.gle/QPaBNKCYJa6Lsvin8>)*

Consultation closes 30 October. Your views matter.



Time For You

"Those four hours give me the opportunity to switch off for a time. We gratefully appreciate what this service provides – thank you."

**Time
For You**

**Alzheimer
Scotland** 

*4 hours of high
quality respite care*

Alzheimer Scotland's 'Time For You' service provides family carers with respite by offering high quality therapeutic activity and support for people living with dementia or mild cognitive impairment. It's a safe and welcoming space where people can enjoy group activities and connect with others, supported at all times by an experienced team.

These 4 hours of high quality respite care allow family carers to take time out for themselves to rest and recharge, knowing that the person they care for is being well looked after.

Get in touch for a complimentary taster session:

Referrals and enquiries are welcome now.

**Telephone: 01241 431770
Email: angusservices@alzscot.org**

Adult Team Completes Emergency First Aid Training

The Adult Carers Team recently completed Emergency First Aid at Work training with Safe Haven Training Ltd, helping to strengthen our knowledge and confidence in responding to emergency situations.



The training covered a range of important first aid skills, including how to recognise and respond to medical emergencies, provide immediate assistance until professional help arrives, and understand the critical role that early intervention can play in saving lives.

One of the key messages from the training was the importance of Automated External Defibrillators (AEDs), commonly known as defibrillators. These devices can significantly improve a person's chances of survival following a sudden cardiac arrest when used quickly alongside CPR. Many AEDs are located in community settings, including public buildings, sports facilities, community centres and local businesses.

To help locate the nearest defibrillator in an emergency, we encourage carers to download the AED Map app. This useful resource can show the locations of registered AEDs nearby, helping you access potentially life-saving equipment when every second counts.

While we hope you never need to use this information, being aware of where your nearest AED is located could make a real difference in an emergency.



Top Tip: Take a few minutes to download the AED Map app and familiarise yourself with the locations of defibrillators in your local area. Being prepared could help save a life.

Meet Emma, our new worker for the Brechin area



**Unpaid Carers Drop
in Session**

**10AM TIL 12PM @ THE
CRICKETY IN BRECHIN
ON 14TH OCTOBER 2026**



If you are an unpaid carer, for a family member, partner or friend, come along and chat to Emma regarding our service

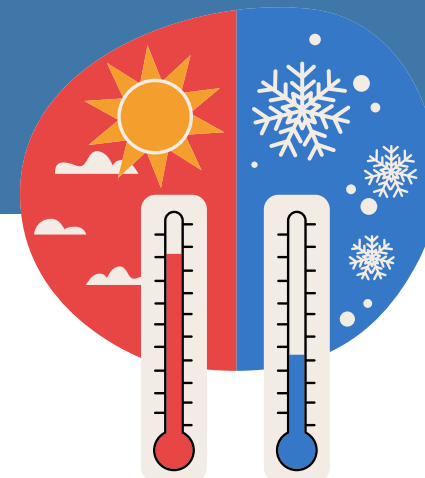
 **Angus Carers Centre**
supporting carers

Some of you may already have met Emma, who has recently joined the team as our new worker supporting carers in Brechin. Emma will be available to talk with carers about the service, answer questions and offer guidance. She can also assist with making a referral into the service for anyone who may benefit from additional support. Please speak to Emma if you would like to find out more or discuss how the service could help you.

14th Oct

10am

The Crickety



Stay Warm This Winter: Financial Support Available

As temperatures begin to drop and energy costs remain a concern for many households, several winter heating payments are available through Social Security Scotland. Most payments are made automatically, but it is worth checking what you may be entitled to.

Child Winter Heating Payment (£265.50) This payment helps families of disabled children and young people under 19 who receive the highest rates of qualifying disability benefits. Payments are expected to begin from the week commencing 5 October. Approximately 48,000 families across Scotland are expected to benefit.

Pension Age Winter Heating Payment (£105.55 to £316.70) Available to people of State Pension age, with the amount depending on age and household circumstances. Payments are due to begin in November. Most eligible people will receive this automatically, although some may need to apply. Everyone who qualifies will receive the payment, however those with an individual income above £35,000 will have it recovered through the tax system.

Winter Heating Payment (£62.00) This payment supports people on low incomes who receive certain benefits. Unlike the previous Cold Weather Payment, it is not dependent on temperatures dropping below a certain level and will be paid regardless of weather conditions. Payments are expected to begin in December. Around 487,000 people in Scotland are expected to benefit.

Need Help Checking Your Entitlement?

Contact Social Security Scotland on 0800 182 2222, visit www.mygov.scot, speak to your local Citizens





Right to Breaks for Unpaid Carers: Latest Update

Many carers tell us that having regular breaks from caring is essential for maintaining their own health and wellbeing. The Scottish Government continues to develop plans for a future legal Right to Breaks for unpaid carers.

More than 400 responses were received during the recent national consultation, which explored what a Right to Breaks should look like in practice. The consultation closed in May 2026 and the findings are expected to be published soon.

Key issues currently being considered include:

- What counts as a "sufficient break" for carers.
- Timescales for assessing and planning breaks.
- How the right will be introduced and implemented.
- What types of breaks should be included.

The Scottish Government has advised that April 2028 is the proposed target date for introducing the new legislation, although this is subject to funding and wider government decisions.

There is also discussion about whether existing short break opportunities could be expanded before the legislation comes into force, helping carers access more support sooner.

Why this matters Regular breaks can help carers rest, maintain social connections, focus on their own health, and continue in their caring role.

We will continue to share updates as more information becomes available about what the future Right to Breaks will mean for carers in Angus.

Substance Project



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 Angus Carers Centre:

✉ adultteam@anguscarers.org.uk

☎ 01241 439157

Company Number SC212062 | Charity Number SC026052

Are you impacted by someone else's
substance use?

We can offer support, working with partners
of ADP.

https://www.angus.gov.uk/social_care_and_health/alcohol_and_drugs



Forfar Friends and Family

for those who care for someone with substance use

Forfar Fire Station



When & Who:

- ✓ A welcoming group for registered carers
- ✓ affected by a loved one's substance use
- ✓ Free and confidential peer support

Get in Touch

01241 439157

adultteam@anguscarers.org.uk

Charity Number - SC026052

Company Number - SC212062

We are Moving!

We want to let you know about plans to move to a new location in the coming months. This is a positive step for the organisation and is part of our commitment to making the best use of the resources available to us. By relocating, we can ensure that more of our funding is focused on what matters most: delivering support, services and opportunities for unpaid carers.

Our services will continue throughout the move, and there are no changes to our commitment to supporting carers across the community. The move simply provides us with an opportunity to use our resources more effectively and strengthen the support we offer.

We will share details of the new location and timescales as soon as they are confirmed. In the meantime, it's very much business as usual, and we remain here to provide advice, information and support whenever it is needed.

Thank you for your continued support. We look forward to this next chapter and to continuing to work alongside carers to make a positive difference.

