



Angus Carers Centre

Young people who care

Angus Young Carers' Newsletter - Spring 2019

Our Spring 2019 Programme

Please remember your Reply Slip! If you wish to attend any of the activities listed below, please make sure to return your Reply Slip by *Wednesday 13 March 2019*. If you wish to attend more than one activity, please put your preference 1 to 3 on your Reply Slip. All activities are free to young carers. However, they are not free to us. If it turns out you can't make it after initially booking a place, please let us know as soon as possible, so that we can give your space to someone else! Thank you.

Ryze in Dundee - Wednesday 10 April 2019

As many of you enjoyed our trip to Ryze in Edinburgh, we thought we would give Ryze in Dundee a go! We will bounce for one hour, then we have booked the party room for food and games afterwards. This activity is open to all young carers (aged 8-17).



Pizza and Movie Night - Friday 12 April 2019

Unfortunately, our last movie did not go quite to plan and many of you missed out. We have rearranged this event and hope more of you can make it this time! The event will be held at Angus Carers Centre on Friday 12th April 2019, from 6.30pm to 9pm.



If you would like to come along, please send in your Reply Slip and a movie suggestion. The movie night is open to all young carers (aged 8-17).

'Escape Rooms' in Dundee - Friday 19 April 2019

Join us at the 'Escape Rooms' in Dundee for an unforgettable experience. With 60 minutes on the clock, our teams must solve the puzzles, riddles and brain-teasers. Each room is for 2 to 6 players and we have a choice of 'Black Pearl', 'Gold Rush' or 'C.A.R.A. Artificial Intelligence' themed rooms. The goal is simple: GET OUT IN TIME! We will then head up the road for lunch, fun and games. This activity is open to all young carers (aged 8-17).



Hello from Heather, Goodbye from Caroline

Hello! My name is Heather. I started with Angus Carers in January 2019 as a Young Carer Group Worker. I have enjoyed meeting everyone at the fortnightly Tuesday group in Arbroath and the Wednesday group in Forfar. I am looking forward to hearing all your ideas and suggestions at future meetings. I hope to organise activities, crafts, outings and fun evenings in the future.



As you all probably know by now, I am no longer working with Angus Young Carers. After four fabulous years it was time for me to move on. I am away to work in Fife now. I have really enjoyed my time working with young carers and getting to know you all. I have done so many things that took me out my comfort zone, such as kayaking and anything to do with heights, to name a few. But I managed it all due to your support. I think I might even miss the YC festival this year! Wishing you all the best of luck, whatever things are in your futures. Caroline.



Spring 2019 Dates for the YC Activity Groups

We do lots of different activities at our activity groups, from fun activities to exercise sessions, gym, clay modelling, arts and crafts, baking and painting. Please come along and join us. Please remember these are drop-in groups. If you need transport, please indicate this on your Reply Slip. The Spring dates are listed below.



Arbroath groups

If you are aged 8 to 11, we meet fortnightly on a Tuesday night in the YC Lounge at Angus Carers Centre in Arbroath. The group starts at 6pm and finishes at 7.30pm.

Forfar groups

If you are aged 12 to 15, we meet fortnightly on a Wednesday night at the Forfar Community Campus. The group starts at 6pm and finishes at 7.30pm.

Unfortunately, we don't have a group for young carers aged 16-17 year olds at the moment. But we are hoping to do so in the future.

Angus Carers Centre in Arbroath

- Tuesday 30 April 2019
- Tuesday 14 May 2019
- Tuesday 28 May 2019
- Tuesday 11 June 2019
- Tuesday 25 June 2019

The Forfar Community Campus

- Wednesday 8 May 2019
- Wednesday 22 May 2019
- Wednesday 5 June 2019
- Wednesday 19 June 2019

Carnoustie High Pupils Enter YPI Competition for Angus Young Carers

Three Carnoustie High School pupils, Amanda Blackwell, Melody McMahon and Louise Melville, have been working very hard on behalf of Angus Young Carers. The pupils tell their story below...

We are a group of three pupils from Carnoustie High School and we are competing in the YPI competition. The Youth Philanthropy Initiative (YPI) is designed to raise awareness among young people about philanthropy in their local community. Each participating school is responsible for donating a £3,000 YPI grant to the winning group's local charity. In order for the group to be successful, they must create a PowerPoint presentation, meet the charity in person and give up some of their own time.



Pictured left to right: Melody McMahon, Amanda Blackwell, Louise Melville and Angela McEachie (YC Worker).

We chose Angus Young Carers because we felt that anyone can be negatively impacted by a family member's condition. We also feel that it is important to be aware of the difficulties others may go through out of school hours. So far, we have met up with Angela and Alison from Angus Young Carers. We have also raised £457.81 from two raffles and we have many more events planned. We hope to stay in contact with Angus Young Carers and we hope to raise more awareness about this huge issue.

Join Us for a 'Spin Class' Cycling Session with Angus Alive

We met with the Manager of Angus Alive, who has offered us the opportunity of a taster session of a 'spin class' (Group Exercise Cycling) at the Saltire Sports Centre in Arbroath. If anyone is interested, please let us know via the Reply Slip.



Angus Carers Centre
Ground Floor
8 Grant Road
Arbroath
DD11 1JN

Tel: 01241 439157
E-mail: enquires@anguscarers.org.uk
Web: www.angusyongcarers.org.uk
Twitter: @AngusYoungCarer
Facebook: [facebook.com/AngusYoungCarers](https://www.facebook.com/AngusYoungCarers)

