

13/04/2018

VOLUNTARY ACTION ANGUS WEEKLY BULLETIN



Treasurer Opportunity

Are you interested in becoming a treasurer?

You would be expected to attend a board meeting every two months.

Interested? Contact Hayley Mearns on hayley@voluntaryactionangus.org.uk



Voluntary Action Angus Volunteer Driving Service



Debbie is our transport coordinator. She organises transport for individuals who are physically, financially or mentally unable to attend appointments by any other means of transport.

You could be the reason someone is able to attend their appointment

- Do you like driving and helping people?
- Can you spare a few hours to help someone in the community?

Interested?

For more information please call 01307 466113 and ask for Debbie or email debbie@voluntaryactionangus.org.uk





together Angus

The following services are now running drop in advice sessions at

The Fire Station, Scott Street, Brechin



MONDAYS AND WEDNESDAYS 10AM – 1PM

Angus Citizens Advice Bureau provides free, confidential, independent and impartial advice, information and support to all residents of Angus across a wide range of topics. We will be available to help with any enquiries including income maximisation benefits, debt, employment, housing, consumer etc.



TUESDAYS 10am – 12.30pm

Voluntary Action Angus -VAA is committed to delivering the best outcomes for Angus people. As the lead organisation VAA will take the lead on volunteer recruitment and SQA accreditation. Are you looking to gain confidence, meet new people and learn new skills in a relaxed and friendly environment? Have you considered becoming a volunteer, but are unsure how to get involved? Why not get in touch and have your skills matched up with available opportunities to start your journey in volunteering.

TUESDAYS 10am – 12.30pm



Tayside Council on Alcohol (TCA) provides a range of services which offer support to individuals, families and communities affected by alcohol use, other substance use and offending.

Do you know someone who needs to hire a hall?

Newly refurbished kitchen modernised seating area

Hall fee is £30 non refundable donation per session/evening to social club

To book the hall or for more information, visit us on Facebook or phone Margaret on 07530380545 or 01307 465218



9.30am to 12.30 - Every Monday

Community Cafe



FORFAR BRANCH

1 ACADEMY STREET

Community Café Menu

All with tea or coffee

Free tea and coffee top ups and extra toast upon request

Full Breakfast– bacon, egg, link & sliced sausage, black pudding, beans & toast £3

Roll– choose from– bacon, egg, link or sliced sausage, black pudding £2

Toast– butter & jam or marmalade £1.50

On its own– tea or coffee £1

Just a reminder that the sensory stop group is open every night from now on...

Monday 4-8

Tues- Fri 4-615

Remember this is a drop in so feel free to come and go as you please.

Voluntary Action  **ANGUS**



POP
FUNDING
UP

NEXT DATE:

14th June—Monifieth VENUE TBC 10am-12noon

Hosted by Angus Council External Funding Team and Voluntary Action Angus. For more information contact hayley@voluntaryactionangus.org.uk



Volunteer Managers Forum

Thursday 7th June

10am - 12pm

Voluntary Action Angus,
Arbroath

This is an opportunity for those who manage or support volunteers from across Angus to come together to share ideas and discuss any issues. The meetings will be informal and the agenda will be based on the needs of the group.

To register your interest please contact Carol
Torrance -

carol@voluntaryactionangus.org.uk

or 01241 875525

Voluntary Action  **ANGUS**

Voluntary Action Angus (VAA) is committed to delivering the best outcomes for Angus people. As the lead organisation, VAA will take the lead on volunteer recruitment and SQA accreditation.

Are you looking to gain confidence, meet new people and learn new skills in a relaxed and friendly environment?

Have you considered becoming a volunteer, but are unsure how to get involved?

Why not get in touch and have your skills matched up with available opportunities to start your journey in volunteering.

Contact: kirsty@voluntaryactionangus.org.uk or phone 07525619967.

CHEST HEART AND STROKE relies on a team of volunteers to help support paid staff, making a difference to Scotland's health by helping out in one of our stores to raise funds needed to deliver services. The Forfar store are currently recruiting the following volunteers:

- > Displaying and Merchandising Volunteer
- > Customer Care Volunteer
- > Stockroom Volunteer
- > Charity Stock Driver Volunteer

Potential volunteers must have a competent level of the English language. Chest, Heart & Stroke will provide all necessary training and authorised expenses are reimbursed. If interested get in touch with Sam Senkel (sam@voluntaryactionangus.org.uk) or pop in to see them at their store in Castle Street, Forfar.

FORFAR STROKE CLUB

Welcome you to join them for a fly cup and activities that aid recovery. People with chest and heart conditions also welcome. Tuesday 10am-12 at Forfar Fire Station, Strang Street, Forfar. DD8 2HR. For more information contact: Davina on 01575 575489 and Linda on 01307 463848

ANGUS LONG TERM CONDITIONS SUPPORT GROUP

*paid opportunity
£10/hr 3hrs/wk*

There has been a survey handed to people at the Long-Term Conditions clinics asking various questions to understand what and when they would like a Forfar group of ALTCSG to consist of. We have gained funding from the Community Innovation Fund to employ someone 3 hours a week initially to collate the surveys and then we hope to relaunch the Forfar ALTCSG responding to the survey answers. The person will facilitate those meetings. Eventually the time will be spent upgrading the ALTCSG website and introducing a Social Media page. The post is for a year. We hope to employ someone by the end of April, if you are interested in this position please contact marionataltcsg@gmail.com for more information.

ANGUS CARDIAC GROUP FORFAR

Evening Talks 2018
The Guide Hall, the Myre Forfar 7-9pm
Refreshments. Raffle and Quiz
Admission free. Anybody can attend.

April 25 Bob Watson Strathmore Mineral Water company
Why not get in touch and have your skills matched up with available opportunities to start your journey in volunteering.

PANMURE PRE-SCHOOL

..is currently enrolling for children aged 2 years to 5 years! (Local authority funding available).
Morning session: 8.45am—11.55am
Afternoon session: 12.20pm—3.30pm
All day sessions are available if required. For more information contact the manager Vicky Gallagher on: 07539740804. "We are an early learning and childcare setting which offers a caring and nurturing environment.

LONG TERM CONDITIONS HEALTH EVENT

Reid Hall—Forfar Thursday 26th April 2018 11am to 3.30pm

- Do you have a long term condition or know someone who does?
- Would you like to know more about your condition?
- Would you like to feel more in control of your condition?
- Would you like to know what is available locally?

The more you know about your condition the easier it is to manage. Please come along to this event to find out more about your condition and what is available locally to support you. There will be information stands, some free goodies and free refreshments. For further information telephone (01307) 474889 or email: achppatientcourses.tayside@nhs.net

POLICE DROP IN

Gail Beattie PC D9207 will be at the Millennium Hall on;
Thursday 26th April—6.30pm—7.30pm

BIRKHILLSPORT & CRAFT CAMP

9-13 April 9am-5pm Drop off from 8.30am pick up until 5.30pm

Join us for a fun filled week at Birkhill Millennium Hall for crafts, reading, outdoor activities and a taster of many sports. All themed around the Commonwealth Games from age 5-12 years. Please book at www.angusalive.scot/tickets

IMPACT ON POVERTY AWARENESS SESSION

This workshop aims to explore with participants the experience of people living in poverty so that you can make the links between how services are delivered and feelings of stigma and exclusion. For service users, these feelings may impact on accessibility for services or feelings of being judged for requiring service. This training is delivered by NHS Tayside Workplace team in partnership with Dundee City Council Welfare Rights Team. The learning outcomes are:

- Raise awareness of poverty, including in-work poverty
- Reduce the stigma associated with living in poverty
- Support poverty and inequalities sensitive practice
- Raise awareness of how to signpost people in poverty to sources of support

These workshops will take place on:

- 16 May 2018—Kinnoul Room, Kings Cross 9.15am—12.45pm
- Places will be limited and will be allocated on a first come basis. Please book via email hwl-workplaceprog.tayside@nhs.net providing your name, designation, workplace address and contact telephone number.

For further information please contact: Pat Davidson, Workplace Programme Manager, ext. 71093 or email patdavidson@nhs.net

BIG BIKE REVIVAL—CYCLING UK

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

Contact Ralph Jessop on 07887567934 or email ralph.jessop@cyclenguk.org

KEPTIE POND LITTER PICKS

Arbroath in Bloom—Keptie Friends 2018
Sundays at 11am (weather permitting)

NEXT DATE: 29th April

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!

ANGUS WOMENS AID 40TH BIRTHDAY

Fundraising Ceilidh
12th May 2018
Carnoustie Golf Hotel
7pm—midnight

Staffin Island Ceilidh Band will provide the music.
A stovies supper, tea and coffee will be provided.
Tickets £25.00 available from Eventbrite website.
www.eventbrite.co.uk/e/angus-womens-aid-40th-anniversary-fundraising-ceilidh-tickets-43340757372

LIVING IN ANGUS WITH TYPE 2 DIABETES? *Want to know what the future of diabetes might look like?*

Please come and hear all about current diabetes research and also get an opportunity to give your views about how the support you would like to manage your diabetes in the future.

Health Education Room, Springfield Medical Centre, 30 Ponderlaw Street, Arbroath, DD11 1ES on Thursday 19th April 2018 3-5pm No booking required. No charge—just come along!

ANGUS COUNCIL COMMUNITIES TEAM CARNOUSTIE, MONIFIETH AND SIDLAW

Opportunities in the Carnoustie, Monifieth and Sidlaw areas
You spoke, we listened! 21st of March for a 6 week pilot. **Digital Support is coming to Birkhill Millennium Hall.** Support with laptops, tables, mobiles and any other digital device you need support with. If interested or for more information call 01241 803598.

LILYBANK RESOURCE CENTRE

Lilybank Resource Centre are looking to recruit a volunteer with a specific interest in Drama to help out with a drama group at Lilybank Resource Centre, Forfar. Lilybank is for people with learning disabilities. Their group runs on Thursday mornings 10-12pm. If you are interested please contact RowlandsJ@angus.gov.uk.

NORTH EAST SENSORY SERVICES (NESS)

Would like to invite you to attend their first Dundee
CAKE & CONNECT

The idea of Cake & Connect is to make links with local businesses and organisations and find out:

- What does NESS do in Dundee & Angus?
- What can they do to assist you in your work?
- What can you do either individually or as a business/organisation to help us in our work?
- Is your business/organisation sensory loss aware?

North East Sensory Services (NESS) is an independent local charity and the first integrated service in Scotland for blind and deaf people. NESS provides information, equipment and support to achieve independence for blind and deaf people.

The first opportunity to get involved is on:

FRIDAY 27TH APRIL 2018 11AM-12 NOON

At
Camperdown Room, DVA, 10 Constitution Road, Dundee DD1 1LL

Please contact Joan Kennedy at North East Sensory Services (NESS) by calling 01382 721455/07720 811896 or by email joan.kennedy@nesensoryservices.org to reserve a place or places.

Strathmore Rugby Club Community Trust

Treasurer needed!

Founded in June 2017, the purpose of Strathmore Rugby Club Community Trust is the advancement of participation in rugby union and rugby league. We are achieving this through community projects designed to develop people as athletes, coaches and volunteers with the aim of creating a lifelong involvement in sport.

The Board of Trustees are seeking to appoint a Treasurer to assist with the continuing development of the Trust. The volunteer would attend quarterly board meetings, assisting with strategic planning and acting as an ambassador for the Trust. The Treasurer would have overall responsibility for ensuring the employee is paid and HMRC legislation is adhered to. The volunteer would be well supported in their new role.

DEVELOPING PEOPLE THROUGH RUGBY

To discuss the role further please contact
Carol at Voluntary Action Angus on 01241
875525 or email
carol@voluntaryactionangus.org.uk



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

(ARBRATH IN BLOOM)

OR BY LEAVING YOUR NAME WITH SANDY

AT AJ BEEDIE JEWELLERS IN THE HIGH STREET

KIRRIEMUIR CAMERA OBSCURA

Can you spare three hours a week to help keep this open. We are reopening this famous attraction on 31st March on 3 days a week. We would love to be open every day but we can't do this without more volunteers. If you can spare just three hours per week, either 11am—2pm or 2pm-5pm, in the café or camera room, please come and speak to us. Come along on our opening day and see what it's all about. Come and have a look and if it's something you feel you could help with—talk to one of their volunteers. It's fun, and you would be helping to keep this unique attraction open.

VICTIM SUPPORT SCOTLAND

Do you have a day free to support victims & witnesses in your local area? Do you have an interest in volunteering? If so, why not volunteer for Victim Support Angus. Volunteers are crucial to the work of Victim Support Scotland. Without them, we could not continue to offer support in our local communities and within the court environment to the many people affected by crime throughout Scotland. For further details and information please see our website: www.victimsupportsco.org.uk or contact the local service on: 01241 878507 victimsupport.angus@victimsupportsco.org.uk or 01307 465947 [witnessservice.vice.forfar@victimsupportsco.org.uk](mailto:witnessservice.forfar@victimsupportsco.org.uk)

LITTER PICK

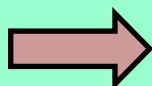
A local volunteer looking for help to carry out a one off or regular litter pick on South Street to Welton Corner Forfar. Are you interested in giving up some time to help. 1 hour of your time would help a lot. Helping out in your local neighbourhood is rewarding, restores pride in your community and helps you to get to know your neighbours. If you are interested please contact Kay Robertson on 01307 466113 for more information.

CHEST HEART AND STROKE**Rehabilitation Support Coordinator - Angus**

Location: Home based within Angus
Hours: 15 hours per week (0.46 FTE), temporary contract 1st June 2018 to 31st March 2019, (extension subject to funding)
Salary Scale: £20,720 – 24,573 per annum, Grade 4 (ii) points 20-26

Chest Heart & Stroke Scotland (CHSS) is an independent Scottish charity, whose aim is to improve the quality of life for people in Scotland after stroke, or diagnosis of a chest or heart condition. We offer vital advice, support and information to those affected, arrange group and 1-to-1 support in the community and influence public policy to ensure that people get the services they badly need. Our renewed ambition is to become Scotland's leading organisation for person-centred, user-led community support for people with our health conditions. The main purposes of the post of the Rehabilitation Support Coordinator are to carry a caseload for rehabilitation support services and recruiting & supporting volunteers in their designated area. Rehabilitation Support service provides a range of one to one and short term group services to support people with a stroke which has resulted in a communication difficulty. Demonstration of a positive attitude towards people with disabilities, the ability to recruit, manage and motivate a team of volunteers, excellent communication and interpersonal skills will be required to fulfil this role.

The use of own car and a current valid driving licence is essential (expenses paid at mileage rate). CHSS employees enjoy a variety of organisational benefits including: Company pension scheme, generous holiday allowance, company sick pay, health insurance, employee welfare support and life assurance.



THE OVERVIEW EXPERIENCE PRESENTS

VOLUNTEERS WANTED

**A GREENER FESTIVAL AWARD
COORDINATOR.
SPONSORSHIP ORGANISER
FUNDING AND FINANCE
ORGANISER.
VENUE OPERATIONS ORGANISER
CURATION TEAM FOR MUSICIANS
ARTISTS AND SPEAKERS.
BRANDING AND MARKETING
ORGANISER.
PHOTO AND VIDEO OPERATORS
AND EDITORS.
BLOGGER.**

CALL GAVIN: 01575-598297 NOW!

For an application pack, please see our website at: www.chss.org.uk where you will be able to download an application form and job description or contact the HR department on recruitment@chss.org.uk or 0131 225 6963.

Please note CVs will not be accepted.

Closing date for applications: Monday, 16 April 2018

Interviews date: Wednesday, 25 April 2018, CHSS Head Office, Edinburgh For an application pack, please see our website at: www.chss.org.uk where you will be able to download an application form and job description or contact the HR Department on recruitment. This post is home-based and subject to PVG membership.

The Bank of Scotland Social Entrepreneurs Trade Up Programme (click for information) is run in partnership with the School for Social Entrepreneurs and jointly funded by Big Lottery Fund Scotland.

The Trade Up Programme is open to Scotland-based organisations generating at least £15,000 a year and looking to grow their income.

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St James's Place Charitable Foundation - Disadvantaged children and young people

The Foundation's grant giving is guided by themes, with the main focus on children and young people who have special needs through illness or disability or disadvantaged in other ways. The Charitable Foundation also supports the Hospice Movement and more recently has expanded focus to include charities that support people with cancer and those experiencing mental health issues. The Foundation has been keen to support small to medium-sized charities that can benefit substantially from relatively small grants.

The Small Grants Programme is available to smaller UK Registered Charities working nationally, regionally or locally in the UK with an annual income of up to £1,000,000. The amount applied for should be up to a maximum of £10,000 in any two-year rolling period. There are no deadlines or closing dates. Small Grants are considered on receipt and in rotation. The whole procedure can take between four to six months (sometimes longer if many applications are received) so it is advisable to apply in good time if funds are required for a certain date.

For information on the specific themes and how to apply please visit their [website](#).

FAIR FOOD TRANSFORMATION FUND

The Scottish Government invites applications for the Fair Food Transformation Fund. This fund is part of their £1 million-a-year Fair Food Fund, which supports more dignified responses to food poverty. Click [here](#) for more information and to apply to this fund.

WREN—FCC Scottish Action Fund (Community, biodiversity and heritage projects)

FCC Scottish Action Fund offers funding to projects through the Scottish Landfill Communities Fund (SLCF). To apply, click [here](#).

The GSK IMPACT Awards are open to registered charities that are at least three years old, working in a health-related field in the UK, and with a total annual income of between £80,000 and £2.5 million.

The 2019 GSK IMPACT Awards will open for applications in July 2018. If you would like to receive details please email gskenquiries@kingsfund.org.uk with your name and address.

The Mickel Fund

Grants of £500-£10K for projects with the aim of improving the lives of others in and around Scotland, supporting a broad range of community benefit projects.

Apply any time.

Find out more: <http://www.mickelfund.org.uk/>

Now Open! Resilient Communities Fund – North of Scotland

SSEN has established this fund to support communities in our power distribution network area to improve local resilience.

Who can apply?

*Community groups based within the SSEN distribution area

*You don't need to be a registered charity to apply, but your organisation must have a constitution (governing document or set of rules) and be set up on a not-for-profit basis.

How do I apply?

If your project meets the fund criteria, please complete and submit an application form, which can be requested from:

<https://www.ssen.co.uk/RCF/Scotland/>

Scotmid's Community Connect Awards are available to good cause groups and projects across our trading areas in Scotland.

All three member areas in Scotland – **North, East and West** – will each shortlist three good cause groups, who are looking for funding in their relevant geographical area. All three of the good cause groups shortlisted will receive a share of £25,000. The funds of £15,000, £7,500 and £2,500 will be allocated based on the votes received. <http://www.scotmid.coop/community-connect/>

AXA Insurance is providing £15,000 of match funding for road safety initiatives via [Crowdfunder](#) to enable local projects find the funding necessary to make our roads safer.

As part of its RoadSafe Schools Campaign, which highlights the road safety issues that schools up and down our country face, AXA will be providing match funding for projects that aim to improve road safety for everyone.

Projects could range from raising funds for a Lollipop person for a local school, teaching children how to stay safe on our roads or even helping cyclists improve their visibility on the road.

To get started, add your project today: <http://bit.ly/2D1m8Bz>

The Hunter Foundation (click [here](#))

Ambitious youngsters are being challenged to help deliver change in Scotland.

The Hunter Foundation is offering grants of £1,000 which aim to back inspirational ideas.

Its 100 Disrupters project is looking for 100 people who are aged 26 or under to positively disrupt Scotland.

The Vegetarian Society - National Week Grants

National Vegetarian Week (14 - 20 May 2018) is organised by the Vegetarian Society and it's all about eating delicious and exciting veggie food. They have some large and small grants available to help groups with their planned events or activities for the Week.

They're open to new ideas which celebrate vegetarianism, such as: cookery demonstrations; communal meals; recipe exchanges; tastings.

Next deadline for applications is 22 April 2018.

Garfield Weston Anniversary Fund

This fund will award grants up to £150,000 to provide new or improve existing community facilities.

Please note the applications are open until 30 June 2018.

For further info and to apply please [click here](#).



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
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

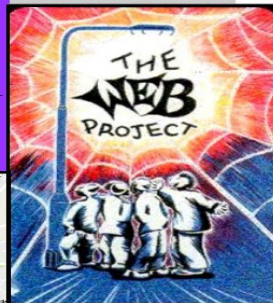


DROP IN FRIDAY'S 3 - 5PM

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
Tel 07930 532935

Angus Long Term Condition Support Group

hosts two meetings monthly in two different locality areas.

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

April 25th	Parkview Medical Centre	2-4pm	Kate's Home Organising	Kate Patullo
April 30th	Links Medical Centre	2-4pm	Kate's Home Organising	Kate Patullo

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 or search online 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 or alternatively by phone on 01307 466113.



Voluntary Action Angus
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