



# Angus Carers Centre

Young people who care

Angus Young Carers' Newsletter - Autumn 2019

## Tesco's Bags of Help Scheme - How the Money Was Spent...

Young carers in Angus have had a fun-filled Summer, thanks to all of you who kindly voted with a blue token at the Tesco store in Arbroath back in June 2018.



Your support has made a massive difference to young people who were able to have time away from their caring roles during their school holiday. Included in this newsletter are the events and activities that you made happen.

## Our Summer Activity Round-Up

At Angus Young Carers Service, our aim is to provide activities which are age appropriate, challenging yet safe, adequately supervised, and have appropriate and safe transport arrangements. Well, we think this summer that we managed all the above and offered an exciting summer programme, full of fun, laughter and new friendships.

### Movie night

On July 4<sup>th</sup> we enjoyed watching 'Toy Story 4' at the Chalmers Filmhouse in Arbroath, and also enjoyed some yummy snacks during the outing!



### Monikie Country Park

On July 12<sup>th</sup> we had a fab time at Monikie Country Park, where we were challenged to build and sail a raft. Using our pioneering skills, we made use of barrels, wood and rope. Our instructors were on hand to give us handy tips. Once built, three teams took to the water to race round the reservoir. Each team had to get to the tower, climb the tower, jump off the tower, swim back to their raft and continue the race home without sinking. We all returned to dry land...eventually! Lunch in the marquee was followed by high ropes, low ropes, wall climbing and the zip wire. Fantastic teamwork, that day! Photos of the Monikie outing are included below.



### **The Spa Day**

On July 16<sup>th</sup> we all relaxed at our Spa Day, where everyone could chill and be pampered. Therapists came and offered the Young Carers a variety of hair styles, nail gels, make-up, facial treatments, massages and yoga. Everyone went home very glamorous and relaxed that day. Photos of the day are included below.



### **Murton Farm**

On 26<sup>th</sup> July we went to Murton Farm where we met the animals, which included kunekune pigs, chickens, ferrets, guinea pigs, goats and many others. We all made bird boxes to take home. Angela and Heather gave the young carers a guided walk round the nature reserve... the young carers were not very impressed with their navigation skills, and they did hear one or two comments about being 'a bit lost' and 'we have already been this way'. Angela and Heather promise they will practise for our next guided walk.

### **A day at the museums**

On August 9<sup>th</sup> we had planned a walk round Forfar Loch. But this had to be changed and Plan B was put into operation. We went to Kirriemuir to visit the Gateway to The Glens Museum, where we enjoyed activities and a guided tour where we learned all about Kirriemuir and the Angus Glens.



We then went to the Kirriemuir Police Museum, where we were able to view displays of uniforms, batons, handcuffs, awards and medals, cameras and weapons. Some young carers even had a seat in the cells. The day finished with a McDonalds and an ice cream.

## **Hello From Megan**

Hello!

My name is Megan.

I have recently started with Angus Young Carers in August 2019 as a Young Carer Support Worker and I am excited to be working as part of the team.

I am looking forward to getting involved in the fortnightly groups and in the activities which run during the school holidays. I recently attended the Scottish Young Carers' Festival with a group of young people this Summer, and I had a fab time!



In the past, I have been involved in work which supported families, children and young people. At Angus Carers Centre, I will be working with young carers on a 1:1 basis in the community and also getting involved at the support groups based in Arbroath and Forfar. I'm looking forward to meeting everyone!

## The Scottish Young Carers Festival - Summary and Photo Gallery

From the 31<sup>st</sup> July to the 2<sup>nd</sup> August, we attended the Scottish Young Carers Festival (SYCF) at Scout Adventures Fordell Firs, near Dunfermline in Fife.

We camped for two nights and were blessed with lovely weather! We had a great time on the outdoor activities, the inflatables, doing arts and crafts, dancing at the silent disco and lots of other fun things!



This outing was organised by the Carers Trust Scotland, so a massive thank you to them for organising such a fantastic few days for us all.

The SYCF happens annually and is open to Young Carers aged 12+, so keep an eye out for our Spring 2020 Newsletter if you would like to come along - it is lots of fun! Photos of the YC Festival are included below and above right.



## Groups and Activities - Autumn and Early Winter Dates

Angus Young Carers Service provides support to young people aged between 8 and 18 years, whose life is affected because of caring for a family member. The service offers a variety of 1-1 support and group activities. The Young Carers Service can provide you with a bACTIVE membership card, which gives you free use of any Angus Council leisure facility.



The Young Carers Service will give you the opportunity to take part in fortnightly group activities. The groups for young carers aged 8-11, take place at Arbroath Carers Centre on a Tuesday night, while the group for those aged 12-15 takes place at Forfar Community Campus on a Wednesday night. Both groups are drop-in, so feel free to pop along. If you need transport, please send back your Reply Slip. The start time for groups is 6pm and the finish time is 7.30pm.

### Young carers aged 8-11 - Angus Carers Centre in Arbroath (6pm to 7.30pm)

The theme at the Arbroath Group during the Autumn term will be Expressive Art and Design. Shona Barr, a local artist, has agreed to come along and encourage the young carers to explore their creativity using a wide range of materials, as well as providing opportunities and encouragement for sharing their thoughts, ideas and feelings through art. To end our evening activities, in the last half-hour of the meetings, Angela Scotland, a Children's Yoga instructor, has agreed to come along and offer us yoga and mindfulness, so that we can all relax and chill out before we go home. The Autumn dates for the Arbroath Group are:



Tuesday 10 September 2019 | Tuesday 24 September 2019

### Young carers aged 12-15 - Forfar Community Campus (6pm to 7.30 pm)

At the Forfar Group, we encourage the young carers to use their bACTIVE membership card and to enjoy the leisure centres in Angus. Every fortnight we will participate in many activities, from gym exercises, swimming to badminton. You tell us what you would like to try and we will organise it. So bring your bACTIVE membership card. If your card needs updated, please let us know asap. Bring swim/gym gear. Autumn dates for the Arbroath Group are:



Wednesday 4 September 2019 | Wednesday 18 September 2019 | Wednesday 2 October 2019

Thank you to the Drivers/Volunteers. Without their commitment, the groups and activities could not take place.

### Group dates for the Winter Term

#### Angus Carers Centre in Arbroath, Young carers aged 8-11 (6pm-7.30pm)

- Tuesday 22 October 2019
- Tuesday 5 November 2019
- Tuesday 19 November 2019
- Tuesday 3 December 2019

#### The Forfar Community Campus, Young carers aged 12-15 (6pm-7.30pm)

- Wednesday 30 October 2019
- Wednesday 13 November 2019
- Wednesday 27 November 2019
- Wednesday 11 December 2019



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