
THE VOLUNTARY ACTION ANGUS

BULLETIN

GO FOR IT ROADSHOW



Queens Hotel, 160 Nethergate, Dundee DD1 4DU
Tuesday 5 June 2018, 1:30pm to 4.00pm

Audience: This FREE event is aimed at Church of Scotland congregations and voluntary sector projects, not currently in receipt of Go For It funding.

Aim: To raise awareness of the Go For It fund, so that as many people as possible can benefit!

Learning Outcomes:

- Increased awareness of the Go For It Fund
- Increased ability to apply to Go For It

Programme

(please note that refreshments are provided)

- 13.15 Registration
- 13.30 Welcome, Introductions & Aims
- 13.40 Getting to Know Go For It
- 14.00 Go For It Funded Projects
- 14.15 Go For It Resources
- 14.30 Refreshments
- 14.50 The Go For It Game - getting ready for funding
- 15.40 Evaluation, Thanks and Close



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.



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 on 14th June. 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.





J O B O P P O R T U N I T Y

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

J O B O P P O R T U N I T Y

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

A N G U S A R T H R I T I S F O R U M

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 6th June from 6.30-8.30pm at Lintrathen Room, Whitehills Health & Community Care Centre, Forfar. The topic is 'Managing pain and fatigue associated with arthritis', with time for questions over a cuppie.

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.

ABBEYFIELD

TULLIS HOUSE, 6-8 MAULE STREET
MONIFIETH - OPEN DAY - SATURDAY 26TH
MAY, 2018 2PM TO 4PM
JOIN US FOR AFTERNOON TEA/COFFEE

We are opening the door of our Abbeyfield
House to enable residents, staff and
committee to connect with members of our
local community. We feel that it is a great
opportunity for us to spread the word and
help people understand just what
Abbeyfield is all about. We exist to help
lonely and elderly people who still wish to
retain a level of independence. Although we
do not provide nursing care, we do, however,
welcome people who may need a social
care package which can be delivered by the
local social care team. Delicious home
cooked meals are provided so there is no
need to worry about cooking or dining
alone. We also offer short term respite stays.
Please come along and meet our staff and
chat to some of our residents and see just
what we have to offer. We will be delighted
to welcome you to Abbeyfield, Tullis House.

DUNDEE AND ANGUS BRITISH SIGN LANGUAGE (BSL) COMMUNITY CONSULTATION EVENT

You are invited to take part in a BSL
Community Consultation Event
On the 30TH May 2018 at The Steeple,
Nethergate, Dundee 4 - 7 pm

- Who is it for? People who use BSL or support BSL users
 - What is it for? The new BSL Act means that public agencies such as Local councils , NHS , Colleges etc. must talk to the Deaf and Deaf Blind users to create long term plans that will :
 - Provide information and services in BSL
 - Better support families and carers with pre-school children
 - Ensure school pupils and parents who use BSL will have the same opportunities as non BSL users
 - Improve the skills of BSL users to become valued members of the Scottish workforce
 - Help BSL users of all age's better access to information and advice about health, social care, mental health and Wellbeing
 - Improve access to Culture, Leisure for BSL users
 - BSL users will be fully involved in democratic and public life in Scotland
 - Promote Contact Scotland BSL Video Interpreting Relay Service
- BSL Interpreters will be available
Tea, coffee and sandwiches will be provided.

If you can't make the 30th of May, a further Tayside wide BSL Community Involvement event will be held at the Marryat Hall on the 27th of June 2018.

For more information contact Scott Mands, 0791 466 7358, or Doreen Phillips, 07467 117999 email scott.mands@dundee.gov.uk Phillipsd@angus.gov.uk

SPEED CRAFTING

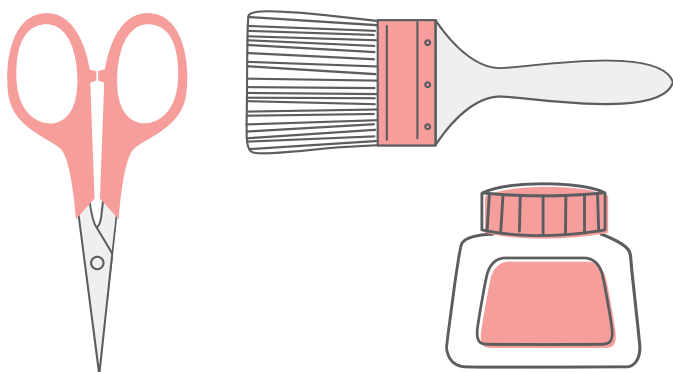
ANGUS CREATIVE PRACTITIONERS

Learn four crafts in two hours including jewellery making and needle felting

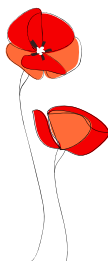
£30 per person including tea and cake!

Saturday 26th May, 2 - 4 pm
The Steeple, Dundee

facebook.com/anguscreativepractitioners
facebook.com/events/581670362198074



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 hwl-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!

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

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



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.

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 friockub.co.uk for details on applying.



CHARLESTON AGM

Charleston Pre School Playgroup with Parent and Toddlers is holding its AGM on Friday 25 May at 7.00pm at the Strathmore Arms, Glamis. All welcome.



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

SPORTED

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

SPORTED

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

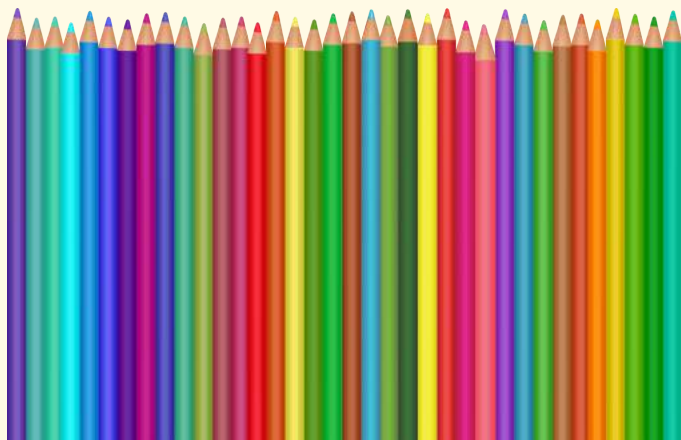
Forfar Stroke Club welcome you to join them for a fly cup and activities that aid recovery. People with chest and heart conditions also welcome. Tuesday 10am-12noon at Forfar Fire Station, Strang Street, Forfar, DD8 2HR. For more information contact Davina on 01575575489 and Linda on 01307463848.



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.

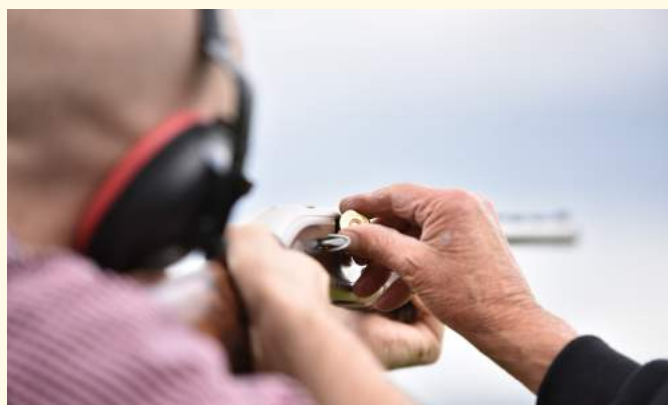
Morning session: 8.45am - 11.55am
Afternoon session: 12.20pm - 3.30pm

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@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 27th May.

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.

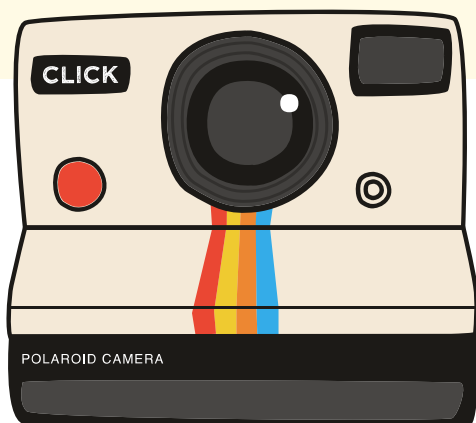
To discuss the role further please contact Carol at Voluntary Action Angus on 01241 875525 or email carol@voluntaryactionangus.org.uk.

DIGI-KEN-HOW

Put yourself in the picture

- Learn how to take good photographs
- Make a powerpoint presentation.

June 6, 2018
6.00 - 8.00pm (Free)
Forfar Community Campus (Conference Room)
Telephone 01307 473662 (Communities)



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.

MAY 28/ Links Medical Centre 2-4pm
Hearing Dog's by Anne Whittaker

MAY 30/ Parkview Medical Centre 2-4pm
Silverline by Jean



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.