



Angus Carers Centre

Supporting young carers

The Angus Young Carers' Newsletter - Autumn 2020

A Big Thank You!



We would like to say a massive THANK YOU to Tay FM cash for kids, supermarkets Asda, Tesco and Morrisons, Sustainable Kirriemuir and Grow Angus, for helping the young carers in a variety of different ways throughout lockdown.

Tay FM Cash for Kids made a fab contribution in response to the impact of Coronavirus. They helped young carers and their families who have been affected by the crisis.



Morrisons supplied food parcels throughout the recent months to support families. ASDA and TESCO donated Easter Eggs and other goodies for our activity packs, which were delivered to young carers throughout the pandemic.

Thank you, also, to Sustainable Kirriemuir and Grow Angus for providing the young carers with raised beds, compost and plants so that they can grow their own produce.



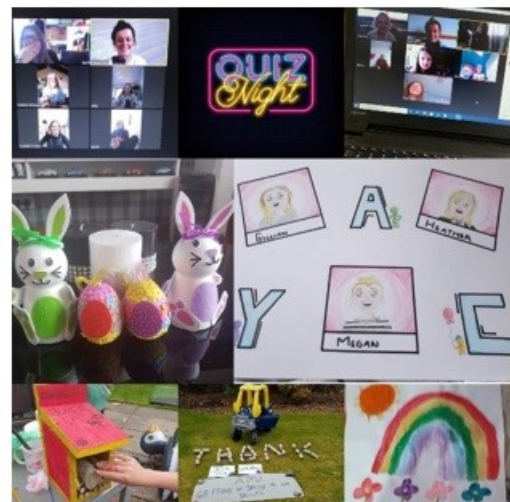
Young Carers' Virtual Groups

Throughout lockdown we have been offering two weekly virtual ZOOM groups for young carers aged 8-11yrs and 12-15yrs. The virtual groups gave the young carers the opportunity to get some respite within their family home, and to catch up with staff and other young people whilst also having some FUN!!

The groups took part in a variety of activities, some of which involved prizes! Young carers particularly enjoyed all types of quizzes, virtual bingo, scavenger hunts and show and tell.

Young carers also took part in a virtual bake-off, a 10,000 step challenge, virtual 'hangman', an escape room and we also had agencies pop in to provide young carers with information and to raise awareness.

During the pandemic, the virtual groups have provided young carers with **112 hours of respite** while being at home.



Activity Packs for Young Carers

We were unable to organise our usual holiday activities due to Covid-19. Therefore, throughout lockdown we provided 210 activity packs and delivered them to 58 young carers.

The packs supplied a range of different activities which were fun, creative and helped promoted the young people's well-being. The packs encouraged young carers to take a break from their caring roles while being at home.

During the Easter school holidays we provided Easter-themed packs for young carers. These included: arts & crafts activities, challenges, a miniature garden, puzzle worksheets and of course a delicious Easter egg!

Over the six weeks of the Summer, we delivered 180 activity packs to 30 young carers. These packs were delivered each week and all contained a different activity.

The Summer packs included: a paint your own pottery money bank, knitting kits, bug hotels, create your own t-shirt, Raised beds, compost and plants, AYC water bottle/step challenge and coloring packs. The packs also included some extra goodies!

We also uploaded tutorial videos and pictures onto our closed Facebook groups to show how to build and assemble the packs. We also encouraged young carers to upload pictures, get involved and discuss their activity packs during our weekly virtual groups.

Thank You to Cheryl!

We'd like to say a special 'thank you' to our ace volunteer, Cheryl Kilcoyne, who supported the young carers by helping to make up the activity packs and delivering them.



Join Us on Social Media

You can keep up-to-date with all our news on Facebook, Twitter and Instagram!

We post things that we think you might find interesting, as well as information about our young carer groups and activities.



WHEN THE WORLD STAYED APART, ANGUS YOUNG CARERS STAYED TOGETHER!



October Activity Packs

We are super excited to announce that we will be organising and delivering October activity packs to both registered and prospective young carers during the October school holidays.

These will include fun activities for young carers to do while they are at home, and will contain things like puzzle worksheets, competitions and extra treats!!

If you would like to receive an October activity pack can you please complete the attached reply slip and return it to Angus Carers Centre or contact staff and make them aware.

We will still be running our virtual groups on a fortnightly basis so please come along and get involved.

Welcome Back, Angela!

Angus Carers Centre is delighted to welcome back Angela to the Young Carers' Team. Angela went on maternity in October 2019, and returned to work at the beginning of September 2020.



We look forward to hearing fab stories about, and seeing lots of photos, of Angela's daughter, Darcy. Welcome back, Angela - it's grand to have you back in the Team!



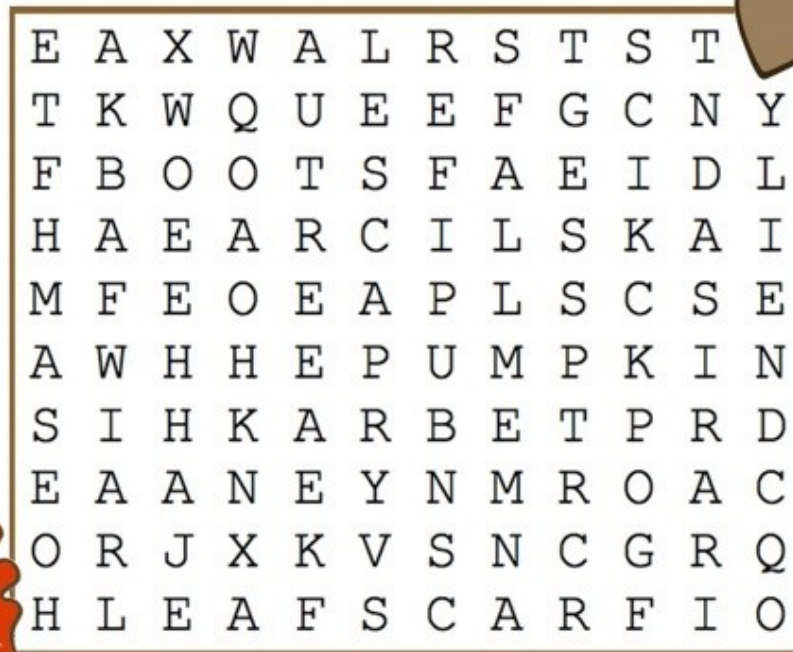
Competition Time!!



Complete the word search to be in with a chance to win a PRIZE!!

Fill in the Autumn-themed word search puzzle with words from the word bank.

Once completed, please return it to Angus Carers Centre in the pre-paid envelope accompanying the newsletter, and the prize winner will be drawn by random out of the hat.



SCARF
 TREE
 ACORN
 HAY

APPLE
 FALL
 PUMPKIN
 SWEATER

BOOTS
 RAKE
 PIE
 LEAF



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