Welcome to the Angus Third Sector Collaborative Winter Magazine

The Third Sector Collaborative is a group of Third Sector organisations, large and small who meet to discuss joint issues for services and clients and support the development of each others roles in the voluntary sector.
Lighthouse Kids has been in operation for 10 months now and to date we have helped 57 families with 163 clothes parcels. We receive referrals from Health Visitors, Family Support Team’s and Social Workers from across Angus Council, also from organisations such as Angus Foodbank, Angus Women’s Aid, Homestart and Schools. Individuals are also able to self-refer and some of the people coming have heard of our service through friends, family, Facebook or church and kids activities at the Town Mission.

Recently we were able to hand over clothes parcels to Angus Refugee Care for the new influx of Syrian families in September. It was a privilege to help towards providing clothes parcels for this cause in particular. We welcomed a visit from Councillor Sheena Welsh. Sheena took a great interest in the clothes bank and provided some useful contacts too and we were extremely grateful for her visit.

We have recently also taken in some women’s clothes as there was an apparent need amongst those coming in and for our work supporting Women’s Aid.

We continue to have a brilliant team of volunteers (mainly from the church at Arbroath Mission as well as other churches in the town) who regularly give up their time to sort clothes, make up clothes parcels & welcome those who come through our doors. In particular it is lovely to see people who have received help from us return to make donations themselves when they are in a position to do so.

We are happy to open the clothes bank for group visits from healthcare/social care organisations to provide a more private environment for people to choose the items that they require.

Lighthouse Kids continues to be open every Tuesday from 1-3pm for both collections and donations, and via the Beacon Community Café at the Mission, Thursdays 10am-12pm.

Morven Webster – Co-ordinator

Charities Christmas Fair 2016

Voluntary Action Angus once again hosted the Charities Christmas Fair and Coffee Morning at Old & St Andrews Church Hall, Montrose on Saturday 15th October 2016 from 10am to 12 noon.

The Fair was very busy with approximately 150 people visiting during the two hours, to purchase Christmas cards and small gifts from the participating charities. All the ladies and gentlemen representing the charities brought home-baking which was well received by everyone having refreshments.

Organisations taking part included:

- Shelter
- Cancer Research UK
- Montrose Airfield Heritage Centre
- Scottish Wildlife Trust
- Guide Dogs for the Blind
- Montrose Stroke Club
- Marie Curie
- DEBRA
- Scottish Association for Children with Heart Disorders

Next year’s Fair is already booked and will take place on
Hundreds flock to powerful celebration of volunteering in Angus

On Thursday 1st December 2016, the Celebration of Volunteering event took place at the Carnoustie Golf Hotel where more than 200 volunteers were recognised for the outstanding contribution they make to Angus communities.

Volunteers from over 50 organisations were awarded certificates and badges in recognition of 2, 5, 10 or 15+ years service to volunteering.

Individual outstanding awards were presented as follows:

- **Lifetime Volunteering Award** - Meg and Jim Milne from The Attic Youth Project, Brechin (Presented by Neil Prentice, Board member at VAA)
- **Young People’s Volunteering Award** – Barrie Cooper from The Basement Youth Project, Letham (Presented by Ruth Leslie Melville, Director at The Attic Youth Project)
- **Environmental Volunteering Award** – Irene Robertson from Kirriemuir Area Partnership Planting Group (Presented by Peter McAuley, Service Manager at Health & Social Care Partnership)
- **Children’s Services Volunteering Award** – Dorothy Archer from Angus Adoption & Fostering Group (Presented by Alan McKeown, Angus Council Director of Communities)
- **Health & Social Care Volunteering Award** – Brenda Wilson from Monifieth Befriending Scheme (Presented by George Bowie, Head of Community Health and Care Services – South, Health & Social Care Partnership)
- **Helen Oswald Award for Outstanding Contribution to Volunteering** – Phil Hope from Carnoustie Panmure Football Club (Presented by Ed Oswald and Alan McKeown)

The event also heard a powerful tribute to the work of Helen Oswald, the late Lord Provost of Angus. Helen was a lifelong volunteer and a hard working advocate of Angus, its organisations and its people. The event gave a standing ovation to Helen’s husband, Ed Oswald who was described as a giant of a man. Ed then presented the award to Phil Hope of Carnoustie Panmure Football Club.

Bill Muir, Chairperson of Voluntary Action Angus remarked;

“I have many years of working in the third sector and what we have experienced tonight inspires us not only on what is going on today but indeed the culture we have here in Angus, which will inspire generations to come. I had the great privilege of signing all the certificates for people who attended tonight and collectively we are looking at around 200 people who have given more than 1000 years of service through volunteering.”

Bill added that;

“This is not about numbers it’s about humanity, care and desire to help others as well as volunteers helping themselves. Many of the people who volunteer go on to take their rightful place as workers in the third sector and other organisation through the experience they gain.”

Volunteering in Angus has always been a vibrant part of community life. Alan McKeown, Angus Council Director of Communities, attending the event commented that;

“Our partnership working with VAA and other organisations places volunteering at the heart of empowerment and building resilient communities. We are fortunate that Angus enjoys such a desire and ambition towards volunteering where local people help each other. This is what communities are about and why we are confident through working in partnership we can do even more to make Angus an even better place to live, work, learn and play.”

Vicky Irons, the Chief Executive of Health & Social Care Partnership also reflected the importance of volunteering. Vicky said;

“Volunteering is as important contributor to building communities which actively care. We are very fortunate to see such buoyant levels of volunteering here in Angus and indeed have seen some of the most innovative approaches whereby local people are helping others in their community”.

On a final note of the event Gary Malone asked all present to build a new culture of volunteering where all people in communities can take their rightful place in a journey of humanity. Gary urged people to use their experience to inspire future generations to volunteer and be proud of their efforts. He said:

“One day your grandchildren will ask about your volunteering so be proud and encourage them towards a journey which money can’t buy, the journey of volunteering.”

Winners of the Outstanding Commitment Awards
Are you Warm & Well?

Angus Citizens Advice Bureau (SCIO) has a home visiting advice service available in Angus

Warm & Well Angus has been running in Angus since May 2016 providing a home visiting general advice service for older and/or disabled people who cannot access any of our 3 offices due to health or transport difficulties.

In addition to a general advice service, Warm & Well Angus have a specialist fuel poverty worker who can help people to reduce, or prevent, fuel poverty by advising on matters such as energy tariffs, energy bills or meter readings, setting heating controls and ways to use less electricity. We also link in with other energy organisations to access schemes for improving energy efficiency of homes.

At the moment Warm & Well Angus is offering free fuel poverty awareness/energy saving training to local organisations for their staff and client groups. If you are interested in these sessions please contact Louise/Elizabeth on 01241 870661.

A home visit can be requested via any existing services the client uses (e.g. NHS, befriender, home help). Referrals can be made to Warm & Well Angus by any local organisation by contacting Elizabeth on 01241 870661 who will complete the referral form over the phone, or can email a copy of the referral form to your organisation for completion.

Angus Activity Programme

The ethos of the Angus Activity Programme is to encourage people with a long-term condition to exercise regularly and thereby improve their physical and mental wellbeing and, as a result, enjoy a better quality of life.

The partners in the Programme were Angus Cardiac Group, Angus Health & Social Care Partnership, and Angus Alive (formerly Angus Council Leisure) with Angus Cardiac Group being the lead partner. Since 2004 the programme has set up exercise classes in all of the Angus burghs, providing a range of exercise options to suit different abilities. The programme has trained the exercise instructors involved to a very high level, and recruited and trained 46 volunteers to provide seated exercises to residents of care homes and sheltered housing as well as to others such as Alzheimer’s groups. The volunteers also provide one-to-one sessions for people who are housebound.

Earlier this year, in the interests of both Angus Cardiac Group and the Angus Activity Programme, it was decided that we should go our separate ways. The Angus Activity Programme has now become a constituted group in its own right, and funds are now held in a dedicated bank account. The people operating the Programme are fundamentally the same as those who have run this programme for many years and the office bearers are listed below. The aims and objectives of the Programme have not changed.

We are looking forward to continuing to build on our past successes and we thank you for your interest in and support of our activities.

Chairman – Gordon Snedden: mail@gsnedden.plus.com, 01307462045
Vice - Kathleen Hutchison: hutchisonk@angus.gov.uk, 01241 438292
Treasurer/Coordinator — Linda Brown: lindb@lindyb73@hotmail.com, 07725052933
Secretary – Karen Fletcher: kfletcher@nhs.net, 013074-74894
Volunteer Coordinator – Katy Webster: katywebster2@aol.com, 07801436172
**Good News Story**

**Craig’s Recovery Story**

Before I started receiving support from Penumbra, I was trying to come to terms with understanding why I was the target of being bullied. This left me feeling very anxious and prone to panic attacks. I felt that I couldn’t trust anyone, which left me feeling very alone and isolated. I did find the courage to enrol on a college course to study ‘Life Skills’ and it took me all my strength to go along to the opening day.

It was the same with my first visit to Penumbra and I really didn’t know what to expect. The staff were very friendly and patient with me and talked about what I wanted to work towards. I wanted to cope better with my anxiety and control my panic attacks, be more active, lose weight and feel better about myself.

I initially found ‘My Plan’ a struggle as I didn’t really know what I wanted to do with my life. By speaking this through with my key worker, it became clearer and we concentrated on things that would make me feel better about myself, as well as the things I was already doing to manage my mental health. I developed coping strategies through the use of my Wellness Recovery Action Plan. I identified the things that helped me feel good such as, having my dogs around & chatting online to friends. I joined a local gym, started slimming world and began planning for my future.

Earlier this year, I completed my college course and achieved “Student of the Year” Award, which was a huge achievement for me. I have now enrolled on to Part 2 of the Life Skills course, which I hope will lead me on to studying a Gaming course the following year.

I feel pretty good about myself on what I have achieved and I am proud of myself. I'm looking forward to continuing to move forward in my life and meeting new people.

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**Penumbra’s Angus Nova Project have moved premises**

**First Floor**
**115 High Street**
**Arbroath**
**DD11 1DP**

**Telephone:** 01241 873900

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**Are you caring for someone with a mental health problem? Would you benefit from a break?**

Our **Carers Short Breaks** service is designed for people who support or care for a loved one with a mental health difficulty. Often people do not recognise themselves as being unpaid carers. If you are unsure or would like more information, support or guidance, then please contact us.

We can offer up to £300 to help towards the cost of a break. For group applications, we can offer up to £600. You only need to contribute 5% of the amount awarded, meaning for a £300 award you would only need to pay £15.

You must be 16-65 years old and live in the Angus area. The person you care for must also be 16-65 years old and currently using mental health services or receiving treatment from their GP.

It is up to you to decide what you would like as part of your short break, and what will help with your own wellbeing. This may include personal hobbies & interests, a day trip or an overnight stay.

To access this confidential service, please contact our Angus Nova office for an application form. Alternatively, drop in and chat to a Penumbra representative who will be present at the Angus Carers Centre’s ‘One Stop Shop’ on Tuesday afternoons between 2pm and 3pm.

For further information contact 01241 873900 or email angus.carers@penumbra.org.uk
New Year Message

2017 – A year of opportunity and challenge

Dear Colleagues

The last year has seen Third Sector services stretched to the limit and for colleagues and statutory organisations there have been major challenges with resource decline and culture shift.

Despite this 2016 has seen significant innovative and partnership working emerge throughout the county. Moves towards localities, new cultures of care and steps towards empowerment have emerged and levels of volunteering in Angus have remained buoyant. As resource decline is likely to continue, more will be expected on the Third Sector and communities.

In the Third Sector, our philosophy is to create communities that actively care. The Third Sector Collaborative will be important to bring together joint working opportunities and securing resources which could be shared across third sector organisations. The empowerment legislation opens up opportunities for asset transfers for community bodies and this may lead to the development of third sector hubs.

Despite the significant challenges we all face there remains many opportunities where the most innovative do their best work.

I am looking forward to 2017 and am grateful for the support of colleagues and partners.

Best Regards for 2017

Gary Malone
CEO, Voluntary Action Angus

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New partnership!

Hear Me Counselling and Voluntary Action Angus are working in partnership to provide an additional and much needed service for survivors of sexual abuse in Angus.

The project ‘Future Pathways’ will enable individuals to have specialised counselling and support to access the variety of services across Angus.

Carol, a counsellor and co-founder of the charity Hear Me said, “this is an exciting opportunity for us at Hear Me and together we are looking forward to providing a better and more integrated service for survivors and working in partnership with the highly skilled staff and volunteers at VAA”

Hear Me was established in 2013 and provides FREE and CONFIDENTIAL specialist counselling for men, women and children (age 8+) who have experienced (or been affected by) sexual abuse at any time in their lives.

To contact Hear Me tel: 01307 850741 or email: hearme@btconnect.com