



Voluntary Action ANGUS

THIRD SECTOR INTERFACE

BULLETIN

The Dialogue Begins - Third Sector Future

The Third Sector in Angus has a crucial role in delivering future services for Angus communities and local people. This requires a partnership approach where Third Sector Community Planning Partnership and HSCI work collectively to

- *Tackling inequality*
- *Promoting opportunities for all*
- *Promoting a sense of pride in the community*
- *Supporting people to have greater control of their lives*
- *Supporting people to help each other*
- *Supporting actively caring communities*

New ways of working based on the above outcomes requires transformation into new features and service delivery. To support this week a series of dialogues and workshops based discussion will be held after the next few months.



20th September 9:30 - 12:30

Supplier development programme - Introduction to Tendering
Angus House Orchardbank

20th September 9:00 - 15:00

Dialogues on an Angus that actively cares
Reid Hall, Forfar

21st September 13:00 - 16:00 *For board members*

Future Third Sector - working with TSI. An event for Board Members to discuss challenges and opportunities facing third sector with a presentation from Gary Malone CEO on a social economic and policy perspective and the role of the TSI in supporting sustainable third sector.

26th October 9:00 - 14:00

Transforming Services Event (lunch included). A partnership event to co-create new resource opportunities for third sector and outcome focused delivery

For more information on any of the above please contact
gary@voluntaryactionangus.org.uk

If you would like to add something to the bulletin please do so by emailing ben@voluntaryactionangus.org.uk. The bulletin is created at the end of the week. Any submissions after noon on Thursday will be added to the next bulletin. A survey will be coming out soon regarding how you think the bulletin should be produced and how often it is sent out.

HOLD THE DATE

HEALTH FAIR

20TH SEPTEMBER

Forfar Reid Hall, Castle St, Forfar DD8
3HX
10am-3pm

This years Health Fair is set to be the biggest one to date and provide a variety of info and new dialogues on how we could create an Angus that actively cares. The Health Fair will also help workers and the public to find out about the range of organisations working hard to promote wellbeing, health and social care services. The Health Fair also offers an opportunity to celebrate some really good examples of care within Angus communities and the efforts of local volunteers. Don't miss this opportunity! You can drop in anytime between 10:00 - 15:00. For more information contact ben@voluntaryactionangus.org.uk

**ANGUS VOICE X
ANGUS SUICIDE
PREVENTION
COLLABORATIVE**



As part of Suicide Awareness Week, Angus Voice and Angus Suicide Prevention Collaborative are holding a workshop at VAA, 1 - 3 St James Road, Forfar. from 11am to 1pm on **Wednesday 12th September**. It's a chance to learn more about the Suicidehelp.co.uk website/app and also to find out your opinions on whether the contacts provided are relevant, and if you know of more that should be included. We will also be talked through the Safety Planning part, and how to write a personal safety plan, or help someone write their safety plan. Feedback on the safety planning part of the website will also be welcomed. Please contact Sheila to let her know if you plan to attend on sheila@communityenterprise.co.uk or by phone/text to **07760 753293**.

"LET'S CREATE AN ANGUS THAT ACTIVELY CARES"

SAD EVENT

Help to combat the winter blues Do you find that you struggle in the winter with: feeling down (low mood or depression), lack of energy, sleeping for longer, struggling to get up in the morning, a loss of interest in things, craving carbohydrates and gaining weight, feeling more irritable? All these are symptoms of seasonal affective disorder, also known as the winter blues. Many people suffer with this every year. Want more information, hints and tips to help combat the winter blues? Come to our event at **Academy Medical Centre on Tuesday 2nd October 5.30-6.15** in the waiting room. It will be run by Dr Hannah Dale, Health Psychologist and Ashley McGregor, Senior Community Health Development Worker, who are both based at the practice. There's no need to sign up, just come along on the day at 5.30.

NHS TAYSIDE INQUIRY



Independent Inquiry into Mental Health Services in Tayside - ALLIANCE Engagement Event in Angus. The Independent Inquiry into Mental Health Services in Tayside have launched their open call for evidence. To support this the ALLIANCE will be hosting some workshops to run parallel to this. A key element to this Inquiry is its on looking at 'end-to-end' mental health services, meaning that it wants to hear, not just about a particular service, but the experiences in accessing the service, availability of alternative services and the journey of support after leaving those services. Therefore, along with hearing individual experiences there is also a forward looking element to the Inquiry that wants to explore how the situation in Tayside can be improved; the views of people with experience of services is essential in this. With this in mind you are invited to attend engagement workshops to contribute to the conversation. At these workshops we will be exploring what works well, what are the challenges, and what the future should look like. **17 September 2-4pm** in the **Auditorium at Dundee and Angus College Arbroath Campus** with tea, coffee and sandwiches served from 2pm. **Co-facilitated by Sheila from Angus Voice and Gary from Voluntary Action Angus.** We hope to see you there - if you have experience of mental health services in Angus, or if you're a family member, friend or carer for someone who does. Together our voices are stronger.

For further information please phone **Sheila** on **07760 753293**, or email **sheila@communityenterprise.co.uk**

ANGUS VOICE SCIO AGM

Date: **Wednesday 26th September 2018**

Time: **7 - 8 pm**

Venue: **St. Andrew's Church, 21 Hamilton Green, Arbroath DD11 1JG**

For further information please phone **Sheila** on **07760 753293**, or email **sheila@communityenterprise.co.uk**

SUICIDE PREVENTION WEEK 2018

As part of Suicide Prevention Week 2018 **Police Scotland** are planning a Facebook Q & A - which will take place on **Wednesday 12th September** between **11:30am - 12:30pm**. To allow this to run as smoothly as possible a short survey has been prepared to allow questions to be submitted in advance. The link to the survey is **<https://www.surveymonkey.co.uk/r/FQ5FSKM>**

HOLD THE DATE

AGM

27TH SEPTEMBER

Arbroath CAB, 11 Millgate, Arbroath DD11
1NN
Starts at 2pm.

DUNDEE CARERS

Independent Advice and Support got a fantastic boost this month when the Self-directed Support Service, part of Dundee Carers Centre, were awarded Scottish Government funding of almost half a million pounds, over the next three years. Team Manager Meg Marr said: "We are delighted that our bid was successful, and our team have been recognised at a national level for the high-quality resources and support that we have developed over the last six years. The aim of the team is to increase access to Self-directed Support, enabling people to participate fully in the SDS process and provide the following support to Carers & Disabled people through SDS Advisors, Learning & Development worker and Finance team. If you would like to know more about Self-directed Support and the range of support available, please contact:

Self-directed Support Service (Dundee & Angus) , Dundee Carers Centre, Seagate House, 132-134, Seagate, Dundee, DD1 2HB. 01382 200422

sds@dundeecarerscentre.org.uk
www.directpayments.org

RECOVER TAY LAUNCH EVENT

MAIN EVENT: "Next Stop Please" the musical as performed at this year's Fringe in Edinburgh

WHEN: **Friday 21 September 2018 at 6.30pm**

WHERE: To find out more and to get tickets go to www.nextstopplease.eventbee.com

COMMUNITY INNOVATION FUND INFORMATION SESSIONS



Communities in Control

A series of information and advice sessions are being held across Dundee this month for interested applicants and members of the public to find out more about the Community Innovation Fund. The Community Innovation Fund aims to help community groups to develop local improvement projects that will benefit the health and wellbeing of their local population. The Fund is financed through Tayside Health Fund and community groups can apply for any amount between £500 and £25,000 over a three year period to establish new and innovative projects. There are plans for sessions in Angus and Perth and information and dates will be shared in the coming weeks. Anyone interested in applying or finding out more information should come along to the information sessions or visit the website www.communityinnovationfundtayside.scot.nhs.uk

HEAT

The Home Energy Advice Team (HEAT) will be in your area to help you understand what they do and how they can help you. On the day you will be able to book a personal in-depth, in-home advice session to help manage your fuel spend effectively while maintaining a warm, dry and comfortable living environment. Pop along to the event listed below to speak to a free and impartial adviser.

At **Brechin Fire Station**
Scott Street, Brechin
Tuesday 11th September 10am—12pm

HEARTSTART



Heartstart Discovery is running free two-hour training sessions in emergency life support. Being able to perform emergency life support, a set of actions needed to keep someone alive until professional help arrives, gives a casualty the best possible chance of survival. Course is free of charge, no medical knowledge is required to undertake this course and it only takes two hours. The sessions cover caring for an unconscious person who is breathing and not breathing and performing CPR, how to recognise the signs, symptoms and how to deal with a heart attack, helping someone who is choking and helping someone who is bleeding badly. This will take place on **30th October 2018 at VAA Forfar 10-12**. To book a place contact info@voluntaryactionangus.org.uk.

TAYSIDE TSI THIRD SECTOR CONFERENCE

SAVE THE DATE
ENABLING AND EMPOWERING
TAYSIDE TSI THIRD SECTOR CONFERENCE
Wednesday 14th November 2018 at The Quay, Dundee

Dundee, Perth and Angus Third Sector Interfaces have joined forces to deliver a third sector conference with a focus on governance. There will be a range of hot topics discussed over the day. Details to follow. **Eventbrite Tickets will be available soon** and will be allocated on a first come first served basis. Information will be communicated via Dundee TSI, PKAVS and Voluntary Action Angus.

DON'T MISS OUT!

DESPERATELY SEEKING

April Glennie is looking for volunteers interested in helping within Sheltered Housing. Our volunteers help with games hosted for the residents such as bingo, boccia (chair bowling), board games and more. If you are interested please contact April by email april@voluntaryactionangus.org.uk or phone **01307 466113** (mornings only).

THIS JUST IN..



WARM & WELL ANGUS SERVICE



Warm & Well Angus will visit older and/or disabled people who are unable to access our offices because of health or transport difficulties. A full CAB advice and information service in someone's own home is what we offer. It is a holistic service which covers many, many topics including energy matters, housing issues, scams and income maximisation. One of our fully trained volunteer advisers will visit the person at home. To enquire about this service contact us on **ARB-Adminuser@anguscab.org.uk** or **01241 870661 ext 234**.



SALTIRE AWARDS

The Saltire Awards are a nationally recognised achievement from the Scottish Government for volunteering hours for young people age 12-25. The Saltire Awards look really good on a young person's C.V and really set them apart from others who haven't volunteered when applying for either jobs or college/university places. The Saltire Awards have different levels which are – The Challenge, The Approach, The Ascent and The Summit, you also receive Young Scot points which can be used to claim loads of amazing prizes! Does your organisation involve young volunteers? Do you want them to get the recognition they deserve? For more information, please contact **Bobbi Murray** on **01307 466113** or **bobbi@voluntaryactionangus.org.uk**

POLICE DROP IN SURGERY



I will be at the Millennium Hall on the following days.

Tuesday 11th September 1800-1900
Saturday 29th September 1000-1100

If you have anything you'd like to discuss please come and see me

CRAFT CABIN



At **Arbroath Public Library, Hill Terrace, Arbroath DD11 1AH**

Mondays from 10am – 12pm

All ages welcome, bring own craft project

Contact **Krissy – 077830 83249**



Monifieth Local History Society

Roles: Chair person, Secretary, Treasurer, Fund-raiser

Interested in finding out more?

Contact: **Monifieth Local History Society**, at phone number **01382530355**, or email **monifieth.history@btinternet.com**

**"LET'S MAKE SURE ALL YOUNG
PEOPLE ENJOY THE RIGHT TO
VOLUNTEER"**

DESPERATELY SEEKING



SHOP VOLUNTEER

HOPE Gardens are needing volunteers for the HOPE garden - working in the shop! It would be for a Saturday morning and a Monday afternoon.

It would be good for someone who is quite confident with people - also there would be someone there to show them how the till works and to support them with all other duties in the shop.

For more information contact jade@voluntaryactionangus.org.uk



VOLUNTEER ADVISOR

Are you - a good communicator? Open, approachable and enthusiastic? Respectful of views and values which may be different to your own? Able to work within a team? Able to use computers? Willing to undertake training for the role? You may be interviewing clients, communicating information to clients, act on behalf of clients, negotiating, referring and drafting letters for clients and completing clear case records. Interested? Ask for **Elizabeth** at **Angus Citizens Advice Bureau** on **01241 870661 ext 234**.



ANGUSALIVE

Volunteers support us on an ad-hoc basis, for example for short-term specific events or short-term programmes and on a more regular basis. As a volunteer, you would help support our work to create healthy active and creative lifestyle choices - look out for our notices on Facebook and at our sites or contact one of our leisure, culture and sport facilities today. **ANGUSalive** will aim to match volunteers to a position that best suits their interests and we welcome enquiries from all ages and abilities. If you are interested and/or would like some more information please contact enquiries@angusalive.scot.



CHAIRPERSON AND COACH COORDINATOR

Arbroath Community Sports Club are looking for a chairperson and a coach coordinator. To find out more information and apply for the positions please visit the links below;

<http://www.voluntaryactionangus.org.uk/wp-content/uploads/1-Chairperson.docx>

<http://www.voluntaryactionangus.org.uk/wp-content/uploads/8-Coach-Coordinator.docx>



AFTERNOON TEA HOST

Contact the Elderly who aim to alleviate loneliness in older people through free monthly afternoon teas are urgently needing hosts in the Carnoustie/Monifieth area. Hosts are asked to provide a simple afternoon tea once a year for a small group of lonely older people. Teas can take place in the host's home or could be provided by an organisation or business. The teas are held on a **Sunday afternoon from 2-4.00p.m.** and the guests are collected and accompanied by a volunteer driver. All guests have to be able to manage two or three steps with just a steady arm as we do not undertake any caring duties. The monthly outings make a huge difference to our guests as they enjoy chatting and making new friends as well as eating cake. I would urge you to consider volunteering with us, it does not involve a great deal of your time but you will find it very worthwhile.

Please contact me, **Jean Malcolm** on **01356660238** or visit our website www.contact-the-elderly.org.uk

ANGUS NOVA

Penumbra are hiring! Please see the vacancies below;

N78/18 – Peer Worker Angus Nova Service (2 x posts)
<http://www.penumbra.org.uk/vacancies-all/n78-18-peer-worker-angus-nova-service/>

N79/18 – Recovery Worker Angus Nova Service (1 x post)
<http://www.penumbra.org.uk/vacancies-all/n79-18-recovery-worker-angus-nova-service/>

The closing date of these vacancies is Thursday 13th September at 9am.

MULTIPLE OPPORTUNITIES

CHSS 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 volunteers in; Displaying and Merchandising; Customer Care; Stockroom and Charity Stock Driver. Potential volunteers must have a competent level of the English language. CHSS 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**.

ANGUS TALKING NEWSPAPER ASSOCIATION



We are a charitable Organisation run entirely by Volunteers in the five Burghs of Angus, providing local news to the Registered Blind and Visually Impaired. Once a month a team of readers record an hour of local news from their area. We are **URGENTLY** seeking a volunteer, one for Montrose and one for Arbroath, for no more than 2 hours, once a month to train and then be a stand-in as Team Leader and who is pc/laptop competent. Please contact: www.angustalkingnews.co.uk



KEPTIE POND LITTER PICKS

Arbroath in Bloom

Keptie Friends 2018

Sundays at 11am (weather permitting)

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!**

NEXT DATE: 30 September



ARBROATH IN BLOOM

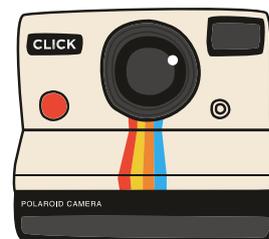
This is a call for help from us! We are looking for more people to join us as we try to brighten up the town with flowers and plants.

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.

CITIZEN ADVOCATE

Have you ever thought about becoming a Citizen Advocate? Citizen Advocacy is an equal partnership where someone who benefits from advocacy support (advocacy partner) is matched with a member of their local community (citizen advocate). Their partnership is equal and their Citizen Advocate is there for them to help have their voice heard, connect to their local community and help them to understand their options. We are always on the lookout for people who have time to spare and share our values but our group preparation is an excellent opportunity to learn more about what a Citizen Advocate can do! If you think you would be interested in attending our event or want to have a general chat about citizen advocacy please call the office on **01241 434413** and ask to talk to a member of the citizen advocacy project team.



KIRRIEMUIR CAMERA OBSCURA

Can you spare three hours a week to help keep this open? We have reopened this famous attraction and we love love to be open everyday but we can't do this without more volunteers. If you can spare just three hours per week between 11am - 5pm in the cafe or the camera room. If you are interested please come into us for more information.

DON'T FORGET..

ANGUS LONG TERM CONDITION SUPPORT GROUP

ALTCSG host meetings monthly in different locality areas. All are welcome to attend and costs £1 per meeting.

Dates to be confirmed.

AN INTRODUCTION TO PARTNERSHIP WORKING AND COLLABORATION - ANGUS

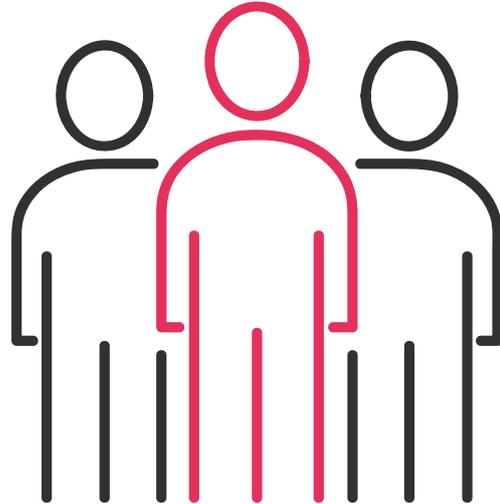
This workshop will provide you with a basic knowledge of the benefits of partnership working, how to get started, potential models for consortia as well as real-life examples of existing, successful partnerships and details of upcoming contracting opportunities. The session will be interactive and provide you with the opportunity to discuss in detail the points raised during presentations, and to network and share experiences with fellow network members. This workshop is being delivered by Partnership for Procurement (P4P) with support from Angus Business Connections Book now as spaces will be limited!

WHEN: 20 Sept 2018

WHERE: Angus House, Orchardbank Business Park, Forfar, DD8 1AX

TIME: 09:30hrs to 1230hrs

<https://www.eventbrite.co.uk/e/an-introduction-to-partnership-working-and-collaboration-angus-tickets-49697039182>



ANGUS CLOTHING BANK

WHEN: Every Tuesday 1.30pm - 3.00pm

WHERE: St Johns Methodist Church (15 Ponderlaw Street, Arbroath)

Angus Clothing Project is an adult clothes bank for those who are homeless, low or no income, have little or no possessions (donations welcome)



STRATHMORE RUGBY CLUB



Strathmore Rugby Club have started touch walking rugby. If you are interested please contact **Josh** on trust.cpc17@gmail.com

THE POWER OF YOUNG PEOPLE

As part of Angus Council's commitment to Participatory Budgeting, and to celebrate 2018 being the 'Year of Young People,' £40,000 has been set aside for Youth Work Projects across Angus. So, we want to hear your ideas and what difference they will make to young people in Angus. If you wish to apply for funding or wish to discuss it further then please contact: **Tricia Ryan** EDNCLD@angus.gov.uk **01307 476366**

SDS

Are you 16-24? Unemployed, leaving school or college, or just unsure of what comes next? Drop in to the **Montrose Road Centre in Forfar** to discover your next opportunity. **Tuesday 25th September, 1pm - 3pm** Meet local learning and training providers Make an appointment with a Careers Adviser. Find out about Apprenticeships! #EarnAndLearn. Apply for an Individual Training Account (up to £200 towards training!) Automatic entry into a Prize Draw refreshments available. Any questions? Call us on **01241 433 000** or drop us a message on **Facebook** at **SDS Angus**.

ANGUS HSCP

Do you have 1-2 spare hours a week to help out someone in your local community? **Angus Health and Social Care Partnership** volunteering has numerous opportunities available throughout Angus, PVG required and full training will be provided. If so, please contact **Janet Rowlands** on RowlandsJ@angus.gov.uk

SAFETALK TRAINING

We have *Suicide Alertness For Everyone Training (safeTALK)*. Thursday 13 September 2018, 1pm-5pm Venue: Room A, Bruce House, Arbroath.

This training is open to everyone who lives or works in Angus (employees, employers, community groups and members of the public). 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 Angus Suicide Prevention Collaborative. To book you will be required to complete a registration form. To book or for any further information please email for the attention of Susan Duncan, Development Officer at suicideprevention@angus.gov.uk



HOSPITALFIELD

A series of walks and events that exploring local landscapes. Enjoy being outside and getting active at an enjoyable pace? Then this is for you. Find out more & get in touch: www.hospitalfield.org.uk/volunteer/meander - **01241 656 124** / volunteer@hospitalfield.org.uk

MONIFIETH HERITAGE CENTRE

We are currently looking for volunteers who are willing to help support and grow Monifieth's very own Heritage centre. Volunteers needed to meet and greet members of the public. Keep the centre free and open daily for the public to appreciate. We are also looking to attract a new Management committee

FUNDING

Scottish Book Trust - Live Literature Funding

Grants are available to help bring literature alive with an author, poet, playwright, graphic novelist or storyteller visit. Applications for events taking place between 01 January and 31 March 2019 are now open.

The Trust likes to support interesting, imaginative sessions which show a commitment to the promotion and enjoyment of reading and writing.

Next deadline: **19 September 2018.**

For more information, visit: <http://www.scottishbooktrust.com/>

Tech Trust - Meet and Code Grants

Youth-based charities are invited to apply for a €500 grant to hold a digital or coding event that inspires and encourages young people to learn more.

The Meet and Code initiative was to encourage young people to engage in a new skill. It has now recently launched in the UK with Tech Trust as its local partner. Organisations with beneficiaries aged 8-24, or those looking to partner with youth-based charities, are invited to support a number of events that inspire and encourage young people to learn more about digital and coding, in whatever form charities choose.

These events must take place during EU Coding Week (06 - 21 October 2018).

Next deadline: **15 September 2018.**

For more information, visit: <https://www.meet-and-code.org/gb/en/>

She did it!



Kirriemuir Girl Bethan Whamond has cycled from lands end to John O'Groats to raise funds for Angus Independent Advocacy (AIA) a local Angus Charity.

A journey of more than 110 miles covered some of the most spectacular scenery of the U.K including the challenging 9000 feet climb from Perth to Granton on Spey over the Lecht.

Bethan said I really enjoyed it , its great to do these things meet new friends and test yourself. I particularly loved being back in Scotland we are lucky to have such fantastic scenery in our country. Although it was very challenging it was worth it both personally in terms of the experience and also to raise funding for such a great local Charity.

On behalf of Angus Independent Advocacy, Suzanne Swinton said, "We are delighted that Bethan has completed her challenge and really appreciate the vital funding she has raised and more so the message she has sent out such of promoting inclusion and equality for all, whilst raising awareness of the barriers people can face in having their voices heard and being part of their local communities.

If anyone is interested in finding out more about any aspect of the work of Angus Independent Advocacy they can do so by contacting the office on 01241 434413 / enquiries@angusindadvocacy.org or by visiting our website www.angusindadvocacy.org Bethan ended by saying its fantastic the support I have had and the generosity of people and organisations in donating to the cycling for Advocacy fund. The fund closes on the 30th of September allowing people to contribute now that I have completed the journey

To donate on line

<https://www.justgiving.com/crowdfunding/bethan-whamond>