



# TOGETHER

Issue 5

Spring Edition

## Welcome to the Angus Third Sector Collaborative Spring Magazine

**The Third Sector Collaborative is a group of Third Sector organisations, large and small who meet to discuss joint issues for services and clients and support the development of each others roles in the voluntary sector**

## Monifieth Befriending Scheme



It has been announced recently, that Monifieth Befriending Scheme has been awarded £150,000 over 5 years (£30,000 per year) from the Big Lottery Fund.

We have also recently received one year funding of £5000 from the Lloyds TSB Foundation too!

We will still have to access some funding from other sources to ensure we have enough money to run our scheme but this funding



A suicide prevention and awareness concert by Danny Lavery and Friends, raised £3,200 for five Angus suicide prevention charities.

Representatives from five Angus charities linked to suicide prevention were on hand to each receive a cheque for £640 from the Suicide Prevention Collaborative. The money will help them support those affected by suicide.



In the photo; Danny, Councillor Glennis Middleton representatives from Dundee Samaritans, Reach Across, Insight Counselling and Penumbra

## Angus Self Directed Support Service including Option 1 (Direct Payments)

This service provides independent information, advice and support for people living in Angus who want to know more about SDS and the 4 Options. We also support people who choose Option 1 (Direct Payments) to employ their own Personal Assistants or use a variety of different services and agencies.

The team consists of an SDS Broker and an Option 1 (Direct Payments) Advisor who are happy to speak to people or meet with them to discuss their individual situation and how they would like their support to be.

Please get in touch with the service directly by calling us on 01382 200422 or emailing [sds@dundeecarerscentre.org.uk](mailto:sds@dundeecarerscentre.org.uk)

We also have a monthly Drop-In at Angus Carers every second Thursday of the month from 1.30-3.30pm.

Next dates are:- 13th April, 11th May, 13th July, 10th August

If you would like to come along to the Drop-In, please contact Barbara to book an appointment on 01382 200422.

## Young Carers Development Worker, Full-Time, £23,697 - £26,235 per annum

The Angus Carers Centre is looking to recruit a full-time Young Carers Development Worker. Based in Arbroath, the post is full-time (35 hours a week) and is currently funded until 31.3.18. To find out more about this post, visit the Job Vacancies page on the Angus Carers' website,

[www.anguscarers.org.uk](http://www.anguscarers.org.uk).

The closing date for applications is 12 noon on Monday 24th April 2017





Angus Women's Aid was formed in 1978 at least that is when we think it was formed. In common with many community groups that are set up to meet a local need we were too busy supporting women who had experienced domestic abuse to take the time to sit down and write our history. So we think that AWA was born in 1978, we have clear paper evidence of this.

AWA was formed, just as many other voluntary organisations were, by a small group of local people identifying an issue for their community and wanting to do something about it. In our case it was a few amazing women who said that no woman should be forced to live with an abusive partner and they opened their own doors to women fleeing domestic abuse. They gave of their time, and often their own money, to support other women.

Today Angus Women's Aid offers a free confidential service to women, children and young people who have been affected by domestic abuse.

What is domestic abuse – it is abuse by a current or former partner. This can be physical, sexual, emotional, financial or psychological. Domestic abuse is more than physical assaults and happens right across society and right across leafy Angus. Although our office is in Arbroath we cover the whole of Angus – all 2200 square kilometres.

Angus Women's Aid only offers support to women, children and young people. We offer a support service to boys up to the age of 18 as we adopt the UN definition of the child.

We have grown in the almost 40 years we have been supporting women and children in Angus and at present we have 12 posts, although not all are full time. We are an all women staff team as we work to the feminist ethos of women helping women. Our services are open to any woman, child or young person living in Angus.

Our referrals come from a variety of agencies, statutory and voluntary and self-referrals. We work to a 3 stage trauma model from a person centred perspective.

### So what do we actually do?

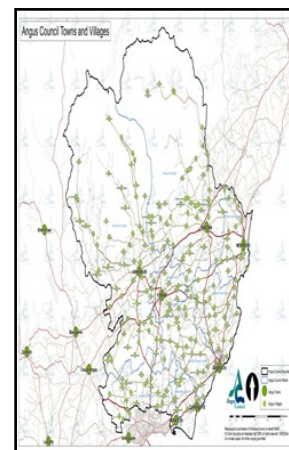
Angus Women's Aid has 3 services; MIA service, women's service (refuge and outreach) and CYP service. When most people think of Women's Aid they automatically think of Refuge but this is only a fraction of what we do.

**Our Women's Service** provides emotional and practical support to women aged 18 and over across Angus. **Our Refuge Service** provides safe accommodation for women, children and young people fleeing an abusive relationship. Refuge provides women with a safe space to evaluate their options and think about the future. While living in refuge women are supported to make housing applications, apply for benefits, register with a GP and dentist locally, register children at a new school etc. Every woman, child or young person will have an allocated worker and an individualised support plan. The refuge is protected by CCTV cameras and is completely secure. Women can access refuge for longer term accommodation until they find permanent accommodation or for just a few days as thinking space. Emotional support focusses on building confidence, self-esteem and moving on from the abusive relationship.

Our Outreach Service supports women in their local community regardless if they are still with their partner or not. A key worker will meet with a woman in a public place such as doctor's surgeries, Access Office, Social Work Office etc. The key worker will offer a 13 session support plan which will cover issues such as understanding domestic abuse, healthy and unhealthy relationships, support and safety planning, confidence and self-esteem. Practical support can include attending appointments or meetings with a woman, making enquiries with housing, welfare rights, health professionals etc. The support offered is person centred and based on the woman's priorities and can be extended beyond the 13 sessions if required. We also run groups for women who have experienced domestic abuse.

The Independent Domestic Abuse Advocate (IDAA) service processes all new referrals to Angus Women's Aid. This involves listening to and believing women's stories, assessing the level of risk she is facing and deciding what service would suit her needs best. The IDAA role is to determine a woman's immediate safety and discuss basic safety planning. If a woman and/or her children are at serious risk of harm then refuge may need to be discussed as an option. If a woman wants to access refuge then a discussion with the manager will be held immediately. If there is no refuge space available locally the IDAA would check where there would be refuge space available nationally.

During safety planning discussions the IDAA will ask the woman about her personal safety and assess if any medical treatment is required and if it is safe for her to talk when called, the security of her home would also be discussed and the IDAA may make calls to housing to enquire about additional safety measures being put in place. The IDAA offers short to medium term support and if longer term support is required options will be discussed with the woman.



**Women's Service**

MIA Service

Refuge

Outreach Support





The MIA (MARAC Independent Advocate) service works with women who are recognised as being at high risk of serious physical harm or death. At present referrals to the MIA service are restricted to police only. This is a short crisis intervention service focussed entirely on the safety of women and her children. The MIA will represent women at Multi Agency Risk Assessment Conference (MARAC) where the aim is to draft a multi-agency safety plan. The MIA is at the MARAC to be the woman's voice and explain the woman's concerns to representatives from Housing, Health, Social Work, Police, Women's Aid, Education and any other relevant service a woman is getting support from.



After MARAC the MIA will contact the woman and let her know what happened and how services have agreed to help reduce the risks to the woman, if that is what the woman wants. The MIA will also support the woman to access other services to find out additional things she needs to know or if she wants further support services. The MIA is a strictly short term support service and the involvement will end shortly after the MARAC as other agencies should then be involved carrying out their agreed actions from the meeting. If a woman wants to access longer term support the MIA will ensure she has all the information she needs to make an informed choice.

Our CYP Service is called AWARE. This came from a 15 year old boy who was living in refuge with his mum and younger brother. He said that when his mum has told him that they would be living in refuge for a while he was perfectly okay with that but he didn't see what "Women's Aid" could offer him. He said the name put him off. So we asked other CYP what they thought and some agreed that the name "Women's Aid" would put them off talking to us and some weren't sure. We had a group of young people come together and they chose the name AWARE and also drew the logo.



AWARE empowers children and young people across Angus to explore their options and make safe choices. AWARE works with children and young people, both boys and girls, under the age of 18, living in the Angus area who have experienced or are still experiencing domestic abuse, either at home or in their own relationships. We are a free confidential service who will believe, listen and respect children and young people's choices.

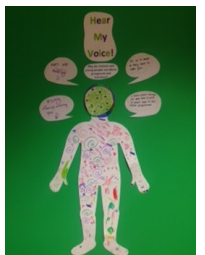
While empowering children and young people to explore their options and to make safe choices, we provide 1:1 support and group work which includes a number of activities including **Safety Hands, Angry Volcanos, Is this A Health Relationship** and **Dream Catchers**.



We also attend local community groups, planning and facilitating a number of issue focused activities identified by the group including **Know My Rights, What Is Consent, Gender Stereotyping** and **Confidence**. If 1:1 support isn't what the children or young people want from our service then our **Hear My Voice Group** and **Young Experts Group** may be for them. The **Hear My Voice Group** allows us to take part in lots of social and issue focused activities that the children and young people plan themselves including playing bingo which allows us to win prizes while improving our numeracy skills. The **Young Experts Group** allows children and young people experiencing domestic abuse in Angus to have a voice and to be heard. The YEG have huge plans about how they are going to change the world and our role is to support them to do this.



Participation is at the heart of all our work with CYP. We actively promote Children's Rights and facilitate children and young people's voices to be heard locally and nationally. locally through the children and young people's groups and **Hear My Voice Quote Wall**, which allows children and young people to have a voice and to practice in Angus, also being part of the national participation report, **Ears Wide Open**, which was inspired by the space themed participation work carried out by the workers and children and young people, here at Angus Women's Aid.



Workers also get to go back to school to inform and raise awareness with both teachers and pupils, we get to go to pre-school and primary school to learn what fun things we can do with our hands, feet and words, as **hands are not for hitting, feet are not for kicking** and **words are not for hurting!** In secondary school we inform young people on **healthy relationships, consent** and **image sharing**



Most importantly as workers we **listened** to and **respected** the children and young people of Angus, as we believe they have **the right to be safe not scared**.

## Are you Warm & Well?

### Home visiting service from Angus CAB.

Warm & Well Angus is a home visiting general advice service for older and/or ill or disabled people who cannot access any of our 3 offices owing to health or transport difficulties.

In addition to a general advice service, Warm & Well Angus have a specialist fuel worker who can help people to reduce their expenditure by assisting on matters such as selecting energy tariffs, interpreting energy bills, setting heating controls and ways to use less electricity. We also link in with other energy organisations to access schemes and grants for improving energy efficiency of homes.

Warm & Well Angus is offering free group sessions to explore changing energy tariffs, ways to save on electricity in the home and smart meters. These sessions last for upto 1 hour and are available to local organisations for their staff and client groups. If you are interested in these sessions please contact Louise/Elizabeth on 01241 870661 ext 234.

A home visit can be requested via any existing services the client uses (e.g. NHS, befriender, home help). Referrals can be made to Warm & Well Angus by contacting Elizabeth on 01241 870661 who will complete the referral form over the phone, or can email a copy of the referral form to you for completion.

### Lip Reading Classes in Angus – a Survey

Do you have difficulty following conversation? Do you have difficulty following conversation even with hearing aids in? Lip reading is an age old technique where you “listen” to a speaker by watching the speaker’s face to figure out their speech patterns, facial movements, gestures and expressions. Without a doubt, communication is part of human contact and essential for quality of life. Lip reading uses vision to assist with listening and helps avoid the frustrations that accompany hearing loss.

Deaf Links is a well-established charity working across Tayside and has successfully run lip reading classes in Dundee. Deaf Links intends to bring these unique services to Angus in partnership with Angus See Hear Working Group and needs your help in to trying to gauge the demand for lip-reading classes in the Angus towns.

The lip-reading classes are run by a qualified and experienced tutor who will guide deaf and hard of hearing people through two hour sessions that will improve their communication skills and boost self-confidence. People with hearing loss can begin to isolate themselves from long-time friends avoid the social situations that they used to enjoy. People soon become passive observers of life instead of active participants. Sadly too, the difficulties of hearing loss can cause some people to give up work before they really want to.

Angus residents already travel to Dundee to attend lip-reading classes and people with hearing loss from any age group should consider this practical communication technique. It makes good sense to have classes nearer to where people live and work.

Deaf Links and Angus See Hear Working Group are keen to extend lip-reading classes into Angus and anyone who would like further information should contact Health Advocacy Worker Michelle Donoghue at [michelle@deaflinks.org.uk](mailto:michelle@deaflinks.org.uk). Alternatively a message for Michelle can be left by telephoning 01382 201077 or texting 07745347567.

The initial interest readers express does not commit them to anything other than getting more information about possible classes. Family members and friends of people with hearing loss can also express and interest on someone else’s behalf.

#### Working in Partnership

Tax Help for Older People is a totally independent service offering a fully professional and confidential service to all of its clients.

We work closely with other voluntary and statutory bodies and organisations working for older people’s well-being, such as Age UK, CABs and Tax Aid.

We are funded through a range of sources including the tax sector, corporate sponsorship and donations from the public. We are also supported by HMRC in furtherance of their aim to help the most vulnerable with their tax affairs.

#### Support our work

If you would like to make a donation to support the work of Tax Help for Older People then simply send your donation to our Pineapple Business Park address or go to our website.

When donating please remember if you are a UK tax payer your money will go further if you Gift Aid it. This is a great way to add 25% to the value of your gift without costing you a penny more.

Speak to us if you are unsure.

#### TAX HELP

Tax Help for Older People  
Pineapple Business Park, Sabey Ash, Bridport, Dorset DT6 5DB

Tel: 0845 601 3321\* or 01308 488066

\*Calls to our helpline are free from landline and mobile phones.

Email: [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk) Website: [www.taxvol.org.uk](http://www.taxvol.org.uk)

Tax Help for Older People is a service provided by the Charity Tax Volunteers for older people

on a lower income. Tax Volunteers, a company limited by guarantee No. 4284621

Registered with the Charity Commission for England & Wales No. 1102376

Registered in Scotland No. SC045119

Registered Office: Artillery House, Artillery Row, London SW1P 1RT

This notice is printed on 100% recycled paper to help reduce our impact on the environment.

## TAX HELP

For older people

Tax Help for Older People provides FREE help and advice to older people with tax problems.

TAX HELP



# Manifesto for Carers in Scotland



National Carer Organisations



1 in 6 of Scotland's population is an unpaid carer. CARERS HAVE VOTES.

We are calling on all candidates in the local council elections to agree to:

- **Protect funding for carer support & ensure there are adequate resources to implement the Carers Act**
- **Increase efforts to improve short breaks provision**
- **Promote better, preventative support for carers of all ages**
- **Improve financial support for carers**
- **Support carers in and into employment**

### **Protect funding for carer support & ensure there are adequate resources to implement the Carers Act**

The Carers Act will provide carers with new rights and entitlements, including the right to support, based on eligibility criteria. It is essential that the Act has a strong financial footing and that sufficient resources are available to fully implement the new duties. Councils will need to invest both new and existing resources in carer support, building on and expanding the carer support that already exists in their area.

**We call on all candidates to:**

- **Protect and resource local carer support services to manage the increasing demands on their services.**
- **Ensure that resources provided to implement the Carers Act are used for that purpose and are in addition to the current local investment in carer support.**

Carers contribute

**£10.8bn**

**of unpaid care in Scotland each year**

The number of adults in need of care is expected to increase

**30%**

**by 2026 as our population ages**

Investing in support for carers now will mean they can continue in their caring role, protecting the health of the people they care for and securing the longevity of our social care system.

Please remember the magazine is published every quarter, if you have any good news stories or information you would like to share get in touch with myself on;

[hayley@voluntaryactionangus.org.uk](mailto:hayley@voluntaryactionangus.org.uk)

### Increase efforts to improve short breaks provision

Providing short break opportunities for carers and cared-for people is vital to sustaining the caring relationship and the health and well-being of carers. However government data and other research shows the availability and choice of short breaks across Scotland varies considerably, and there is growing evidence of significant cuts to existing levels of service provision.

#### We call on all candidates to:

- Ensure that short breaks provision is effective, properly resourced and is meeting the needs of carers and those they care for.
- Ensure that carers are fully engaged in deciding the future shape and direction of short break provision in their local area.

### Promote better, preventative support for carers of all ages

Early support for carers, including access to regular breaks, enables people to balance their caring responsibilities with other commitments and life goals. It also makes economic sense, as it is an effective way to sustain the caring role and ensure people do not reach breaking point.

#### We call on all candidates to:

- Adequately fund your local carer support organisations to cope with increasing demands.

### Improve financial support for carers

Caring significantly affects carers' finances. A third of carers are struggling to pay utility bills, 47% have been in debt and half are struggling to make ends meet, cutting back on food and heating as a result. This impact on finances can also carry on long after the caring role has ended, as the gap between carers' income and outgoings frequently results in a rapid loss of savings and an inability to contribute to a private pension.

#### We call on all candidates to:

- Extend concessionary travel to carers in your area.
- Explore the availability of energy efficiency and energy schemes to carers in your area.
- Ensure that money advice and information services are available to enable carers to maximise their income.

### Support carers in and into employment

More than half of carers of working age combine paid employment with caring, but it can often be difficult to juggle these responsibilities. Many carers find that their career and promotion opportunities are affected, that they have to reduce hours or give up work all together.

Carers who have given up work to care also find it difficult to return to the workplace. Almost a third of carers have been out of the workplace for 10 years or more. A quarter of carers not currently in work say they would like to return to work and almost two thirds would like to when their caring role has ended.

#### We call on all candidates to:

- Ensure your council is a Carer Positive employer and applies for accreditation.
- Work with local employers and suppliers to encourage them to become Carer Positive employers.
- Incorporate specific and measurable actions for families with a disabled child into the Childcare Strategy in your area.
- Consider developing a dedicated employability programme for carers in your area.

### About the National Carer Organisations

The National Carer Organisations are brought together by a shared vision that all Scotland's unpaid carers will be valued, included and supported as equal partners in the provision of care and will be able to enjoy a life outside of caring.

They are Carers Scotland, the Coalition of Carers in Scotland, Minority Ethnic Carers of People Project (MECOPP), Carers Trust Scotland, the Scottish Young Carers Services Alliance, Crossroads Caring Scotland and Shared Care Scotland.

#### Contacts:

For further information or to discuss the Manifesto for Carers, please contact:

**Fiona Collie**  
Carers Scotland  
fiona.collie@carerscotland.org

**Claire Cairns**  
Coalition of Carers in Scotland  
coalition@carersnet.org

**Heather Noller**  
Carers Trust Scotland  
hnoller@carers.org

**Suzanne Munday**  
MECOPP  
suzanne@mecopp.org.uk

**Kate Hogarth**  
Shared Care Scotland  
kate.hogarth@sharedcare.scotland.com



National Carer  
Organisations

This Publication is made in partnership by Voluntary Action Angus, the Third Sector Collaborative and the Local Authority. It is also created and published with support of volunteers.

The views and opinions in this magazine are not expressed by any of the staff or volunteers that were involved in its creation.

Voluntary Action Angus is a Company limited by guarantee—Registered in Scotland No 248473  
Registered Office: 32-34 Guthrie Port, Arbroath, DD11 1RN—Registered Scottish Charity No 032830