

15/09/2017

## VOLUNTARY ACTION ANGUS WEEKLY BULLETIN

# Angus Health Fair 2017

Getting the balance right for *you*



**Healthy eating**



**Exercise**



**Activity**



**Life style**



**Therapies**



**Happiness**

**More than 40 stalls  
with information  
and advice for  
people of all ages**

- healthy eating
- exercise
- caring
- mental wellbeing
- alcohol awareness
- support groups & many more

**Thursday  
21 September  
10am – 3pm**

**The Reid Hall  
Castle Street  
Forfar DD8 5JX**

**Admission free**  
(includes free prize draw  
and free beverages)

" A day in the life of an unpaid carer in Angus"

A presentation by Angus Carers Voice Network based on the results of their recent Carers Diary Project.

You are invited to

Angus Carers Centre  
Annual General Meeting 2017

Tuesday 19th September 2017  
2.00 -4.00pm

At Angus Carers Centre  
8 Grant Road, Arbroath, DD11 1JN

RSVP to [Jill@anguscarers.org.uk](mailto:Jill@anguscarers.org.uk) by Tuesday 12th September 2017

Angus Carers Centre is a company limited by guarantee and a charity. Registered Charity Number SC026052. Company Number SC212062

#### NHS Announcement

Just to let you know that the National Rheumatoid Arthritis Society (aka NRAS) have now formed a local Tayside Group. Our next meeting is in October at Ninewells.

If you would like any further information please do not hesitate to contact me.

Sue Cole MBE  
Scottish Ambassador  
NRAS  
Tel: 01828 640763

## TRANSFORMING SURGICAL SERVICES IN TAYSIDE



NHS Tayside is carrying out a consultation on surgical services at Ninewells Hospital, Perth Royal Infirmary and Stracathro Hospital and we would like you to hear your views.

The proposed changes would mean that all unplanned general surgical care would take place at Ninewells, allowing more planned procedures at Perth Royal Infirmary.

The consultation will run from 3 July to 3 October 2017.

You are invited to attend engagement events across Tayside to share your views.

**Wednesday, 13 September,**  
2pm- 4pm (drop in), at Stracathro  
Hospital Outpatient  
Department, 5pm-7pm  
(presentation) at Learning and  
Development Centre,  
Stracathro Hospital

**Thursday, 21 September,**  
5pm- 7pm (presentation), at  
Perth & Kinross Council  
Chambers Room,  
2 High Street, Perth

**Monday, 18 September,**  
3pm- 5pm (presentation) and  
5.30pm - 7pm (presentation)  
at Pitlochry Town Hall

**Tuesday, 26 September,**  
2pm- 4pm (drop in), Ninewells  
Hospital main concourse  
and 5pm-7pm (presentation)  
at Gannochy Lecture Theatre,  
Ninewells Hospital, Dundee

Information about the consultation is available at [www.transformingsurgery.scot.nhs.uk](http://www.transformingsurgery.scot.nhs.uk),

You can also contact us by Freephone: 0800 7836110 or

email: [surgicalservices.tayside@nhs.net](mailto:surgicalservices.tayside@nhs.net)

By post:

Public Involvement, Tayside NHS Board, Freepost SCO 6181, Dundee, DD3 8ZR



### Hear Me Counselling

We have a new email address!

Please contact us on [info@hearmecounselling.com](mailto:info@hearmecounselling.com)

Thank you!

Providing specialised counselling for survivors of sexual abuse

Tel: 01307 850741 Charity No: SC044106

ANGUSalve is dedicated to inspiring healthy, active and creative lifestyle choices across the county of Angus – help us with our vision and join our team!

We are still looking for a Funding Co-ordinator to join our team <http://bit.ly/2wnxqhR> - do you have what it takes to help us identify funding opportunities for our charity and partner organisations?

Re-advertisement, previous applicants need not apply.  
Closing date: Friday 8 September

Your role will be to identify and support funding and grant applications which will entail processing, producing reports and monitoring budgets - providing recommendations along the way. If you are flexible and enthusiastic in your approach - apply today!



## PVG and Signatory Training

This course is for signatories enrolled with Disclosure Services. This course will cover everything you need to know to act as a signatory, with an introduction to the PVG legislation.

- What it means to be a signatory;
- Forms and certificates;
- The PVG Scheme;
- Regulated work;
- Referrals – understanding your legal obligations under the PVG legislation;
- The implications of retrospective checking;
- PVG in context – good recruitment and management practice.

### ●When will it run?

- Wednesday 27th September 2017
- Tuesday 10th October 2017
- Wednesday 8th November 2017
- Wednesday 6th December 2017

**Interested?** If you have any questions regarding this training please contact us at 01786 849777 or email [disclosures@volunteerscotland.org.uk](mailto:disclosures@volunteerscotland.org.uk)



## Media Information

### Press Release



**FOR IMMEDIATE RELEASE.**

## Volunteers urgently required for Angus healthcare services

**NHS Tayside is urgently looking for volunteers to cover a range of activities at healthcare locations across Angus.**

The Macmillan Day Care Centres based in Strathcathro, Whitehills Health and Community Care Centre in Forfar and Arbroath Infirmary provide a positive support experience for Angus palliative care patients. The service is looking for qualified volunteer complementary therapists and volunteers who can provide instruction to small groups in craftwork and other activities to join the existing team of enthusiastic volunteers.

If you can bring your skills as a volunteer for a morning or afternoon session each week, the service would love to hear from you.

Volunteer Meeter and Greeters are also needed to join the teams at Arbroath Infirmary and Strathcathro Hospital. These volunteers help patients attending outpatient appointments to get to the correct clinical area at the right time, alleviating anxiety and helping the clinics to run smoothly.

Meeters and Greeters can also choose to be trained to become Hearing Aid Support Volunteers who work either a morning or afternoon session each week.

For more information about these and other NHS volunteering opportunities in Angus, please contact Susan Hamill 01356 665110 or email [shamill@nhs.net](mailto:shamill@nhs.net)

**Contact:**  
**NHS Tayside Communications.**  
**(01382) 424138**

## Essential Support for Community Groups and Local Voluntary Organisations

Voluntary Action Angus provides a arrange of support to help community organisations to grow and voluntary organisations to become successful and sustainable.

We provide expert support on the following;

- Planning and marketing your organisation.
- Constitutions and legal status
- Committee skills And duties of board members.
- Recruitment with conviction– protecting vulnerable people
- Policy and planning
- Finance and payroll
- Securing funding
- Working in partnership[

Further information contact Hayley—

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

# Managing Fatigue before it manages you

A free 4 week course to help you improve management of your fatigue

**FREE  
4 week  
course!**



"As an 'invisible' symptom, fatigue is often misinterpreted or misunderstood by family, friends or colleagues."

"What I find is that no one, but no one, who doesn't have fatigue has any idea what it's like."

"The fatigue course wakened me up to more options and not to accept my lot."

• If you are an adult living in Angus with Fatigue you are warmly invited to register for the Fatigue Management Programme.

• Delivered by healthcare professionals the programme aims to provide practical information and suggestions to help you better understand and manage your own fatigue.

• The course is also a great opportunity to meet others who live with fatigue and provide support to each other.

Courses run across Angus to aid local access.

Each course runs once a week for four weeks:

Arbroath Tues 26 Sept 2017 1-3pm

Forfar Tues 6 Feb 2018 1-3pm

Brechin Wed 9 May 2018 1-3pm



## We have Suicide Alertness For Everyone Training (safeTALK) scheduled for:

**Wednesday 11 October 2017 (12.30pm – 4.30pm) in Forfar**

**Friday 17 November 2017 (1pm – 5pm) in Arbroath**

This training is open to everyone (employees, employers and members of the public who live or work in Angus). Please forward this email to anyone who would be interested in this training.

safeTALK is designed to be an introductory course for anyone interested in learning to be suicide aware.

Can you recognise the signs of someone at risk of suicide? Would you know what to say to a colleague, student, family member or contact with thoughts of suicide? Most persons with thoughts of suicide go unrecognised - even though most are, directly or indirectly, requesting help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. In only a few hours, you will learn how to recognise these invitations and provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for persons with thoughts of suicide. safeTALK is a training session for everyone in the community - no prior knowledge is required.

**Aim of Training:** To enable participants to recognise and engage people who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention.

**Learning outcomes:**

By the end of this course participants will:

- Be aware that people at risk of suicide are often not given help due to cultural myths and misinformation
- Recognise when a person might be having thoughts of suicide
- Engage that person in direct and open talk about suicide
- Move quickly to connect them with someone trained in suicide intervention who can review the risk and develop a plan to reduce the risk of harm or death.

Please see attachment for further information about safeTALK.

To book, please email [suicideprevention@angus.gov.uk](mailto:suicideprevention@angus.gov.uk) with one of the attached registration forms. Places will be allocated on a first come first served basis. This session is free of charge to participants and will be funded by the Suicide Prevention Collaborative for Angus.

## Citizen Advocacy Project

Citizen advocacy aims to empower individuals who are struggling to speak up for themselves and connect to their community by matching them with another local person (Citizen Advocate).

We can work with Angus residents aged 26 and over who have:

- a learning disability
- mental ill health
- an acquired brain injury
- dementia, or
- are an older person.

Individuals don't have to have specific issues at the point of referral, although this may be the case. The aim of citizen advocacy is that a mutual and trusting relationship can be developed so that if issues do arise, the Citizen Advocate is well placed to support the Partner to have their voice heard.

Our aim is that citizen advocacy partnerships develop naturally but we do offer a short preparation course, as well as ongoing support as required. Citizen Advocates are ordinary local people who believe that everyone has the right to have a say in the decisions affecting their lives, and to be connected within their local community.



**01241 434413**



**[enquires@angusindadvocacy.org](mailto:enquires@angusindadvocacy.org)**



60 High Street, Arbroath, Angus DD11 1AW  
Tel: 01241 434413 Fax: 01241 437968  
Email: [enquires@angusindadvocacy.org](mailto:enquires@angusindadvocacy.org)  
[www.angusindadvocacy.org](http://www.angusindadvocacy.org)



Localities 1st  
Partnerships for Scotland

Angus Citizens Advice Bureau (SCIO) are now recruiting volunteers to join our busy advice teams in Arbroath as advisers and receptionists.

**We offer:**

Interesting and varied days.

A chance to gain new knowledge and skills.

A supportive and friendly environment.

The satisfaction of helping people in your local community.

**General Adviser:** We provide you with training in the main topic areas we give advice in. The main topic areas of advice include welfare benefits, employment, consumer issues, housing, family and personal relationship problems.

**Receptionist:** We provide you with training to use our telephone system.

All we ask is that you are a good listener, have a wish to help other people, able to use a computer and can spare one day a week. Continuing support is available to advisers and receptionists. If you are looking for employment, volunteering will not interfere with your benefits and will provide useful experience.

For more information please contact 01241 870661 ext 234 or 221 and ask for Elizabeth or pop into our office at 11 Millgate, Arbroath.

# Saved By The Bell



22nd September 2017

Montrose Academy

2.30-4.30pm

Chance for networking

Meeting other organisations

Find out what everyone is doing!

If you are a charity or community group and you are able to attend please contact Kay Robertson for more details.

07843 231965

kay@voluntaryactionangus.org.uk



**SDF**  
Scottish Drugs  
Forum

Workforce  
Development  
Programme

## Angus ADP

### Staying Alive - preventing drug related deaths

There were 867 drug related deaths in Scotland in 2016. This course will discuss how services and individuals can better prevent drug related deaths. It will explore the reasons why drug related deaths occur, highlight recent research on protective factors including engaging in treatment and discuss how workers can support people to access and stay in treatment.

#### Learning outcomes

By the end of the session participants will be able to:

- Identify the physical, mental and social issues experienced by people who use drugs.
- Describe the impact of multiple exclusions on service engagement.
- Recall the risk factors and protective factors for preventing drug related deaths.
- Identify the barriers for people who use drugs to accessing and being retained in services.
- Identify the reasons why service users engage in high risk behaviours and explore strategies to address.
- Recall strategies to engage and retain people in treatment.
- Recognise when to refer on/collaborate with partner agencies.
- Identify techniques to promote staff resilience.

#### Who is this course aimed at?

This course is aimed primarily at frontline staff and managers of frontline services, however, they are also relevant to services which support people who use substances, such as housing and homelessness services.

**Dates:** 4 October 2017 - 9.30am - 4.30pm.

**Venue:** Whitehills Health Centre, Station Road, Forfar DD8 3DY.

These courses are open to workers across the Angus & Tayside region.

To book your place and view full course descriptors, please visit:

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

Please contact SDF Administration Team on: 0141 221 1175 or email: [enquiries@sdf.org.uk](mailto:enquiries@sdf.org.uk) if you have any general queries about these events.

Scottish Drugs Forum Charity No. SC008075.



## Volunteer Opportunity for Chair Person

Monifieth Tennis Club

Attend Monthly meetings

A chance to organise and chair meetings to drive the club forward.

To find out more please contact

**Melanie Atkins**

**07504904464**



## Family Learning in Focus

Tayside and Fife CPD Event

**Thursday 28th September 2017**

**9.30am - 3.30pm**

**Douglas Community Centre, Dundee**

- speakers
- workshops
- networking

Save  
the date!

To note your interest and reserve a place please email **Christine Stokoe**  
[cstokoe@pkc.gov.uk](mailto:cstokoe@pkc.gov.uk)

Dundee  
CHANGING  
THE FUTURE



### Heart-start course

**Where:** Arbroath Voluntary Action, Training room

**Date:** 7<sup>th</sup> November

**Time:** 10.00 - 12.00

**Limited places 12**

**The Angus Funding team and VAA will be holding a pop up funding session at Brechin Community Campus on Thursday 21st September between 10 and 12. Got a project idea or looking for some extra volunteers, pop in and see us. This event maybe useful for voluntary organisations and community groups, to find out the range of funding that is available and how to get support to go through a funding process. We will be working together over the coming months to do similar events across the county, in the mean time if you would like more information on funding please contact Rhonda McFarlane—McFarlaneR@angus.gov.uk or Hayley Mearns—Hayley@voluntaryactionangus.org.uk**

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#### **Comic Relief Invites Applications to its Try for Change Large Grants Fund**

Comic Relief and England Rugby have launched a large grants programme to support projects in England which use rugby union and the rugby union community to bring about social change in England.

The two organisations joined forces earlier in 2017 with the launch of the 'Try for Change' small grants programme. Following on from its success, they have set up the large grants programme which will provide grants of between £25,000 and £100,000 to charities, not-for-profit organisations and rugby clubs for work delivered over two to three years in England.

The funding is for projects that deliver at least one of the following outcomes:

- Increase community cohesion.
- Improve educational attainment.
- Increase employability.
- Reduce involvement in gangs and reduce the risk of re-offending.
- Improve mental and physical health.

Priority will be given to projects working with the most vulnerable and marginalised groups.

In addition to existing rugby for change programmes, new and innovative approaches will be considered from organisations that show the ability and capacity to add rugby to their programmes.

Examples of eligible projects include:

- Projects that use a mixture of rugby, mentoring and personal development sessions to provide opportunities for unemployed young people to develop work-relevant skills; whilst also improving their health and well-being.
- Intergenerational projects that use rugby to connect people of different ages and tackle the effects of dementia, depression and loneliness.
- Projects that provide opportunities for refugees and asylum seekers to develop key life skills, and use the game of rugby to bridge social, economic and cultural divides within communities.
- Where rugby is used as a diversionary activity for those at risk of becoming involved in gangs or crime.

**The deadline for applications is 2 October 2017 (12pm).**

#### **The Prince's Countryside Fund Launches Autumn 2017 Round**

The Prince's Countryside Fund is currently accepting applications to its Autumn Round from organisations and charities that are helping rural communities across the UK.

The Prince's Countryside Fund has been established to support the sustainability and protection of farms and rural communities throughout the UK. The aim of the funding is to have a long-term positive impact on rural communities, helping those that live and work there sustain the countryside by tackling key rural issues. Each year, the Fund provides more than £1 million in grants across two funding rounds (one in the spring and the other in the autumn).

For the Autumn 2017 round, there are specific funds available to help the rural communities affected by the recent flooding following a series of storms over the winter of 2015. The Fund is actively seeking applications from organisations that are supporting farmers, rural businesses and communities to recover following the flooding or projects that are focused on assisting the recovery and future resilience in these rural areas, particularly Cumbria, Lancashire, North Yorkshire, Herefordshire, Northumberland and Scotland.

Not-for-profit organisations, charities, social enterprises, Community Interest Companies, companies limited by guarantee, and unincorporated associations based and working within the UK can apply for grants of up to a maximum of £50,000 (inclusive of VAT) to a maximum period of three years

The funding is for projects that meet the Fund's objectives, which are:

- Improving the prospects of viability for family farm businesses. Projects should focus on developing stronger, more sustainable farm businesses and other rural enterprises with the aim of halting the decline of the rural economy.
- Sustaining Rural Communities and driving Economic Vibrancy. Projects should provide innovative solutions to deliver assets and services that keep rural communities together and develop a more sustainable rural economy.
- Supporting Aid Delivery in Emergency and Building Resilience. Projects should support farm businesses, rural businesses and communities to plan for and recover from natural disasters such as flooding or animal disease. Groups that are considering applying under this theme should contact the Fund's Grant Manager to discuss their proposed activity in more detail.

**The deadline for applications is 5 September 2017 (5pm).**

#### **Government Announces £40 Million to Boost Visitors and Jobs in England's Coastal Towns from Early 2018**

The government has announced details of an upcoming new round of funding for England's coastal towns to be awarded through the Coastal Communities Fund (CCF), which is due to relaunch early next year.

The Fund supports the development of coastal locations by promoting sustainable economic growth and jobs, enabling local people to respond to the changing needs and opportunities in their area. The CCF supports a wide range of projects, including those that support charities, the environment, education and health.

Settlements along the country's coastline will benefit from thousands of new employment opportunities and millions of pounds of additional money in visitor spending when the Fund launches its fifth round in early 2018.

Coastal Communities Minister Jake Berry confirmed that the upcoming round (for 2019 to 2021) will provide at least £40 million to help England's coastal areas further transform their economies and boost jobs in their local area.

The government has already provided £170 million for 278 projects around the country since the CCF was launched in 2012 and it is understood that this has resulted in two million more people visiting the coast and spending an additional £171 million. This investment has helped 485 new businesses in starting up and the creation of 5,569 new jobs. The government expects these figures to nearly triple once the first three rounds of projects have been completed.

Announcing the forthcoming new funding round, Jake Berry said:

"From the world-renowned Blackpool illuminations to Brighton's i360, our coastal towns and cities have a lot to offer all year round.

"That's why we're backing them with another £40 million of government funding, helping to boost economic growth and create jobs.

"This year is already looking like another record year for staycations and our latest round of funding will help attract even more visitors to the Great British Coast so that our coastal communities can thrive."

**Further details of the new funding round will be reported when they become available in early 2018.**



## Hear Me

**We are recruiting volunteers now!**

**Volunteer Counsellors – URGENTLY REQUIRED**  
**Volunteer Coordinator**  
**Finance worker**  
**Administrator**  
**Fundraisers**

**Are you interested in joining a fun, dedicated and dynamic team? Can commit to 4 hours per week?**  
**Have experience in any of the above roles?**

For more information and an application pack please contact Carol on 01307 850741 or email [hearame@btconnect.com](mailto:hearame@btconnect.com)  
**ORGANISATION BACKGROUND - Hear Me** is a registered Scottish Charity, established in June 2013. Providing specialised counselling and support in Angus for men, women and children (aged 8+) who have either recently, or in the past, been

### THE WEB PROJECT

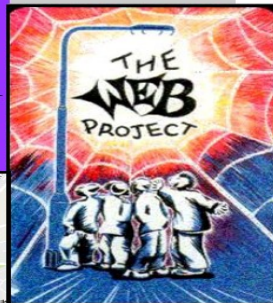


#### DROP IN FRIDAY'S 3 - 5PM

Come on down to see us for all your **Sexual Health, Drugs and Alcohol advice/support**.

We provide a confidential service where young people aged 10–25 can access **FREE condoms, PREGNANCY testing and STI testing** in a relaxed welcoming environment with the friendliest of faces!

Find us at 29B  
CANMORE  
STREET  
FORFAR  
01307 460101



## Forfar in Flower

Ever wondered who does the hanging baskets in Forfar?  
Who looks after the Boyle Park?  
Who tends the entrance to the country park?  
Who plants daffies and lupins at the roadside?  
Newmonthill? Reid Park Road? Outside the chipper in the Dundee Road?  
The Roundabout at Angus House was one of our make-overs too. It's not the council doing all this - it's a wee group called Forfar in Flower.  
We are all volunteers and we'd like you to join our band of guerrilla gardeners.  
You don't need any experience, and you don't have to make a regular commitment.  
Just drop us an email and we'll add you to our mailing list. You'll get to know what we're up to and when we're doing it and you can come and join us.  
We'd love to see you  
Email - [forfarinflower@gmail.com](mailto:forfarinflower@gmail.com)  
Tel 07930 532935

### Angus Long Term Condition Support Group

hosts four meetings monthly in four different locality areas.

All are welcome to attend and there is a £1 admission charge

Forfar Academy Health Centre	4-6pm	Podiatry	TBA
Edzell Health Centre		Finished	Until further notice
		Retired Guide	
Carnoustie Medical Centre	2-4pm	Dog	Kim
Montrose Health Centre		Air Ambulance	TBA

### Volunteers urgently needed!

Voluntary Action Angus are always looking to recruit volunteers in all areas of Angus for 100's of varied opportunities to help in your local communities.

If you would be interested in becoming a Volunteer please get in contact by phone on: 01307 466113 or 01241 875525 or alternatively by email at [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or search online [www.voluntaryactionangus.org.uk](http://www.voluntaryactionangus.org.uk)

This bulletin is created by Voluntary Action Angus and the views and opinions within are not expressed by any persons involved in the bulletins creation.

If you have anything you would like to add to next weeks bulletin please contact Hayley by email to [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or alternatively by phone on 01241 875525



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