

# **Voluntary Action Angus** **Weekly Bulletin**

***11th April 2025***

**Voluntary Action**  **ANGUS**

**Third Sector Interface**

# This week's content covers:

**FORT Demonstration Opportunity  
Employability Networking Event  
Telephone Befriending Service  
Autism Friendly Rugby - Arbroath  
Funded Unpaid Carers Residential Retreat  
Volunteering Opportunities  
Employment Opportunity**

*We hope you enjoy reading some of the latest information and updates from the third sector across Angus in this week's Voluntary Action Angus TSI bulletin.*



# VOLUNTARY ACTION ANGUS

## Angus Third Sector Employability Networking Event

Voluntary Action Angus will be hosting their Third Sector Employability Networking Event on **Tuesday 20th May**.

Attendees will come together to explore key topics focused on strengthening all stages of employability provision and partnerships. Whether you offer opportunities for early stage pre-employment support, or your focus is long-term employment outcomes, this event is designed to collectively maximise impact, make connections and drive meaningful change across Angus.

This opportunity is open to anyone involved in delivering services that support personal development and growth – helping individuals move towards a positive destination.

### Key Features:

- Create meaningful connections among third sector providers to encourage collaboration and knowledge-sharing.
- Gain practical insights and strategies to enhance employability support in the region.
- Develop new partnerships and initiatives that strengthen employability services.

A buffet lunch will be provided and you can sign up via Eventbrite [here](#).

## VOLUNTARY ACTION ANGUS

### Angus Third Sector Employability Networking Event

A networking event for employability and pre-employability providers. **Connect, Communicate** and **Collaborate** to strengthen support in Angus.

#### Come along to:

- Explore key topics focussed on strengthening all stages of employability
- Develop new relationships to spark collaboration
- Share experiences and learn from others to maximise impact
- Gain new practical insights and perspectives from within the wider sector

#### Where and when?

 Tuesday 20 May 2025  VAA, The Cross, Forfar, DD8 1BX  9.30am-2.30pm

 Book your place via [Eventbrite!](#)

For more information please call **01307 466113** or email [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)



# VOLUNTARY ACTION ANGUS

## FORT Demo Opportunity - Exploring System Capabilities

We are pleased to confirm that we have now received a selection of dates from Michelle Edgar, FORT Business Development Manager.

As previously discussed, this demonstration offers an opportunity to gain a better understanding of the system's capabilities and evaluate whether further exploration would be beneficial.

If you are interested in attending, please follow the instructions below:

To facilitate the scheduling process, we would appreciate it if you could complete the **Doodle Poll** at your earliest convenience. This will allow us to proceed with the next steps.

<https://doodle.com/group-poll/participate/boX2kGYd>

## Telephone Befriending Service

Telephone befriending is a vital service for the community of Angus. Our volunteer befrienders support over 200 people living in Angus each week, by calling them, having a chat and ensuring they are well and managing.

Do you live in Angus? Are you feeling lonely, isolated or looking to have a chat? A conversation with one of our telephone befrienders could positively impact your mental wellbeing.

If you or someone you know would benefit from our telephone befriending service, email [april@voluntaryactionangus.org.uk](mailto:april@voluntaryactionangus.org.uk) or call 01307 466113.

**TELEPHONE BEFRIENDING**

Telephone befriending is a vital service for the community of Angus.

Do you live in **Angus**?

Are you feeling **lonely, isolated** or looking to have a **chat**?

Our **Volunteer Telephone Befrienders** are here to **support you!**

**Contact:**  
If you or someone you know would benefit from our telephone befriending service, email [april@voluntaryactionangus.org.uk](mailto:april@voluntaryactionangus.org.uk) or call **01307 466113**.

Voluntary Action - ANGUS  
Third Sector Interface



**Women's Rape &  
Sexual Abuse Centre**  
Dundee & Angus

# WOMEN'S RAPE & SEXUAL ABUSE CENTRE (WRASAC)

## Employment Opportunity

WRASAC is currently looking to recruit a Team Leader for their Support Services.

The Women's Rape and Sexual Abuse Centre (WRASAC), Dundee and Angus have been supporting survivors of rape, sexual abuse and exploitation and raising awareness about the damaging effects of sexual violence since 1984. We are a registered charity and a company limited by guarantee.

The Team Leader will play a vital role in ensuring the smooth, trauma-informed operation of WRASAC's support services. This includes overseeing the Women's Support Services, Initial Referral Team, and DAYS Service. They will support the CEO and Operations Manager.

The successful candidate will have experience of working within the violence against women sector and have at least 2 years demonstrable experience of managing and supervising staff and volunteers. They will have a collaborative leadership style, excellent interpersonal skills, proactive approach and an understanding and commitment to a feminist analysis of gender-based violence.

A competitive salary is offered, excellent terms and conditions and the opportunity to gain invaluable skills and experience.

**Salary:** £37,092 (rising to £38,603 after a 12-month probation period)

**Hours:** 35 hours (fixed term contract up until 31st March 2027)

**Funded by:** Dundee Health and Social Care Partnership (DHSCP)

**Location:** Dundee & Angus

The closing date for applications are **23rd April 2025** by 12 noon. Only successful applicants will be contacted via email with an interview invite.

Panel Interviews will be held 1st May 2025.

Please note that CVs are not accepted.

The full application form should be completed and emailed to [recruitment@wrasac.org.uk](mailto:recruitment@wrasac.org.uk)

All the application documentation can be downloaded from their website [here](#).

All posts require a female applicant and is exempt under Schedule 9, Part 1 of the Equality Act 2010.



# STRATHMORE COMMUNITY RUGBY TRUST

## Autism Friendly Rugby - Arbroath

Strathmore Community Rugby Trust are launching a new Autism-Friendly Rugby session in Arbroath.

The session is open to primary school aged children with, or undergoing a diagnosis of Autism. The session will run weekly and will take place on a Monday 4pm – 5pm. The sessions not only provide Autistic children with a chance to be more physically active in an environment that is designed to meet their needs, they also help develop participants social and emotional skills too.

The sessions also provide some much needed respite for parents/carers and the opportunity to connect with other parents/carers with Autistic children.

This new session is in addition to the weekly sessions they run in Forfar and Brechin, details of which can be found on the attached flyer.

For more information about what makes the sessions Autism-Friendly, check out the video on their website [here](#).

**Strathmore Community Rugby Trust**  
Health | Community | Rugby

## AUTISM-FRIENDLY RUGBY

**WHAT MAKES THESE SESSIONS AUTISM FRIENDLY?**

This isn't just rugby, it's about creating the right environment for all children to flourish. We do this by:

- Story boxes – available on loan ahead of a child's first session, contain tactile objects that children can expect to encounter in an Autism-friendly rugby session
- Visual Support
- 'Rugby Ready' sensory warm-up – provides those with sensory processing difficulties (SPD) the opportunity to gain some 'deep pressure' at the start of the session
- Sensory tents
- Limited group sizes and multiple coaches per group
- SPD kit, e.g. sunglasses, ear defenders & baseball caps

The sessions also provide respite for parents/carers, whilst enabling them to enjoy some refreshments and engage with those from other family and similar backgrounds. Parents/carers must remain on site throughout the session

Arbroath - Monday 4-5pm  
Forfar - Friday 5-6pm  
Brechin - Sunday 1.15-3.15pm  
Forfar - Sunday 4-5pm

For more information, get in touch via our community @ Strathmore Rugby Trust or our Facebook page at Strathmore Rugby Trust

E: [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk)  
@StrathCommTrust #developingpeoplethroughrugby

# KIRRIEMUIR FOOD HUB

## **Mental Health & Wellbeing and Suicide Awareness event**

You are warmly invited to the Mental Health & Wellbeing and Suicide Awareness event hosted by Kirriemuir Food Hub.

**Date:** Wednesday 14th May 2025

**Time:** 1:00pm - 3:00pm

**Venue:** Kirriemuir Scout Hall

The session is taking place during Mental Health Awareness week, which runs from 12th - 18th May and the theme for 2025 is **Community** - being part of a safe, positive community is vital for mental health and wellbeing.

They will be joined by Angus Health & Social Care Partnership, Hillcrest Futures, Penumbra, Angus Alive and Angus Voice, who have organised speakers to share insights into the support available locally. There will also be plenty of opportunities to connect, ask questions, and explore how everyone can work together to strengthen our community's wellbeing.

This event is open to all and you can register [here](#).

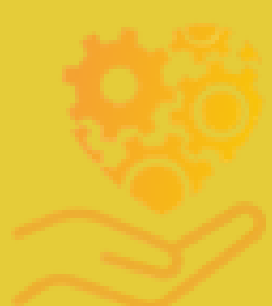
## **THE GIVING MACHINE**

### **Community Grant Applications now Open**

The Giving Machine have 8 grants worth £250 each to support your projects or even just to pay a bill. Apply now for a chance to receive this funding and make a difference in your community.

All UK based good causes are welcome to apply, so if you have 10 minutes to spare, head over to their [website](#) and fill in the application form to apply for an unrestricted grant.

Successful causes will be notified and funds sent by the 9th May 2025.



**Community Grants**

Powered by TheGivingMachine



# KIRRIE CONNECTIONS

## Early Stage Dementia Peer Support Sessions

Are you worried about your memory and think you might be developing dementia?

Are you worried about a friend or family member's memory or behaviour changes?

Are you actively supporting someone with dementia?

### **Nobody should face dementia alone!**

Kirrie Connections' Angus wide peer support network aims to bring people together, both those with a diagnosis and carers, to give them an opportunity to have their voices heard and to receive vital support with sustaining their quality of life.

They have drop in peer support meetings available across Angus in the following locations:

1st Tuesday of the month	Arbroath Connections, Russell Square	3.30pm - 5pm
1st Thursday of the month	Brechin Connections, Jars Community Hub	11am - 1pm
2nd Monday of the month	Kirrie Connections, The Roods	1.30pm - 3pm
2nd Friday of the month	Lochside Connections, Strathmore Cricket Club	10am - 12pm
3 <sup>rd</sup> Tuesday of the month	Montrose Connections, YMCA Building	10am - 12pm

For further information or advice, please call Debbie on 01575 520140 or email: [debbie@kirrieconnections.com](mailto:debbie@kirrieconnections.com)





# THE FLOURISHING WELL

## Funded Unpaid Carers All Inclusive 1-1 Residential Retreats

If you're an unpaid carer for an adult or child with additional care needs, who could benefit from 2 days in a beautiful environment that provides nourishing foods, drinks, nurturing therapies and restorative experiences, this calming, reviving, fully funded residential retreat will provide you with mind, body soul nourishment to help you harmonise.

Email: [hello@theflourishingwell.com](mailto:hello@theflourishingwell.com)

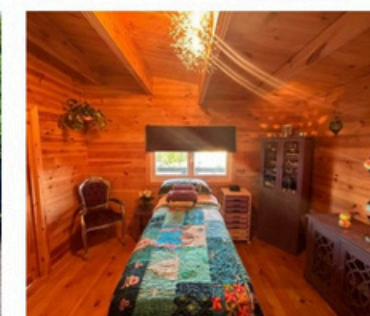
**FUNDED Unpaid Carers  
Respite...Relax...Revive...  
ALL INCLUSIVE 1-1 Residential Retreats**



Superfood Meals  
Natural Remedies  
Restorative Refreshments



Glamping pod with hot tub  
Peaceful Nature Walks  
Calming beach experiences



Nourishing therapies  
Healing Workshops  
Nurturing hampers

If you're an unpaid carer for an adult or child with additional care needs, who would love to benefit from 2 days in a beautiful environment that provides nourishing food and drinks, nurturing therapies and restorative experiences, this calming reviving, fully funded residential retreat will provide you with mind, body, soul nourishment to help you harmonise.

Dates available in June, July, August and September 2025



Email: [hello@theflourishingwell.com](mailto:hello@theflourishingwell.com)  
[www.theflourishingwell.com](http://www.theflourishingwell.com)

# PROTECTING PEOPLE ANGUS

## Trauma Informed Practice Sessions

These learning sessions aim to raise introductory awareness of Trauma Informed Practice. The sessions are aimed at all staff (from any service, business or team) who provide support or services to people in Angus.

### These sessions will provide:

- An overview of Trauma Informed Practice
- Space to think about your response as an individual, part of a team, service, organisation or business

You can read more about the Angus multi-agency approach to TIP on Angus Council's [webpage](#).

Book your place [here](#).



### Trauma Informed Practice (TIP) - Multi-agency Introductory Sessions

These learning sessions aim to raise introductory awareness of Trauma Informed Practice. These sessions are aimed at all staff (from any service, business or team) who provide support or services to people in Angus.

You can read more about the Angus multi-agency approach to TIP on our webpage - [click here](#)

DATE	TIME	LOCATION
Thursday 22 May 2025	09:30 to 11:00	MS Teams
Tuesday 22 July 2025	15:45 to 17:15	MS Teams
Wed 17 September 2025	12:00 to 13:30	MS Teams

#### These sessions will provide:

- An overview of Trauma Informed Practice
- Space to think about your response as an individual, part of a team, service, organisation or business
- Full programme to follow

#### This course will be presented by The Resilience Learning Partnership.

"Resilience Learning Partnership's workshop was clear, concise and effective at allowing the opportunity to reflect on trauma informed practice with other professionals."

Trauma Informed Practice Training Participant

To book a place on the training please use the following link:

[Trauma Informed Practice - Multi-agency Introductory Sessions](#)

# ANGUS CARERS

## Board of Trustees Volunteers Recruitment

Founded in 1996, Angus Carers is a well-established Angus wide organisation based in Arbroath. Their vision is that anyone who looks after a family member or friend, in a caring role, in Angus, receives appropriate information and support to enable them to feel valued, supported, and confident in their caring situation and to have a life outside or alongside their caring role.

The organisation is governed by a Board of Directors and is presently looking to recruit new members to bring a breadth of experience and knowledge to the Board and to strengthen the Board in specific areas.

They are looking for volunteers who are willing to make a commitment to help shape their organisation for the future and for the better. You will be asked to attend a minimum of one meeting per month either in person or virtually. Experience in a similar role is desired but not essential.

They are looking for those with experience in:

- Business development
- Fundraising
- Finance planning
- Strategic planning
- Marketing
- Learning and development

This is an unwaged role and no Board Member will receive a wage however expenses can be reimbursed.



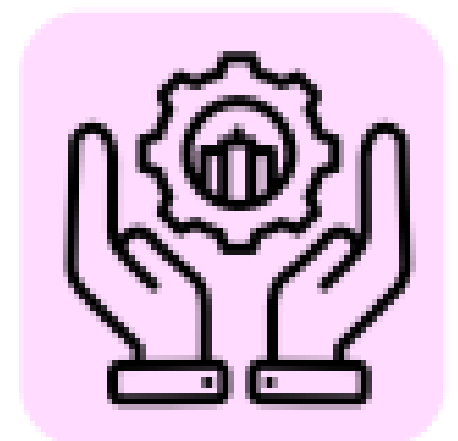
We are looking for volunteers to become part of our Board of Trustees

**Board of Trustees  
Volunteers  
wanted!**

**Volunteers will:**

Be an integral part of the governance of Angus Carers Centre. Helping to shape our future.

You will be asked to attend at least one Board meeting per month either in person or virtually.



We are looking for someone who has experience in:

- Business development
- Social Enterprise
- Financial Planning
- Learning and Development
- Strategic Planning
- Marketing

If you are interested in this role, please contact Laura Nicol:

# ANGUS COUNCIL

## Tell us About Your Place Survey

Angus Council have launched a new engagement project for residents and communities in Angus to understand their experiences of living, working, and visiting Angus. The link to this project is [here](#) and it includes simple questions to complete about different aspects of your place.

The feedback from this survey will complement existing technical data included in the Evidence Report Topic Chapters, helping them build a clearer picture of Angus' places and will be used to prepare a plan about your places called the Local Development Plan.

The Local Development Plan sets out where land should be developed for different uses or protected in the future, helping create places that meet communities' needs and aspirations.

This is the first stage of a wider engagement and will run alongside opportunities for more detailed engagement and discussions about your place over the coming months.

Feedback received will be reviewed and used to help Angus Council shape the Angus Local Development Plan and further place-based work.



# MONEY ADVICE SCOTLAND

## New Financial Fitness Series

Financial Fitness Series launches this month! This 12-month series is designed to help you build and strengthen your financial knowledge and skills, step by step.

Each month, there will be a webinar on key financial topics, covering everything from money management to savings, consumer rights, buy now, pay later schemes, planning for a baby, pensions, and planning for later life. Each session will build on the skills learned in the previous one, giving you the tools you need to make informed financial decisions at every stage of your life.

In addition to the webinars, they'll be posting bite-sized TikTok videos on their TikTok account (@money.advice.scot), reinforcing the key points covered in each session. These short, digestible videos are perfect for when you're on the go!

Our first webinar 'Money Management: Warm up' will be on Monday 28<sup>th</sup> April at 1pm. You can register for each webinar [here](#).

## SUSTAINABLE KIRRIEMUIR

### Big Give Green Match Fund

Sustainable Kirriemuir is a community run SCIO where local people work together to make Kirriemuir and the surrounding glens more environmentally sustainable. Funds raised will help them to continue the work they have been carrying out for the past 5 years.

Sustainable Kirriemuir are going to be taking part in the Big Give Green Match Fund - a match-funded crowdfunding campaign, where they're aiming to raise £5K from their supporters, which will be matched by an anonymous Big Give Champion - so they have the potential to raise £10K in one week!

The fund opens on 22<sup>nd</sup> April, and if you'd like to support them, you can do so [here](#).



# NHS TAYSIDE MENTAL HEALTH TRAINING TEAM

## Upcoming Tayside Training Sessions

NHS Tayside's Mental Health Training Team have various training and information sessions, starting this month through to September. If you are looking to improve your knowledge, start conversations or learn a new training skill, please have a look through their Mental Health, Wellbeing and Substance Use sessions coming up over the next six months.

You can book on to sessions [here](#). Scroll down to the training that you are interested in, click on that icon and follow the sign up instructions from there.

You'll find their training calendar for the next six months below.

### NHS Tayside Public Mental Health Training Programme




Training Calendar  
April-September  
2025

Course	When & Where
Alcohol Brief Intervention Training	1st May, 26th May, 16th June <i>in person - see eventbrite</i>
Alcohol and Mental Health	16th May, 28th July <i>via MS Teams</i>
Alcohol and Sleep	2nd May, 2nd June <i>via MS Teams</i>
Alcohol and Women's Health	29th May, 11th Sept <i>via MS Teams</i>
Alcohol Awareness	24th April, 9th June <i>via MS Teams</i>
Cocaine Brief Intervention Training	28th May <i>in person - contact team for details</i>
Food and Mental Health	15th May, 21st July <i>via MS Teams</i>
Informed Level Suicide Awareness	please contact team to arrange
Poverty and Health Inequality sensitive practice in Tayside	please contact team to arrange
Listening Ear	10th June, 21st July <i>via MS Teams</i>

For further information, full course descriptors or to book your place, contact:  
TAY.publicmentalhealthtraining@nhs.scot






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### NHS Tayside Public Mental Health Training Programme





Training Calendar  
April-September  
2025

Course	When & Where
Long Covid and Mental Health	please contact team to arrange
Mental Health and Wellbeing	13th May, 1st July, 11th August, 23rd Sept <i>via MS Teams</i>
Positive Risk Taking in Mental Health	please contact team to arrange
Recovery in Mental Health	2nd June <i>via MS Teams</i>
Sleep and Mental Health	10th April <i>via MS Teams</i>
Scotland's Mental Health First Aid	please contact team to arrange
Stigma and Discrimination in Mental Health and Substance Use	8th May, 7th August, 28th August <i>in person - see eventbrite</i>
Stigma and Discrimination Training for Trainers (2 day session)	12th and 19th May, 8th and 15th Sept <i>in person - see eventbrite</i>
Stress Awareness	30th Apr, 16th July <i>via MS Teams</i>
Stress Awareness for Managers	please contact team to arrange

For further information, full course descriptors or to book your place, contact:  
TAY.publicmentalhealthtraining@nhs.scot



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# THE HEALTH AND SOCIAL CARE ALLIANCE SCOTLAND

## A Message from The Alliance to Support The Scottish Assembly

### Who are The Scottish Assembly?

[The Scottish Assembly](#) plays a vital role in promoting political engagement for people with learning disabilities and autistic people across Scotland. Its goal is to develop a Learning Disability Inclusive / Accessible Parliament.

Assembly staff, half of whom have lived experience, support others with a learning disability and autism to engage as active and informed citizens in elections, consultations, and policy-making through accessible politics meetings, workshops, conferences, surveys, and consultations.

Unfortunately, new rules around funding mean they can only apply for less than half of the funding they need, and it's not guaranteed. Without this funding, some of the most marginalized individuals who have been gradually engaging in political processes could be excluded once again.

Assembly members have drafted a letter to their Constituency and Regional MSPs, asking for support to help secure the necessary funding. We would appreciate it if you could join us in reaching out to your MSPs to ensure as many as possible hear the Assembly's message.

### What can you do?

- Contact your MSPs on behalf of The Scottish Assembly, asking for their support.
- Share this call for action wherever you can – together, we are stronger.
- Use the [template letter and easy-read guide](#) shared on the ALLIANCE website to find your MSPs' details.

Thank you for standing with The Scottish Assembly. We truly appreciate your support as members, and if you have any questions or need further information, please get in touch directly with The Assembly by emailing [hello@theassembly.scot](mailto:hello@theassembly.scot).

# FUNDING OPPORTUNITIES

## Autistic Adult Support Fund

The Autistic Adult Support Fund is available to third sector organisations providing services to autistic adults – promoting wellbeing and helping them to understand what neurodivergence means for them.

- The fund will run from October 2025 to March 2028 (30 months/2.5 years).
- A total of £2.5 million is available.
- Organisations can apply for grants of between £40,000 and £200,000 per year.
- The deadline for applications is 12pm (midday) on Wednesday 21 May 2025.

Successful proposals will meaningfully involve autistic people in the development, design, and delivery of the activity. They will be strengths-based, making the most of, and building on, the skills and experiences of autistic people and assets within communities. Additionally, they will complement existing provision by demonstrating a good understanding of what others are doing locally and how to direct people towards other resources. Finally, they will be evidence-based, delivering support that is autism-informed and has a credible evidence base.

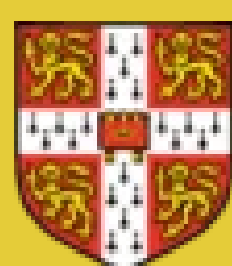
Find out more [here](#).

Read the full news piece on the [Inspiring Scotland website](#).

## The Cambridge Social Innovation Prize

This award targets extraordinary individuals with a proven track record but who could benefit from support to reach the next level. Often, they are so focused on their social impact, they've not had time to invest in their own professional development. The Cambridge Social Innovation Prize aims to help these social innovators grow themselves in order to grow their social impact.

The prize includes a £10,000 cash award for personal and professional development: training or further study, meetings and conferences... even a sabbatical or study tour. Mentoring from the Cambridge Social Ventures team at Cambridge Judge Business School will help to find interesting new connections and new ways to elevate impactful work. Apply [here](#) by 17 April



UNIVERSITY OF  
CAMBRIDGE  
Judge Business School

## SUBMITTING YOUR CONTENT

Would you like something added to our next bulletin? If so, send your submission to [mcinallyh@voluntaryactionangus.org.uk](mailto:mcinallyh@voluntaryactionangus.org.uk) by **5pm** on **Wednesday 15th April**.

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

## FIND US ON:

 [Facebook](#)

 [X - \(formerly Twitter\)](#)

 [www.voluntaryactionangus.org.uk](http://www.voluntaryactionangus.org.uk)

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