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Angus Carers Centre
supporting carers



Merry Christmas and best wishes for a Happy New Year from everyone at Angus Carers Centre

Welcome to Angus Carers Centre e-bulletin for December 2021



Christmas is a time of joy, fun and celebrations for many. However for unpaid carers it can also be demanding, busy and stressful. You may struggle to rest and symptoms of anxiety and stress can increase greatly at this time of year.

Here are some tips for helping you to cope better over the festive period. And remember, Christmas doesn't have to be 'perfect'. Try not to compare your day with those that you see in glossy magazines and on TV adverts. Take the pressure off by not setting yourself high expectations.



Plan ahead

Be prepared. Try to do as much as you can in advance. Shop online if this is easier or shop local to avoid trips to larger shops.

It may help to stagger visitors if you care for someone in your home. Start some simple conversations with family and friends and make them aware of how much you can realistically manage and what routines you need to keep to. Set boundaries and remember you have the right to say no.

Check out opening times for GPs, your local pharmacy etc. Sort out repeat prescriptions early and keep a list to hand of emergency contact numbers. This helps you feel more in control.

Take time out

This can be tricky at any time of the year but looking after yourself is vitally important.

Practice self-care – take a long hot bath, go for a walk or just simply sit for 5 minutes with a cup of tea. Do something that relaxes you and practise this regularly.

If family or friends have offered to give you a break then accept and use this time to rest and recharge. Don't feel guilty, be kind to yourself and recognise that you need, and deserve, a break.

Try to have some fun and give yourself a break from some of the 'normal' things you have to do. It may just be watching a comedy film or playing a silly game. Laughter is a great way to lift your

Ask for help

Delegate to others. Let someone else bring the pudding for example or pick up some little gifts for you. Sharing the tasks helps lighten the load.

If finances are tight don't go overboard with gifts. Perhaps suggest Secret Santa to reduce the amount you need to buy or agree a price limit with family and friends. Homemade gifts are always nice to receive and can work out a lot cheaper.

If you find you cannot keep to your plans on any day, then don't feel guilty about changing them. Prioritise what is important for you do.

Talk to someone you trust if you are struggling. Christmas can evoke a lot of feelings and emotions. Reach out if you need support, this may be from professionals or from family and friends. It may surprise you to know that you are not the only one that finds this time of year difficult.

And lastly

Remember the Carers Centre is open as normal. If you need to call then please do so. A duty worker can offer a kind, listening ear if needed.

Myself, and all the staff at Angus Carers Centre wish you a pleasant Christmas and New Year.

Katie

Living safely this winter

-  Self-isolate immediately and book a PCR test if you have symptoms.
-  Do a lateral flow test before mixing with others or visiting busy places.
-  Get vaccinated as soon as you're able.
-  Do a lateral flow test before you use public transport.
-  Let in fresh air if you're meeting people indoors.
-  Work from home, if you can.
-  Wear a face covering in most indoor public places and on public transport.
-  Clean your hands regularly.

NHS SCOTLAND

gov.scot/coronavirus
#WeAreScotland

Healthier Scotland
Scottish Government

Relaxation Session



Join Katie, for the last guided relaxation session of 2021!

This will take place on **Wednesday 22nd December at 2pm.**

Join Zoom Meeting

<https://us02web.zoom.us/j/81176465190>

This session will have festive winter theme and hopefully give you 30 minutes of peace and relaxation at this busy time of year.



Thank you for attending these sessions which have been a pleasure to deliver. They will re-start in January and I look forward to seeing you all in 2022.



Best Wishes

Katie

Katie Angus

A short message from Katie Angus, Carer Development Worker.

Coming Soon!

In the New Year I plan to run some short sessions, on Zoom, related to different wellbeing topics eg Anxiety Management and Resilience.

Our popular, and successful WRAP, is also in the process of being developed to deliver online, given that restrictions are preventing us from meeting in small groups.

More information to follow in the New Year on all of the above but all these sessions will be on offer to registered adult carers and volunteers.

I will continue to run fortnightly Relaxation sessions as well.

Until then, take care everyone

x

Katie Angus

Befriending Week 1-7 November 2021

To celebrate Befriending Week our Volunteer Development Worker Jim Dallas was delighted to be able to bring together our befriending volunteers face to face at Angus Carers Centre for small focus groups to discuss the services we provide and the fantastic contribution that they make. Our volunteers are involved with telephone and face to face befriending for adult carers and also our young carer befriending service. When asked what our volunteers would say to anyone interested in befriending with Angus Carers Centre they answered; 'Well worth it', 'Do it, A good experience, satisfying', 'Do it, its one of the most rewarding feelings', 'Worthwhile, making a difference'. If you would like to find out more about volunteering with Angus Carers Centre then please get in touch with Jim by emailing jim@anguscarers.org.uk





Free Home Fire Safety Visits Get Ready for Winter.



**HOME FIRE
SAFETY VISIT**

Make sure you have working smoke alarms. Consider fitting a heat alarm in your kitchen to give you early warning of a fire in the home. Take extra care when cooking if you suffer from any illness, disability or are taking prescribed medications that makes you careless or forgetful. We all know older people who are at risk from fire – it could be a grandmother, aunt, friend or neighbour. Join Scotland's Fight Against Fire. If you, or someone you know, is at risk from fire, contact us now: Call - 0800 0731 999 - Text 'FIRE' to 80800 or visit www.firescotland.gov.uk or talk to your local firefighters. For Dundee, Angus, Perth and Kinross Contact: Blackness Road, Dundee, DD1 5PA - 01224 728600. For Seasonal safety tips and lots more advice view this [useful leaflet here](#) |



WINTER & FESTIVE SAFETY

Angus Carers Centre Christmas and New Year opening times



As the festive season approaches, we would like to let you know that we will be open 9am to 4pm Monday to Friday throughout the festive period.

We can be contacted as you usually would on the days we are open, including on 01241 439157, where it will be business as usual and we are here for you.

Some useful information on where to find help:

Angus Council ACCESSLine

Call ACCESSLine on 03452 777 778 only if one of the following applies:

- it's an emergency
- you are asking for support for a vulnerable person

Emergency Services – Fire, Police, Ambulance – 999

NHS 24 non-emergency helpline in Scotland - 111

NHS Tayside

<https://www.nhstayside.scot.nhs.uk/index.htm>

Angus Health and Social Care Partnership - [know who to turn to](#)

Take care, stay safe and have a wonderful festive season!



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Our mailing address is:

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