
THE VOLUNTARY ACTION ANGUS

BULLETIN

NORTH EAST SENSORY SERVICES



Nicky Milne is a 49 year old mother of 3 who was registered partially sighted in the summer of 2017. This was due to her diabetes and her sight loss left her with no peripheral vision and restricted central vision. Initially, Nicky found this devastating and it really got her down. But now, in early 2018 she has embraced the sight loss and is determined to help others with sight loss see that they can get out and about and try new things. It has not been plain sailing for Nicky though. She was able to overcome her fear of going out with support from Anne Williams her NESS Rehabilitation Worker who undertook long cane training with Nicky and this enabled her to go out independently. Nicky says she hasn't fallen yet since receiving this training! Nicky is keen to look at new ways of doing things,

making a cup of tea was a challenge initially! She has now through using her sense of touch, with equipment and through being open to use new technology finds herself feeling she can achieve what she wishes to. Nicky has decided to raise funds for NESS as she turns 50 this year, and felt like it was a good time to try different new things, and to revisit some things she has not done since her youth in order to raise funds for a cause close to her heart. NESS is an independent local charity and the first integrated service in Scotland. NESS delivers information, equipment and support to over 6000 blind and deaf people in the North East with the aim of achieving independence for them. If you want to find out more information please contact Joan on joan.kennedy@nesensoryservices.org.



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. 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.





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

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.

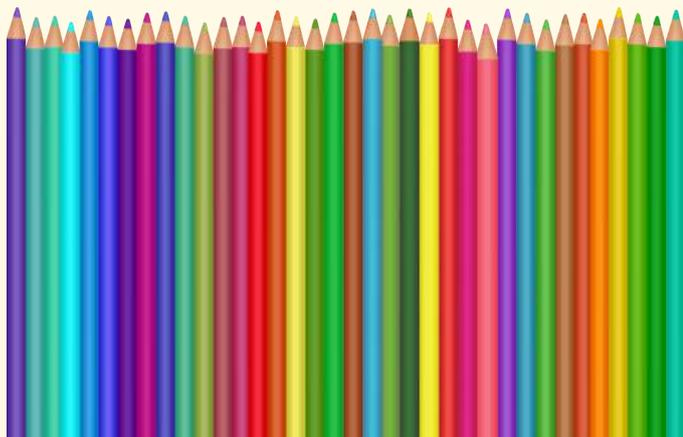
FORFAR STROKE CLUB

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..

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@cyclingsuk.org





KEPTIE POND LITTER PICKS

Arbroath in Bloom
Keptie Friends 2018
Sundays at 11am (weather permitting)

MEET AT THE PICNIC TABLES
Activities will include litter picking, general clean-up, light gardening and promoting wildlife habitat. Equipment supplied, but please dress according to the weather conditions. ALL WELCOME!

The next date will be 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

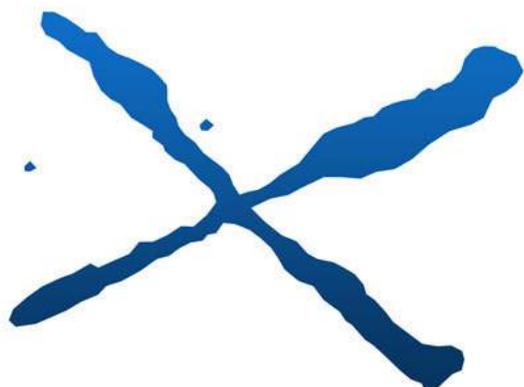
The Learning Tree Partnership are hosting a 10 day pop-up book shop in OB's, 19 West Port, Arbroath. This will run from 24th - 28th April from 10am - 4pm. Please come along, have a cuppy and browse our range of used books and CD's. The Learning Tree Partnership supports people in Angus with a learning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

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

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



FUNDING

The Scottish Government - Vote Centenary Grant Scheme (New Fund)

Funding of between £500 and £5000 is available to support activity which celebrates and commemorates the centenary of the passing of the Representation of the People Act 1918.

Funding, provided by the Scottish Government, is available to celebrate and commemorate the passing of the Representation of the People Act 1918 and to look forward to the future and how we can best support women's political participation here and now. They are also keen to support activity which will involve women from under-represented groups such as minority ethnic, LGBT+ and disabled women. They will fund activity which will celebrate and increase people's awareness of the women's suffrage movement. Activity should be either one-off or for a time limited period only, and must take place between Friday 01 June 2018 and Friday 08 March 2019 (International Women's Day). Visit onescotland.org/equality-themes/gender/suffrage-centenary/ for more information.

The Jo Walters Trust - Maths Grant

The Trust is offering a grant of up to £1,000 to support projects which help and inspire pupils to engage with mathematics. Applicants are not expected to reinvent the wheel: ideas could include trips, workshops, competitions, an action-research project within the classroom, purchase of equipment. They will welcome all novel and innovative ideas, large and small. The next deadline date for applications is 30 June 2018. Visit www.jowalterstrust.org.uk/grant-awards/2017-grant-awards/157-2017-maths-grant.html for more information.

Rosa - Voices from the Frontline

The second round of this programme supports women's organisations to shine a light on their fight for gender equality in the UK. The programme supports women's organisations fighting for gender equality in the UK, by resourcing advocacy and activists with lived experience of disadvantage. It offers grants to support charitable advocacy work, leadership and representation, safety, health and economic justice. Funding can be used to pay for increasing the skills, capacity, credibility and effectiveness of women who wish to challenge gender inequality and promote awareness and change. Next deadline date for applications is 15 June 2018. Visit www.rosauk.org/news/voices-from-the-frontline/ for more information.



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.