

Welcome Message

Welcome to the August edition of our Carers Bulletin.

We are pleased to bring you this month's update as the summer continues. We recognise the invaluable support that carers provide every day and hope this bulletin will help bring us together, share important information, and keep you informed about services, opportunities, and local events.

Our aim is for this bulletin to be a source of connection, support, and encouragement. We will share updates, useful resources, success stories, and information that matters to carers, while also providing opportunities for you to have your voice heard.

Most importantly, we hope this bulletin helps strengthen our carer community, ensuring that carers feel informed, supported, and connected.

Thank you for all that you do. We look forward to keeping in touch and building this bulletin together.

Best wishes,

The Adult Carers Team

Wellbeing Corner

Taking Care of Yourself Matters Too

Carers Scotland continues to highlight that unpaid carers are experiencing significant pressures from rising caring responsibilities, financial challenges and impacts on their own health and wellbeing. Recent Scottish Government estimates show around 722,000 unpaid carers in Scotland, including approximately 23,000 young carers

it's okay to feel



your feelings

Top wellbeing tip this month:

Schedule one activity each week that's just for you, even if it's only 15 minutes for a walk, reading, mindfulness, or a coffee with a friend.

Try this breathing exercise:

Breathe in for 4 seconds
Hold for 4 seconds
Breathe out for 6 seconds
Repeat 5 times

Small moments of self-care can make a significant difference to resilience and wellbeing.

Upcoming Events



 **Angus Carers Centre**
supporting carers

HOSPITALFIELD

FOR REGISTERED CARERS ONLY

Hospitalfield House Tour & Cream Tea

Hospitalfield House, Arbroath

24th August 2026

1pm — House Tour
Cream Tea

3pm — Garden Tour

BOOKING ESSENTIAL
adultteam@anguscarers.org.uk
01241 439157



 **Angus Carers Centre**
supporting carers

Soundbath Sessions for Carers

Delivered by Coastal Soul for Angus Carers Centre



We recognise the need for you to recharge

-  Time to pause.
Time to breathe.
-  Release tension.
Restore calm.
-  You care for others.
Let us care for you.

 **10.30–11.30am**

 **Montrose – August, Thurs 20th**
Forfar – Sept, Fri 4th
Carnoustie – Oct, Thurs 22nd
Arbroath – Nov, Thurs 19th
Brechin – Jan, Thurs 21st

limited mobility welcome
(zero gravity chair available)
– subject to availability

Registered carers only • Booking required

01241 439157 adultteam@anguscarers.org.uk

Upcoming Events



August CALENDAR



- | | | | |
|---------------|---|---------------|--|
| AUG 3 | BOOK CLUB
1.30PM - 3:00 PM
8 Grant Road, Arbroath, Angus,
DD11 1JN | AUG 25 | MONIFIETH CARE FOR A CUPPY
2:00 PM - 3:30 PM
Lodge Grange, 2 Dalhousie Street,
Monifieth, DD5 4AZ |
| AUG 5 | MONTROSE CARE FOR A CUPPY
10:30 - 12NOON
Borrowfield Community Centre
Newhame Rd, Montrose DD10 9EZ | AUG 26 | BIRKILL CARE FOR A CUPPY
1.30PM - 3:00 PM
Millennium Hall, Birkhill DD2 5QE |
| AUG 10 | BRECHIN CARE FOR A CUPPY
10.30-12NOON
Brechin City hall 9 Swan Street
Brechin DD9 6EE | AUG 26 | FRIENDS AND FAMILY
5.30PM - 7PM
8 Grant Road, Arbroath, Angus, DD11 1JN |
| AUG 10 | ARBROATH CARE FOR A CUPPY
11-12.30PM
8 Grant Road, Arbroath, Angus,
DD11 1JN | AUG 27 | CARNOUSTIE CARE FOR A CUPPY
10 - 11:30AM
Carnoustie Golf Club, Links Parade,
DD7 7JE |
| AUG 14 | KIRRIE CARE FOR A CUPPY
10.30-12PM
Thrum's Hotel, 25 Bank Street
Kirriemuir, DD8 4BE | AUG 28 | MALE CARER GROUP
10.30AM-12PM
8 Grant Road, Arbroath
DD11 1JN |
| AUG 19 | FORFAR CUPPY GROUP
10.30AM-12NOON
Guide Hall, The Myre
Forfar, DD8 1AZ | | |

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



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!

BINGO

7	24	36	53	67
3	16	41	58	72
11	28	★	49	64
6	18	35	50	71
22	37	55	60	75

12

5

75

60



13TH NOVEMBER
DOORS OPEN 6.15PM
EYES DOWN 7.00PM



**MEADOWBANK
ARBROATH**



**TICKETS
£10**

★ COME ALONG AND SUPPORT THE CAUSE! ★

Upcoming Events

Information for carers

Understanding Self Directed Support

 **Angus Carers Centre**
supporting carers

 Self-directed Support Service
Dundee and Angus

What is SDS?

Self Directed Support is the way social care support is arranged in Scotland. It helps people have more choice and control over the support they receive.

The 4 SDS options

- 1. Direct payment** – money is paid to the person to arrange support themselves.
- 2. Directed support / arranged by the local authority** – the council arranges the support for you.
- 3. Choice of provider** – the person chooses who delivers the support, while the council arranges it.
- 4. A mix of options** – a combination of the above, depending on what works best.



Your choice.
Your support.
Your life.

We're here to help

 A Dundee Carers Centre advisor will join the next group to talk through SDS options and answer your questions.

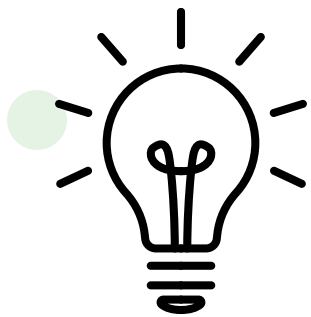
 Check with your group leader for the next session details.

 Come along and find out more

 01241 439157  enquiries@anguscarers.org.uk

Did You Know?

Scotland's Unpaid Carers Contribute £18.3 Billion Every Year

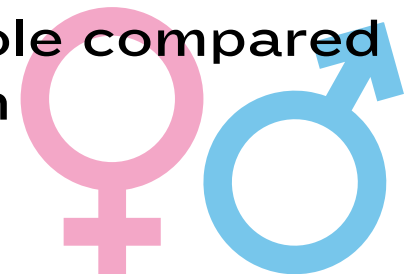


New figures published by Carers Scotland estimate that unpaid carers contribute an incredible £18.3 billion worth of care annually across Scotland. This value now exceeds the budget allocated to Scotland's NHS Boards.

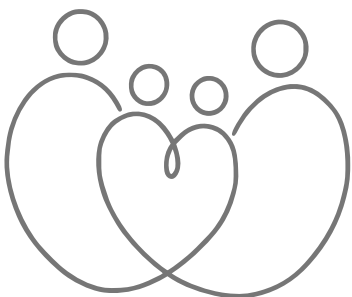


Carers in Scotland already have the right to an Adult Carer Support Plan (ACSP), helping identify outcomes and support needs.

Women are more likely to have caring responsibilities than men, with 17% of women reporting a caring role compared with 13% of men



Around 15% of adults in Scotland provide unpaid care for a family member, friend or neighbour.



The Scottish Government is progressing plans to strengthen carers' rights to personalised short breaks from caring responsibilities

Caring Influencers

Carers' Voices Making a Difference Across Angus

Angus Carers Centre is encouraging unpaid carers to become part of its Carers Influence Project, a growing network of "Caring Influencers" who are helping to shape services, influence decisions, and improve support for carers across Angus.

The project recognises that carers are experts through experience. By sharing their views and lived experiences, Caring Influencers help ensure that the voices of unpaid carers are heard by service providers, local organisations, and decision-makers. Their input contributes to consultations, service development, and policy discussions that affect carers and the people they support.

One of the key strengths of the project is its flexibility. Carers can attend monthly meetings, respond to consultations, or simply share their views when they are able. There is no minimum commitment, making it easy for carers to get involved in a way that fits around their caring responsibilities.

Whether you have been caring for many years or have only recently taken on a caring role, your experiences and opinions can help bring about positive change for carers throughout Angus. Every contribution helps build a stronger voice for the caring community and ensures that support services reflect real-life needs and experiences.

For more information about becoming a Caring Influencer, contact Hayley at
hayley@anguscarers.org.uk or 01241 439157.

Your experience is valuable. Your voice matters.
Together, carers can influence change across Angus.



State of Caring Survey 2026
Carers Scotland is encouraging carers to share their experiences to help shape future support and policy in Scotland. The survey remains open until 9 August 2026.

[SURVEY](#)

Helpful Resources



Angus Health & Social Care Partnership

Information on adult social care, community health services, support for carers, self-directed support, and local wellbeing services.

<https://www.angushscp.scot/>

Useful pages include:
Adult Health & Wellbeing
Social Care Services
Support for Unpaid Carers
Living Independently

CARER SUPPORT PAYMENT VS CARER'S ALLOWANCE Understanding the difference so you get the right support.

CARER SUPPORT PAYMENT (SCOTLAND)	BOTH REQUIRE	CARER'S ALLOWANCE (GREAT BRITAIN)
  For new claims in Scotland  Paid every 4 weeks (usually)  £83.30 a week (current rate)  Run by Social Security Scotland	 You care for 35 hours or more a week  The person you care for gets a qualifying disability benefit  You meet the earnings limit  You are not in full-time education	  For existing claims in Great Britain  Paid every 4 weeks in advance  £86.45 a week (2026/27 rate)  Run by the Department for Work and Pensions

KEY DIFFERENCE
 If you live in Scotland and make a new claim, you'll usually get Carer Support Payment.
 If you already get Carer's Allowance in Great Britain, you can continue to receive it.

 The rules may change in future. Always check your letters and official guidance from Social Security Scotland or the Department for Work and Pensions.

 Same care. Same commitment. Different payments – same support for carers. 

Carer Support Payment

If you're providing care for someone receiving a qualifying disability benefit, you may be eligible for Carer Support Payment, delivered by Social Security Scotland.

Find out more:
www.mygov.scot/carers-support-payment

Source: Social Security Scotland.

Team Spotlight



Lorna Barnberg - Chair of Board

Tell us a little about your role and what you enjoy most about your role at ACC?

As Chair of the Board, my role is to support the organisation's direction and work alongside the Board and leadership team to ensure ACC remains strong, sustainable and focused on what matters most, supporting unpaid carers.

What makes this role so meaningful to me is that ACC's mission isn't something I simply understand professionally; it's something I've lived. I was a carer for 12 years, supporting a loved one through some very challenging times. Like many carers, I experienced exhaustion, the emotional toll of dealing with aggression, and long periods with little or no respite. I'm also the parent of a neurodiverse adult son, so I understand many of the challenges and joys that come with caring responsibilities.

Because of that, ACC resonates deeply with me. Being able to combine both my lived experience and professional experience to support the charity through what are often difficult times for the third sector feels like a privilege. The thing I enjoy most is knowing that, together with a dedicated team of staff, volunteers and trustees, we're helping ensure unpaid carers have somewhere to turn. That's something I'm incredibly proud to be part of.

What's something people might be surprised to learn about you?

In my younger days, I was part of Mountain Rescue, which gave me a lifelong appreciation for teamwork, resilience and helping others when they need it most.

I also volunteer as a counsellor through my church, supporting people through difficult times and life changes. Looking back, whether it was Mountain Rescue, counselling or my work with ACC, there seems to be a common thread, I've always been drawn to supporting people and communities.

What are you currently enjoying outside of work?

I'm also an avid reader and enjoy nothing more than getting lost in a good book. And, like many people, some of my happiest moments are the simple ones: sharing good food, good wine and plenty of laughter with friends and family.

For me, those moments of connection, reflection and being in nature are what help recharge the batteries and keep life in balance.