

Voluntary Action Angus

Weekly Bulletin

1st March

Voluntary Action  **ANGUS**


Third Sector Interface



This weeks content covers:

Exciting announcement!
Volunteers' Week 2024 - Date change!
Culture of Kindness
Employability Drop-ins
Funding
New volunteering opportunities
Available support and information

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



VOLUNTARY ACTION ANGUS

Exciting announcement!

Voluntary Action Angus is thrilled to announce that the Locality Locator will be overhauled to a new and improved, Angus Community Connector website and app! The Angus Community Connector app will be available to download on various devices including mobile phones, iPads, and tablets.

But that's not all—we're also giving our Voluntary Action Angus website a fresh new look!

As part of this transformation, we kindly request all organisations currently listed on the Locality Locator to ensure that their information is current and accurate.

Find your listing by visiting the Locality Locator **here**.

If you wish to make any changes to your listing, please email **laura@voluntaryactionangus.org.uk** by 5pm on Wednesday 6th March.

For organisations who are interested in having their organisation/service listed on the Community Connector, there will be opportunities to do this when the site has launched.

Keep your eyes peeled for further updates!



Professional Information Sharing Session

Do you provide services to the public within Angus? Would you like to network with other organisations, hear what services are out there, share information or simply catch up with other colleagues?

Join us, in partnership with Angus Carers Centre for a Professional Information Sharing Session!

Where and when?

Second Monday of every month starting on 11th March from 12.30pm-2pm.

Meet in person at the Angus Carers Centre, 8 Grant Road, Ground Floor, Arbroath or log in through a Teams link.

Come along for a cuppie and a blether. We won't mind if you bring your lunch either!

For more information, please email Colleen Allwood at colleen@voluntaryactionangus.org.uk or call **07857 618030** / email Laura Scott at laura.scott@anguscarers.org.uk or call **01241 439157**



Telephone befriender volunteers wanted!

Have you considered taking on the role of a Telephone Befriender and making a positive impact on someone's day?

We are looking for volunteers to take on this highly rewarding role of Telephone Befriending!

Find more information and apply [here](#).



PROTECTING PEOPLE ANGUS

The Power of Kindness in Angus events

Protecting People Angus (PPA) are developing a #CultureOfKindness across Angus by providing The Power of Kindness in Angus events throughout the county. The aim is to promote the workforce's and community's use of the same approach and same language across all areas to benefit those living and working in Angus. We have planned a series of workshops for all in Angus to attend.



Where and when?

East and Old Church (Wellbean Café), DD8 2EG, Forfar –

Tuesday 16th April 2024, 12pm-2.30pm

Café Project, 7 Brothock Bridge, Arbroath, DD11 1NF –

Wednesday 8th May, 12pm-2.30pm

MoHub, 98 Murray Street, DD10 8JG Montrose –

Thursday 30th May, 12pm-2.30pm

Comrie Hall, 6 Links Avenue, DD7 7EP, Carnoustie –

Wednesday 5th June, 12pm-2.30pm

We'd love to have a chat about what kindness means to you and how we can make sure we understand how this impacts on all of our daily lives. Kindness is something that involves and affects every single one of us, and everyone around us so if you'd like to join us in this discussion, look out on our social media with details on how to book coming soon.

We aim to hold a conference in November 2024 where the Kindness Charter will be launched.

The charter will include:

- A local mission statement on addressing stigmatisation
- A commitment by services to ensure the workforce is trauma aware and trained to a level that is appropriate to their position
- A commitment to treat people with kindness
- A guide regarding consistent language to be used across Angus

If you want further information please contact
ProtectingPeopleAngus@angus.gov.uk

We look forward to seeing you and hearing your thoughts on Kindness in Angus!

VOLUNTEER SCOTLAND



Volunteers' Week 2024 - Date change!

Volunteers' Week is all about celebrating the invaluable contribution which millions of volunteers make to society every day. Volunteering builds connections, grows skills and gives back to society. And it's been shown to be good for the wellbeing of volunteers too.

To help make sure more people can get involved, we've changed the launch date of Volunteers' Week to be the first Monday in June to start on a weekday. This year, the week-long series of events will kick off on Monday 3rd - Sunday 9th June. As part of Volunteers' Week this year, we will also have the Big Help Out taking place from Friday 7th to Sunday 9th June. This is another great opportunity for people from across the UK to come together and experience how rewarding volunteering can be.

Find out more [here](#).

ANGUS CLEAN ENVIRONMENTS

Community Clean Up Event

Would you like to be part of the Great East Coast Beach Clean?

Where and when?

Join us at West Links Park, Arbroath on Saturday 23rd March from 7am-4pm.

This is an all day event but you can pop along when you can. We meet at the gazebo located next to the paddling pool and snack bar. Look out for our flags!

Everyone is welcome, especially children! All equipment and PPE is supplied.

There is refreshments and public toilets available.

For more information contact James Anderson on **07517 567518** or email jsa2003@btinternet.com



DUNDEE UNIVERSITY SOCIAL MEDICINE SOCIETY

All Things Social Prescribing in Tayside 2024

All Things Social Prescribing in Tayside is back for another year with exciting new speakers and even more local organisations sharing the work they do and the crucial role they play in improving health outcomes.

Learn all about social prescribing and find out what is on offer in Tayside to empower patients to take the lead in their own steps to better health.

Where and when?

Thursday 14th March, Gannochy Trust Lecture Theatre & Ian Lowe Centre, Ninewells Hospital, talks begin from 6.30pm

Find out more and register [here](#).

For organisations:

Does your organisation empower people to improve their health and wellbeing? Would you like to showcase your organisation to a range of health and social care students and professionals?

If so, you might want to register your organisation to have a stall at the event!

Find out more and register your organisation [here](#).



SKILZ

Skilz for Life course

Skilz for Life offers a planned 8-week service that will guide, support and empower participants aged between 16-30 to gain confidence, resilience and self-belief to improve their overall wellbeing.

Our programme is unique in that it incorporates self-care, mindfulness, journaling to allow self-management of mental health and providing the tools to self-manage on course completion.

Sessions will be every Thursday from 6pm-8pm at Lochlands Bowling Club, Arbroath. Spaces are limited.

Eligibility criteria: 16-30, financial hardship/ low income, socially isolated, experiencing mental health/ anxiety issues, low self-esteem/ body image/ confidence, marginalised groups (asylum seekers/ refugees/ LGBTQI/ disability) or physically inactive.

To make a referral please call **07300 870248** or email lauren@skilzacademy.org.uk



ALZHEIMER SCOTLAND

What's on March - Angus groups

The Alzheimer Scotland Angus community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

Find out what's on at the Alzheimer Scotland Angus groups throughout March [here](#).



GO FIBRE

We have launched our GoFurther Fund!



The GoFurther fund aims to support charitable projects in Aberdeenshire and Angus that meet any of the relevant criteria, including supporting the creation of work experience opportunities, developing skills and the local economy, promoting good health and well-being or actively tackling climate change and contributing to net zero targets. Up to £3,000 of funding is available for each successful recipient.

Funding closes **31st March 2024**.

Find more information and apply **here**.

MONEY ADVICE SCOTLAND

Upcoming webinars

Money Advice Scotland has upcoming free webinars that might be of interest to you!

Find out more **here**.



PATH SCOTLAND

New part-time vacancies at PATH!



Due to a restructure, we have an opportunity for 2 positive, motivated individuals to join our small team and help develop our activities and services.

We are looking to recruit a Manager and a Funding Officer.

Both posts are 21hrs/wk and suitable for hybrid working.

Find out more and apply **here**.

ANGUS LOCAL EMPLOYABILITY PARTNERSHIP

Employability Drop-in sessions

Are you currently unemployed and would like to work towards going back into employment? Do you feel anxious about going back to work? Not sure you have the skills needed? Unsure where to start?

We are here to help and can offer a wide range of advice, guidance and support. It's voluntary, free and we will work with you, at your own pace.

Find out more **here**.



DEIRDRE KNIGHT CENTRE



Preventing Social Isolation in Forfar

At Deirdre Knight Centre, we strive to alleviate the effects of social isolation and loneliness by providing opportunities for social interaction in a friendly and supportive atmosphere.

At Deirdre Knight, we support adults and older people who are affected by a degree of physical or mental disability and are experiencing social isolation.

We have some availability for new referrals for the Deirdre Knight Centre particularly on Tuesdays & Thursdays.

For more information, visit our website [here](#).

Volunteer with us!

Deirdre Knight Centre are looking for volunteers to assist staff within their Forfar centre, with activities and socialise with members.

Find out more and apply [here](#).



HOME-START ANGUS

Volunteers needed



Do you have parenting experience?

We are looking for people with your experience to volunteer for Home-Start Angus where you can:

- Make a difference to the lives of parents and children
- Enhance your wellbeing
- Access free, high quality training

The next course of preparation:

8 consecutive Thursdays from 18th April 9.30am-1pm in Arbroath

Find out more and apply [here](#).

HOSPITALFIELD

Fancy volunteering?

You are invited to an open day and introduction to volunteering at Hospitalfield. Join the team for a tour of the house and grounds and learn ways that you can be involved.

Where and when?

Thursday 21st March at Hospitalfield, Arbroath

Session 1: 10am-1.30pm

Session 2: 2pm-3.30pm

Sign up [here](#).

Email kirsten@hospitalfield.org.uk or call **01241 656124** for more information.



SUBMITTING YOUR CONTENT

Would you like something added to next weeks bulletin? If so, send your submission to Laura@voluntaryactionangus.org.uk by **5pm** on **Wednesday 6th March**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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