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**Make Caring Visible, Valued and Supported**

**Welcome to Angus Carers Centre's Programme of Activities for Carers Week,  
6th to 12th June 2022**

Angus. Together with a number of public and other third sector organisations, we have created a week filled with activities ranging from vital financial and energy advice, through to sessions on guardianship and telecare to wellness breaks. We are looking forward to seeing you back again in our Arbroath offices, and online.

**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. Activities will be taking place in Angus Carers Centre, 8 Grant Road, Arbroath unless otherwise stated.**

**If you are interested, then please let us know by booking through Eventbrite - <https://www.eventbrite.com/cc/carers-week-396299> or emailing [enquiries@anguscarers.org.uk](mailto:enquiries@anguscarers.org.uk) or by telephone to 01241 439157.**

**Monday 6th June**

**2 pm - 3.30 pm**



### **Falls service**

Join the staff from the Angus Falls Service for a short presentation.

This session will cover:

Falls Prevention/Awareness

What the falls service offers

Benefits of exercise and the Better balance classes.

Face to face session will include a short exercise session- balance challenge and

**Monday 6th June**

**2 pm - 3.30 pm**



**Advice for  
Scotland**

**Citizens Advice Bureau**

Energy and utilities - a discussion around energy costs, energy saving tips and how to survive the energy crisis

**Monday 6th June 2:15 - 3pm**

**Information session - Ian Smillie from Support in Mind will lead this session on communication with Community Health Services. Ian will help you to ask the right questions.**



**Tuesday 7th June**

**11 am to 12:30 pm**

**Library Presentation**

Sylvia from Angus Alive invites you to come and discover the exciting new developments in the libraries of Angus.

**Tuesday 7th June 10:30 to 11:30**



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Benefits of exercise and the Better balance classes.

Face to face session will include a short exercise session- balance challenge and

The super 6 exercises.

Join here - [Microsoft Teams meeting](#)

Join on your computer or mobile app

[Click here to join the meeting](#)

**Tuesday 7th June**

**2pm - 3pm**

**Community Alarm, Telecare**

Join Glenda Hunter for a session covering Community Alarm, Telecare and upcoming changes to both.

**Wednesday 8th June 10 am - 12:30pm**



## Carers Conversation Event

The time has come to hold our annual event bringing together carers in Angus, professionals and our supporters during the Unpaid Carers Week.

As we are emerging from the pandemic, we need to re-evaluate the way we have been supporting our carers.

This year's event will focus on revitalising our engagement by discussing ways to break down the barriers to carer's involvement and the support offered through Self-directed Support.

The event will see Gail Smith, Chief Officer of Angus Health and Social Care Partnership, discussing the National Care Service and Maciej Alexander, Chief Executive Officer of Angus Carers Centre, introducing the event and discussing its impact on the lives of our carers.

For further details and to register - [follow link here to eventbrite](#)

**Wednesday 8th June, 10 - 11:30 am**

**Self care for carers**



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

We lead increasingly busy lives and it can be easy to forget to put yourself first, especially if you have multiple responsibilities and other people to care for. But looking after yourself will make you feel better, and the better you feel, the better you will be in all areas of your life – from work to relationships. Join Katie in a short workshop on self-care to discuss what this means to you, the benefits it brings to your health and simple ways you can improve and maintain self-care.

**This workshop will take place over Teams on *Wednesday 8<sup>th</sup> June 10-11.30am.* No registration is required, simply click on the link on the day. Joining instructions are below.**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Wednesday 8th June Evening Online  
Guardianship and Children - Parent Carers.**

session for parents to help navigate the legal process of POA or Guardianship for their child. See [Flyer](#) for details

### **Wednesday 8th June**

#### **Evening guided relaxation**

Relaxation sessions are now a regular feature with Katie running fortnightly day sessions.

Research has proven that regular relaxation brings many health benefits – mental and physical.

If you haven't had a chance to join yet and wish to try this, then please click on the link below on the day – **Wednesday 8th June at 6pm**. No registration is required.

All carers and volunteers are welcome.

All you need to do is simply listen and relax!

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)



### Falls service



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The super 6 exercises.

### Thursday 9th June

#### Guided relaxation session

Guided Relaxation session

Another chance to join Katie for a guided relaxation session – Thursday 9th June at 10am.

Again, no registration is required, simply click on the link on the day.

All carers and volunteers are welcome.

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)





**Thursday 9th June**

**Telecare**



Join Glenda Hunter for a session covering Community Alarm, Telecare and upcoming changes to both services.

***Thursday 9<sup>th</sup> June 2-4pm at the Carers Centre in Arbroath.***

**Mindfulness in Nature - Mandala Making**

Come and join Katie in a relaxing, mindful session where you can make your own Mandala.

A mandala, which is Sanskrit for circle, holds a great deal of symbolism in Hindu and Buddhist cultures. They represent different aspects of the universe and Mandala art is very popular like other famous paintings in history.

**Step 1** for this session is required to be done ***prior to attending*** however there will be plenty spare materials should this prove difficult for you.



Go into a garden or nearby natural environment (park, wood) to forage for natural items.

Look for material that has fallen, but if needed, it is permissible to pluck petals, leaves or seed heads.

(Don't take too much from any one plant.)

Where possible, gather odd numbers of any materials.

Place gathered items into a container.

***Do this slowly and mindfully, focus on the colours and textures. Enjoy the process.***

All other materials required, and instructions, will be

provided on the day.

The session will end with a short guided relaxation and refreshments will be provided.

***Thursday 9<sup>th</sup> June 2-4pm at the Carers Centre in Arbroath.***

Call office or email [listening@anguscarers.org.uk](mailto:listening@anguscarers.org.uk) to book your free space.

[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'.

**Friday 10th June**

**10am - 11.30am**

### **Wildflower Seed Bombs**

Join Katie in a relaxing session where you will make wildflower seed bombs that you can take home with you.

Wildflowers are great for pollinators and there is a vast amount of research around that has proven the benefits that nature brings to improving mental health.



This session suits all ages and abilities, and all registered adult carers and volunteers are welcome.

All materials and refreshments will be provided.

**Friday 10<sup>th</sup> June 10-11.30am at the Carers Centre in Arbroath.**

Call office or email [listening@anguscarers.org.uk](mailto:listening@anguscarers.org.uk) to book your free space.

**Thursday 9th June**

**2pm - 3.30am**



**Citizens Advice Bureau**

Debt - a discussion around different types of debt, crisis situations and how to manage debts.

**Friday 10th June - 1pm**

**Hillcrest Futures Drug Trends and Harm Reduction Techniques For Carers**

A session with Jill Scott from Hillcrest Futures where she will discuss recent trends of substances in the Angus area followed by discussion on Harm Reduction



### Substance Trends and Harm Reduction

Join Jill Scott from Hillcrest Futures for a talk regarding recent trends of substances in the Angus area followed by a discussion on Harm Reduction Techniques

Friday 10th June  
1pm  
South Esk at Angus Carers Centre



## "Care for a Cuppy - let's connect"



Care for a Cuppy is a new initiative bringing together unpaid carers from across Angus to create spaces of social connection, build a sense of belonging and help tackle the issues faced by unpaid Carers. Below are details of the sessions held all over the area.

let's make some good memories and have a laugh at one of our care for a cuppy groups.



## Katriona and Tanya

look forward to seeing you. No need to book - just turn up. Details of dates and venues below.

Arbroath group will be held in ACC on the 2<sup>nd</sup> Monday of every month which for the next 3 months will be on the 13<sup>th</sup> June, 11<sup>th</sup> July and 8<sup>th</sup> Aug. 11am-12.30

Montrose/Brechin group will be held at The Park Hotel, Montrose on the 1<sup>st</sup> Wednesday of every month which for the next 3 months will be on the 1<sup>st</sup> June, 6<sup>th</sup> July and 3<sup>rd</sup> August 2022 10.30 -12.00

Forfar/Kirriemuir will be held at The Stag, Forfar on the 3<sup>rd</sup> Thursday of every month and for the next three months will be 16<sup>th</sup> June, 21<sup>st</sup> July and the 18<sup>th</sup> August 2022 10.30-12.00

Monifieth/Carnoustie will be held at Dobbies on the last Tues of the month and the

Can't get along to the meetings? We are holding online meetings through teams on the first Thursday of every month starting from 2nd June from 11am - 12 noon. You can join this simply by clicking on the following [link](#)



CAB will be providing interesting sessions, for example in relation to 'Energy and Utilities' , debt advice and others. Details will be announced shortly.



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**Our mailing address is:**

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