
THE VOLUNTARY ACTION ANGUS

BULLETIN

URGENTLY NEEDING BOARD MEMBERS

The Third Sector in Angus is made up of many volunteers who act in the important capacity in regards to the governance of charities. Without board members, these organisations wouldn't exist. Board Members also play an important part by reflecting community, human rights and local issues which play an important part in the key outcomes and challenges faced by communities in Angus. Their role enhances democracy through their participation and doesn't require a lot of your time but can be really rewarding. To find out more about being a board member VAA is hosting 'Get on Board' information events across the county during September 2018. Please contact business@voluntaryactionangus.org.uk





Kirriemuir Girl Bethan Whamond is cycling from lands end to John O'Groats to raise funds for Angus Independent Advocacy (AIA) a local Angus Charity. Hard on the heels of a punishing mountainous cycle journey – the Scottish North Coast 500. Bethan's commitment to supporting the rights of all people to be heard is very relevant to the great work done by AIA. As a dedicated local volunteer Bethan hopes not only to raise essential funds but also to promote the voices of people who are often left without a voice when facing significant challenges in their lives. Bethan says. "It's a privilege to do this journey for a great local cause, its not only a journey across the U.K it's a journey which helps bring hope to voices often unheard. This is important especially for people experiencing elderly life care, people with mental health challenges, poverty and learning disabilities, I am proud to do this journey and looking forward to it". On behalf of Angus Independent Advocacy, Heather McMaster said, "We are delighted that Bethan has chosen to raise money for a small local charity such as ourselves. It is heartening to hear that Bethan shares our vision of a community that promotes inclusion and equality for all, and wishes to use her journey to raise awareness of the barriers people can face in having their voices heard and being part of their local communities. We wish her all the very best in undertaking this huge challenge and look forward to following her on her journey". 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 angusindadvocacy.org. Bethan appreciates the efforts of the many groups and individuals who have already helped raise funds including the Coop in the square Kirriemuir, the Gairie Inn, Kirriemuir, and so many others. The help from Shelley Hague of Angus Council and Ben Stephen at Voluntary Action Angus has been excellent, in setting up the crowd-funding page. This is for a great local cause - please donate. justgiving.com/crowdfunding/bethan-whamond



CHAMBER OPERATOR

MS Therapy are hiring a Chamber Operator for 16 hours a week. If you are interested in applying, please visit: <http://www.voluntaryactionangus.org.uk/wp-content/uploads/Advert-2018-Chamber-Operator.docx>

ADMIN + FINANCE AND VOLUNTEER COORDINATOR



Hear Me Counselling are hiring an Admin and Finance worker for 4 hours per week and a Volunteer Coordinator for 14 hours a week. If you are interested in either of these roles please visit: <http://www.voluntaryactionangus.org.uk/wp-content/uploads/Hear-Me-Counselling-Positions.docx>



CITIZEN ADVOCACY PROJECT POSTS

Angus Independent Advocacy are hiring two development workers (one being a senior role). If you are interested in either of these roles please visit: <http://www.voluntaryactionangus.org.uk/wp-content/uploads/AIA-CA-Project-Maternity-Cover-Advert.pdf>



TAYSIDE COUNCIL ON ALCOHOL POSTS

TCA are hiring a Mentor/Resource Worker and a Bus Caretaker. If you are interested in either of these roles please visit: <https://www.indeed.co.uk/jobs?q=tayside+council+on+alcohol&l=>



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.

BSL PLAN

The council's BSL action plan is out for consultation. The closing date is 17 August 2018. Any comments should come to me Doreen Phillips, Senior Practitioner (Equalities), Angus Council, Angus House, Orchardbank Business Park, Forfar DD8 1AN. Alternatively, email phillipsd@angus.gov.uk or go via the national video relay service, [contactscotland-bsl.org](https://www.contactscotland-bsl.org). https://www.angus.gov.uk/community_empowerment/angus_british_sign_language_draft_action_plan

SCOTTISH AMBULANCE SERVICE



The Scottish Ambulance Service wants to hear from the public we serve. We want to ensure that we are giving our patients the best possible care and that we are meeting their needs and expectations. This is where you can help. We want volunteers from all over Scotland for our Engagement Steering Group, which meets for three hours, four times a year at our National HQ in Edinburgh. During the meeting members are presented with the latest, and proposed, developments in the service and we are keen to hear feedback from the public on their views, whilst providing a fresh pair of eyes. Whether or not you've used the Scottish Ambulance Service before – emergency services or Patient Transport – you can help us shape what we do in the future. Our next meeting will be October 2nd from 2 – 5pm. We cannot pay for attendance, but we do pay agreed expenses. We do have further meetings scheduled, so don't worry if you can't make that one! We pride ourselves on being a caring and proactive service and we need your help. Please email scotamb.communications@nhs.net with a bit about yourself and what interests you in a role with us.

EMPLOYABILITY COURSES

EmployabilityTAY – a 13 week multi-partner employability programme, using a holistic coordinated approach from public services, NHS, SDS, Housing, Welfare Rights, third sector and employers. Individually-tailored support, group work, employer engagement and training and qualifications where relevant.

Employability Fund (EF) 3 contract – provides young people with sector specific training, employer engagement work experience and accreditation through Certificate of Work Readiness.

Employability Fund (EF) 4 contract – provides sector specific training and employer engagement, work placement/sector-based academies and certification in approved Stage 4 qualifications. Client specific and linked with current vacancies

SERI (Scotland's Employer Recruitment Incentive) - offers employers up to £4000 towards the cost of employing a young person with barriers (age 16-29) for the first 52 weeks of sustainable employment. Limited spaces available

World Host training – worldwide-recognised qualification in customer service skills.

GOALS training – 3 day motivational training course which supports people to increase confidence, self-esteem and with setting and achieving goals

Assisting employers with recruitment, staff training needs and general support.

Assisting clients with employability advice, support into work and with short-term living and childcare costs where applicable.

PACE – support, employability advice and funding where appropriate for those affected by redundancy.

Eligibility criteria apply to all of the above. Approvals are at the discretion of the Skills Team.

For more information contact the Skills Team on 01241 438 160



ANGUS VOICE

SAVE THE DATE: WEDNESDAY 29th AUGUST

Visit from Graham Morgan, Engagement & Participation Officer (Lived experience), Mental Welfare Commission for Scotland.

Details to follow, but we're working on:

9 - 10.30 / 11 Venue in Brechin or Montrose
12 - 1.30 / 2 Venue in Forfar or Kirriemuir
3 - 4.30 / 5 Venue in Carnoustie or Monifieth
6 - 7.30 / 8 Venue in Arbroath.

Please contact Sheila at Angus Voice tel 07760 753293 if you'd like to be involved

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!

THIS JUST IN.

Peer Link Service



FRIOCKHUB

We are currently recruiting for the following positions:
Admin Support, Fitness Instructor, Janitor and IT Support
Find out more information and how to apply visit our website
<https://www.friockhub.co.uk/job-vacancies/>

POLICE DROP IN SURGERY



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

Friday 24th August 1900-2000
Tuesday 11th September 1800-1900
Saturday 29th September 1000-1100

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

FORFAR SENSORY GROUP

DO YOU EXPERIENCE SIGHT OR HEARING LOSS? WOULD YOU LIKE TO MEET OTHERS WITH SIMILAR EXPERIENCES? COME ALONG AND FIND OUT MORE ON WEDNESDAY 15TH AUGUST AT 2PM AT FORFAR FARMINGTON FOOTBALL CLUBHOUSE

Forfar Sensory Group is a monthly group for people experiencing sight or hearing loss to enjoy support and activities. The group meets on a Wednesday afternoon in Forfar Farmington Football Clubhouse, Market Mews, Forfar.

For more information contact:
Joan Kennedy, Volunteer Coordinator,
North East Sensory Services (NESS)
0345 2712345 or 07720811896

MENTAL HEALTH WORKSHOPS

What happens at the workshops?
The workshops offer an opportunity to explore ideas and practical steps that can be taken to improve well-being. Workshops will be facilitated by two Peer Workers in an informal and safe environment in the Community Education Room at Carnoustie surgery and in the Monifieth Health Centre.

Self-Esteem & Confidence 10/08 1-3pm
Sleep & Relaxation 17/08 1-3pm
Managing Moods 24/08 1-3pm
Maintaining Positive Mental Health 31/08 1-3pm

Please contact Carnoustie Medical Group
01241 859888 to book your place.

Sleep & Relaxation 15/08 2-4pm
Managing Moods 22/08 2-4pm
Maintaining Positive Mental Health 29/08 2-4pm

Please contact Monifieth Medical Practice
on 01382 534301 to book your place.

ARTHRITIS FORUM

Angus Arthritis forums are open to anyone in Angus affected by any type of arthritis. Folk are welcome to attend any or all of these sessions, and do not need to stick to their own locality. As always, there is no need to book, and attendance is free. The next meeting of the Angus Arthritis forum will take place on Wednesday 22nd August 2018 from 6.30-8.30pm at Angus Carers Centre, 8 Grant Rd, Arbroath, DD11 1JN. The topic is 'Physical Therapies for Arthritis' with time for questions over a cuppie.



THIS JUST IN..

ANGUS HSCI CARER PLANNING AND DEVELOPMENT GROUP

Do you work in the Third Sector in Angus? What do you need to know about the Carers (Scotland Act) 2016). Come along to this session which will give you an introduction to the new legislation and an update on what is happening in Angus.

You are invited to attend this workshop on Tuesday 14th August 2018
2.00 - 4.00pm at
Angus Carers Centre
8 Grant Road
Arbroath
DD11 1JN

Booking form: <http://www.voluntaryactionangus.org.uk/wp-content/uploads/Tuesday-14th-August-2018-Third-Sector-Update-Reply-slip.docx>

BRECHIN SENSORY GROUP

A new monthly group for people experiencing sight or hearing loss to enjoy support and activities.

Tuesday 4th September 2018
1.30pm - 3.30pm

Guest Speaker : Laura Ramsay
(North East Sensory Services)
Sight & Hearing Loss Equipment
at Guildry Room, The Mechanics Institute,
St Mary Street, Brechin
(The Guild Room is upstairs but there is a lift available)

For more information contact:
Joan Kennedy
Volunteer Co-ordinator, North East Sensory Services (NESS)
0345 2712345 or 07720 811896 (talk or text)



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 13th August 2018
1pm - 3pm
Russell Square Lounge, Arbroath
Talk from Kirsten Coupar from Signal Tower Museum

For further information contact:
Joan Kennedy
North East Sensory Services
0345 2712345 / 07720811896 (talk & text)
joan.kennedy@nesensoryservices.org

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



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

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

THIRD SECTOR HEALTH HUB

If you are from North West Angus and are interested in finding out about local organisations who may be able to offer you support then please come down to Academy Medical Centre to find out more. We are holding a Third Sector Health Hub at Academy Medical Centre, Academy Street, Forfar, DD8 2HA on the second Thursday of the month - 9th August between 9.30am - 12noon. This is for people registered at any medical practice, everyone is welcome! To find out more information please contact Ashley on ashley@voluntaryactionangus.org.uk or phone 01307 462316



SOCIAL GROUP BRECHIN

North East Sensory Services are supporting a social group to set up in Brechin. If you are interested in this and want to have a say in what this group looks like, why not come along to our OPEN MEETING on: Tuesday 24th July 2018 - 1.30pm - 3.30pm at Lower Hall, Mechanics' Institute, St Mary Street, Brechin. IF YOU CANNOT ATTEND, BUT WOULD LIKE TO SHARE YOUR IDEAS PLEASE CONTACT: JOAN KENNEDY, NESS VOLUNTEER COORDINATOR 07720 811896 (telephone or text) joan.kennedy@nesensoryservices.org IF YOU REQUIRE A BSL INTERPRETER PLEASE LET US KNOW

VOLUNTEERING OPPORTUNITIES



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 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

DRAMA VOLUNTEER

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.

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



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



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!

August date to be confirmed.



ARBROATH IN BLOOM

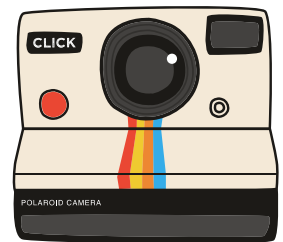
This is a call for help from us! We are looking for more people to join us as we try to brighten up the town with flowers and plants.

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..



GRAEME DEY MSP

WHEN: Thursday 23rd August 4-6pm

WHERE: Tealing Hall

AGENDA: I am hosting a Broadband Surgery at Tealing Hall. Representatives from Digital Scotland and Angus Council will be on hand, to give support and advice. This is a drop in.

CONTACT: 01241 873058 or
graeme.dey.msp@parliament.scot

CHEST HEART AND STROKE SCOTLAND

Are you living with a chest, heart or stroke condition? Or perhaps you have a loved one or a friend living with one of these conditions? If so then you can help Chest Heart & Stroke Scotland with our first ever Lived Experience Survey.

1 in 5 people are living with the effects of our conditions. We want to highlight the issues that are most important to the people at the heart of the work that we do. Our mission is to create a Scotland where no life is half lived. We want people to live their lives to the full. To have your voice heard and to take part in the first survey of its kind please visit:

www.chss.org.uk/surveys



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:

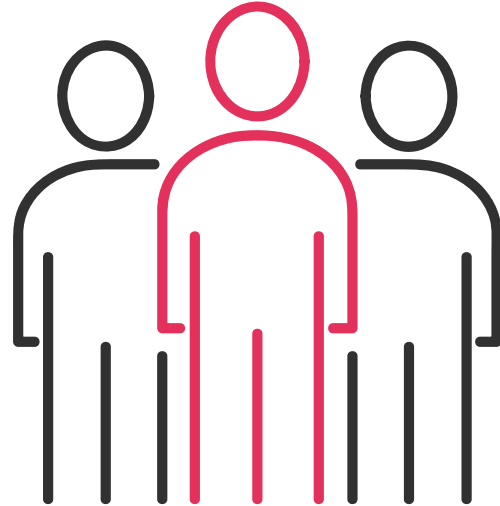
www.hospitalfield.org.uk/volunteer/meander - 01241 656 124 /
volunteer@hospitalfield.org.uk

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.



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)

FORFAR MUSICAL SOCIETY

PRESENTS.. Sister Act - a Divine Musical Comedy.

28th -- 31st August 2018

Reid Hall Forfar

Tickets priced from £9 & £12 at ANGUS PETS AND AQUATICS or ticketsource.co.uk/forfarmusical



FUNDING

The Dream Fund supports charities to develop innovative solutions to society's most challenging problems.

This year's funding priorities are:
changing lives through early intervention;
ending loneliness and social isolation;
protecting Britain's biodiversity;
sustainable systems change; and
transforming society through sport.

The fund will accept applications for innovative, ground-breaking projects that fall outside the main funding priorities.

The Dream Fund encourages not-for-profit organisations to collaborate to deliver a more effective and wide ranging project. All applications must therefore come from at least two organisations and the lead organisation **MUST** be a registered charity.

Please note the deadline for applications in 31st August 2018.

<http://www.postcodedreamtrust.org.uk/dream-fund>

Chance to Flourish is funded through the Scottish Children's Lottery. They support projects and activities in Scotland, with the aspiration of alleviating the impact of poverty or financial hardship, social exclusion, relative/multiple deprivation and disability or illness to young people. Projects or activities will work with the most vulnerable families with pre-school children at a demonstrably high risk of being negatively impacted by poverty.

Examples of projects or activities they support include:
practical family support including food, clothing and shelter;
support for single parents including parenting skills, health and nutrition;
accessible and affordable daycare or play facilities; and
support for vulnerable parents with preschool children or families with pre-school children suffering from any type of disability.

There is no current deadline.

<http://chancetoflourish.co.uk/apply-for-funding>



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.