
THE VOLUNTARY ACTION ANGUS

BULLETIN

LONG TERM CONDITIONS EVENT



Do you have a long term condition or know someone who does? Would you like to know more about your condition? Would you like to feel more in control of your condition? Would you like to know what is available locally? The more you know about your condition the easier it is to manage. Please come along to this event to find out more about your condition and what is available locally to support you. There will be information stands, some free goodies and free refreshments. For further information telephone: (01307) 474889 or email: achppatientcourses.tayside@nhs.net. The event is at the Reid Hall in Forfar on Thursday 26th April 2018 from 11am to 3.30pm. At Voluntary Action Angus (VAA) we are looking to recruit volunteers to help us at a one off event on Thursday 26th April at

the Reid Hall in Forfar. On the 26th, we are looking for volunteers to help us organise, service and clear up teas and coffees to people visiting the Long Term Conditions Health event as well as the stall holders. We are hoping that volunteers can come along either from 10.30am - 1pm or from 1pm - 4pm although times are flexible. No experience necessary but you will be required to work as part of a small team so if you have done this before that would be useful. VAA staff will be there all day so will be on hand to help if you have any problems. If you are interested in finding out more information please contact ashley@voluntaryactionangus.org.uk or contact her directly at the Academy Medical Centre on 01307 462316.



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 individuals 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.



POP UP FUNDING EVENT

Angus Council External Funding Team and Voluntary Action Angus are hosting a Pop Up Funding Event in Monifieth. The venue will be confirmed at a later date and the event will run from 10am - 12noon. For more information contact hayley@voluntaryactionangus.org.uk

**THE FOLLOWING SERVICES ARE NOW
RUNNING DROP IN ADVICE SESSIONS AT THE
FIRE STATION, SCOTT STREET, BRECHIN**



**MONDAYS AND
WEDNESDAYS 10AM -
1PM**

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

**TUESDAYS 10AM -
12.30PM**

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



**TUESDAYS 10AM -
12.30PM**

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





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

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.

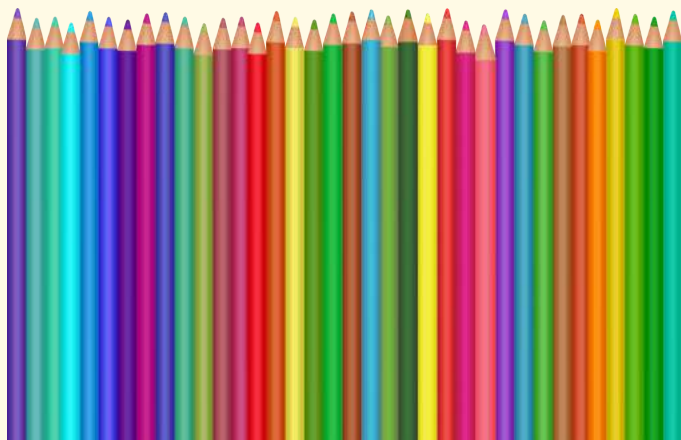
FORFAR STROKE CLUB

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.



ANGUS CARDIAC GROUP FORFAR

The Angus Cardiac Group Forfar are hosting Evening Talks 2018 at the Guide Hall, the Myre from 7pm-9pm. There will be refreshments, a raffle and a quiz. Admission is free and anybody can attend. The next session will be on April 25th and will be hosted by Bob Watson from Strathmore Mineral Water company.



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..

POLICE DROP IN

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

Thursday 26th April from 6.30pm - 7.30pm

This is a drop in service that anyone can attend.



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@cyclinguk.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 29th April.

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.

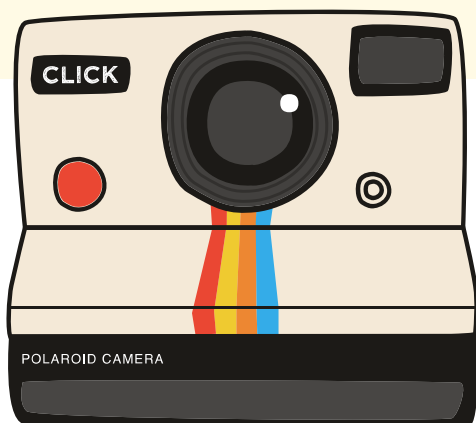
VOLUNTEERS WANTED!

The Overview Experience are looking for a greener festival award coordinator, sponsorship organiser, funding and finance organiser, venue operations organiser, curation team for musicians for artists and speakers, branding and marketing organiser, photo and video operators and editors, and a blogger. If you are interested call Gavin on 01575 598297.



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.

L E A R N I N G T R E E P A R T N E R S H I P

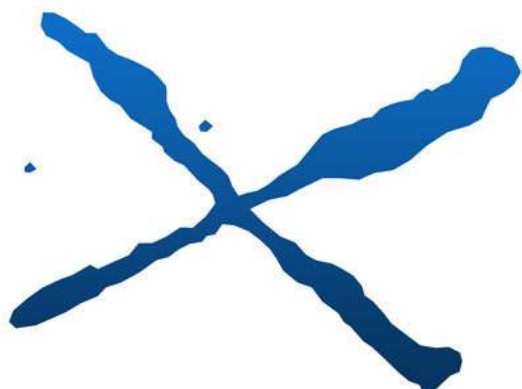
The Learning Tree Partnership are hosting a 10 day pop-up book shop in OB's, 19 West Port, Arbroath. This will run from 17th - 21st April and 24th - 28th April from 10am - 4pm. Please come along, have a cuppy and browse our range of used books and CD's. The Learning Tree Partnership supports people in Angus with a learning disability.



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 recognized 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





TENANT PARTICIPATION GROUPS

Mark Johnston, Communities Officer, is looking for Angus Council tenants to become involved in the Tenant Participation Group, the group are involved in area's such as rent setting, scrutinizing and tenant participation, there are also local resident and tenant groups who are supported by local Pride in Place officers, anyone who has an Angus Council tenancy is welcome to join, however, tenants under the age of 25 are the most under-represented in these groups. For further information please contact Mark Johnston on either JohnstonM1@angus.gov.uk or by telephone on 07786646859.

LITTER PICK FORFAR

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

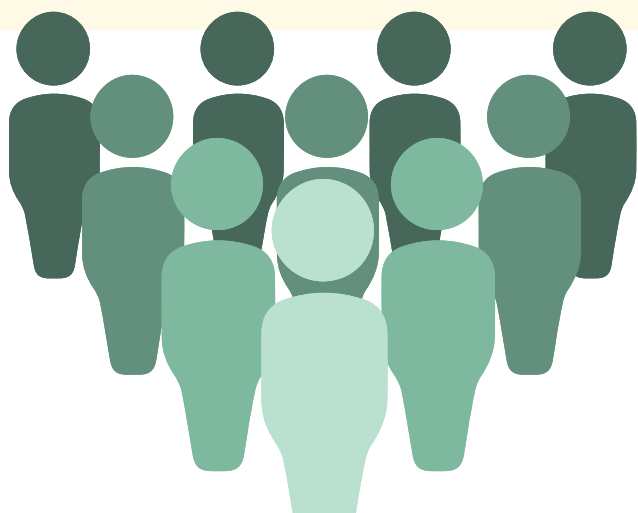


ANGUS LONG TERM CONDITION SUPPORT GROUP

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

APRIL 25 / Parkview Medical Centre 2-4pm
Kates Home Organising by Kate Patullo

APRIL 30/ Links Medical Centre 2-4pm
Kates Home Organising by Kate Patullo



FUNDING

St James Place Charitable Foundation - Disadvantaged children and young people

The Foundation has been keen to support small to medium-sized charities that can benefit substantially from relatively small grants. The Small Grants Programme is available to smaller UK Registered Charities working nationally, regionally or locally in the UK with an annual income of up to £1,000,000. The amount applied for should be up to a maximum of £10,000 in any two-year rolling period. There are no deadlines or closing dates. Small Grants are considered on receipt and in rotation. The whole procedure can take between four to six months so it is advisable to apply in good time if funds are required for a certain date. For information on the specific themes and how to apply please visit their website; <http://www.sjpfoundation.co.uk/>

Voluntary Action Fund - Volunteering Support Fund

Grants of between £7,500 and £10,000 are now available to small to medium-sized organisations to support volunteers. Support is available for individual organisations, who will be expected to recruit at least 15 additional volunteers, including, 10 who experience disadvantage or would traditionally experience barriers to volunteering; and provide opportunities for both current and new volunteers to benefit from a meaningful volunteering experience, eg through training, learning new skills, and increased participation in their local community. Applications should contribute towards the following outcomes: increasing the diversity of the third sector's volunteer pool, especially to include those who experience disadvantage or would traditionally experience barriers to volunteering; improving opportunities for skills and personal development through volunteering; improving the third sector's capacity to support, train and deploy volunteers; and enhancing the services organisations deliver to better meet the needs of the communities they serve. The deadline for applications is 04 May 2018. For information on how to apply please click below.

www.voluntaryactionfund.org.uk/funding-and-support/volunteering-development-grants/



This is our first issue under a new style and format. If there was anything you would like to add or any feedback you would like to give please contact Ben at ben@voluntaryactionangus.org.uk. VAA is a Company limited by guarentee - Scottish Charity No. SC032830, Scottish Company No. SC248473.