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Angus Carers Centre

supporting carers

Welcome to Angus Carers Centre e-bulletin update for September 2021

We bring you news on -

Volunteer Recruitment
Alison Myles CEO
Annual General Meeting

Volunteer Recruitment



Volunteer Development Worker, Jim Dallas on the Angus Carers Centre volunteer recruitment drive.

We have a number of exciting volunteering opportunities available, and would like to recruit volunteers across Angus Carers Centre to support the services we provide to unpaid adult and young carers for the following roles;

Young Carers Befriender

Our Young Carers Befriending Program provides a safe framework for a befriending relationship between a volunteer and a young carer aged 8–16-

year-old. This opportunity gives good experience in working with young people or allows you to use skills already have. Volunteers need to be reliable and responsible, have good communication skills, enthusiasm and be a good listener with an awareness of the needs of young carers. We ask volunteers to flexible and available after school, in the evenings and at weekends.

Young Carers Group Support Volunteer

We are looking to recruit volunteers to support our young carer's group activities.

that are quite active and enjoy being outdoors. During the current situation we have also been running virtual groups so we will require a reasonable knowledge of IT. Volunteers will need to be reliable and responsible, have good communication skills, enthusiasm, be a good listener and an awareness of the needs of young carers.

Families Programme Support Volunteer

Our families program provides a variety of activities to the whole family where there is a child with a disability. The program works with the whole family including siblings, parents and guardians and the aim of the program is also to bring parents together. Volunteers will be involved in supporting these activities and we are looking for volunteers that are quite active and have some understanding of the needs of children with a disability. Volunteers support children to engage with activities and will require patience and motivation with an ability to engage with a range of age groups and abilities.

Volunteer Telephone Befriender

Our telephone befriending service provides a weekly call from volunteers that check on the befriender's wellbeing and provide a listening ear. Calls last approximately half an hour and the volunteer is provided with guidance on conversations. The service runs Monday to Friday from 9am to 4pm and the volunteer provides feedback after each call.

Adult Carer Befriender

As restrictions ease are returning to face to face befriending for Carers/ Cared for. We are looking to recruit more volunteers for this very rewarding opportunity. Volunteers spend a couple of hours each week supporting the family by spending time with the carer or the cared for to give the carer a much needed break from their caring role.

Board of Directors

We are looking for volunteers to join our Board of Directors that have the skills required to promote the aims and profile of Angus Carers Association in the wider community locally and collectively responsible for ensuring that the organisation is financially sound and that systems, procedures and techniques are updated to modern standards. As a Director on the Board, we ask that you participate and contribute to the smooth running of the organisation; to the development of the organisation in terms of staff, strategies, plans and fund raising and to the approval of an Annual Budget each year and to the regular monitoring of the actual expenditure in relation to the Annual Budget to ensure and maintain a healthy financial position.

Book Club Volunteer

We are looking to expand our successful book club and are seeking a volunteer who likes books and is happy to discuss their thoughts with others. The meetings at present take place over zoom so we are looking for someone who is confident with IT and video conferencing. Monthly meetings take place during the day and last about an hour. We provide the volunteer and the carers with the chosen books and the club provides the opportunity to create a community around books

Walking Group Volunteer

We are looking to recruit volunteers to lead and support Carer Walking Groups throughout Angus. These will be short health walks under 5k and taking about an

Adult Carers Group Support Volunteer

Our popular support groups take place throughout Angus and we are looking for volunteers to support the groups. These have been taking place via video conferencing, but with restrictions lifting the groups have returned to a mix of face to face meetings and zoom. The groups are led by a Carer Link Worker and the role of the volunteer is to come along and help out with facilitating the meetings. The groups are informative and give carers a break from their caring role.

Volunteer Driver

We are looking to recruit volunteers who have their own car and are able to offer a few hours supporting our carer activities. In the past this has included driving young and adult carers to appointments, and also the delivery of treat packs to adult carers and activity packs to young carers. We pay volunteer expenses and the opportunity can be extremely rewarding.

If you are interested in any of these opportunities then please contact our Volunteer Development Worker Jim Dallas on 07387 017442 or email jim@anguscarers.org.uk. Full training is given for each role and potential volunteers will be required to complete a volunteer interview/ chat on Zoom.



A message from Lorna Barenberg, Chairperson, on behalf of Angus Carers Centre,
Board of Directors

**A fond farewell to Alison Myles,
CEO Angus Carers Centre**

service, Alison Myles will be leaving Angus Carers Centre Team at the start of November 2021.

The Board of Directors would like to thank Alison for her support, guidance and the enthusiasm she has shown throughout these last eight years. Alison has been instrumental in advocating and encouraging carers to have a voice alongside forging links with key stakeholders to ensure these voices have been heard. During this transition period, whilst we recruit, we, The Board, will continue to work alongside the full team to ensure we continue to deliver the very important and quality service to you the carers.

It only remains for us to wish Alison all the best for the future.

You are invited to the



Tuesday 28th September 2021
2.00pm – 3.00pm
(Via Zoom)

To request your link to the meeting please email enquiries@anguscarers.org.uk by 2.00pm Monday 27th September 2021.



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