
THE VOLUNTARY ACTION ANGUS

BULLETIN

POP UP FUNDING EVENT



Angus Council External Funding Team and Voluntary Action Angus are hosting a Pop Up Funding Event in Monifieth.

The venue is;
Monifieth Health Centre
Victoria St
Monifieth
Dundee
DD5 4HR

The event will run from 10am - 12noon on 14th June.

For more information contact hayley@voluntaryactionangus.org.uk



VOLUNTEER DRIVING SERVICE

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

VOLUNTEER TREASURER OPPORTUNITY

Voluntary Action Angus have a fantastic opportunity and are looking for a treasurer. You would be expected to attend a board meeting every two months. Are you interested in becoming a treasurer? Contact Hayley Mearns on hayley@voluntaryactionangus.org.uk or phone 01307 466113 for more information.



FREE WORKSHOP

A free workshop on participation requests Monday 11th June 2018, 5.30 – 8.30 (with light supper from 5pm). Angus Carers Centre, Ground Floor, 8 Grant Road, Arbroath, Angus, DD11 1JN. Are there things about public services you would like done better? Do you think you and others in your community could help to improve public services if your ideas were listened to? Participation requests are a new way for people to have their say about improvements they would like to see made to the public services they use. They are part of a piece of Scottish Government legislation called the The Community Empowerment (Scotland) Act. By making a participation request, a community group can start a discussion with organisations in charge of public services, such as hospitals, schools and transport, about how to improve these services. This free workshop for community groups and organisations is a chance to find out more about participation requests, how to make one and what to think about before you do. The workshop is being delivered by Scottish Community Development Centre To register your interest please complete the online form:
<https://www.surveymonkey.co.uk/r/AngusPR> Or contact Robin Jamieson at SCDC on 0141 248 1924 or email robin.jamieson@scdc.org.uk



JOB OPPORTUNITY

Abbeyfield Monifieth Society is looking for a Relief Housekeeper to cover weekend shifts and holidays. Hours of work are 9am to 1.30pm and 3.15 to 6.15pm. We are a living Wage employer. We provide supported housing for elderly independent people living in a 'home from home' environment. You will be required to cook two meals each day for our residents. SVQ2 in Housing Support and Food Hygiene required (training can be provided). For further information and application form contact the house Monday to Friday 9.00am to 12 noon – 01382 535298. Salary £11.10 per hour. Closing date for applications – 15th June 2018

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 carefully match partnerships based on a variety of factors including location and common interest. 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. We are holding our Group Preparation/Adult Support and Protection Learning Session on 14.06.18 from 12-5 at the Advocacy Office, 60 High Street, Arbroath and have opened it up to the public.

JOB OPPS.

Angus Women's Aid has vacancies for 2 enthusiastic, motivated individuals committed to upholding the rights of and supporting women who have experienced domestic abuse.

We are looking for :

Domestic Abuse Advocacy Worker
(Coastal) 16 hours

Women's Worker 20 hours

Both Posts are currently funded until March 2020. Salary for both posts will be £23697 pro rata. Closing date for completed applications is 12 noon 22nd June 2018. Application packs are available by email only by contacting info@anguswomensaid.co.uk
Interviews will take place on 5th July 2018
Only those selected for interview will be contacted.

JOB OPPORTUNITY

Administrator - Quality Assurance
15 hours per week, fixed term contract until 31/3/19. £9.50 per hour

Angus Citizens Advice Bureau has a vacancy for a skilled administrator to support the Quality Assurance Officer in the development and implementation of appropriate policies and procedures in order to meet the accreditation of the new Scottish National Standards for Advice and Information. Working in a high pressure environment, the successful applicant will have considerable experience in Microsoft Office applications, be able to work to tight deadlines and on their own initiative. Excellent communication skills are essential in this role which will involve a variety of tasks including direct contact with our clients.

Closing date Thursday 14th June. Interviews to be held Tuesday 19th June.
For an application pack contact ARB-adminuser@anguscab.org.uk. For more information tel. 01241 439235

HUB OPEN DAYS

Sat 7 July 11am - 3pm - Riverview Park
FREE Fun Filled Sports Day
P4-7 pupils boys & girls

Monifieth Tennis Club, Monifieth Athletics Football Club, Monifieth Grange Golf Club, Monifieth Grange Bowling Club

JOB OPPS.

Development Worker, Together Angus, Brechin. 30 hours per week, fixed term contract until 31/3/19. Salary £21,345 p.a.

Angus Citizens Advice Bureau has an opening for a Development Worker based in a multi-disciplinary project in Brechin. The Development Worker will be responsible for contributing to the reduction of poverty by promoting financial inclusion and benefits awareness within the Brechin area of Angus as well as offering the full CAB generalist advice service. They will work in partnership with a range of local organisations including Voluntary Action Angus, Home Start Angus, Tayside Council on Alcohol and Angus Womens Aid. Services will be offered in a variety of premises within the locale of Brechin.

Closing date: Thursday 14th June.
Interviews to be held Tues 19th June.
For an application pack contact ARB-adminuser@anguscab.org.uk. For more information tel. 01241 439235





BURNSIDE JOB CLUB

Looking for a job, advice? Want help with your CV? Feeling that Volunteering can give you a boost? Need help with letters or emails? Get support with your CV, IT, letter writing, Benefit support, and support from other job seekers!

- Links to Volunteer Action Angus
- Skills Development Scotland
- Remploy
- Dundee and Angus College

Starting 5th June, every Thursday between 4pm and 5pm in the Computer Suite, Burnside Primary School, Thomas St, Carnoustie DD7 7JZ

For further information please contact:
Donald McNeill
t: 01241 803589
e: mcneilld@angus.gov.uk

PEER LINK SERVICE

Our Peer Link Service offers short term support to patients of Carnoustie and Monifieth Medical Practices. Peer Workers, who have their own lived experience of mental health challenges, will listen to you and work with you to find ways to manage your current situation and plan for your own next steps.

If you are feeling isolated, overwhelmed or finding it hard to cope, then pop into your local GP practice and make an appointment to see one of our Peer Workers. A range of wellbeing workshops are offered each week in both practices.

The service is available to all patients of Carnoustie and Monifieth Medical Practices, who are over the age of 16. Please ask at reception to make an appointment or to book onto wellbeing workshops.

Carnoustie Medical Group 01241 859888
Monifieth Medical Practice 01382 534301
anguspeerlinkservice@penumbra.org.uk

VOLUNTARY ACTION ANGUS SOCIAL ENTERPRISE

Our social enterprise questionnaire has now gone live. To take part, please click the image below.





JOB OPPORTUNITY

Care About Angus is looking to recruit a Home Support Worker based in Letham, Angus.

Initially the work will be for 10 hours per week, 5 mornings of 2 hours each day.

The work will be based at Jubilee Court in Letham, but there are plans to expand the services in Letham and offer an increase in hours.

For further information please send a brief CV to:

Linda Cruickshank,
Operational Manager
Care About Angus

1st Floor

8 Grant Road

Arbroath

DD11 1JN Or email

linda@careaboutangus.org.uk

JOB OPPORTUNITY

Care About Angus is looking to recruit two Home Support Workers to cover the Carnoustie and Monifieth areas.

Initially the contract will be for 15 hours per week, mornings, Monday to Friday.

You must hold a clean driving licence and have access to a car.

For further information please send a brief CV to:

Fiona McIntosh

Development Worker

Care About Angus

1st Floor

8 Grant Road

Arbroath

DD11 1JN

Or email fiona@careaboutangus.org.uk



TRAUMA TEDDY TEA

Wednesday 13th June 9.30am until 1pm

Can you knit? If so we would love your help

.We would like to invite you to come along to take part and support in a Teddy knitting festival. The programme will be run in conjunction with Children 1st, Police Scotland and Ninewells Hospital whereby we will be knitting teddies to comfort and support children at traumatic times in their life. All that we ask is that you come along with your 3.25mm / 3.75mm needles and brightly coloured wool. (A range of colours would be great) That refreshments and chat will be on us. Hope to see you then. If you would like to come along please contact Monifieth High School on 01382536700 or email a.reid1@angusschools.org.uk

TAYSIDE NRAS GROUP

Rheumatoid/Inflammatory Arthritis
Date: Wednesday 20th June
Time: 6:30pm - 8:00pm
Venue: The Gannochy Lecture Theatre at
Ninewells Hospital Dundee DD2 1UB

Guest speaker: Gary Cook, Principal Clinical
Pharmacist (Rheumatology) and a
Committee Member of the Scottish
Medicine Council.

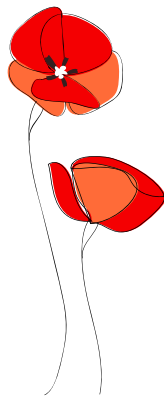
Topic: 'How to manage your rheumatology
drugs effectively'

Everyone welcome.

Also, from 1pm - 5pm on the 20th June
NRAS will have an information table on the
concourse as part of RA Awareness Week!
NRAS groups provide regular, informal
gatherings offering information on disease
self-management, guest speakers and lots,
lots more.

ARMED FORCES GRANT SCHEME

TBNT are working with the Armed Forces
Covenant Fund Trust on a project to provide
small grants for remembrance day
installations. The installations would be fully
funded and community groups can apply
for them in June to support their
Remembrance Day activities for the
centenary of World War One:
<https://www.therebutnotthere.org.uk/taking-part/armed-forces-covenant-fund-trust/>



IMPACT OF POVERTY AWARENESS TRAINING

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 feeling may impact
on accessibility for services or feelings of
being judged for requiring services.

This training is delivered by NHS Tayside
Workplace team in partnership with
Dundee City Council and Angus Council
Welfare Rights Teams.

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
- This workshop will take place on:

• 21 June, 2018 - Bruce House, Arbroath
9.15 am - 12.45 pm.

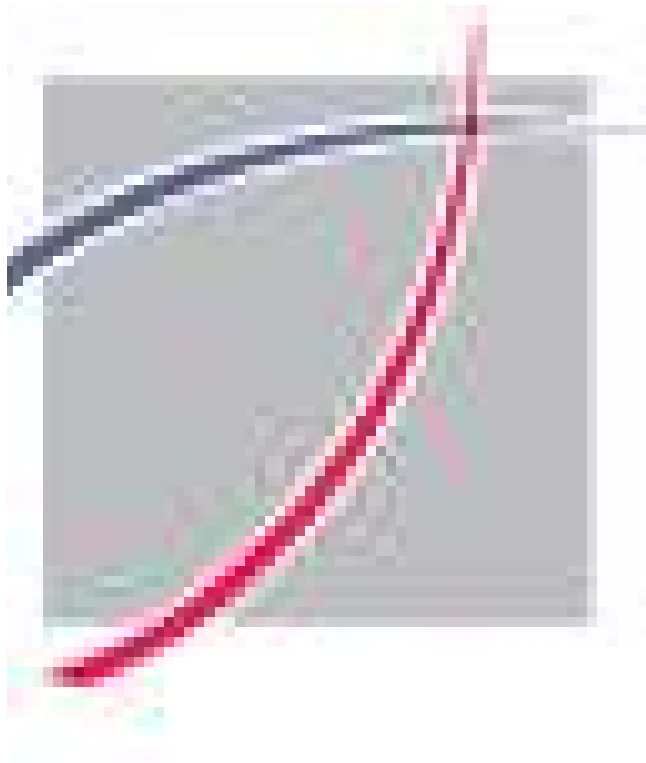
• 21 August, 2018 - Kinnoul Room, Kings
Cross - 9.15am - 12.45pm

Places will be limited and will be allocated
on a first come basis.

Please book via email hw1-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



ARBROATH EYES AND EARS

Friendly, local group for people experiencing vision and/or hearing loss. Come along for information and some social time

NEXT MEETING

Monday 9th June 2018

1pm - 3pm

Russell Square Lounge, Russell Square,
Arbroath

Scottish Fire & Rescue Service- Home Safety
For further information contact:

Joan Kennedy

North East Sensory Services

0345 2712345 / 07720811896 (talk & text)

joan.kennedy@nesensoryservices.org

MONTROSE HEARING LOSS GROUP

This new group is for people experiencing any level of hearing loss to come together on a monthly basis to enjoy support and activities.

MONDAY 18TH JUNE 1pm

Lunch at the Picture House 12 Hume St

MONDAY 16TH JULY 1pm

Session on Flower/Craft Links Health Ctr.

MONDAY 20TH AUGUST 12 NOON

Trip to Raemoir Garden Centre, Banchory

MONDAY 17TH SEPTEMBER 1pm

Visit to Angus Archives

MONDAY 22ND OCTOBER 1pm

Session on Flower/Craft Links Health Ctr.

MONDAY 19TH NOVEMBER time tbc

Trip to V&A in Dundee

MONDAY 17TH DECEMBER 1PM

Xmas Lunch Park Hotel, 61 John St

FORFAR SENSORY GROUP

Friendly, local group for people experiencing vision and/or hearing loss.

Come along for information and some social time

NEXT MEETING

Wednesday 20th June 2018

1pm - 3pm

Forfar Farmington Football Clubhouse,
Market Muir, John Street, Forfar

Trip to Botanic Gardens, Dundee

(please contact if you wish to attend)

For further information contact:

Joan Kennedy

North East Sensory Services

0345 2712345 / 07720811896 (talk & text)

joan.kennedy@nesensoryservices.org



TAYSIDE ALCOHOL

Kith'n'Kin supports children/young people living in Kinship Care as a result of parental alcohol/substance use. Kinship carers are usually grandparents, other relatives or family friends. We are looking for volunteers to support with our weekly group for both carers and their children. The group provides the opportunity for participants to spend time with peers who are living in similar circumstances, helps to reduce isolation and promotes community engagement. Volunteers would be provided a variety of training and experience of working with children/young people who have often lived quite traumatic childhoods. Please contact 01241872989 or Jackie.waugh@alcoholtayside.com.

HOPE GARDEN SCIO

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



VAA TRAINING

An Awareness of Adult and child Protection

The course is free-of-charge and no specific knowledge is required in order to undertake one. It only takes three hours to gain the knowledge which may support a vulnerable person.

The course covers the following areas:

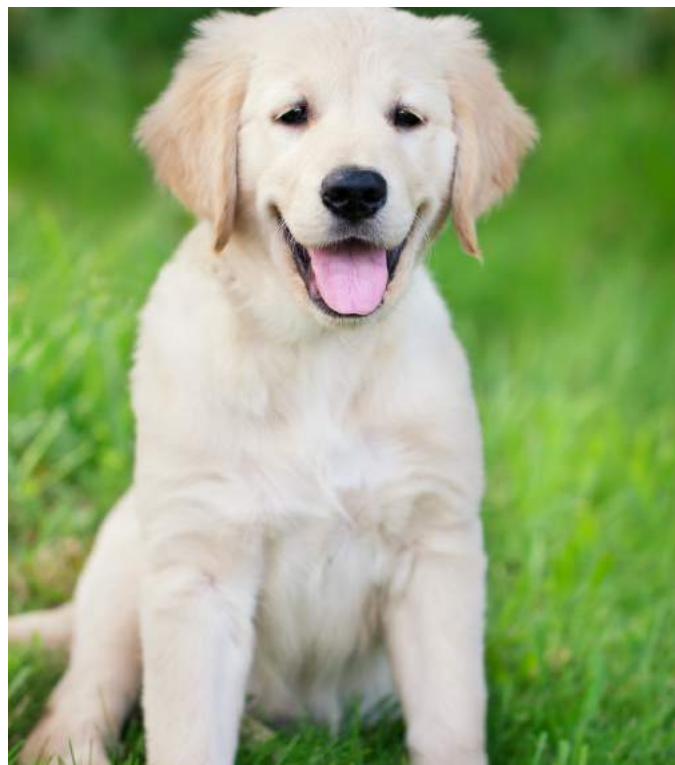
By the end of the session, participants will have:

- To look at the history of safeguarding and how it sits within organisations.
- We will also look at the different categories of abuse and their definitions.
- The action to take if there is a disclosure and reasons why victims choose not to disclose.
- Increased awareness of signs and indicators of abuse
- How to respond if there is a concern about a child, young person or vulnerable adult.
- Knowledge of legislation and guidance

Venue: VAA Forfar training room

Date and Time: 8th August 2018, 2.00 to 5.00

Booking a place on the course - please contact Dawn Stewart on 01307 466113 or dawn@voluntaryactionangus.org.uk



CARNOUSTIE CANINE CAPERS

Angus the County that Cares about Dogs
This Facebook page was set up at the beginning of the year. It is managed by Carnoustie Canine Capers. The aim is to share information, signpost and discuss dog related topics in a friendly manner all for the betterment for our dogs in Angus and beyond. Anyone who has an interest in dogs is invited to join.

There are directories where businesses can enter their details e.g. Breeders, Canine Massage, Clubs, Commercial Dog Walkers, Groomers, Home Boarders, Hydrotherapy Businesses, Pet Shops, Rescue Centres, Veterinary Services and Trainers to restaurants, cafes and pubs who welcome dogs on to their premises.

Details of forthcoming events whether it be canine activities or fundraising events for competitors going to National or International events can also be found.

Those who are organising events are welcome to post details.

It is also a place to advertise forthcoming courses for example local canine first aid training to nationally led courses and conferences for breeders, groomers and trainers and dog owners.

Job vacancies can be shared here to bring people's attention to what opportunities there are available in the canine industry at a local and European level.

Clubs and those who enjoy agility, flyball, rally, breed showing, trialling and more are welcome to add their contact details.

If anybody would like any further information, please contact Carnoustie Canine Capers on

carnoustiecaninecapers@gmail.com or private message us on our Facebook page or phone 01241 854049

Let's make this the "One-Stop Shop" for everything to do with canines in Angus.

CATESBI

Catesbi - Guidance

Enrolling 3 sessions for parents/carers of children with autism @ VAA Forfar, Wednesday 12.30pm -2.30pm

Are you tired of struggling with behaviour, looking to get some guidance?

Our sessions are based on proven behavioural strategies. Learn about what behaviours to reinforce and how. Get understanding of what is your child communicating through challenging behaviour and how you might prevent challenging situations. contact Suzie -

07922824758, suzie@catesbi.co.uk - These sessions will have parents / carers understand their child and focus on the positive. SDS (self-directed support) can be used to pay for the training.

<https://www.eventbrite.co.uk/d/united-kingdom--forfar/family-and-education--events/catesbi/?sort=best&crt=regular>



ANGUS DIABETES FORUM

You are invited to come along to the Angus Diabetes Forum to learn more about Managing Your Diet. This will take place on Thursday 14th June from 6.30-8.30pm in the OT Room, Links Health Centre, Montrose, when the topic will be 'Managing your diet'. There will be time for discussion and questions over a cuppie. Feel free to bring a friend or relative!

ANGUS CARERS

A free workshop on participation requests Monday 11th June 2018, 5.30 – 8.30 (with light supper from 5pm)
Angus Carers Centre, Ground Floor, 8 Grant Road, Arbroath, Angus, DD11 1JN.
Are there things about public services you would like done better? Do you think you and others in your community could help to improve public services if your ideas were listened to? Participation requests are a new way for people to have their say about improvements they would like to see made to the public services they use. They are part of a piece of Scottish Government legislation called the The Community Empowerment (Scotland) Act. By making a participation request, a community group can start a discussion with organisations in charge of public services, such as hospitals, schools and transport, about how to improve these services. This free workshop for community groups and organisations is a chance to find out more about participation requests, how to make one and what to think about before you do.

To register your interest please contact Robin Jamieson at SCDC on 0141 248 1924 or email robin.jamieson@scdc.org.uk

NHS TAYSIDE

ARE YOU INTERESTED IN BECOMING A VOLUNTEER LISTENER?

Spiritual Care Listener - "Helping people (re)discover hope and inner strength in times of illness, change and loss"

Can you be a good listener? Can you help someone explore what they are going through? Listening to people's concerns can help them feel less isolated and anxious while helping them feel more hopeful and valued. Volunteers can play a vital role supporting the work of the Department of Spiritual Care in their work often being the initial point of contact. Volunteering opportunities available in

- Bereavement
- Community
- Hospital

Members of the Department provide ongoing support.

If you are interested in becoming a volunteer with the Department of Spiritual Care an information afternoon is being held on Wednesday, 12th September 2018. If you wish to attend please contact Lynne Downie on 01382 423110 or email lynne.downie@nhs.net



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 dawn@voluntaryactionangus.org.uk.

EXITS AND ENDINGS

The course is free-of-charge and no specific knowledge is required in order to undertake one. It only takes two hours to gain the knowledge which may enrich someone's life.

By the end of the session, participants will have:

- * Considered the reasons why a befriending relationship might end
- * Understanding that relationships can have positive and negative aspects
- * Understanding the effects of an ending for all concerned
- * Explored ways of dealing with endings
- * Thoughts about a planned strategy for endings
- * Discussed moving on

Venue: VAA Forfar

Date and Time: 14th June 2018, 2.00 to 4.00

Booking a place on the course - please contact Dawn Stewart on 01307 466113 or dawn@voluntaryactionangus.org.uk



ANGUS TALKING NEWSPAPER

Help needed Angus wide. We are a Charitable Organisation run entirely by Volunteers in towns around Angus providing local news to registered Blind and Visually Impaired folk. Once a month a team of readers get together to record an hour of local news from their area. We are looking for a volunteer in each of these Burghs to spend no more than 2 hours per month in either reading and/or able to use a laptop/PC Please contact us to get involved at: www.angustalkingnews.co.uk

STICKS AND STONES

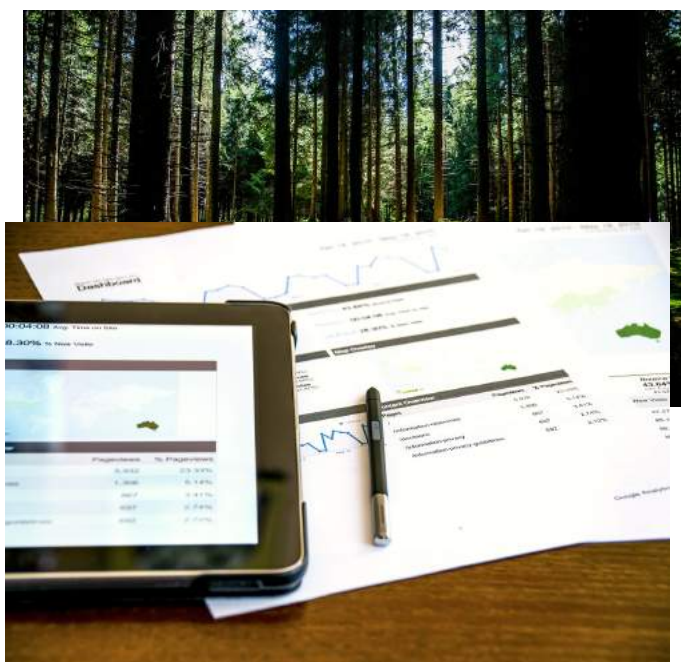
We are a not-for profit organisation looking for volunteers. Could you spare two hours a week supporting vulnerable children in a beautiful woodland setting near Laurencekirk? We are looking for a fire guardian to keep the cosy campfire going and prepare a hot chocolate for a small group of children. We are also looking for someone who could buddy a child, supporting them to bring their creative ideas to life. Contact sticksandstonesfs@protonmail.com / 07411490219 for more info.

COMMUNITY FUN AFTERNOON

19TH JULY 2018 COMMUNITY FUN AFTERNOON 1pm to 3pm at Inch Park, Witchden Road Join us for an afternoon of free fun and activities for all the family and learn about what we can offer the community.

FREE AND OPEN TO EVERYONE ———
FUN AND GAMES FOR ALL AGES ———
SWEETIE HUNT FROM 1.15 - 1.45 ——— AND
LOTS MORE ——— WHY NOT BRING A
PICNIC AND MAKE THE MOST OF THE
AFTERNOON?

Would you like to get involved? Local Business or community group that would like to donate items or time? Interested in volunteering at the event? Contact Kirsty MacLean 07525619967



FRIOCKHUB

The Centre Manager will play a key role in ensuring the management and smooth running of the Hub (opening in Autumn 2018). An important aspect of the role is to develop the business, maximise use of the facilities available and identify new opportunities by means of effective marketing, networking and innovative solutions. The manager will work to ensure the centre is a vibrant, well managed facility that operates for the benefit of a local residents, the wider Angus Community and organisations, within a sustainable framework. Go to friockhub.co.uk for details on applying.





CONTACT THE ELDERLY

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 steadying 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

S P O R T E D

FUNDRAISING MENTOR - Our volunteers are carefully matched with a Sported member clubs within their locality, who they then support on a one-to-one basis to help them to attract investment into their organisation. We support groups who are utilising sport to bring about real social difference throughout the UK so you'll be paired with a group that are doing really inspiring work. These groups are doing incredible work but require some guidance around fundraising in order to make them more sustainable and increase their capacity. If you've got over 5 years in a range of fundraising then we'd love to hear from you: This is a great opportunity to make a lasting impact on a community group in your area. If you enjoy working with people and have a desire to make a difference then please do get in touch. We support sporting groups in and around Angus. Often the volunteering will occur at the groups venue. Contact us on volunteer@sported.org.uk

S P O R T E D

If you've got over 5 years in a range of business areas including; fundraising, marketing, business planning, impact & evaluation, governance and finance then we'd love to hear from you for our Business Mentor position.

This is a great opportunity to make a lasting impact on a community group in your area. If you enjoy working with people and have a desire to make a difference then please do get in touch. Contact us on volunteer@sported.org.uk





COMMUNITY CAFE FORFAR

Do you know someone who needs to hire a hall? We have a newly refurbished kitchen and a modernised seating area. The 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 01307465218. The community cafe menu contains 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. Tea or coffee £1. The community cafe is at the Legion at 1 Academy Street, Forfar.

PIT STOP FORFAR

The Sensory Stop Group is open every night from now on. Monday 4pm-8pm, Tuesday to Friday 4pm-6.15pm. Remember this is a drop in so feel free to come and go as you please. The Pit Stop can be found at 1 Academy Street, Forfar.



VOLUNTEER MANAGERS FORUM

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 01241875525. The event will take place on Thursday 7th June from 10am - 12pm at Voluntary Action Angus, Arbroath.





CHEST HEART AND STROKE SCOTLAND

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.

FORFAR STROKE CLUB

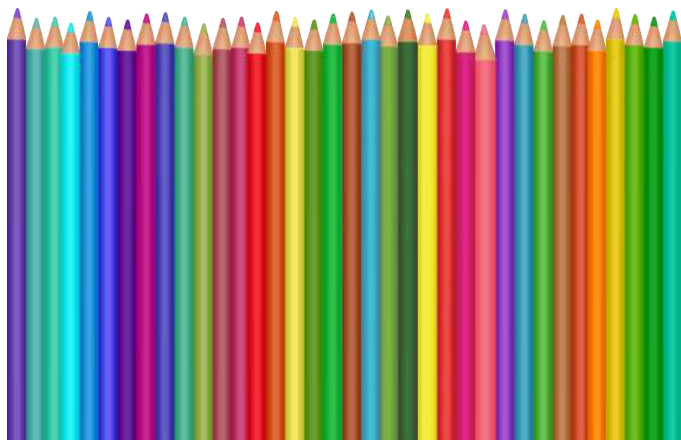
Forfar Stroke Club welcome you to join them for a fly cup and activities that aid recovery. People with chest and heart conditions also welcome. Tuesday 10am-12noon at Forfar Fire Station, Strang Street, Forfar, DD8 2HR. For more information contact Davina on 01575575489 and Linda on 01307463848.



SHOWCASE

Showcase the Street are keen to attract new Trustees to help run this well known charity on a voluntary basis. We are particularly keen to hear from people who could bring skills to the role including business, finance and HR but equally would welcome any approaches. Being a Trustee carries responsibility but also great rewards and the many charity projects Showcase run bring great benefits to many communities. In the first instance any person who is keen to apply should contact the manager Natasha Stewart on natasha@showcasesthastreet.co.uk. If possible sending a CV or an email giving some information and skills would be approached.





PANMURE PRE-SCHOOL

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..

DROP IN FOR HEARING AIDS

Drop-in clinics are being held in Angus for re-tubing clinic and replacement battery service at:

Abbey Health Centre, Arbroath weekly on Thursdays between 2.30-4.30pm
Links Health Centre, Montrose weekly on Mondays between 10am-12noon
Whitehills Health and Community Care, Forfar weekly on Tuesdays between 10am-12 noon and Thursdays 2-4pm



BIG BIKE RECYCLING 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. Contact Ralph on 07887567934 or email ralph.jessop@cyclingsuk.org





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!

The next date will be 24th June

LILYBANK RESOURCE CENTRE

We 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 10am-12noon. If you are interested please contact RowlandsJ@angus.gov.uk.



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.





STRATHMORE RUGBY CLUB

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.

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

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.





P E N U M B R A

Do you care for/support someone who has mental health challenges? Are you aged 16 or over? Is the person you support, aged between 16 and 65 years?

IF YES, Penumbra can help you to access up to £300 to give you the best type of break from your caring role.

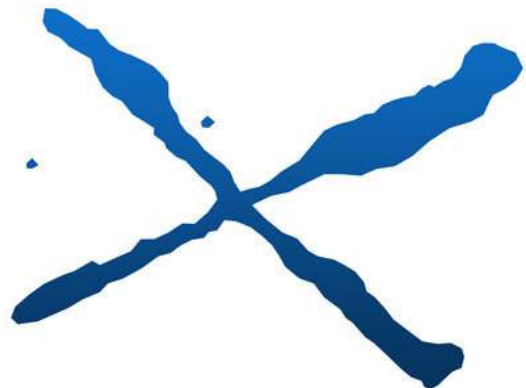
You can apply for regular activities that give several breaks over a period of time e.g. a class membership, complementary therapy vouchers, ticket(s) to a show(s). You may also wish to go away for a night.

For further information, please contact 01241873900 or angus.carers@penumbra.org.uk.

S A L T I R E A W A R D S

Are you aged 12-25 and volunteering? Or know someone who is? The Saltire Awards are a nationally recognised certificate endorsed by the Scottish Government for recognition of your volunteering hours.

There are awards for 10,25,50,100,200&500 hours volunteering, as you achieve each award you also receive Young Scot points which you go online to redeem, some of the prizes up for grabs are fun days out, technology and the opportunity to travel! To sign up or for more information please contact Bobbi Murray on 01241 875525 or bobbi@voluntaryactionangus.org.uk



A N G U S L O N G T E R M C O N D I T I O N S U P P O R T G R O U P

ALTCSG host meetings monthly in different locality areas. All are welcome to attend and there is a £1 admission charge.

JUN 25/ Links Medical Centre 2-4pm
PMR & GCA by Lorna Neill

JUN 27/ Parkview Medical Centre 2-4pm
TBA

FUNDING

O2 Think Big - Music and Healthy Minds Project

O2 Think Big offers up to £500 for social action projects which helps society or your community and is run by young people aged 15-24. Your project can be based anything from skills workshops, podcasts or journalism prizes, to live events, community initiatives or apps. You should use digital technology to further harness your creative vision, and ensure that your idea makes a positive impact in some way. The topics change monthly and this month they are inviting ideas around using music to promote the importance of positive mental health. Next deadline date for applications is 11 June 2018.

<https://gothinkbig.co.uk/opportunities/youth-project-healthy-minds-music>

Filmbank Media - Innovation Fund 2018

The aim of the Filmbank Media Innovation Fund is to enable two new film societies or community screening groups to make a real impact within their community through the medium of film. Examples of how the Fund could be used may include special film screening programmes for seniors or youth groups; launching film workshops; for screening equipment; delivering a marketing initiative or to implement educational programmes in local schools. Next deadline for applications is 31 July 2018.

<https://www.filmbankmedia.com/licences/stsl/innovation-fund/>

Local Energy Scotland - CARES Innovation Fund

The Scottish Government's Community and Renewable Energy Scheme (CARES) is now open for applications. A £5 million pot of funding is available across three different grants and loans. This Scottish Government funded grant has been designed to improve the viability of larger CARES capital projects by grant funding elements of the renewable/local energy system project. It can also fund local energy system innovation activity. It seeks to support organisations taking forward innovative local energy projects aligned with CARES objectives, and wherever possible for this innovation to lead to significant benefits through learning outcomes. It can specifically support projects or pilots of new approaches and actions, demonstrator projects and those that innovate to overcome common challenges where local ownership, community involvement and/or community benefits are at the heart of the projects developed. Applications for deadline is 04 June 2018.

<https://www.localenergy.scot/funding/innovation-grant/>



If there was anything you would like to add to the bulletin please contact Ben at ben@voluntaryactionangus.org.uk. VAA is a Company limited by guarentee - Scottish Charity No. SC032830, Scottish Company No. SC248473.