



Angus Carers Centre

Young people who care

Angus Young Carers Newsletter - Summer 2018

Scottish Young Carers Festival (SYCF)

Fordell Firs, Fife - Wednesday 1 and Thursday 2 August 2018

The Scottish Young Carers Festival (SYCF) will be held on Wednesday 1st and Thursday 2nd August 2018 at Fordell Firs in Fife (near Hillend, by Dunfermline). This year's festival will be in a different place than previous years. However, you can look forward to returning favourites such as the silent disco and arts and crafts, as well as plenty of new outdoor activities to try out, including a ropes course and archery - so prepare to get active!



If you would like to attend, please indicate your interest on the Reply Slip. We will then write to you with more information when we have it. Here's some photos from the 2017 festival.



Tesco Bags of Help Scheme - Help Angus Young Carers to Win £4,000!

From 1 May to 30 June 2018 at the Tesco store in Arbroath, Angus Young Carers (AYC) will be taking part in the Bags of Help Scheme. If the young carers win this vote, we will be awarded £4,000 from Tesco, which we will use towards an activity programme.

If you sometimes shop at this store, then you could help us to win this money. All you have to do is put one of the blue, plastic tokens in the glass container with the 'Angus Young Carers' label on it.

The blue, plastic tokens are given to you at the till by the check-out operator (if you use the self-service checkouts, then the person who looks after these check-outs can give you the voting token)

when you make a purchase. The glass voting booth is located near the store's entrance door, close to the self-service check-outs. And that's all there is to it!



Bags of Help

So please keep us in mind if you're shopping in Arbroath in May and June! To find out more about the Bags of Help scheme, visit www.tesco.com/bagsofhelp.

Our Summer Programme - July and Early August 2018

Please remember your Reply Slip!

If you wish to attend any of the events listed below, please make sure you return your Reply Slip by **Friday 8 June 2018**. If you wish to attend more than one activity, please put your preference 1 to 5 on the Reply Slip. All activities are free to young carers. However, they are not free to us. If it turns out that you can't attend after initially booking a place, please let us know as soon as possible so we can give your space to someone else.

Real Life Cluedo - Wednesday 4 July, 10am-2pm, Angus Carers Centre

Join us at the Centre for a real life murder mystery party! We will stop half-way during the day for lunch (this will be provided). Further details will be given closer to the time. This activity is only open to young carers aged 12+.



Terrazone Pool Party - Wednesday 11 July, 1.15pm-3.15pm, Arbroath Swimming Pool

Grab your swimming costumes and trunks for a pool party with giant inflatables then lunch and games afterwards! This activity is only open to young carers aged 8 to 12.



Eden's Garden - Wednesday 18 July, 10am-2pm, Angus Carers Centre

In the morning Alison of Eden's Garden will be coming along and showing us some of the animals from her mini zoo! Then we will have lunch and in the afternoon we will go to the park. This activity is only open to young carers aged 8 to 11.



Spa Day - Wednesday 25 July, 10am-3pm, Angus Carers Centre

Last October we had a Spa Day which was a huge hit amongst the young carers that attended. Those who attend can try out various therapies such as nail arts, facials and massages. Lunch will also be provided. This activity is open to young carers aged 8+.



Montrose Links Football - Wednesday 8 August, 10am-2pm, Links Park

Grab your football boots and come practise with the coaches at Links Park Community Trust. A packed lunch will be included. This activity is open to young carers aged 8+.



We Need Your Views - Young Carers Wanted!

As you know, we are always looking at how we can improve the service to young carers. We like to do this by hearing your views on what's working and what you would like to see change. At a recent internet safety session, we asked if you think we should do more groups that focus on specific issues and you said 'yes'. Well, now we need to know what you would benefit from.



We would like to get together a group of young carers of all ages who would help us with ideas for groups. You would do this by speaking to other young carers and then giving us their views on the service and coming along to meetings. If you would be interested in this, please state this on your Reply Slip. This would very much be a working group, so please only sign up if you are happy to contribute your ideas and speak to other young carers about what they might like.

Group Round-Up and August/September Dates

As always, we had fun in our fortnightly groups. Our Tuesday group enjoyed a trip to the Arbroath fire station, played the Wii and made music with some African drums, as well as the usual arts and crafts and games that are on offer. The Tuesday group is a chance for young carers aged 8-11 to meet each other and have some fun. If you are interested in attending and need transport, please send back the Reply Slip. If you don't need transport, you are welcome to just come along.



The Wednesday night group also enjoyed meeting up. The Group did quizzes that got quite competitive! The young carers also played a game that consisted of building a tower with dry spaghetti and marshmallows - turned out to be very difficult! They also did a 'taste test' where we tried some yummy food and some... not so yummy food. If you are aged 12-15, you are welcome to come along. The group is in Forfar and if you need transport, please indicate this on the Reply Slip - otherwise, please feel free to join us. The dates and times for both groups are listed below.

For those young carers who turn 12 between August and December 2018, please mark this on the Reply Slip if you will still need transport to the Wednesday group.

Angus Carers Centre in Arbroath

If you are aged 8-11, please come along and join us from 6pm to 7.30pm.

- Tuesday 28 August
- Tuesday 11 September
- Tuesday 25 September

Forfar Community Campus

If you are aged 12-15, please come along and join us from 6pm to 7.30pm.

- Wednesday 22 August
- Wednesday 5 September
- Wednesday 19 September

Photography Session

If you have been keeping up-to-date with us on Facebook, you will know that during the Easter holidays, some young carers took part in a photography session. Thanks to Drew from APP Photography, the young carers learned some new skills and took some great pictures. You can see more fab photo's on our Young Carers Facebook page.





We've Set Up A Closed Facebook Page for Young Carers



We have set up a closed group on Facebook. If you are 13+ and a registered young carer, you can request to join. We will be posting updates of groups and activities on here, as well as some pictures. The Facebook page is called 'Angus-Young Carers Closed'.

Film Days During the Easter Holidays

During the Easter holidays we had two movie days. Our first movie day was for young carers aged 8-11, who watched 'Dr Dolittle' - which was a hit! The second movie day was for the young carers aged 12-18, who watched 'The Karate Kid'. They really enjoyed the film and we were all cheering towards the end! Both groups enjoyed popcorn and hotdogs for lunch. Thanks to the Prince's Trust Arbroath team they also all got an Easter Egg each. Everyone agreed it was the best 'cinema' they had been to! Included below are some photos from the film days.



A BIG 'Thank You!'

Since the Spring 2018 newsletter, the Young Carers Service has received lots of very generous donations. A BIG thank you to the Inner Wheel, the Angus Rotaries and also Arbroath Rotary. The Prince's Trust Team in Arbroath and the customers at Nationwide Building Society in Montrose also very kindly donated some Easter eggs to the young carers. In the photo (right), Caroline Berry, one of our young carer support workers, is pictured receiving the cheque from the Inner Wheel Club of Arbroath.



We would also like to thank everyone who donated to the Crowdfunder Campaign we had running where we raised a total of £2,433 in just over 6 weeks. The funding means we can add a splash of colour to the young carers lounge and other rooms in the building.



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