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THE VOLUNTARY ACTION ANGUS

# *BULLETIN*

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**\*\* VOLUNTARY ACTION ANGUS \*\***



## **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](mailto:hayley@voluntaryactionangus.org.uk) or phone 01307 466113 for more information.

## **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



**BUSINESSANGUS**  
Invest | Work | Grow | Thrive



## **JOB OPPORTUNITY**

Support Worker Post, funded until March 2021 – 20 hours per week, £8.75 per hour

The Learning Tree Partnership is a young and developing organisation who support learning and training in customer service skills to people in Angus with a learning disability.

We are looking for an enthusiastic support worker to recruit and support volunteers with a learning disability and work with our existing pool of volunteers. In addition, the support worker will recruit other volunteers to take on various roles within the organisation.

Closing date for application is Friday 20th July 2018. Application packs are available by emailing [info@thelearningtree.org.uk](mailto:info@thelearningtree.org.uk) or by downloading the documents below. Application form, monitoring form and self-declaration forms should be returned by email to [info@thelearningtree.org.uk](mailto:info@thelearningtree.org.uk) or by post to

Morag McKenzie, Development Worker  
The Learning Tree Partnership, First Floor, 8 Grant Road, Arbroath, DD11 1JN

Interviews will be held on Friday 27th July 2018.



## THIS JUST IN..

Peer Link Service



### VOICES SCOTLAND WORKSHOP

Empowering you and your community to share what matters to you!  
Interested in finding out about:  
How health & social care services work in Scotland  
How personal experiences can influence change  
Developing your communication skills to help influence how services are delivered  
Identifying the issues which matter to you and being able to share these effectively to influence change

Then why not come along to the Voices Scotland Workshop being held for Angus Voice on:

Wednesday 25th July  
4pm to 7pm  
60 High Street, Arbroath

To book a place contact Sheila on 07760 753293 or Callum on 07736 679399

### WOMENS SOFT BALL CRICKET

WHERE: Strathmore Cricket Club, Lochside Park, Graham Crescent, Forfar

WHEN: Wednesday 25th July 6.30 - 9pm

FREE Glass of Prosecco, Tea/Coffee & Cake

### 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

### 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.

Mental Health and Stress 27/07 1-3pm  
Anxiety 03/08 1-3pm  
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.

Mental Health and Stress 25/07 2-4pm  
Anxiety 01/08 2-4pm  
Self-Esteem & Confidence 08/08 2-4pm  
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.



*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](mailto:monifieth.history@btinternet.com)



## **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>

### **ANGUS DIABETES FORUM**

You are invited to come along to the Angus Diabetes Forum for a session on:

Diabetes - myths and misconceptions in the Lintrathen Room, Whitehills Health & Community Care Centre, Station Road, Forfar on Thursday 9th August 2018 from 15:00 - 17:00.

No booking required. No charge - just come along!  
For more information contact 01307 474889.



### **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](mailto:joan.kennedy@nesensoryservices.org)

### **IMPROVE YOUR BID SCORE**

Angus House, Forfar  
Wednesday 25th July 2018  
The Supplier Development Programme & Angus Council understand getting the highest possible score in your bid is essential to winning a contract, however knowing what the buyer is looking for can be difficult! We can help, SDP are running the above FREE workshop on how you can Improve your Bid Score, right on your doorstep... this workshop will provide you with an insight into buyers' needs and expectations and ensure you're winning points!

Book your place:  
<https://www.sdpscotland.co.uk/events/2-3-improving-your-bid-score-angus/>

## 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 for the next 3 months - 14th June, 12th July and 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](mailto: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](mailto: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>

## TRAINING CALENDAR



### AN AWARENESS OF ADULT AND CHILD PROTECTION TRAINING

This is a free course with no knowledge required and only takes three hours to gain the knowledge. The course covers the following areas:

- 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

VAA Forfar training room  
8th August 2018, 2.00 to 5.00

BOOK via;  
e: [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)

### 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](mailto:info@voluntaryactionangus.org.uk).



## **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](http://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](mailto: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](mailto: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](http://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!

The next date will be 29th July.



## **ARBROATH IN BLOOM**

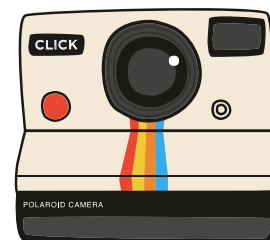
This is a call for help from us! We are looking for more people to join us as we try to brighten up the town with flowers and plants.

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.

## **ALSO..**

### **TAYSIDE COUNCIL ON ALCOHOL VACANCY**

Post Title: Bus Caretaker (Safezone Project)  
Hours: 7 hours per week  
Salary: £3276.00 annum  
Term: 1 year fixed term  
Location: TCA Office, The Wishart, Dundee  
Ref No: 01/18

The Dundee Safe Zone Project is looking for a Caretaker who can assist TCA with maintaining both SafeZone vehicles, keeping the project on the road, and ensure that all paperwork and liaison is kept up to date and accurate.

The Safe Zone Bus is a 1997 Denis Dart Bus, specifically refit in 2014 to become the Safe Zone Bus. We work in partnership with Xplore Dundee, but the bus needs to undergo a regular schedule of maintenance, all paperwork including MOT, Tax, Insurance, Invoicing, fuelling and the successful candidate will also be asked to assist with transporting the bus to and from its staging site on an ad hoc basis. The bus is our main asset and keeping it in top condition is key to the success of the whole project. In addition there is also a 9 seater mini bus which the Project runs and its smooth operation and maintenance will form part of the Caretakers remit.

The successful applicant will be able to evidence experience or knowledge of mechanical issues and preferably with vehicles of this type. Candidates must possess a current full driving licence for this post. It is desirable for applicants to hold a PCV, HGV or Cat 1 licence, or be willing to undergo the relevant training. The successful applicant will be required to undergo a PVG (Protection of Vulnerable Groups) Disclosure check.

To discuss this post further please contact Arwen Elder, Safe Zone Bus Co-Ordinator on 01382 456012. An Application form and Job Description/Person Spec can be obtained from, and returned to, Fergus McCurley at TCA, The Wishart, 50 Constable

Street, Dundee DD4 6AD Telephone: 01382 456012 or email  
fergus.mccurley@alcoholtayside.com.  
Registered Charity Number SC006511

Please note closing date for receipt of applications is Monday 30th July 2018.



### **VOLUNTEER MANAGERS FORUM**

Our next Volunteer Managers Forum is being held on Thursday 26th July, 10am - 12pm and our office in Forfar. The theme of this meeting is GDPR and we will have Angus Health & Social Care Partnership's Data Protection Officer in attendance. This is a great opportunity to meet and share ideas. If you would like to attend or be added to our mailing list please email Carol Torrance - carol@voluntaryactionangus.org.uk.

## **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](http://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:

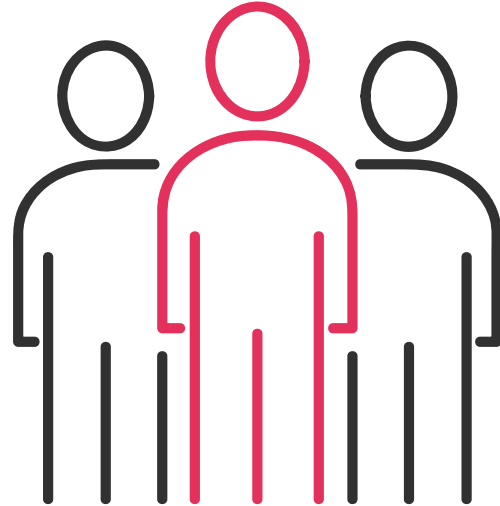
[www.hospitalfield.org.uk/volunteer/meander](http://www.hospitalfield.org.uk/volunteer/meander) - 01241 656 124 /  
volunteer@hospitalfield.org.uk

## **DON'T FORGET..**

### **ANGUS LONG TERM CONDITION SUPPORT GROUP**

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

JUL 25 / Parkview Medical Centre 2-4pm  
Alzheimer Assistance



### **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 COLIN M  
SMITH or [ticketsource.co.uk/forfarmusical](http://ticketsource.co.uk/forfarmusical)



## **FUNDING**

### **Austin and Hope Pilkington Trust**

This Trust supports projects focusing on:

homelessness;

domestic abuse;

prisoners/offenders;

training and education;

counselling and support;

activities for those who have limited access or opportunities.

The fund priorities change on 1st January every year. The 2018 priority is medical (not research) and community.

**Please note the deadline for applications is 31st July 2018.**

<https://austin-hope-pilkington.org.uk/>

### **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.

**Please note the deadline for applications is 31st July 2018.**

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

### **Scottish Government - Building Scotland Fund**

The Building Scotland Fund is a £150 million fund which helps:

- the development of new affordable and private sector housing;
- the development of modern industrial and commercial property;
- support industry-led research and development.

**Funding is only available up to March 2021** so is best used to help projects that are at a later stage of development. This means funding is unlikely to be available if your project is at a concept stage.

<https://www.mygov.scot/building-scotland-fund/>



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