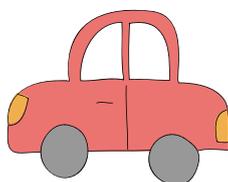




THIRD SECTOR INTERFACE
BULLETIN

A STATEMENT FROM VOLUNTARY ACTION ANGUS - Voluntary Action Angus (VAA) has been working closely with Angus Health & Social Care Partnership over a number of years to provide an Angus wide volunteer driving scheme. This has enabled people in Angus, especially in rural areas who often experience difficulties finding transport, to access various health and social care services and community based groups.

We are pleased to announce that the volunteer driving scheme will be run by Angus Health and Social Care Partnership from October with continued input from VAA. We wish to provide reassurance that people who meet the required criteria for this service will continue to receive this support. We are very grateful for the significant effort made by volunteers in developing this service which plays a major part in building an Angus that actively cares. This is just one of many examples of innovative partnership working between VAA and Angus Health & Social Care Partnership, which helps ensure the best possible services are available to people in Angus.



*"LET'S CREATE AN ANGUS THAT
ACTIVELY CARES"*

If you would like to add something to the bulletin please do so by emailing **ben@voluntaryactionangus.org.uk**. The bulletin is created at the end of the week. Any submissions after noon on Thursday will be added to the next bulletin. We have a two minute survey running for feedback, improvement and ideas readers may have. To take part in this please visit **www.surveymonkey.co.uk/r/B8L2HWR**.



ANGUS INDEPENDENT ADVOCACY

We are moving! Please note that as of **1st October 2018 Angus Independent Advocacy will be located at 69 High Street, Arbroath, DD11 1AN (Ground Floor)**. All other contact details will remain the same. This used to be the Arbroath Registrar's office and is directly across the road from where we currently are. We are very excited as the office is fully accessible! Please excuse us if things are a bit chaotic in the office over the next week and during the week of the move. **Our phone line and internet may be down for a few days from Friday 28 Sep–Tuesday 2 Oct.** On those dates you can still contact us via Email, Facebook messenger or the mobile number **07724814437**.

SMALL GRANT FUND

The deadline for applications to the Scottish Governments small grant fund has been extended until **31 October**. The fund is available to small voluntary organisations and community groups in Scotland to help them run an event with a group of five or more people to discuss what matters to them in relation to democracy. You can find more information about the fund at www.voluntaryactionfund.org.uk/funding-and-support/democracy-matters-community-engagement-fund. It is really important that we hear from as many voices across Scotlands communities as possible and we would encourage you to promote the review around your communities. More details on the Review and resources for groups to hold their own conversations on what matters to them at www.gov.scot/democracymatters.

VOLUNTEER OPPORTUNITY

Fabulous volunteering opportunity with **VAA Finance Department** assisting the Finance Manager in data, spreadsheets, admin and any other relevant tasks. Please contact susan@voluntaryactionangus.org.uk for details - training will be provided.

FIVE TO THRIVE

Five to Thrive is a fun 6 weekly group. It is about what we do every day. Five to Thrive is an approach which helps adults to understand the part they play in developing children's brains. Positive relationships are essential for both children and adults for building and maintaining a healthy brain. **Respond Cuddle Relax Play Talk**. These are a child's daily "Five to Thrive"- the building blocks of a healthy brain. A healthy brain will help to ensure that children are happy and confident. They also help children to maintain positive peer relationships and are able to ensure they are ready to learn. Every day brings more opportunities to give your child's brain experiences to help it grow well. Groups start at **Barnardo's, 290 High Street, Arbroath. 26th October 10am - 11am for 6 weeks**, Forfar Community Room, Academy Medical Centre, Forfar, **31st October 1.45pm - 2.45pm for 6 weeks**. Please wear old clothes as some activities are messy. All sessions are **FREE**. To book a place call **Angela** on **01241 873146**.

SKILZ ACADEMY

Volunteering is great for your CV and job applications, a good way to give something back to your community, builds key skills and experience needed for work. It lets you make new friends and is fun. **Skilz Academy** provides funding for professional qualifications, child protection and first aid training, mentoring by experienced professionals, out of pocket expenses and employment opportunities. For more information on opportunities please email mark@skilzacademy.org.uk.



NHS 24

*NHS 24 is working to improve how they engage with young people, specifically how they involve them in decisions about the organisation and work to provide information and support on topics that matter to young people. Having held their first youth forum event earlier in 2018 they are now hoping to run a follow up event to talk to people about Mental Health and what matters to young people accessing these services alongside how the forum should stay relevant and appealing to young people across Scotland as it develops. The **Youth Forum Event on October 6th** at the **Riverside Museum, Glasgow** from **12-2pm**. www.nhs24.scot/why-should-i-get-involved-in-nhs24*

INCLUSION SCOTLAND

*Inclusion Scotland is recruiting applicants for a new People-led Policy Panel to give their views and ideas on adult social care support to the Scottish Government, using their experience of accessing adult social care services or trying to, for themselves or someone that they care for. Applicants can find out more information about the project by following this link <http://inclusionScotland.org/social-care-policy-panel>. Here they can find a Role Descriptor to tell them more about what they would be doing in the project, and an Application Form to download and send to us, or an online form, to complete. All applications need to be returned to us by **12pm on Wednesday the 3rd of October**. For more information please visit: www.inclusionScotland.org/press-release-policy-social-care/.*

FAMILY FUN DAY

FREE and open to everyone - fun & games for all ages! Snacks available!

Andover Primary School, Brechin

Monday 1st October 11-1pm

Wednesday 3rd October 11-1pm

Friday 5th October 11-1pm

Monday 8th October 11-1pm

Wednesday 10th October 11-1pm

Friday 12th October 11-1pm

BE ACTIVE

Do you enjoy helping people?

Do you enjoy being active?

Would you like to learn new skills?

*If the above applies to you and you have time that you can spare on a regular basis, we can offer you the opportunity to join the **Angus Activity Programme** as a volunteer. We will provide seated exercise training, enabling you to deliver basic seated activities to adults who have long term health conditions. Our volunteers are enthusiastic, welcoming and supportive and you will have regular opportunities to meet with them for additional training. For further information and applications, please contact **Karen Fletcher** on kfletcher@nhs.net, **01307 474894***

CARNOUSTIE POP UP FUNDING EVENT

*The next funding pop up will be on **14 November** between **12-2pm** in **Carnoustie Library**. For more information please contact hayley@voluntaryactionangus.org.uk.*



Could you volunteer your time and support stroke survivors in your local community? Every day in Scotland 25 people will have a stroke. In Tayside alone, 10,503 people are living with the impact of a stroke. **Chest Heart & Stroke Scotland (CHSS)** wants to make sure that everyone has the best recovery they can after a stroke. You can volunteer with CHSS and help stroke survivors to rebuild their confidence, overcome their anxieties and live fuller lives. Mark Jackson, Rehabilitation Support Coordinator, Chest Heart & Stroke Scotland, said "Our Rehabilitation Support Service enables people to get their lives back on track after a stroke. We provide a bridge for people so that they can return home and resume independent, active lives in the communities they live in. In order to do this we rely on the support of our dedicated volunteers. In Angus we are desperately seeking more people to join our team as a Rehabilitation Support Volunteer. "With the help of our volunteers, we can change people's lives; the time, support and the work they do is vital to us and the people we help. As a volunteer, you are not only helping someone to live life to the full but also developing skills while doing something rewarding and worthwhile." "Our volunteers get a lot of satisfaction from their role at our Rehabilitation Services. One volunteer recently said to me, "If I can help make someone's life enjoyable or more bearable then I'm doing something right." Seeing the positive difference to people's lives each week is what it's all about." If you think you could help make a difference to the lives of people in your local community then CHSS wants to hear from you. Call **Mark Jackson** on **07392 869306** or email **mark.jackson@chss.org.uk**.

SAD EVENT

*Help to combat the winter blues Do you find that you struggle in the winter with: feeling down (low mood or depression), lack of energy, sleeping for longer, struggling to get up in the morning, a loss of interest in things, craving carbohydrates and gaining weight, feeling more irritable? All these are symptoms of seasonal affective disorder, also known as the winter blues. Many people suffer with this every year. Want more information, hints and tips to help combat the winter blues? Come to our event at **Academy Medical Centre on Tuesday 2nd October 5.30-6.15** in the waiting room. It will be run by **Dr Hannah Dale, Health Psychologist** and **Ashley McGregor, Senior Community Health Development Worker**, who are both based at the practice. There's no need to sign up, just come along on the day at 5.30.*

ALL ABOUT FEET



*Living in Angus with **Type 2 Diabetes**? Come along and learn **All About Feet** in the **Health Education Room, Springfield Medical Centre, Arbroath on Thursday 18 October from 3 - 5pm**. Feel free to bring a friend or relative! No booking required. No charge - just come along! For further information call the Primary Care Team on **01307 474889***

The Independent Inquiry into Mental Health Services in Tayside - There are Engagement Workshops taking place across Angus, which are an opportunity to share your ideas around 3 key questions in a group setting.

- 1) What are the challenges facing someone trying to access mental health support and what needs to change?
- 2) What works well and which services are valued?
- 3) What kind of support is missing?

Engagement events are open to people who have experience of mental health services, their families and loved ones, carers, and workers.

* Monday 1st October 11am – 1pm, Voluntary Action Angus, 1 – 3 St James Road, Forfar DD8 2AQ

* Monday 1st October 2pm – 4pm, Support in Mind Scotland Carers Drop-In at Angus Carers Centre, 8 Grant Rd, Arbroath DD11 IJN

* Wednesday 3rd October 12.45pm – 2.45pm, FriockHub portakabin, Eastgate, Friockheim, Angus DD11 4TG

Further events to follow, at various locations across Angus. These Engagement Events are being facilitated by Angus Voice.

TAYSIDE & FIFE SOCIAL ENTERPRISE CONFERENCE 2018

The inaugural Tayside & Fife Social Enterprise Conference 2018 will be held in Dundee at the Apex Hotel, Dundee on 24th October 2018.

Social Enterprise Awards

The Awards, that will be presented at the Conference are now open. The categories are:

- Best New Start-Up – under 2 years
- Best Innovative Idea
- Best Social Impact
- Best Growth Business
- Award for Young Social Entrepreneur

Applications are open now. The prize winner for each category will receive £200 cash.

Applications forms or if you prefer information about how to submit a video about your organisation can be found here:

www.dundee.gov.uk/sites/default/files/publications/social_enterprise_award_form2018.docx



STRATEGIC COMMISSIONING IN ANGUS

The next Angus Community Planning Partnership meeting is on Friday 26th October 2018 at Kirriemuir Town Hall. Registration begins at 9am. For more information please contact Shelley Hague on HagueS@angus.gov.uk.

WELLBEAN CAFE



Please join us at the launch of our new **Forfar Community Cafe**, promoting well-being and recovery. **Tuesday 23 October 12 - 2pm St John's Church, 75 East High Street, Forfar.**

Free buffet, entertainment, tombola and family fun activities. For further information contact **Laura Ogilvie**, ADP Development Officer, **01307 476492.**

DUNDEE CARERS

Independent Advice and Support got a fantastic boost this month when the Self-directed Support Service, part of Dundee Carers Centre, were awarded Scottish Government funding of almost half a million pounds, over the next three years. Team Manager Meg Marr said: "We are delighted that our bid was successful, and our team have been recognised at a national level for the high-quality resources and support that we have developed over the last six years. The aim of the team is to increase access to Self-directed Support, enabling people to participate fully in the SDS process and provide the following support to Carers & Disabled people through SDS Advisors, Learning & Development worker and Finance team. If you would like to know more about Self-directed Support and the range of support available, please contact:

Self-directed Support Service (Dundee & Angus) , Dundee Carers Centre, Seagate House, 132-134, Seagate, Dundee, DD1 2HB. 01382 200422

**sds@dundeecarerscentre.org.uk
www.directpayments.org**

INDEPENDENT LIVING FUND SCOTLAND

ILF (Independent Living Fund) Scotland has opened an exciting new fund (totalling £5 million per year) for young people who need support in Scotland. The Transition Fund supports those aged between 16 and 21, offering short-term grants to provide opportunities that facilitate their participation and inclusion within their communities. You can find out more about the fund at **<https://ilf.scot/transition-fund/>**.



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**.

COMMUNITY INNOVATION FUND INFORMATION SESSIONS



Communities in Control

A series of information and advice sessions are being held across Dundee this month for interested applicants and members of the public to find out more about the Community Innovation Fund. The Community Innovation Fund aims to help community groups to develop local improvement projects that will benefit the health and wellbeing of their local population. The Fund is financed through Tayside Health Fund and community groups can apply for any amount between £500 and £25,000 over a three year period to establish new and innovative projects. There are plans for sessions in Angus and Perth and information and dates will be shared in the coming weeks. Anyone interested in applying or finding out more information should come along to the information sessions or visit the website **www.communityinnovationfundtayside.scot.nhs.uk**

TAYSIDE TSI THIRD SECTOR CONFERENCE

SAVE THE DATE
ENABLING AND EMPOWERING
TAYSIDE TSI THIRD SECTOR CONFERENCE
Wednesday 14th November 2018 at **The Quay, Dundee**

Dundee, Perth and Angus Third Sector Interfaces have joined forces to deliver a third sector conference with a focus on governance. There will be a range of hot topics discussed over the day **www.eventbrite.co.uk/e/tayside-tsi-conference-2018-tickets-50065103071** - tickets will be allocated on a first come first served basis. Information will be communicated via Dundee TSI, PKAVS and Voluntary Action Angus.

DON'T MISS OUT!

THIS JUST IN..



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**

POLICE DROP IN SURGERY



I will be at the **Millennium Hall** on the final drop in on **Saturday 29th September 1000-1100**. If you have anything you'd like to discuss please come and see me!



CRAFT CABIN

At **Arbroath Public Library, Hill Terrace, Arbroath DD11 1AH**

Mondays from 10am – 12pm

All ages welcome, bring own craft project

Contact **Krissy – 077830 83249**



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**

"LET'S MAKE SURE ALL YOUNG
PEOPLE ENJOY THE RIGHT TO
VOLUNTEER"

DESPERATELY SEEKING



SHOP VOLUNTEER

HOPE Gardens are needing volunteers for the HOPE garden - working in the shop! It would be for a Saturday morning and a Monday afternoon.

It would be good for someone who is quite confident with people - also there would be someone there to show them how the till works and to support them with all other duties in the shop.

For more information contact jade@voluntaryactionangus.org.uk



VOLUNTEER ADVISOR

Are you - a good communicator? Open, approachable and enthusiastic? Respectful of views and values which may be different to your own? Able to work within a team? Able to use computers? Willing to undertake training for the role? You may be interviewing clients, communicating information to clients, act on behalf of clients, negotiating, referring and drafting letters for clients and completing clear case records. Interested? Ask for **Elizabeth** at **Angus Citizens Advice Bureau** on **01241 870661 ext 234**.



ANGUSALIVE

Volunteers support us on an ad-hoc basis, for example for short-term specific events or short-term programmes and on a more regular basis. As a volunteer, you would help support our work to create healthy active and creative lifestyle choices - look out for our notices on Facebook and at our sites or contact one of our leisure, culture and sport facilities today. **ANGUSalive** will aim to match volunteers to a position that best suits their interests and we welcome enquiries from all ages and abilities. If you are interested and/or would like some more information please contact enquiries@angusalive.scot.



CHAIRPERSON AND COACH COORDINATOR

Arbroath Community Sports Club are looking for a chairperson and a coach coordinator. To find out more information and apply for the positions please visit the links below;

<http://www.voluntaryactionangus.org.uk/wp-content/uploads/1-Chairperson.docx>

<http://www.voluntaryactionangus.org.uk/wp-content/uploads/8-Coach-Coordinator.docx>



AFTERNOON TEA HOST

Contact the Elderly who aim to alleviate loneliness in older people through free monthly afternoon teas are urgently needing hosts in the Carnoustie/Monifieth area. Hosts are asked to provide a simple afternoon tea once a year for a small group of lonely older people. Teas can take place in the host's home or could be provided by an organisation or business. The teas are held on a **Sunday afternoon from 2-4.00p.m.** and the guests are collected and accompanied by a volunteer driver. All guests have to be able to manage two or three steps with just a steady 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

MULTIPLE OPPORTUNITIES

CHSS relies on a team of volunteers to help support paid staff, making a difference to Scotland's health by helping out in one of our stores to raise funds needed to deliver services. The Forfar store are currently recruiting volunteers in; Displaying and Merchandising; Customer Care; Stockroom and Charity Stock Driver. Potential volunteers must have a competent level of the English language. CHSS will provide all necessary training and authorised expenses are reimbursed. If interested get in touch with **Sam Senkel** (sam@voluntaryactionangus.org.uk) or pop in to see them at their store in **Castle Street, Forfar**.

ANGUS TALKING NEWSPAPER ASSOCIATION



We are a charitable Organisation run entirely by Volunteers in the five Burghs of Angus, providing local news to the Registered Blind and Visually Impaired. Once a month a team of readers record an hour of local news from their area. We are **URGENTLY** seeking a volunteer, one for Montrose and one for Arbroath, for no more than 2hours, once a month to train and then be a stand-in as Team Leader and who is pc/laptop competent. Please contact: 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!**

NEXT DATE: 30 September



ARBROATH IN BLOOM

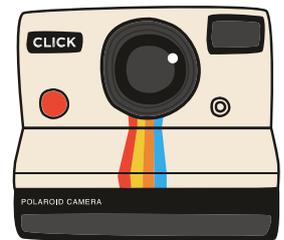
This is a call for help from us! We are looking for more people to join us as we try to brighten up the town with flowers and plants.

Interested?

Please get in touch either via our Facebook page (**Arbroath in Bloom**) or by leaving your name with Sandy at AJ Beedie Jewellers in the high street.

CITIZEN ADVOCATE

Have you ever thought about becoming a Citizen Advocate? Citizen Advocacy is an equal partnership where someone who benefits from advocacy support (advocacy partner) is matched with a member of their local community (citizen advocate). Their partnership is equal and their Citizen Advocate is there for them to help have their voice heard, connect to their local community and help them to understand their options. We are always on the lookout for people who have time to spare and share our values but our group preparation is an excellent opportunity to learn more about what a Citizen Advocate can do! If you think you would be interested in attending our event or want to have a general chat about citizen advocacy please call the office on **01241 434413** and ask to talk to a member of the citizen advocacy project team.



KIRRIEMUIR CAMERA OBSCURA

Can you spare three hours a week to help keep this open? We have reopened this famous attraction and we love love to be open everyday but we can't do this without more volunteers. If you can spare just three hours per week between 11am - 5pm in the cafe or the camera room. If you are interested please come into us for more information.

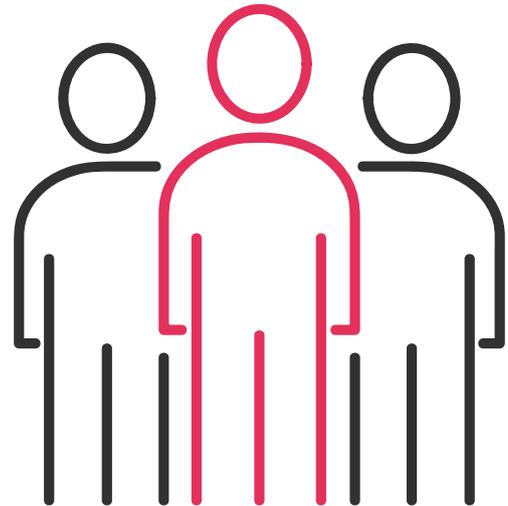
DON'T FORGET..

ANGUS LONG TERM CONDITION SUPPORT GROUP

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

Links Health Centre October 29th
Cllr Tommy Stewart

Parkview Medical Centre October 31st
Cllr Brian Bpyd



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)

DESPERATELY SEEKING

April Glennie is looking for volunteers interested in helping within Sheltered Housing. Our volunteers help with games hosted for the residents such as bingo, boccia (chair bowling), board games and more. If you are interested please contact April by email april@voluntaryactionangus.org.uk or phone **01307 466113** (mornings only).



THE STRATHMORE RUGBY CLUB COMMUNITY TRUST

Strathmore Rugby Club have started touch walking rugby. If you are interested please contact **Josh** on trust.cpc17@gmail.com

THE POWER OF YOUNG PEOPLE

As part of Angus Council's commitment to Participatory Budgeting, and to celebrate 2018 being the 'Year of Young People,' £40,000 has been set aside for Youth Work Projects across Angus. So, we want to hear your ideas and what difference they will make to young people in Angus. If you wish to apply for funding or wish to discuss it further then please contact: **Tricia Ryan** EDNCLD@angus.gov.uk **01307 476366**



HOSPITALFIELD

A series of walks and events that exploring local landscapes. Enjoy being outside and getting active at an enjoyable pace?

Then this is for you. Find out more & get in touch:

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

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



THE SILVER LINE

The Silver Line is the UK's only free and confidential helpline dedicated for older people that is open every day and night of the year and crucially overnight and weekends when other services are shut offering callers information and friendship or just for a chat. The number is **0800 4 70 80 90**. To hear more about this unique service your local community engagement volunteer, **Jean Clark**, will come out to your organisation on an agreed day or evening to tell you more with the help of a DVD showing the varying ways The Silver Line can help you and your community. **Jean's contact number is 07933723097.**

SDS



Are you 16-24? Unemployed, leaving school or college, or just unsure of what comes next? Drop in to the **Montrose Road Centre in Forfar** to discover your next opportunity. **Tuesday 25th September, 1pm - 3pm** Meet local learning and training providers Make an appointment with a Careers Adviser. Find out about Apprenticeships! #EarnAndLearn. Apply for an Individual Training Account (up to £200 towards training!) Automatic entry into a Prize Draw refreshments available. Any questions? Call us on **01241 433 000** or drop us a message on **Facebook at SDS Angus.**



ANGUS HSCP

Do you have 1-2 spare hours a week to help out someone in your local community? **Angus Health and Social Care Partnership** volunteering has numerous opportunities available throughout Angus, PVG required and full training will be provided. If so, please contact **Janet Rowlands** on **RowlandsJ@angus.gov.uk**

FUNDING

Unlimited [Disabled Artists and Disability-led Work]

Funding for disabled artists and companies with a strong track record in their artistic field to apply to create and present new work, across all art forms.

The work may still be at a very early stage of conception, or may have already undergone some research and development.

Only the Emerging Artists Award is open in Scotland.

UK-based disabled artists and companies making disability-led work, across all art forms, are invited to apply for these funding opportunities.

Next deadline: **29 October 2018**

For more information, visit: <https://weareunlimited.org.uk/apply-to-unlimited/>

Community Capacity and Resilience Fund Round 4 NOW open for applications

New round of grants for smaller grassroots, third sector organisations in Scotland working hard to tackle welfare reform and poverty in communities throughout Scotland.

Scottish Council for Voluntary Organisations (SCVO) are delighted to announce that with continued investment from Scottish Government they are now accepting applications from Scotland's third sector organisations to support their delivery of projects and activities that help mitigate the effects of welfare reform, combat social inequality, promote social inclusion and have a preventative impact in communities. This investment from Scottish Government will increase the capacity and resilience of communities and third sector organisations to provide people with the support and skills they need.

Awards will range from £1,000 to £10,000 with project activity starting 01 December 2018 at the earliest. Applying to this fund is simple, with an easy online application process supported by guidance notes and FAQs and all of this can be found here.

Applications close on **Thursday 26 October 2018 at 5pm**.

For more information, visit: <https://scvo.org.uk/running-your-organisation/funding/community-capacity-resilience-fund>

She did it!



Kirriemuir Girl Bethan Whamond has cycled from lands end to John O'Groats to raise funds for Angus Independent Advocacy (AIA) a local Angus Charity.

A journey of more than 110 miles covered some of the most spectacular scenery of the U.K including the challenging 9000 feet climb from Perth to Granton on Spey over the Lecht.

Bethan said I really enjoyed it , its great to do these things meet new friends and test yourself. I particularly loved being back in Scotland we are lucky to have such fantastic scenery in our country. Although it was very challenging it was worth it both personally in terms of the experience and also to raise funding for such a great local Charity.

On behalf of Angus Independent Advocacy, Suzanne Swinton said, "We are delighted that Bethan has completed her challenge and really appreciate the vital funding she has raised and more so the message she has sent out such of promoting inclusion and equality for all, whilst raising awareness of the barriers people can face in having their voices heard and being part of their local communities.

If anyone is interested in finding out more about any aspect of the work of Angus Independent Advocacy they can do so by contacting the office on 01241 434413 / enquiries@angusindadvocacy.org or by visiting our website www.angusindadvocacy.org Bethan ended by saying its fantastic the support I have had and the generosity of people and organisations in donating to the cycling for Advocacy fund. The fund closes on the 30th of September allowing people to contribute now that I have completed the journey

To donate on line

<https://www.justgiving.com/crowdfunding/bethan-whamond>