

# VOLUNTARY ACTION ANGUS WEEKLY BULLETIN

## Brechin Community Hub

**Launch**

27th February at 1pm



**WATCH**  
**Brechin**  
**thrive**

together Angus

Come down between 1-3pm on Tuesday the 27th February and have some fun, ask questions, make an appointment or simply enjoy a sandwich and a story from the Bookbug team.

- Home Start Angus
- Angus Women's Aid
- Citizen Advice Bureau
- Voluntary Action Angus
- Tayside Council on Alcohol

This project is supported through funds from the European Social Fund (ESF)

Everyone  
welcome

## POLICE DROP IN

Gail Beattie PC D9207 will be at the Millennium Hall on the following days;

Saturday 3rd March—9.15am to 11am

Monday 26th March—5.45pm to 7pm

## HOSPITALFIELD—volunteer opportunity

Hospitalfield is an historic artist's house in Arbroath. We host events and exhibitions within the beautiful setting of our gardens and collections. Volunteering with us is an opportunity to get to know Hospitalfield, learn or develop a skill, and meet new people. Volunteers are a vital part of all our activity. From gardening, walks, collections care, tour guides, exhibition assistants, there are plenty of ways to get involved. We welcome people from all walks of life to get involved. Find out more: <http://hospitalfield.org.uk/support/volunteer> or get in touch with Volunteer Co-ordinator Annie Crabtree on 01241 656 124 & [volunteer@hospitalfield.org.uk](mailto:volunteer@hospitalfield.org.uk)

## FORFAR OPEN GARDEN SCHEME—volunteer opportunity

### • Volunteer Gardener

To help in the Open Garden in Forfar. Can be anything from planting to tidying up. To provide general help within the garden in Forfar, the garden is an open space for people to come along and enjoy.

### • Garden Mentor

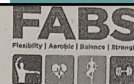
To provide support to those who would like to volunteer in the garden. To provide support and encouragement to volunteers of Forfar Open Garden Scheme that may require additional support

If you are interested in any of these opportunities please contact us on [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) stating which area you live in.

16/02/2018

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Young at heart fitness  
Fitness for 50+



## New Move it or Lose it class

Fun exercise class for over 50s to help you feel and move better

**Monifieth Community Cabin**

**Thursdays 1045-1145**

Suitable for all fitness levels and abilities as variations offered.

Come along and help beat the winter blues.

Class will focus on stamina, balance, strengthening and mobility exercises.

Cost £3 per class

For more information contact

Fiona Hay Telephone: 07952462952 or

Email: [fionayoungatheartfitness@gmail.com](mailto:fionayoungatheartfitness@gmail.com)

Any items for the bulletin get in touch;  
[info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)

**YOU** can make a difference!

Are you a parent or have parenting experience?

Can you spare a couple of hours a week?



Statistics tell us that volunteering is good for your health.

Would you or your friends and family like to get involved with a great organisation?

Please get in touch on 01241 431131 or  
[homestartangus@btconnect.com](mailto:homestartangus@btconnect.com)

The next prep course will be starting in March.

**Home-Start Angus**  
27 Hamilton Green, Arbroath, DD11 1JG

**Home  
Start**  
Support and friendship  
for families



Now is the time to really make a difference - could you help someone get their life back on track after a stroke?

Chest, Heart and Stroke Scotland's Rehabilitation Support Volunteers work with people who have difficulties with communication and/or need support with everyday activities following a stroke. They provide invaluable support to re-establish skills needed for everyday conversations and activities.

As a Rehabilitation Support Volunteer you will make a real difference to someone's communication, confidence and life.



We are running two half-day training courses for new volunteers in Dundee in February. We are looking for volunteers in Perth and Dundee and particularly volunteers who can work in Angus.

Interested? – contact Vivienne Brown for an informal chat to find out more  
[vivienne.brown@chss.org.uk](mailto:vivienne.brown@chss.org.uk) Tel: 07392 869 306

**KIRRIEMUIR FEEL GOOD FESTIVAL**



Celebrating &  
Supporting the Cultures  
of Angus  
**SATURDAY 17TH FEBRUARY**  
**THE BEECH TREE, 8 HIGH ST, KIRRIE**

**BEGINNERS**

**FRUIT AND VEGETABLE CARVING CLASSES**

LEARN A NEW SKILL AND RELAX FOR 2 WHOLE HOURS!

AT MUIRHEAD AND BIRKILL MILLENNIUM HALL

7PM – 9PM - MONDAY NIGHTS

STARTING 5<sup>TH</sup> MARCH 2018 FOR 10 WEEKS

CONTACT ALLISON FOR MORE INFORMATION ON

[ALLYTHORN@HOTMAIL.CO.UK](mailto:ALLYTHORN@HOTMAIL.CO.UK) OR BY TEXT ON 07887 389 882



**Angus Cardiac Group (Forfar Branch) Evening Talks 2018**  
The Guide Hall, the Myre Forfar 7-9pm. Refreshments. Raffle and Quiz  
Admission free. Anybody can attend.

- Feb 28** Dr John Irving Cardiologist Ninewells Hospital
- March 28** Scottish Health Council - Ways to have your voice heard in Health & Social Care
- April 25** Bob Watson Strathmore Mineral Water company
- May 30** Rev. Brian Ramsay Desert Island Books
- Sept. 26** Mark Hodgkinson Angus Council - Adult Protection and Financial Harm (Scams!)
- Oct 31** Forfar Barber Shop Chorus (including some of our members!)
- Nov 28** Heather Kelly Mercy Ships (and chocolate!!)

**DROP IN. MAC IS ENTIRELY RUN BY VOLUNTEERS  
IN ANGUS FOR ANGUS FOLK.**

**TASTE Snacks from the 7 continents.**

**MEET us.** Answer our Questionnaire. Drop ideas into our Suggestion Box. Volunteer.

**BUY Paintings & Traditional Sweeties.** Proceeds to our Charity.

**HAVE Fun with our Chinese Dragon celebrating Chinese New Year.**

Multicultural Angus Charity. Charity No:  
SCO47433  
Established 2017

Facebook/ Multicultural Angus Charity  
[www.MACOnline.org.uk](http://www.MACOnline.org.uk)

# Angus Appeal



## Easy as ABC

- A** - You donate a tablet or phone you no longer use.
- B** - We send your tablets to Glasgow company [Eqtr.com](http://Eqtr.com), they reset it to factory settings, install educational software, add a projector, teaching tablet & charging kit into the box.
- C** - Box is posted off to Greece and 20 kids in Refugee camps get a Digital Classrooms and the chance to get an education.

[Facebook.com/Angus Appeal For Digital Classrooms](https://www.facebook.com/AngusAppealForDigitalClassrooms)

## DONATE HERE

**ABBROATH** Voluntary Action Angus, 32-34 Guthrie Port

**BRECHIN**, Mairi Gougeon, MSP office, 12-14 Swan St

**CARNOUSTIE** Two Sisters Cafe, 28 High St

**FORFAR** the Blether-In Hub, 5 West High Street, (open Wed -Fri 12- 4pm, Saturday 10- 2pm)

**KIRRIEMUIR** Amigo's Tapas Bar, The Floods

**MONTRORSE** Blether-In Hub, 10 George St, (open Thurs , Fri 12 -3pm, Sat 9am-noon) Neptune Bar, 7 Erskine St, Montrorse. Open 11am-1am.

**DUNDEE** Butterfly Cafe, 29-30 Commercial St.

## Citizen Advocacy Project

Do you feel lonely and isolated?

Do you struggle to speak up for yourself?

If the answer is 'Yes' then you may benefit from having a Citizen Advocate.


Do you believe that everyone has a right to have their voice heard and be part of their local community?


If the answer is 'Yes' then you may want to become a Citizen Advocate.


The Citizen Advocacy Project recruits Citizen Advocates (unpaid local people) to connect with people aged 26+ who may have: mental ill health, a learning disability, dementia, an acquired brain injury, or are an older person.

We are currently on the look out for Citizen Advocates in the <sup>CARNOUSTIE</sup>..... area. We are also always interested to hear from people who feel they would benefit from having a Citizen Advocate.

To find out more get in touch with us using the contact details below:

 60 High Street, Arbroath, DD11 1AW

 01241 434413

 [enquiries@angusindadvocacy.org](mailto:enquiries@angusindadvocacy.org)

Angus Independent Advocacy  
Company Limited by Guarantee - Registered No. 220447

## Partnership 4 Procurement event – Dundee

As part of Dundee Business Week, Partnership for Procurement (P4P) is hosting a workshop on collaboration and partnership working. The events will be held on Thursday 22nd February in Dundee. To sign up and for further information visit the P4P [Eventbrite page](#).

## Just Enterprise

### What is social enterprise

### Arbroath , 2<sup>nd</sup> March

This workshop outlines the social enterprise scene in the UK and Scotland. After this workshop you will have a better understanding of the different sectors (charity, voluntary, social enterprise) and how they differentiate from each other. You will also acknowledge the range of skills, knowledge and aptitude needed to run an effective social enterprise.

[https://www.justenterprise.org/startup\\_workshop\\_form.php?je\\_service=1898](https://www.justenterprise.org/startup_workshop_form.php?je_service=1898)



## The Big Bike Revival wants to get your community cycling

Cycling UK is working with community groups across Scotland as part of the Big Bike Revival and would like to support more volunteer-led groups to get cycling.

Would you be interested in starting your own inclusive cycle group in your community? The Big Bike Revival is offering the following for free to help your group get off the ground:

- Free courses: First aid, Cycle Ride Leader and Trailside cycle repair,
- Dedicated support from your own Big Bike Revival Development Officer,
- Affiliation to Cycling UK (complete with free Cycle Leader insurance, magazine, shop discounts and more),
- Starter pack full of advice and guidance,
- Networking event / opportunities,

**Ralph Jessop**

**Big Bike Revival Cycle Development Officer**

**Cycling UK**

Direct Line: 07887567934

Email: [ralph.jessop@cyclinguk.org](mailto:ralph.jessop@cyclinguk.org)

# Keptie Pond Litter Picks



## Arbroath in Bloom - Keptie Friends 2018

Sundays at 11am (weather permitting)

28 January	25 February	25 March	29 April
27 May	24 June	29 July	26 August
30 September	28 October	25 November	

### MEET AT THE PICNIC TABLES

Activities will include litter picking, general clean-up, light gardening, and promoting wildlife habitat.

Equipment supplied, but please dress according to the weather conditions.

ALL WELCOME



## Arbroath Cooking Group

Monday's 10:00-12:00 Starthairlie Building Strathairlie Place

- Would you like to improve your cooking skills?
- Would you like to prepare food to eat and make again?
- Would you like to volunteer in developing a Community Café?



If you would like to know more we would be delighted to hear from you!



Please contact:

**The Arbroath Communities Team 01241 438255**  
**Contact - Maureen or Stroma**



Maureen McGinlay  
 mcginlaym@angus.gov.uk  
 Stroma Delaney  
 delaneys@angus.gov.uk



# ARBROATH IN BLOOM



HELLO FOLKS

THIS IS A CALL FOR HELP FROM US!

WE ARE LOOKING FOR MORE PEOPLE TO JOIN US AS WE TRY TO BRIGHTEN UP THE TOWN WITH FLOWERS AND PLANTS

INTERESTED?

PLEASE GET IN TOUCH EITHER VIA OUR FACEBOOK PAGE (ARBROATH IN BLOOM)

OR BY LEAVING YOUR NAME WITH SANDY

AT AJ BEEDIE JEWELLERS IN THE HIGH STREET

## Arbroath Cooking Group

Tuesday's 10:30-1:00 Community Space, Arbroath Academy (Seaton Road Entrance)

- Would you like to improve your cooking skills?
- Would you like to prepare food to eat and make again?
- Would you like to volunteer in developing a Community Café?



If you would like to know more we would be delighted to hear from you!



Please contact:

**The Arbroath Communities Team 01241 438255**  
**Contact - Rikki or Stroma**



Rikki Beattie  
 beattier@angus.gov.uk  
 Stroma Delaney  
 delaneys@angus.gov.uk



## Foundation Apprenticeship

Dundee and Angus College would like to bring on board new placement opportunities for learners who are attending college part time working towards a Foundation Apprenticeship in Health and Social Care or Childcare. Learners attend college part time in S5 while studying for National 5's and Highers at school.

This is a two year course where learners study in College for year 1 to develop the underpinning knowledge related to the sector and then in the 2<sup>nd</sup> year are on placement 2 days per week.

We are looking for nurturing and supportive placements where the students can attend two days to allow our learners to work towards the mandatory SVQ units which relate to developing practice, health and safety and safeguarding.

For 2018 we would like to build on our current placement provision for Health and Social Care in Angus and for Childcare placements in Dundee/Monifieth.

Foundation Apprenticeship classes are smaller ensuring our learners will have the required knowledge prior to going out to practice.

Due to the age of the learners (age 17-18) it is important for Health and Social Care placements that learners are not placed within services where teenagers (i.e. their peers) would be using the service to prevent any conflicts of interest/confidentiality issues. As all of the learners will be reliant on public transport we are looking for a variety of placements across Dundee and Angus.

Could your service provide a placement that will meet student learning needs

- While allowing learners the opportunity to experience the day to day reality of working in your sector
- To emerging practitioners to reach high standards of practice through pro-social modelling
- And understands the role of school pupil's and their needs within the professional workplace
- In allowing learners to gain experience and have opportunities to grow in confidence
- In allowing learners to put into practice the underpinning knowledge gained in relation to legislation, policies and guidance

If you think your service could be in a position to offer a Foundation Apprenticeship placement please contact our Placement Co-ordinator, Karen Bissett directly on Tel 01382 834812 or email [k.bissett@dundeeandangus.ac.uk](mailto:k.bissett@dundeeandangus.ac.uk)

### Do you need help with Digital Skills and Internet Access?

We have a new course starting in Arbroath. Various dates in January, February and March. The part time 2 week course will offer:

- Basic computer skills
- Creation of an email address
- How to use Social Media in your jobsearch
- How to compile, upload and sent CV's, covering letters and spec letters
- Build confidence in navigating the internet
- Upskill on how to use Universal Jobmatch
- Identify transferable skills and create an individual action plan for next steps
- Mock interviews & personal presentation
- Confidence and motivation building
- Address barriers to work
- Signpost to further provision
- One to One and Group sessions
- Build a personalised list of websites
- Literacy support
- Develop local labour market knowledge
- Guest speakers and sessions from local employers, partners and agencies

Please speak to your Jobcentre Work Coach for information.

### Skills for Work

Do you need help with Employability Skills?

We have a new course starting in Arbroath

Various dates in January, February and March

The part 2 week course will offer;

One to One tailored support aimed at helping customers positively move towards employment being a realistic prospect.

Positive thinking

Personal Effectiveness

Health & Wellbeing

Job Search

Work Skills

Understand your Labour Market

Please speak to your Jobcentre Work Coach for further information.

### VOLUNTARY ACTION ANGUS ARBROATH OFFICE

32-34 Guthrie Port  
DD11 1RN

Our new opening times for the Arbroath office are;

**MONDAY—closed**  
**TUESDAY—9-5**  
**WEDNESDAY— 9.5**  
**THURSDAY—9.5**  
**FRIDAY—closed**

Our Forfar office will continue to be open five days a week.

1-3 St James Road  
DD8 2AQ

e: [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)  
t: 01307 466113





## Angus Carers Support Project

### Do you support someone with a mental illness?

Support in Mind Scotland works to improve the well-being and quality of life for people affected by serious mental illness. This includes those who are family members, carers and supporters.

Social Activities  
Workshops and Talks  
Coping Strategies

One to One Support  
a place where you  
feel comfortable

Support  
Groups  
For Carers



For further information, please contact:

Our Angus Carer Support Worker

Ian Smillie

[ismillie@supportinmindscotland.org.uk](mailto:ismillie@supportinmindscotland.org.uk)

60 High St, Arbroath, DD11 1AW

Tel: 07734 739 667

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

Support in Mind Scotland is the operating name of The National Schizophrenia Fellowship (Scotland), a company limited by guarantee registered in Scotland SC088179. Charity Number SC013649.

## WALKTHEWALK MOONWALK

Over 1,000 amazing Volunteers form the backbone of the Walk the Walk Team, providing support, encouragement and (most importantly) hugs to the Walkers during our iconic MoonWalk challenges. Whether you are new to us, an ex-walker or a seasoned member we would love you to join our incredible family!

The MoonWalk starts on Saturday and goes into Sunday. For the benefit of our Volunteers there are many different roles and tasks which we split into manageable chunks, depending on when we need you.

### Evening Crew

Join in the party atmosphere at MoonWalk City, starting around 5pm through to midnight on Saturday 10<sup>th</sup> June. Help us make this a night to remember by choosing one of our 24 different roles... there is something for everyone! [Find out more](#)

### Overnight Crew

MoonWalk City based roles start around 10pm on Saturday 10<sup>th</sup> June through to 6am Sunday morning. Start times on the route vary - the earliest Volunteers will start is around 7pm, the latest start around 11pm. [Find out more](#)

Perfect to cheer friends or family over the Finish Line – just request an early finish.

### Sunday Morning Crew

Support our Walkers towards the end of their journey... the most testing and inspirational part of their challenge! Starting around 6am on Sunday 11<sup>th</sup> June through to around 12pm, once the last Walker crosses the Finish Line. [Find out more](#)

**penumbra**  
your way to a brighter future

## Carers Short Breaks

**Do you care for/support someone who has mental health challenges?**

**Are you aged 16 and over?**

**Is the person you support, aged between 16 and 65 years?**

If YES, you can access up to £300 to help you have a break from your caring role. You do not have to be a paid carer or you may not even recognise yourself as a carer. The aim is to help you have a break from your supportive role. Individuals have accessed this recently for use of a hydrotherapy pool, reiki sessions, a night away, fishing trips and spa treatments.

**For further information, please contact**  
**01241 873900**  
**[angus.nova@penumbra.org.uk](mailto:angus.nova@penumbra.org.uk)**



Contact. Comprehensiveness. Continuity. Coordination.

## GIVE YOUR VIEWS ON CHANGES TO PRIMARY CARE

A new contract for GPs has been agreed.

This will change how GP Practices operate over time and how you will access GP teams.

We are looking for your views on how these changes can be made to work for you.



Join us for our **Dundee** event

Venue: Deaf Hub,  
The Old Mill,  
23 Brown Street,  
Dundee, DD1 5EF

Date: 27th February  
Time: 09:00 - 12:00



FOR MORE INFORMATION, OR TO REGISTER YOUR INTEREST PLEASE  
VISIT THE ALLIANCE WEBSITE: [WWW.ALLIANCE-SCOTLAND.ORG.UK/BLOG/EVENTS/GP-ENGAGEMENT/](http://WWW.ALLIANCE-SCOTLAND.ORG.UK/BLOG/EVENTS/GP-ENGAGEMENT/)  
CALL 0141 404 0231  
OR EMAIL: [GREGORY.HILL-OCONNOR@ALLIANCE-SCOTLAND.ORG.UK](mailto:GREGORY.HILL-OCONNOR@ALLIANCE-SCOTLAND.ORG.UK)

We are delighted to inform you that the 2018 round of applications to the Scotch Whisky Action Fund is now open. The Fund is looking to support and develop a range of projects/initiatives which will deliver targeted interventions designed to tackle alcohol-related harms across three themes:

- ✦ Young people (aged under 18)
- ✦ Families
- ✦ Communities

Awards of up to £25,000 for a one year period can be made through this Fund. There are two categories of award as follows:

- ✦ **Seedcorn funding** Awards made under this category could fund new initiatives and test out innovative approaches designed to reduce alcohol-related harm. Awards could also be used to fund existing smaller scale projects that are seeking to expand or develop their services. **You must tell us how you plan to evaluate your project if seeking an award under this category.** Please note that whilst you can apply for up to £25,000 under this strand, an award of this level would only be granted in exceptional circumstances. In practice, we would expect to make awards in the region of £10,000 for new or innovative projects.
- ✦ **Growth and Development** Awards made under this category could fund projects that are seeking to consolidate and build on emerging, successful practice in relation to the reduction of alcohol-related harm. **You must be able to provide evidence of any evaluation of your work to date.** We will look for evidence that the project is needed and that the approach taken has proven to be effective.

For 2018, the closing date for the receipt of applications will be **29 June 2018** with applications being considered by the Awards Panel in September 2018.

**All potential applicants to the Fund should ensure that they read the Fund profile prior to making an application to the Fund as this contains further details on the types of organisations, activities and costs that could be supported through the programme.** Applicants should also ensure that they submit the appropriate supporting documentation with their application as not doing so could lead to delays in the processing of your application.

We would greatly appreciate it if you could pass this information on to other colleagues and organisations to let them know that the Fund has now re-opened.

For further details about the Fund, including the fund profile and guidance notes, and to access the online application form please see our website at <https://www.foundationscotland.org.uk/programmes/scotch-whisky-action-fund/>. Alternatively you can access the online form directly via the following link

<https://ukcf.secure.force.com/forms/FS/scotch-whisky-action-fund>

If you have any queries about the programme or fund criteria then please do not hesitate to contact Ros Houldsworth who has taken over the administration of this fund– [ros@foundationscotland.org.uk](mailto:ros@foundationscotland.org.uk) or call 0131 524 0340.





## 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 [hear-me@btconnect.com](mailto:hear-me@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

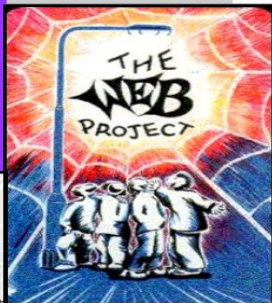


#### DROP IN FRIDAY'S 3 - 5PM

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

Feb 26th	Links Medical Centre	2-4pm	Silverline	Jean
Feb 28th	Parkview Medical Centre	2-4pm	Hearing Dog's	Anne Whittaker

### 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 Ben by email to [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or alternatively by phone on 01307 466113.



Voluntary Action Angus  
Tel: 01241 875525

Registered Office: 32 – 34 Guthrie Port, Arbroath, DD11 1RN



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