

Voluntary Action Angus

Weekly Bulletin

3rd May




Third Sector Interface



This weeks content covers:

Timebanking Consultation
Mental Health and Wellbeing events
Community Climate Hub
Free training
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

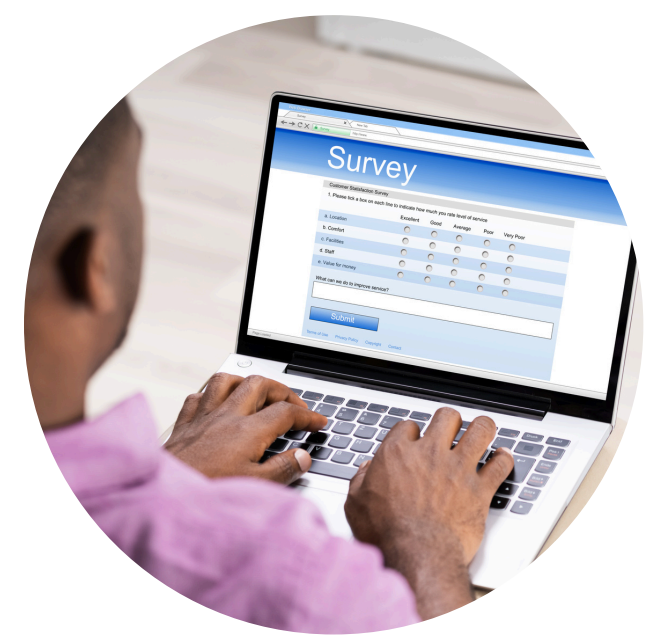
Arbroath Timebanking Consultation

Timebanking brings people together to share their time and skills. One hour of your help earns one hour of help from someone else – whenever you need it.

Voluntary Action Angus, in partnership with Angus Council Vibrant Communities Team, would like to know whether you have heard about timebanking before, and whether you would be interested in taking part in one in Arbroath.

Visit us at one of the drop-ins (view the dates **here**) or complete a quick online survey to express your views **here**.

For more information, please email Colleen Allwood at colleen@voluntaryactionangus.org.uk or Mhairi Dickson at dicksonm@angus.gov.uk



ROTARY KIRRIEMUIR

Mental Health and Wellbeing Event

The Rotary Club of Kirriemuir is hosting a Mental Health and Wellbeing Event. The purpose of the Event is to allow a variety of organisations to showcase the support they can offer to anyone who may be living with challenges that could impact their mental health. Entry to the event will be free.

Where and when?

Saturday 25th May at Kirriemuir Town Hall.

The local Co-op Member Pioneer will be supporting the event and a number of organisations have already confirmed that they will be attending. If your group would like to be part of the event, please contact Mike Kiely on **07595 768901**.

ANGUS COUNCIL

Can you offer someone a life changing opportunity?

RESTART is an employability programme which supports the provision of paid work placements for up to 6 months for individuals who face barriers to employment.

Throughout the placement key worker support will be provided by Angus Council's skills and employability team.

Placements are fully funded so there is no cost to employers – we cover salary costs, employer costs and training costs!

The programme supports Angus residents who are aged over 20, who are not in education or training and who have been unemployed for more than six months.

Placement requirements:

- At least 16 hours per week
- Maximum of 30 hours per week
- Entry level position;
- Flexible to meet the needs of the individual, i.e. term time, less hours for longer;
- Supernumerary (not substituting, replacing or displacing existing staffing or recruitment);
- Work based rather than home based to ensure that in-work support can be provided;

A wide variety of placements means that we can best match participants with a placement which interests them e.g. domestic assistant, kitchen assistant, retail, admin, ground worker – the list is endless!

If you can offer a fully funded paid work placement or if you know someone who fits the criteria and would be interested in participating on the programme, please contact Michelle in Angus Council's Skills & Employability team on **StewartM1@angus.gov.uk**



PENUMBRA

WRAP Workshop

Penumbra's Wellness Recovery Action Plan (WRAP) block of workshops offers an opportunity to explore ideas and practical steps that can be taken to improve wellbeing. It requires a 6 week commitment to attend all of the sessions and will be facilitated by our experienced Practitioners in an informal and safe environment.

Find more information [here](#).

For further information, email angus.nova@penumbra.org.uk



OFFICE OF THE SCOTTISH CHARITY REGULATOR (OSCR)

Have your say: charity banking challenges survey 2024

OSCR and the other UK charity regulators have been working with UK Finance (the professional body for the banking sector) and national representative bodies from the charity sector (including SCVO and NCVO) to raise awareness of the current challenges charities face with banking.

In November 2023 we [issued a joint open letter to the UK's main high street banks](#) which highlighted some of the main challenges for charities, including:

- A reduction in bespoke banking services
- Experiences of administrative delays
- Feedback that online banking is not designed to match with the way charities operate

Despite this, there are still many ongoing challenges for charities. By completing the survey ([here](#)), you will provide critical evidence to support the drive for policy and legislative change for improved access to banking products and services for the third sector.



SCOTTISH RECOVERY NETWORK

Visit the new Peer Recovery Hub!

Scottish Recovery Network has launched a new online resource full of free tools, events, and opportunities to inspire you to develop and champion peer support for mental health recovery! It's a space where we'll be shining a spotlight on fantastic peer support projects, services, and organisations.

A place to share ideas and learning from people planning and delivering peer support activities, to help you do the same.

Find out more **here**.



ANGUS WOMEN'S AID

Cedar Project

Cedar Project is a Groupwork programme that runs for 10 weeks. It's for mums and children who have experienced domestic abuse.

Building positive communication between mums and their children in a safe and fun way!

For more information please email jody@anguswomensaid.co.uk or call **01241 439437**.

ANGUS CLIMATE HUB

Community Climate Hub



Are you interested in climate change and sustainability projects in Angus?

We are a Community Climate Hub funded by the Scottish Government and we are here to help the people and nature of Angus thrive.

We do this by connecting and sharing knowledge and skills as well as funding and developing projects.

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

THE WHY NOT? TRUST

Peer Mentoring programme

The Why Not? Trust is predominantly a digital community supporting care experienced parents and parents to be in a variety of ways. This can include providing advice, guidance, hospital packs for pregnant mothers, sim cards/data packs and help with financial applications/housing matters.

More recently we have introduced our new Peer Mentoring programme where parents can receive 1-1 support from other parents with lived experience or strong knowledge of care. If you are a soon to be or new parent and would like this type of support, please do get in touch for an informal chat. If you are interested in becoming a Peer Mentor, please register your interest or get in touch.

Our aim to build a strong community of parents with lived experience and become part of their 'village'. It's all self-referral, there is no requirement to 'prove' care experience, we don't keep reports of any kind and do not pass on information discussed with any other agency.

Find out more [here](#).



POUNDLAND FOUNDATION

Kits 4 Kids Grant Programme

Our current grant programme is Kits 4 Kids. If you're a local kids' sports club/organisation or team then we could support you with a grant of up to £750 to buy new kit.

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



CHARITY EXCELLENCE

Free UK Charity Training Webinars

We provide weekly, free charity training webinars and workshops, on a range of issues from trustee governance training workshops to courses on finance, fundraising management and more.

Find out more [here](#).



ANGUSALIVE

Brew & Blether



Fancy enjoying some freshly brewed conversations at one of our Brew & Blether groups? All customers are welcome to share their stories and catch up over a cup of tea or coffee, not forgetting the biscuits!

They meet at the following times:

- Brechin Library – fortnightly on a Thursday, drop in between 11am and 12.30pm
- Carnoustie Library – weekly on a Monday, drop in between 10.30am and 12pm
- Monifieth Library – weekly on a Monday, drop in between 10.30am and 12pm

For more information, contact the library directly [here](#).



ALZHEIMER SCOTLAND

Angus Groups - What's On May

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 May [here](#).

Please note, the location for the Montrose cafe has changed.

ARBROATH CONNECTIONS

May activities

Meeting centres are community based centres that offer a welcoming and supportive environment for people living with dementia and their families.



What we do?

- Offer a range of activities that promote independence and a sense of belonging and community
- Promote wellbeing through social, cognitive and physical activities
- Provide one to one, group and peer support for people living with dementia and also carers
- Support, advice and information
- Have a lot of fun and laughter!

Find out what we have on throughout May [here](#).

For more information, email alison@arbroathconnections.org.uk

CARNOUSTIE COMMUNITY CAFE

Volunteer Secretary needed

The Carnoustie Community Cafe are looking for a Volunteer Secretary to help the Committee make the running of the cafe, its funding, meetings and publicity smoother.

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



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 8th May.**

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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