

Winter 2023

Kinship News

Welcome once again to Dundee City Council Kinship Team's newsletter.

Reminder about our Group

We continue to host an informal group that all kinship carers are welcome to attend. The group has a temporary venue of Coldsides Library (150 Strathmartine Road, Dundee, DD3 7SE) from **9.30am on Thursdays during term-time**. The library is easily accessible by many of the Dundee buses.

This is a friendly group where you can feel free to pop in, as and when you want to. This could be for a chat and a coffee with other carers who are in a similar situation or to speak to a worker to get some advice. We sometimes also have people giving talks on relevant issues for kinship carers. We look forward to meeting you at the group! Please note: If you do not have any childcare, pre-school children can come to the group with you.

Dundee & Angus ADHD Support Groups

Dundee and Angus ADHD Support Group's aim is to provide services to support and empower children, young people and parents/carers suffering from, or affected by, the medical condition known as Attention Deficit Hyperactivity Disorder (ADHD). They offer a range of different supports including youth groups—with a variety of activities such as arts and sports areas and gaming consoles. The service also offers parenting support groups and family support in the home. The supports can include: information and advice; advocacy; moral support; and strategies to respond and cope with challenging times, behaviours or emotions. Support can also be given to families who are waiting for assessment with the neurodevelopmental team with CAMHS.

If you think you would benefit from this kind of support, please complete the online referral form at: www.adhddasupport.org or you can contact the Kinship Team's duty line and a worker can complete the referral for you. There is also a Facebook page: Dundee & Angus ADHD Support Group or you can phone (01382) 456873.



Useful Telephone Numbers

Dundee Carers Centre

01382 200422

Kinship Care Advice Service for Scotland

0808 800 0006

Parentline Scotland

08000 28 22 33

Kith N Kin

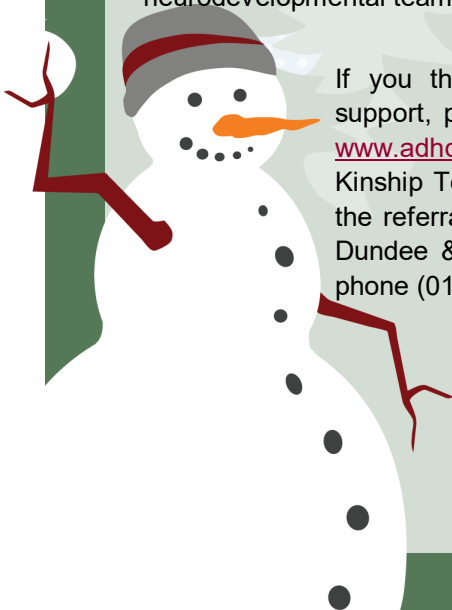
07983 081 007

Citizens Advice Bureau

01382 214633

Dundee City Council Welfare Rights

01382 431188



Dundee & Angus Carers Centres

Dundee and Angus Carers Centres aim to improve the lives of unpaid carers and the people they care for. If you, or someone you know, is looking after someone in an unpaid caring role, you could be entitled to support from the local Carer's Centre. This includes people who care for family members or friends. The person they care for can be an adult or a child and could be elderly or have a physical or learning disability, a mental illness, drug or alcohol dependency or be living with a critical/chronic illness.

Both children (young carers) and adults could be eligible for support if they have an unpaid caring role—and the support they receive will be suited to their individual needs. The support on offer could be: support groups; individual support with emotional or practical issues; short breaks; counselling; social events; learning and training opportunities to gain nationally recognised qualifications (online and in person) and Self-directed Support. The main aims of the support is to increase the carer's ability to cope in their caring role and improve their health and well-being, as well as reduce social isolation.

If you live in Dundee, you can refer yourself or someone else via the website www.dundeeacarerscentre.org or phone (01382) 200422. The office address is Seagate House, 132-134 Seagate, Dundee, DD1 2HB – opposite the bus station. If you live in Angus, please use the website www.anguscarers.org.uk or phone (01241) 439157. The office address is 8 Grant Road, Arbroath, DD11 1JN - opposite Morrison's supermarket. There are also Facebook pages for the centres. You can also contact the Kinship Team's duty line for advice and a worker can complete the referral for you.



Kinship Christmas Cinema

The Kinship Team are holding a Kinship Christmas Cinema night. We will be having a special showing of The Grinch (2018) on **Thursday 14 December at 5pm—7pm**. This will be at Ardler Community Centre in their cinema room (Ardler Complex, Turnberry Avenue, Dundee, DD2 3PT). This is for all Kinship Care families. Spaces for this event are very limited, so please contact our team (details to the right) to book your slot as tickets will be allocated on a first-come first-served basis.

There is also a café located within the community centre, which will be open from 3.30pm—5.30pm on the above date. Meals are £1 and children eat for free with a Young Scot Card.

Festive Activities

There are lots of different festive events happening around Dundee this season.

This includes many free events taking place in the city centre. For more details, and to book your slot with Santa himself, please visit the website:

<https://dundee.com/christmas-dundee-2023>



From everyone in the Kinship Team.

Dundee City Council Kinship Team

Email:

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Phone: (01382) 433646

Facebook page: search for "Kinship Carers Dundee". This is a private group and you will be added after answering some basic security questions.