

[View this email in your browser](#)



Angus Carers Centre
supporting carers



Making Caring Visible and Valued

**Welcome to Angus Carers Centre's Programme of Activities for Carers Week,
7th to 13th June 2021**

The timetable below describes the various events and activities that are taking place during this years carers week. We hope you find something of interest. Each activity describes how to register for it. We look forward to catching up with you.

Tuesday 8th June

11am - 12 noon online through Zoom.

Self Directed Support (SDS) and Carers Budgets

Self-directed Support is the way in which support services are provided to people who are eligible by local Health and Social Care Partnerships.

Libby and Barbara are SDS Advisors from Dundee Carers Centre and they will speak to you about their roles in the SDS team that covers Dundee and Angus. They will be providing information about the different SDS options for Carers and where they can offer advice and guidance.

<https://us02web.zoom.us/meeting/register/tZAtd-igrT8sHNBTtU5UtAr5zhRZgPfrYttF>

Topic: **Self-directed Support and Carers Budgets**

Time: Jun 8, 2021 11:00 AM London

You are invited to a Zoom meeting.

When: Jun 8, 2021 11:00 AM London

After registering, you will receive a confirmation email containing information about joining the meeting.

Tuesday 8th June

Not a care in the world are running free virtual workshops for carers around the country. Further details and how to register are available [here](#). Today's session is 'Speak Clearly'.

Wednesday 9th June

Self-Care Workshop 10am.

The term self-care is used a lot these days, but what does it really mean?



Hi I'm Katie. I will be holding a short workshop where we will take a look at what self-care means in practice and consider the benefits to your health – both mental and physical.

I will also suggest some simple ways to maintain and improve self-care.

This workshop will take place over Zoom on Wed 9th June at 10am and joining instructions are below.

You are invited to a Zoom meeting.

When: Jun 9, 2021 10:00 AM London

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZ0sd-ihRT4jHd2cG7a5ouWVlVY5kxE_ohU9

After registering, you will receive a confirmation email containing information about joining the meeting.

Wednesday 9th June**Carers Conversation Event 10.00 -12.30pm**

Angus Carers Voice Network invite you to take part in their Carers Conversation. Gail Smith, Interim Chief Officer of Angus Health and Social Care Partnership will provide the introduction and set the scene for this event.

Participation will be online via Zoom. The key theme is the opportunity to discuss an Angus response to four of the recommendations of the “Feeley Report” on the independent review of Adult Social Care in Scotland and to influence the Angus Carers Strategy – Improvement Plan as chosen by Angus Carers Voice Network.

Please see full details of this excellent opportunity and instructions for registering by clicking [here](#).

Wednesday 9th June**Walking group 1pm**

At Carers Week on Wednesday **9 June**, we are launching our fortnightly walking



group with a short walk from Angus Carers Centre car park in Arbroath at 1pm. These walks led by volunteers will be open to Carers who would like to get together and walk regularly. The walks will be no more than 5 kilometres (about 3 miles) maximum and will take under an hour to complete. For now, the walks will be in Arbroath but we hope to hold walks in other areas. Why not join in and get together with other Carers for what is more a gentle stroll than a hike. If you would like to take part then please

email enquiries@anguscarers.org.uk or telephone 01241439147. Places for this will be limited and

allocated on first come.

Thursday 10th June

Not a care in the world are running free virtual workshops via Zoom for carers

Breathe/Relax/Reset. The second is at 14:00 to 15:30 and is described as 'Caring made visible'.

Thursday 10th June

2pm - 3pm online via Zoom.

Self Directed Support (SDS) and Carers Budgets

Self-directed Support is the way in which support services are provided to people who are eligible by local Health and Social Care Partnerships.

Libby and Barbara are SDS Advisors from Dundee Carers Centre and they will speak to you about their roles in the SDS team that covers Dundee and Angus. They will be providing information about the different SDS options for Carers and where they can offer advice and guidance.

You can register in advance for this by following these joining instructions.

You are invited to a Zoom meeting.

When: Jun 10, 2021 02:00 PM London

Register in advance for this meeting:

<https://us02web.zoom.us/join/9687111111?pwd=ZUJlYkRlZWVkdzF0eWpjaDZlcEo0dDZldjZkdz09>

After registering, you will receive a confirmation email containing information about joining the meeting.

Thursday 10th June

Drug Trends and Naloxone awareness

1pm-2pm via Zoom

A session with Jill Scott from Hillcrest Futures where she will discuss local drug trends followed by an overdose awareness session with a demonstration on how to use Naloxone.

This workshop will take place over Zoom and joining instructions are below.

You are invited to a Zoom meeting.

When: Jun 10, 2021 01:00 PM London

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMud-GrrTwvE9b6hhrNwVDC159b7fAJ3YqM>

After registering, you will receive a confirmation email containing information about

Friday 11th June**Guided relaxation session 10am**

Do you want to relax and switch off for an hour?

Perhaps it is a chance not to talk or think, just to listen and hopefully unwind.

If so, then join me, Katie, on Friday 11th June at 10am for a short guided relaxation session.

This session is suitable for all abilities and will be delivered on Zoom. Joining instructions are below.

You are invited to a Zoom meeting.

When: Jun 11, 2021 10:00 AM London

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZYtcOuspjloGdDRwAvqYxaWWnX6r_be_dibz](https://us02web.zoom.us/join/zoom-join?from=addon&url=https://us02web.zoom.us/join/zoom-join?from=addon&url=https://us02web.zoom.us/meeting/register/tZYtcOuspjloGdDRwAvqYxaWWnX6r_be_dibz)

After registering, you will receive a confirmation email containing information about joining the meeting.

Friday 11th June**CARER POSITIVE VIRTUAL WORKSHOP FOR EMPLOYERS in ANGUS**
Accreditation for your workplace

Angus employers are invited to join the Carer Positive Team on **Friday 11th June, from 10.30am till 12.00pm**, to learn how they can support unpaid carers who also work on top of their caring responsibilities.

The Carer Positive scheme supports businesses to do this, and awards recognition to those who can show they have good workplace support in place. [Please visit the Carer Positive website](#) for more information on the accreditation.

CAN YOU ASK SOMEONE FROM YOUR WORK TO ATTEND?



Friday 11th June
Carers Quiz 2pm - 3pm

We would like to invite you to join Jim Dallas our Volunteer Development Worker on **Friday 11 June** at 2pm to 3pm for a fun online quiz to be held on zoom. Jim has many years' experience providing quizzes for Angus Carers Centre and looks forward to catching up with carers old and new to spend a stimulating hour with some easy and not so easy quiz questions.

To register to join the quiz simply follow [this link](#) which will take you to zoom. After registering, you will receive a confirmation email containing information about joining the meeting.



Copyright © 2021 Angus Carers Centre All rights reserved.

Our mailing address is:

Angus Carers Centre, Ground Floor, 8 Grant Road, Arbroath, Angus, DD11 1JN.
Telephone 01241 439157

[please consider the environment before printing this e-mail](#)

This e-mail is confidential and intended only for the use of the addressee. Any views or opinions presented are those of the author and do not necessarily represent those of Angus Carers Association. Angus Carers association, known as Angus Carers Centre, is a registered charity number SC026052.

If the reader of this message is not the intended recipient, you are hereby notified that any dissemination, distribution or copying of this message is strictly prohibited.

If you have received this message in error, please immediately notify us with a reply and delete any resulting copies as well as the original.

Want to change how you receive these emails?

