

# This week's content covers:

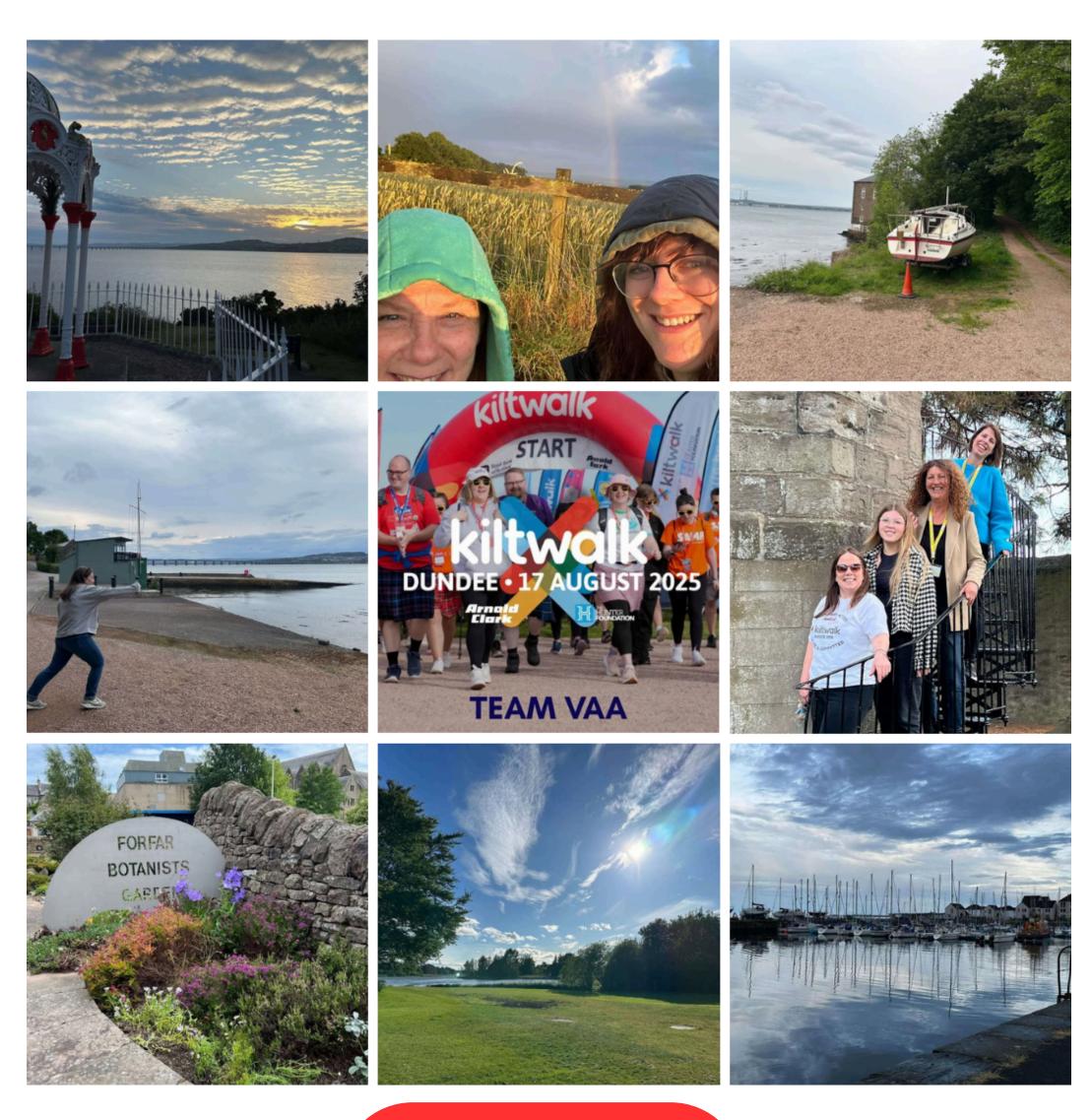
Dundee Kiltwalk - Team Members
Whole Family Wellbeing Fund
Carnoustie Men's Shed Open Day
Tip Top Toes Recruitment
Montrose Befriending Service
Funding Opportunities
Employment Opportunities

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 Athletes Kiltwalk

# Our JustGiving Page is LIVE

**Voluntary Action Athletes** have had some incredible adventures, exploring the stunning landscapes around Dundee and Angus. With only 3 weeks to go, we really need a big push in reaching our target. Please donate via our JustGiving page via the red button below.



Donate <u>HERE</u>

#### The VAA Kiltwalk Team

Introducing you to the VAA Kiltwalk Team!

Each week, we'll be adding a special feature where we'll be introducing you to each of our team members as they take on the upcoming Dundee Kiltwalk, which is now only just 7 weeks away!

Introducing you to our Marketing Officer, Hayley McInally.



Introducing you to our Locality Development Worker for Forfar and Kirriemuir, Theresa Hill.

Dundee Kiltwalk – VAA Team Member

## THERESA HILL

Locality Development
Worker - Forfar/
Kirriemuir

Hello! I'm Theresa, the new Locality Development Worker for Forfar and Kirriemuir.

My role is to help strengthen and empower Forfar and Kirriemuir's community by working with third sector organisations, community groups, and individuals. My support covers everything from finding volunteer opportunities and managing volunteers to broader organisational development. My goal is to foster strong networks, guiding and connecting all groups within the community.



- I was the first girl to have a milk delivery job in Forfar many moons ago.
- A fortune teller told my husband he would not have children with me – 1 year later we had our daughter!
- My cousin said I couldn't do offshore training at 54, so I did!

**Donate** 

**HERE** 

## Whole Family Wellbeing Fund

Whole Family Wellbeing Fund - Now Open for Applications!

Funding is now available to support transformational change for families across Angus through the Whole Family Wellbeing Fund (WFWF)

#### What's available?

- Small Grants Up to £25,000 (administered by Voluntary Action Angus)
- Larger Grants Up to £50,000 (administered by Angus council)
- Optional £20,000 start-up support available

#### Who can apply?

Voluntary and community organisations, registered charities, CICs, clubs, not-for-profits, community councils, and statutory services.

#### **Key dates:**

Applications open: 7 July 2025Deadline: 22 August 2025

## What we're looking for:

Innovative, collaborative proposals that focus on early intervention, prevention, and reducing crisis. All projects must align with local priorities and The Promise and demonstrate impact for families most in need – including lone parents, larger families, families with young children, disabilities, or from minority ethnic backgrounds.

#### Apply now and access guidance at:

https://www.voluntaryactionangus.org.uk/funding.../ http://www.angus.gov.uk/wfwf

Lets work together to deliver holistic, family-led support that makes a real difference.





## International Men's Day Event

This year, we're hosting an event centred around making a positive difference to the wellbeing of men and boys and raising awareness of groups and organisations who support them. We would be honoured to have your group or organisation involved.

We are currently seeking:

- Guest Speakers to share insights and experiences aligned with the theme
- Community Organisations to host stalls or share resources
- Attendees who are passionate about promoting well-being, inclusion, and positive masculinity

Whether you're interested in speaking, collaborating, or supporting the event in another way, we would love to hear from you.

Please confirm your interest by filling out this short registration form.

Let's come together to celebrate, support, and strengthen our communities through meaningful dialogue and action.



## CARNOUSTIE MEN'S SHED

Open Day

Carnoustie Men's Shed are having an Open Day on 30<sup>th</sup> August.

Pop along to see what they do and purchase some quality items.



Come along and see what we do - you might be surprised

## ALZHEIMER SCOTLAND

What's on in Angus - August 2025

## What's on August 2025 - Angus



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink and company, feel free to pop in. If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

Angus Groups		
Friday	Monifieth Tea & Blether	
1st August	Monifieth Activity Centre (Mac)	2pm – 3.30pm
Monday	Forfar Walking Group	1.45pm – 3.30pm
4 <sup>th</sup> August	Meet at Forfar Community Campus	
Tuesday	Football Memories	0
5 <sup>th</sup> August	Gayfield, Arbroath Football Club	2pm – 3.30pm
Wednesday	Arbroath Tea & Blether	10.30am – 12 noon
6th August	Arbroath Dementia Resource Centre	10.30am = 12 noon
Wednesday	Down Memory Lane	2pm - 3.30pm
6 <sup>th</sup> August	Arbroath Demetia Resource Centre	2рін — 3.30рін
Thursday	Arbroath Tea & Blether	10.30am - 3.30pm
7th August	Arbroath Dementia Resource Centre	10.30am = 3.30pm
Thursday	Carnoustie Tea & Blether	2pm - 3.30pm
7 <sup>th</sup> August	Comrie Hall, Carnoustie	
Friday	Singing Cafe	10.30am - 12 noon
8th August	Arbroath Dementia Resource Centre CENTRE CLOSED FOR DECORATING	
Monday	CENTRE CLOSED FOR DECORATING	
11 <sup>th</sup> August Tuesdav	CENTRE CLOSED FOR DECORATING	
8 <sup>th</sup> August	CENTRE CLOSED FOR DECORATING	
Wednesday	CENTRE CLOSED FOR DECORATING	
13th August	SENTILE SESSES FOR SESSION TIME	
Thursday	CENTRE CLOSED FOR DECORATING	
14th August	SERVINE SESSES I SIX SESSIONING	
Friday	CENTRE CLOSED FOR DECORATING	
15th August		
Tuesday	Music and Movement	2000 2 2000
19th August	Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday	Arbroath Tea & Blether	10.30am – 12 noon
20th August	Arbroath Dementia Resource Centre	10.30am = 12 noon
Wednesday	Carnoustie Walking Group	2pm – 3.30pm
20th August	Meet at Carnoustie Sports Centre	

Alzheimer Scotland - Action on Dementia is a company limited by guarantee.

Registered in Scotland 149089. It is recognised as a charity by the Office of the Scotlish Charity Regulator. no. SCO22315

donation, please consider donating to our local Just Giving page https://www.justgiving.com/fundraising/

Wednesday	Brechin Tea & Blether	3nm 3 30nm
20th August	JARS Community Hub, Brechin	2pm – 3.30pm
Thursday	Arbroath Tea & Blether	10.30am - 12 noon
21st August	Arbroath Dementia Resource Centre	10.30am = 12 100m
Friday	Singing Café	10.30am – 12 noon
22 <sup>nd</sup> August	Arbroath Dementia Resource Centre	10.30am = 12 noon
Tuesday	Montrose Walking Group	10.30am -12 noon
26th August	Montrose Sports Centre	10.30am - 12 1100m
Wednesday	Arbroath Tea & Blether	10.30am - 12 noon
27th August	Arbroath Dementia Resource Centre	10.30am - 12 1100m
Thursday	Arbroath Tea & Blether	10.30am - 12 noon
28th August	Arbroath Dementia Resource Centre	10.30am = 12 100m
Thursday	Let's Boogie	2nm 4nm
28th August	British Legion Club, Arbroath	2pm – 4pm
Friday	Singing Cafe	10.30am – 12 noon
29th August	Arbroath Dementia Resource Centre	10.30am = 12 100m

Carer Groups		
Wednesday 6th August	Men's Carers Group Townhouse, 99 High Street, Arbroath	2pm – 3.30pm
Tuesday 12th August	Carnoustie Care's Group Kinloch Care Centre, Kinloch St, Carnoustie	10.30am - 12 noon
Tuesday 26th August	Montrose Carers Group The Adam Centre, Montrose	10.30am – 12 noon

#### Contact details for groups:

Angus Dementia Resource Centre - 01241 431770

Rosemary Moncur - 07585 700902 - rmoncur@alzscot.org

Kathleen Murray - 07771 501051 – kmurray@alzscot.org

Mechelle Russell - 07774 558406 - mrussell@alzscot.org

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page https://www.justgiving.com/fundraising/



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## BIPOLAR SCOTLAND

#### 2025 Conference

You are invited to attend *Time for Transformation* – a landmark national conference hosted by Bipolar Scotland, taking place on Thursday 9th October 2025 at the COSLA Conference Centre, Haymarket, Edinburgh.

This one-day event will bring together professionals, academics, clinicians, and those with lived experience to explore urgent issues facing people with bipolar in Scotland – from 10-year diagnostic delays and gendered health inequalities to workplace stigma and human rights concerns.

Find out more and book <u>here</u>.



## MONTROSE BEFRIENDING SERVICE

## Coffee Morning

Montrose Befriending Service is holding their summer coffee morning.

- 9<sup>th</sup> August
- 10am 12 noon
- Steeple Halls, High Street, Montrose
- £3.00 entry



## TIP TOP TOES

#### Footcare Volunteers Required

Tip Top Toes in Carnoustie is desperately looking for Foot Care Volunteers. Is this something you fancy getting involved in? Full details, including contact information are provided in the attached flyer.



#### JOIN US AS A FOOT CARE VOLUNTEER

- Tip Top Toes is a low-cost toenail cutting and foot care service run by a dedicated community group in Carnoustie.
- A much valued and in demand service, solely provided by volunteers who have received a programme of instruction on toenail cutting, filing and foot care checks by qualified NHS Podiatrists
- The service is offered by \*appointment only\* for anyone unable to cut their own toenails and with no serious underlying medical conditions
- Open Thursday mornings at the Baptist Church, 103 High Street, Carnoustie, DD7 7EA, opposite the War Memorial







## VOLUNTEER WITH TIP TOP TOES We are all volunteers in a friendly and welcoming team

- Suitable for anyone from a wide range of backgrounds, not necessarily health related retired or still working
- Friendly and able to chat with people from all walks of life
- Positive and appreciative of good foot care and its importance in keeping us mobile, free of discomfort and pain, and on our Tip Top Toes!

#### IF YOU ARE INTERESTED - PLEASE GET IN TOUCH

For more information/to arrange an informal visit:

Call or text Jeanne on 07568936222

## WALK THE WALK

## Moon Walk, Edinburgh

**DATE:** Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> September.

**WHERE:** Dynamic Earth Holyrood Park

Are you a dedicated and organised person, passionate about helping others? Join the night-time party and lots of other Volunteers at The MoonWalk Scotland on Saturday 6th September 2025 from Holyrood Park, Edinburgh! Bring your energy and enthusiasm and help make a difference, by supporting the thousands of walkers get through the night and raise millions of funds for cancer prevention and research, and for the emotional and physical care of those living with cancer.

Your help is needed now more than ever! This is going to be a super special year, as it will be the last MoonWalk in Edinburgh before the MoonWalk goes on tour to a new city.

Find out everything you need to know <a href="here">here</a>.





## HILLCREST FUTURES

#### Family Fun Day

A family fun day is being held in Forfar on the 30<sup>th</sup> July from 12-4pm.

Any organisations wishing to bring a stall along and share information on their services, please make contact ASAP: <a href="mailto:dbalfour@hillcrestfutures.org.uk">dbalfour@hillcrestfutures.org.uk</a>



## PENUMBRA

## Workshops on Wellbeing

This 4-part workshop series in Arbroath is designed to nourish mental wellbeing through meaningful connection - to yourself, to others, and to the world around you.

The flyer opposite highlights the 4 sessions over the course of 2 weeks.

Places are limited and you must book a place to attend. If you'd like to go along, email: <a href="mailto:anguspeerservice@penumbra.org.uk">anguspeerservice@penumbra.org.uk</a>





# GENERATIONS WORKING TOGETHER

Volunteer Trustee Recruitment

Generations Working Together are seeking an enthusiastic, committed, dependable and proactive volunteer trustee with either a Human Resources, Marketing and Communications, Youth Work or Environmental background.

Trustee volunteers will have experience of working in the voluntary, public or private sector who would like to become actively involved in progressing the field of intergenerational work across Scotland and the UK.

Further details are available on their website.

## THAT / HOSPITALFIELD

## Partnership Programme Information Leaflet

This creative programme opportunity is open to people living with long term health conditions within the Angus area. There is a limit to the number of places for the programme, however a response will be given to everyone interested, and places will be confirmed before the start of the programme.

The attached flyer provides full information on the programme details and THAT (Tayside Healthcare Arts Trust) would be grateful if you could share this information with anyone you feel would benefit from being considered for a place. Attendees will be working in a small group setting of up to 10–12 maximum within the group. Do you have a story to tell? With Writer Blythe Stockdale



Tayside Healthcare Arts Trust (THAT) and Hospitalfield invite people with experience of living with long term health conditions to participate in an 8 weeklong group workshop led by artist Blythe Stockdale. Over the weekly meetings Blythe will lead the group through a series of storytelling workshops exploring the stories of self-taught women writers throughout Scotland's history. In these workshops, we will be drawing inspiration from their stories as a starting point to spark ideas and create stories of our own. These workshops are designed to help you nurture your creativity in a stressfree environment. All you need to bring is an openness to trying out new writing and storytelling techniques!

Through these workshops you will meet others with shared experiences, build confidence, and take time for yourself in a relaxed welcoming space. All materials will be provided. To participate you will need to be able to join us in person at Hospitalfield over the 8 weekly sessions. No previous experience is necessary.

WHERE: The Café at Hospitalfield, Arbroath

WHEN: Tuesdays,1.30–3.30pm, from 26th of August – 14th of October.

HOW TO SIGN UP: Please email your interest to register by August 22nd to Karine.Neill@nhs.scot

CONTACT: Karine Neill: 01382 835509 Karine.Neill@nhs.scot\_or Rahel Levine at rahel@hospitalfield.org.uk

More Information can be found at www.hospitalfield.org.uk





## SHOWCASE THE STREET

#### Kirriemuir Programme

Showcase the Street have dance classes commencing in Kirriemuir this August – see the attached timetable.

For information about the club, contact Caitlyn at: <a href="mailto:caitlyn@showcasethestreet.co.uk">caitlyn@showcasethestreet.co.uk</a>



## SCOTTISH GOVERNMENT

## National Wellbeing Week 2025 - Signups now LIVE

National Wellbeing Week 2025 takes place from Monday 1st September to Sunday 7th September, offering a week-long programme of free online sessions designed for professionals across health, social care, social work, local government and the third sector.

This year's theme, 'Supporting Workplace Culture', invites individuals and teams to come together to explore, discuss and learn about building positive work environments. With over 35 diverse sessions led by inspiring speakers from across Scotland, there's something for everyone, whether you're looking to gain new insights or share your own experiences. You're encouraged to sign up now and attend as many sessions as you wish. Also, share this opportunity with your colleagues and networks, which will help to foster meaningful conversations that promote wellbeing in the workplace.

The week is coordinated by the National Wellbeing Champions, a network of leaders in wellbeing representing health, social work and social care organisations across Scotland, with support from the Scottish Government. You can find details of the sessions as well as links to register <a href="here">here</a>.



## MONIFIETH BEFRIENDERS

## Volunteering Opportunity

Want to Make a Real Difference in Just 2 Hours a Week? Aged 18-25? Looking to do something meaningful with your time?

Join Monifieth Befrienders Intergenerational Befriending Project and build a real friendship with an older person in your community. Whether it's over a cup of tea or a walk in the sunshine – your time could mean the world to someone.

This isn't just about company – it's about breaking down barriers between generations. When we connect across ages, we challenge stereotypes, share perspectives, and build stronger, more understanding communities.

#### As a befriender, you'll:

- Share stories, laughs, and meaningful moments
- Learn from different life experiences
- Build confidence and communication skills
- Add something powerful to your CV and your life

## For the person you're matched with, it means:

- Feeling truly heard and valued
- Enjoying regular company and meaningful conversation
- Building a connection that brings joy and companionship

The requirement is around 2 hours a week, and you'll be supported every step of the way.

Let's build a stronger, more connected community – one friendship at a time.

Interested? Please contact Monifieth Befrienders either by phone on: 01382 760142 or email: office@monifiethbefrienders.co.uk.



## FUNDING OPPORTUNITIES

## Angus Community-Led Vision Fund 2025-2026 (Round 2)

The <u>Angus Community-Led Vision Fund 2025-2026 (Round 2)</u> is now open for applications and will close at 5pm, Friday, 29 August 2025.

Funded by the Scottish Government's <u>Rural Community-Led Local</u>
<u>Development</u> Programme, part of the Scottish Rural Development Programme, applications are being invited from constituted community groups, charities, co-operatives, public sector organisations, and micro and small sized enterprises throughout Angus (excluding the Cairngorms National Park area). A range of activities can be funded which demonstrate positive community, social or environmental impacts.

Find out who is eligible to apply, what the priorities are, and how to apply here.

# 2026 GSK IMPACT Awards & GSK Community Health Programme - Now Open

The GSK IMPACT Awards are for charities with total annual income between £150,000 and £3 million. They are funded by GSK and provide core funding and free training for charities doing excellent work to improve people's health and wellbeing. Up to 15 awards will be made, ranging from £4,000 to £50,000, plus free training and development valued at a further £13,500. **Closing date Wednesday 20 August 2025.** 

The GSK Community Health programme supports small charities tackling health inequalities with total annual income between £20,000 and £150,000. Up to 10 charities will receive up to £10,000 in unrestricted funding plus access to free training and development valued at £5,000. **Closing date Monday 11 August 2025.** 

GSK and The King's Fund encourage organisations to apply that are led by and support people from under-represented backgrounds, people from ethnic minority communities, people with disabilities and people from the LGBTQ+ community. They want people to bring their unique blend of experiences, backgrounds, perspectives and knowledge as they recognise that diversity makes us stronger.

To apply and find out more go to: <a href="https://www.kingsfund.org.uk/gskimpactawards">www.kingsfund.org.uk/gskimpactawards</a>

# Age Scotland-Encouraging and Supporting Grassroots Activity Funding

Age Scotland will be launching an Encouraging and Supporting Grassroots Activity funding opportunity aimed at supporting small community groups working with people living with dementia, and their families or unpaid carers.

The fund is designed to help local groups deliver meaningful activities to support people living with dementia. This could be through wellbeing programmes, reducing loneliness and isolation and encouraging people with a lived experience of dementia to remain connected to their community.

You can find full details about the funding, including how to apply, <u>here</u>.



Are you a community project looking to support people living with dementia or unpaid carers in your area?

Apply from 29<sup>th</sup> July for our 'Encouraging and Supporting Grassroots Activity' Fund!

Grants of between £5,000 and £20,000 are now available to organisations and community groups across Scotland. Successful groups will be funded for a 12 month period starting from 1<sup>st</sup> April 2026.

Applications will close Friday 5<sup>th</sup> September 2025. Visit our website to find out more.





## Arnold Clark Community Fund

The Arnold Clark Community Fund is here to help registered UK charities and community groups close to our branches.

They believe that by caring for these communities today, they can help them create a better future for generations to come.

## Who can apply?

The Arnold Clark Community Fund is only accepting applications from registered charities and community groups that are within a 50-mile radius of an Arnold Clark branch.

Applications to The Arnold Clark Community Fund are only eligible if people and communities in the UK are the primary focus of investment and if they're made by organisations that are incorporated in the UK. The funding must also provide immediate relief for the organisation, as they cannot commit to providing funding for a future date.

Need some help identifying which category of funding you can apply for? Find out more, <u>here.</u>

# SUBMITTING YOUR CONTENT

Would you like something added to our next bulletin? If so, send your submission to mcinallyh@voluntaryactionangus.org.uk by 5pm on Wednesday 30th July.

# CATCH UP WITH OLDER CONTENT

Read our previous bulletins <u>here</u>

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