

Issue date - Wednesday 30 July 2020

Contents

Face Covering Information (Page 2)

Young Carer Festival and Resources (Page 3)

Everyday Packs for Elderly (Page 4)

Jobs at Dundee Carers Centre (Page 5)

App for Carers (Page 7)

Dundee Cyclathon Challenge 2020 (Page 7)

Maryfield Online Carer Support (Page 8)

Domestic Violence Line (Page 9)



Face Covering Information

You must wear a face covering when going shopping or using public transport in Scotland.



Face coverings can be cloths that covers your mouth and nose, religious coverings and visors.

You can find out more about the new laws here.

The video can be watched [here](#).



People do not need to wear a face coverings if

- They have a disability or health condition that means they cannot wear one
- A covering will cause them severe distress or anxiety
- They need to communicate with someone who relies on lip reading

- They have a reasonable need to eat, drink or take medicine.

More information at

www.disabilityequality.scot/face-covering



Assistant Chief Constable Gary Ritchie said this message for disability communities and organisations.

Young Carer Festival and Resources



Scottish Young Carers Festival – Best of the Fest
2020

Young carers can participate in workshops and activities online to take a break from their roles from the **5th to 7th of August 2020.**

Register at www.carers.org/scottish-young-carers-festival/best-of-the-fest-

Resources

The First Minister, Nicola Sturgeon encourages young people with caring responsibilities to apply for the Young Carers Package.

You can view the video [here](#).

The package has resources and perks for young people. More information and how to apply can be found here.



Everyday Packs for Elderly

Each pack will contain 1 small bottle of hand sanitiser and 1 re-useable washable face mask or 5 disposable masks.

Packs are a helping hand until you are can get more supplies.

The packs are for you, if you

- Are aged 55 or over
- Are socially isolated and
- D not have access to internet



To make a referral or self-referral please contact

Shirley on skyles@number10.org or

Georgie-Ann on **01382 305721** (from 10am to 1pm only)

Dial OP can also be contacted on **01382 305757**



Jobs at Dundee Carers Centre

The closing date for applications is **noon Monday 17th August 2020.**

More information on the two following jobs can be found [here](#).

Development Worker - 16 hours per week

This job has responsibility for developing our support for carers of people with substance dependencies.

This will include providing one to one support to carers and developing support to our Lifeline and Access to Lifeline Groups.

Self-directed Support Advisor (Angus) - 28 hours per week

This job is to empower people to have genuine choice and control over the way in which they lead their lives, ensuring that they get advice,

information and support to allow them to buy their own care and support in Angus.



App for Carers

Are you looking after someone?

Jointly app can help make caring a little easier and less stressful. Sign up [here](#).



Dundee Cyclathon Challenge 2020

Be a local hero.

Take the Cyclathon Challenge and raise money for STV Children's Appeal from 3rd to 9th August 2020

Sign up [here](#).



Maryfield Online Support

Do you help look after a family member or friend?

Do you live in Maryfield?

Would you like to find out what support is available to you in your area?

If yes, then contact us Dundee Carers Centre on 01382 200422 or email maryfield@dundecarerscentre.org.uk to arrange a 15 minutes one to one video chat with one of the workers.



Am I a carer?

A 'carer' is an individual who provides or intends to provide unpaid care for another individual.

A carer could be caring for someone of any age, with a physical or learning disability, elderly, mental illness, drug or alcohol dependency or who is living with cancer or any other critical or chronic illness.



Domestic Violence Line

Dundee Out of Hours Domestic Violence Line

Call **07821 865661**

Opening times are:

Friday 5pm to 9pm

Sunday 9am to 2pm

Saturday 9am to 2pm

Monday 5pm to 9pm



We understand it can be difficult to pick up the phone but one of our experienced practitioners is here to support you.

Copyright © 2020 Carers Of Dundee. All Rights Reserved. Carers Of Dundee is managed by Dundee Carers Centre on behalf of the Dundee Health and Social Care Partnership.

Charity no. SC024115. Company no. SC160754. www.carersofdundee.org