Welcome to the Autumn/Winter Edition of the Dundee Carers News!

Update from Lucinda on Centre activities and what’s to come.

Carers Voice
Open Session
Monday 5th December.
Please come along.

Page 2

Annual General Meeting
Download a copy of our Annual Report.

Page 3

The BIG Fundraising Week
Massive thank you to everyone who helped!

Page 4

Carers Rights Day

Cooking Workshop
Course available.

Page 5

Sponsored Walk
Thank you St Paul’s Academy.

Page 6

Dundee Carers Centre is now a ‘Safe Place’
Ensuring older, disabled and vulnerable people feel safe within their community.

Adult Achievement Awards
Do you want to gain a nationally recognised qualification?

Page 7

Carers Christmas Lunch
Friday 9th December 2016.
Book now!

Page 8

Because We Care
Carers Voice will be hosting an Open Session on

Monday 5th December

11am – 1pm, C Gate.

To share with people the provisions on the new Carers (Scotland) Act 2016. You will also have the opportunity to make comment on the new Carers Strategy for Dundee and of course catch up with other carers over lunch.

We will look forward to seeing you all and if you want to come please contact reception on 01382 200422 or email centre@dundeecarescentre.org.uk

Carers Voice will continue to seek new members and to increase the diversity of carers represented by the group. You don’t need to be a political activist or confident speaker to get involved, just someone who knows what it is like to be a carer and has the desire to get involved. We will cover your travel expenses and help to make it as easy as possible for you to come along to get stuck in.

If you want to find out more about Carers Voice and how you can get involved, just contact Lucinda on 01382 200422.
Arts & Crafts Group

For the foreseeable future, the Arts & Crafts group will be held weekly on a Monday afternoon between 2pm – 4pm in the group space on the first floor. Please feel free to drop in and see the carers at work on Xmas products.

Dundee Carers Centre runs a number of events, training and group activities for unpaid carers and disabled people who access the centre. If you would like a copy please speak to your support worker or download from our website.

Adult Support Team

The adult support team provide support to carers in a range of different ways and places. As individual workers we have a wide range of backgrounds, qualifications and experience. This includes in Local Authority Social Work departments, Community Education, the voluntary sector, NHS, GP’s surgeries, and also as carers ourselves.

Ideally we meet people when they first start ‘caring’ and we can signpost and support you to enable you to be as resilient, informed and active as possible. In reality we often meet people when they are approaching the end of their tether, when their emotional and mental resources have run dry, they are physically exhausted and the urge to run away can be very powerful! If that sounds familiar then you are not alone.

We work with Carers individually or in groups. The groups are a mixture of fun and information and learning, but a large part of each group is the peer support you get from other carers who know how tough it can be to be a carer. Currently we have groups for walking, photography, stress management, art and crafts, a general coffee morning and specific groups for the Minority Ethnic communities in Dundee and for carers who support someone with an addiction.

We also provide personal 1:1 support for people, often just having coffee and blether to help lighten the load. We can also accompany carers to meetings with professionals to ensure you get active participation, or signpost on to more focussed support.

If that sounds useful then do get in touch, we would love to hear from you. Call 01382 200422 and ask to speak with the adult support team.

Digital Newsletter

To receive this newsletter electronically, email us at communications@dundeecarerscentre.org.uk

Annual General Meeting 2015/16

Our Annual General Meeting took place on Tuesday 13th September 2016.

To download a copy of our Annual Report visit our website or pop into reception.
The BIG Fundraising Week

The BIG Fundraising Week took place between 20th - 27th August 2016. We had our annual Abseil, our first ever Grand Prix evening and also our Family Coffee Morning.

We’d like to take the opportunity to say a massive thank you to every single one of you that turned up to an event or took part in any event and helped make our events successful, whether you purchased a raffle ticket or took the plunge at the Abseil.

**BIG THANK YOU** to everyone who helped out during the community fundraising week!

**Our Total: £4,060.67!**

<table>
<thead>
<tr>
<th>Breakdown of events:</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abseil</td>
<td>£2226.14</td>
</tr>
<tr>
<td>Grand Prix</td>
<td>£752.70</td>
</tr>
<tr>
<td>Coffee Morning</td>
<td>£1081.83</td>
</tr>
</tbody>
</table>

PAGE4
Each year Carers Rights Day aims to bring organisations across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to.

We will be holding an event for carers and disabled people in the C Gate premises, covering the following:

- **An update of Devolved Social Security Powers**
  Topics include Health and disability benefits, Carers Allowance, Sure Start Maternity Grants, Funeral Payments, Winter Fuel and Cold Weather Payments, Discretionary Housing Payments and some powers in relation to Universal Credit.

- **Planning Your Future - The Six Legal Must Do’s**
  This informative talk covers important subjects like Power of Attorney, Guardianship, Advance Directive, Wills, Care Home Costs, Trusts and Legal Aid in a straightforward and sensitive way.

**Registration at 9.45am**
Seagate House, 132-134 Seagate, Dundee DD1 2HB

A light lunch will be provided.

To book a place please call 01382 200422 or email centre@dundeecarerscentre.org.uk

---

We have secured funding to recruit volunteers and work in partnership with DHLI to deliver REHIS cooking workshops. The aim is that the successful candidates can then deliver the training to groups within the Centre. This opportunity would allow you to enhance your employability and confidence for future training opportunities.

Course available as follows:

**REHIS Food & Health**
Tuesday 22 November & Tuesday 29 November 2016
9.45am – 1.15pm
C Gate, Dundee Carers Centre

If you’re interested or would like further information on the above course, please contact;
Vickie Carnegie on 01382 200422 or email vickie.carnegie@dundeecarerscentre.org.uk

---

Keep your eyes peeled when you’re out and about for the “Dundee Carers Centre Taxi”. The taxi will help us promote the centre and we think it looks fantastic.

---

**Dundee Carers Taxi**

---
Community Events and Galas

Over the summer months we have attended various community events, battling all the good old Scottish weather could throw at us, but still managed to raise awareness of the Centre and the work that we do!

We raffled off our ‘Care Bear’ over the summer asking people to guess his/her date of birth. The now proud owner of ‘Care Bear’ is little Hollie. Congratulations to her mum, Laura Sutherland who guessed the correct date of 28 August 2015.

We’ll be back attending events next year so we will keep you posted with dates and activities!

Getting it Right for Young Carers

Young Carers and Young Adult Carers recently took part in an Engagement Meeting with senior staff from the new Children & Families Service of Dundee City Council.

Over the next few months young carers at the centre will be working with Children & Families staff to review the Young Carers Policy for schools. This will be relaunched in 2017, supported by posters and leaflets for the schools which will be designed by Young Carers and Young Adult Carers.

In addition young carers will have the opportunity to support the development of lesson materials to raise awareness of young carers in schools.

If you would like to find out more about this group and how to get involved contact Katy or Maxine.

Tay Bridge Sponsored Walk

Dundee Carers Centre has been lucky enough to be chosen by St Paul’s pupils as their chosen charity this year. The money raised will go to support young carers groups and services. There are a range of fundraising events planned throughout the year, but it was kicked off by a sponsored walk across the Tay Bridge on Saturday 1st October.

Thank you St Paul’s Academy for your support.
Do you want to gain a nationally recognised qualification, based on your own learning, volunteering or work experience?

Are taking part in a new pilot for a new qualification, Adult Achievement Awards. The Awards are FREE, NO entry requirements, YOU will receive FULL support. You must be 16 or over and a carer or volunteer with the Centre.

For more information contact Sarah Clark on 01382 200422 or email sarah.clark@dundeecarerscentre.org.uk

Scottish Charity Number SC024115. Company Number SC160754.

Dundee Carers Centre is now a ‘Safe Place’

On Wednesday 1st September 2016, Dundee Carers Centre was officially deemed a ‘Safe Place’ in Dundee with a presentation by Advocating Together and Police Scotland, as part of the Keep Safe initiative.

Keep Safe is an initiative developed in partnership with Police Scotland, Advocating Together and I Am Me Scotland to help older, disabled and vulnerable people feel safe within their community. People who are vulnerable because of learning disabilities, physical disabilities, sensory impairment or mental health problems have the right to feel safe when they are out in the community.

To find out more about Keep Safe in Dundee or to get a Keep Safe card please visit www.advocating-together.org.uk

Scottish Charity Number : SC024115 Company Number: SC160754

WHAT’S ON Guide

Dundee Carers Centre runs a number of events, training and group activities for unpaid carers and disabled people who access the centre. If you would like a copy please speak to your support worker or download from our website.

www.dundeecarerscentre.org.uk/whats-on

If you would like a copy of the What’s On Guide posted to you, please call the office on 01382 200422.

Festive Opening Hours

Centre will be closed from Friday 23 December 2016, reopening Thursday 5th January 2017.
Ardler Village Trust Drop-in

We are now part of a drop-in at Ardler Village Trust. If you look after a friend or family member and would like any information, why not come along? We can provide information on subjects such as Short breaks, Individual & group support, Carer and Disability benefits and Direct Payments.

The drop-in will run on the first Wednesday of the month at Ardler Village Trust, 95 Turnberry Avenue, Dundee.

Christmas Lunch
at the Invercarse Hotel

Friday 9th December 2016

Arrive 12.15pm for 12.30pm Lunch
Finish 3.30pm
Cost – £15 per person

Entertainment by The Music Man

I/We would like to book for the Christmas Lunch
Name(s) _________________________________
Address ___________________________________
Postcode _______ Tel ____________

As spaces are limited, priority will be given to those who are currently caring for someone. Please state the person you care for;

I consent to any photos being taken on the day for use in any publications. Yes / No

Please pay in advance, cash or cheque payable to DCICA and return to Dundee Carers Centre, FREEPOST SCO 5751, DD1 9XE

The Carers Clan Tartan

We have a small range of products available in our own unique Carers Clan Tartan, which would make ideal gifts for St Andrews Day or Christmas. Many of the products have been hand-produced by carers from our weekly textiles group. Please come in and grab a bargain today!

Visit the C Gate, 132-134 Seagate, Dundee DD1 2HB or call 01382 200422.

Compact mirrors £3.50
Hair scrunchy £3.50
Teddy £8/£6
Scarf £10
Brooches £5/£9
Bow tie £10
Gents neck tie £13
Tartan tammy £16

Making Donations

Our services are free, but carers often ask how they can make donations. If you would like to make a donation, please send cheques made payable to DCICA, or go to justgiving.com/DCICA/donate.

Disclaimer: The views expressed in Dundee Carers News do not necessarily reflect those of Dundee Carers Centre.

Dundee Carers News is printed on paper from environmentally managed forests, when you have finished with your copy, please pass it on to someone else or recycle it. If you would prefer an audio version of the Digest, please contact the Centre and we will send you a CD. You can also download a large print version from our website www.dundeecarerscentre.org.uk

If you would prefer to have Dundee Carers News emailed to you, email us at centre@dundeecarerscentre.org.uk

We are a Registered Charity, Scottish Charity Number SC024115, Company Number SC160754.

Thanks to all our other supporters