age Scotland
Love later life

Community Connecting

Contact the Elderly

Supported by a network of volunteers, the charity organises monthly Sunday afternoon tea parties for small groups of older people, aged 75 and over, who live alone.

Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

Their tea parties are a real lifeline of friendship for older guests who have little or no contact with family or friends. They bring people of all ages together, develop fulfilling friendships and support networks, and give everyone involved something to look forward to each month.

For more information, please contact Denise Robson on **01542 285 010** or email: denise.robson@contact-the-elderly.org.uk

University of the Third Age (U3A)

U3A is about learning, laughing and living! It gives you the chance to enjoy the things you have always wanted to do and to make new friends. All U3As are members of the Third Age Trust which is their national support and advisory body in the UK. Opportunities are provided for members to share learning experiences in a wide range of interest groups and to pursue learning for fun, not for qualifications. It's all voluntary; a typical U3A will be home to many activity groups covering hundreds of different subjects - from art to zoology and everything in between. For more information about U3A, visit their website: www.u3a.org.uk

Abroath U3A

Abroath U3A host monthly meetings in the Scout Headquarters on Keptie Road, usually on weekday afternoons. They have regular guest speakers and then have a coffee or tea and a catch up with friends. Seasonal activities are often included.

For more information, please contact Alison Bruce via their website: www.u3asites.org.uk/arbroath

Forfar and District U3A

Forfar and District U3A general meetings are held in the Guide Hall, The Myre, Forfar on the second Wednesday of every month, apart from July and August. Members can enjoy a cuppa and a chat along with speakers on various interesting topics.

For more information, please contact Brenda Ivey via their website: www.u3asites.org.uk/forfar

Monifieth Befrienders

Monifieth Befrienders has been running successfully since 2000, providing a growing befriending service to socially isolated older people, bereaved people of any age and people in care homes.

Their trained volunteers provide one-to-one quality time with the person that is often not otherwise available. Their organisation also holds regular social events throughout the year allowing our friends and volunteers to meet up and enjoy social activities together.

For more information, please contact Lindsay on **01382 760 142** or email: monifiethbefriending@gmail.com

Forfar Open Garden

This therapeutic garden has been developed by local gardeners banded together into the charity, Forfar Open Garden Scheme. The quarter acre garden caters for people of all abilities and provides sessions of horticulture therapy in an informal setting. The garden strives for a balance of ornamental, sensory and seasonal productive plants. The garden houses a large greenhouse, polytunnel and a meeting room where the gardeners can mix socially. The garden is based at 36 Lochside Road, Forfar, Angus, DD8 3JD and is open Monday and Wednesday 10am-6.30pm and Friday 10am-5pm.

For further information, please contact Ruth Nay (Garden Coordinator) on **07796 627 023**.

Library Groups

All libraries across Angus host a variety of one-off events throughout the year, from author visits to craft days. All are informal and friendly and they welcome all visitors, library members and non-members. They also hold regular sessions for people of all ages in our libraries. Activities and groups for adults include:

- Reminiscence
- Reading
- Writing
- Knit & Natter
- Crafts
- Games
- Colouring
- Antiquary History

Please contact your local library for more information:

Arbroath - 01241 435 605 or email: arbroathlibrary@angusalive.scot

Brechin - 01356 627 414 or email: brechinlibrary@angusalive.scot

Carnoustie - 01241 803 585 or email: carnoustielibrary@angusalive.scot

Forfar - 01307 476 476 or email: forfarlibrary@angusalive.scot

Kirriemuir - 01575 577 109 or email: kirriemuirlibrary@angusalive.scot

Monifieth - 01382 536 777 or email: monifiethlibrary@angusalive.scot

Montrose - 01674 662 777 or email: montroselibrary@angusalive.scot

Montrose Stroke Club

Affiliated with Chest Heart & Stroke Scotland, this group is for people who are needing help because of a chest, heart or stroke illness. They offer companionship, day trips, theatre trips, art therapy programme, bingo, games and local speakers.

The group meets every Wednesday from 10am-12pm at the Montrose Bowling Club, Western Rd, Montrose, DD10 8LW. Membership is £5 per year (pays for trips throughout year) and £2 per week to cover costs for tea/sandwiches.

For more information, please contact Isabel Byers on **01674 675 059** or email: isabelfbyers@gmail.com

Angus Talking Newspaper Association

Angus Talking Newspaper Association is run entirely by volunteers, operating throughout Angus producing CDs of local news for blind and partially sighted people. Every month the local teams of Arbroath, Brechin, Carnoustie/Monifieth, Forfar/ Kirriemuir and Montrose meet and record about an hour of local news on a master CD. These master CDs are sent to the Community Campus in Brechin, where the production team makes the appropriate number of copies and posts them to their listeners. All postage is classed as 'Articles for the Blind' and is free of charge.

For more information, please contact the Secretary via email: secretary@angustalkingnews.co.uk

Men's Shed

A Men's Shed is a larger version of the typical man's shed in the garden – it's a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The essence of a Men's Shed is not the building itself, but the network of relationships between members. It's all about social connections, friendship building, sharing skills and knowledge, and of course a lot of laughter. For more information visit: www.scottishmsa.org.uk/find-a-shed

The Gable Endie's Men's Shed (GEMS)

This Shed is based at 14 Union St, Montrose, DD10 8PY and is open every Tuesday from 2pm-5pm and Thursday from 10am-1pm. For more information, please contact the shed leader on **01674 677 582** or email: montrosegems@gmail.com

Carnoustie and Monifieth Men's Shed

Carnoustie and Monifieth Men's Shed is open three afternoons per week on Tuesday's, Wednesday's and Thursday's from 1.30-3.30pm. The group is based at The Machine Room, Invertay House, Monifieth DD5 4JG. For more information, please contact George Gammack on **01382 778 636** or mobile: **07933 572 079** or email: george@gammack.eclipse.co.uk

Forfar and District Men's Shed

Forfar and District Men's Shed has space in the basement of a youth organisation building in Forfar. The group are working with Angus Council to see if they can lease an area of land to build their own Men's shed. For more information, please contact Graeme Hodge on **01575 577 244** or email: hodgeg@angus.gov.uk

Angus Carers Centre

Angus Carers Centre aims to improve the quality of life for all carers in Angus. They do this by providing information and advice, and offering support to carers at an emotional, practical and social level. The Carers Centre is based at 8 Grant Road, Arbroath, DD11 1JN.

For more information, please contact the Centre on **01241 439 157** or email: enquiries@anguscarers.org.uk or visit their website: www.anguscarers.co.uk

Abroath Town Mission Centre

The Centre and its committed staff offer a wide range of services to the community, particularly for older people. A lunchtime group has been set up for seniors which serves a three course menu from 11.30am-12.30pm. They also have a day care service where individuals get picked up by minibus, get their lunchtime meal and have the opportunity to engage in a range of activities throughout the day. They also have an indoor bowls group on Monday's and Thursday's from 10am – 12pm with a cuppa on offer before play.

For further information, please contact Moira Milton on **01241 871 650** or email: arbroathmission@gmail.com

Angus Dementia Resource Centre

The Centre aims to support people living with dementia, their families, relatives and friends at any stage. Services offered include information, community support, carer support, cafes, drop-ins, dancing groups and much more.

For more information, please contact Pat Brodlie on **01241 462 780** or email: AngusServices@alzscot.org

If you would like further information on other opportunities available in your area, please contact the Age Scotland Helpline and a member of staff will be happy to help. The Age Scotland Helpline can be contacted on 0800 12 44 222.

The information gathered here has been collated from community contacts, publicly available information and contacts made with agencies and individuals. Should any service wish to remove or edit the information within this document, please contact helpline@agescotland.org.uk

The Community Connecting Service aims to reduce social isolation and loneliness in Scotland, so we are always happy to receive information on services we may not be aware of. If any service providers wish to raise awareness of their services, by sharing information for inclusion in future publications, please get in touch using the contact details provided above.

www.facebook.com/agescotland
www.twitter.com/agescotland
www.youtube.com/agescotland

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Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number 153343. Charity Number SC010100.

age Scotland
Love later life

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age Scotland helpline Information, friendship and advice 0800 12 44 222

Age Scotland Enterprises
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