



# Angus Carers Centre

## Young people who care

**Angus Young Carers' Newsletter** - Summer 2019

### Our Summer 2019 Programme

#### **Cinema Outing in Dundee - Friday 5 July 2019**

Movie to be discussed with Young Carers at group nights or add your choice of movie on the Reply Slip. Snack pack will be provided for Cinema. This outing is open to young carers aged 12-17.



#### **Activity Day at Monikie Park - Friday 12 July 2019**

This year we are off to Monikie Park for the day, where we will learn some new skills such as building a raft and maybe even kayaking - we may even do some high ropes. The exact details of the activities will depend on the groups. For the high ropes you must be 4ft 6 inches or above and, for the water activities, you must be able to swim 25 metres. Please indicate on the Reply Slip if you can swim and if you are taller than 4ft 6. This event is open to young carers aged 8-11.



#### **Spa Day - Wednesday 17 July 2019**

Due to popular demand we will be having another Spa Day! There will be lots of treatments available: massages, facials, nails and hopefully we will do some yoga! Please ask for the permission of your parent/guardian to get your nails done. Gel nails and Acrylic nails will be offered, so if your parent/guardian does not want you to have these done, they must let us know.



#### **Murton Farm and Nature Reserve - Friday 26 July 2019**

Enjoy a day out at Murton Farm and Nature Reserve, where we will meet a collection of animals and birds, including Kune Kune pigs, goats, rare breed poultry, guinea pigs, ferrets and more. There is also a large play and picnic area. A packed lunch will be provided. This outing is open to young carers aged 8-11.



#### **Summer Walk Around Forfar Loch - Friday 9 August 2019**

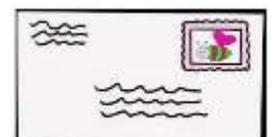
A flat circuit walk of Forfar Loch, offering the chance to look for birdlife, or watch canoeists or sailors on the water. We will find out all about the Forfar witches! All around the Loch there are Fitness Zones - Shuttle Runs and Training Posts for us to try out.



Please wear appropriate walking shoes and prepare for wet weather. This outing is open to young carers aged 8-12.

#### **Reply Slips**

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 Friday 7 June 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.



# Term Time Group Round-Up and the Dates for Next Term

## Venues: Forfar Community Campus and Angus Carers Centre in Arbroath

As always, we had lots of fun at our term time groups! At our Tuesday Group we had Laura, a fitness instructor, come in to do some fun work-out games with us. We made pizzas, decorated cakes, created and painted our own clay models, along with lots of other fun activities!

If you are aged between 8-11 and would like to come along, we meet every second Tuesday at Angus Carers Centre in Arbroath from 6pm to 7.30pm. If you require transport, please let us know on your Reply Slip.

At our Wednesday Group, we have been using the gym at Forfar Community Campus. We have been swimming and we also decorated cakes! If you are aged 12-15 and would like to come along, we meet every second Wednesday at Forfar Community Campus from 6pm to 7.30 pm. If you require transport, please let us know on your Reply Slip.

Here are the dates for our groups once the schools have started back after the Summer holidays.

### Forfar Community Campus

- Wednesday 21 August
- Wednesday 4 September
- Wednesday 18 September
- Wednesday 2 October

### Angus Carers Centre in Arbroath

- Tuesday 27 August
- Tuesday 10 September
- Tuesday 24 September

## Some Photos from Recent YC Activities



# Scottish Young Carers' Festival

**Wednesday 31 July to Friday 2 August 2019**

Carers' Trust Scotland is organising another Scottish Young Carers' Festival! Young carers throughout Scotland gather to have fun, participate in games and activities, run their own radio station, do a silent disco and have their views gathered about caring.



This is a 2-night camping trip and it is held at Scout Adventures Fordell, near Dunfermline in Fife. This is for young carers aged 12 – 17. Please remember to complete your Reply Slip and send it back to us if you wish to come along.

## Review of Spring Activities

Everyone enjoyed our Spring 2019 programme. Angela and Heather were delighted that so many of you wanted to join us in a fun-packed activity programme. In April, we went to Ryze in Dundee and bounced for an hour with a few water stops. We then enjoyed lunch in the party room. We also enjoyed a movie night at Angus Carers Centre. Everyone enjoyed Domino's Pizza, popcorn and juice, then settled down to watch 'Jumanji'.

That same month, we went to the Escape Rooms in Dundee. We split into three groups and each had 60 minutes locked in a room where, as a team, we had to solve puzzles, riddles and brain teasers to escape and GET OUT IN TIME. Unfortunately, none of the teams escaped, but we did work together trying our best and that's all that matters! We then went by bus to Kirriemuir Sports Centre where Sandra Wallace from Volunteer Action Angus kindly gave up her own time to set up and supervise the inflatable bungee run. A big thank you to Sandra! Thank you to our dedicated volunteer drivers and helpers, without them these activities would not be possible.

## Update on the Youth Philanthropy Initiative (YPI)

You may remember from our Spring Newsletter that Amanda Blackwell, Melody McMahon and Louise Melville, pupils from Carnoustie High School, were participating in The Youth Philanthropy Initiative (YPI). This Initiative is designed to raise awareness amongst young people about Philanthropy and their local community. Each participating school is responsible for donating a £3000 YPI grant to the winning group's local charity.

In order for the group to be successful, they must create a PowerPoint presentation about us in their own time. Amanda, Melody and Louise have went above and beyond in their efforts to win! They have met with Angela, Alison and several of our young carers to find out more about what is it like to be a young carer and the support the Angus Young Carers' Service provides. They have raised £700 from two raffles! They came along to Angus Carers Centre and carried out their presentation to the full staff team in preparation for the competition which they are now through to the final of, and which is to be held at the end of May.

Angus Carers Centre would like to say a huge thank you to the girls for all their continued hard work and to say we are very appreciative of this. The girls also have three bag pack events organised which are on Saturday 1 June from 10am-5pm and Friday 7 June from 2pm-6pm at the Co-op in Carnoustie. Angela (our Young Carer Worker) will be helping the girls on Friday 7 June. Feel free to pop along to support the girls and say 'Hi'!

## Two Big Thank Yous - to Arbroath FC and Nationwide Building Society

We would like to say a huge 'thank you to' Arbroath Football Club for their very kind donation of signed Easter Eggs for our young carers. They were all given one when they came along to our Movie night in April. We would also like to say 'thank you' to the Nationwide Building Society (NBS) for holding a collection point for local people to donate Easter Eggs for our young carers. It was very kind of the NBS staff to go out their way to do this. Angela enjoyed being the Easter Bunny for the day and dropping off the eggs to even more young carers!



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