

Voluntary Action Angus

Weekly Bulletin

7th October

Voluntary Action  **ANGUS**


Third Sector Interface



This weeks content covers:

World Mental Health Day
Available funding
Groups to attend
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

Closing date extended until 28th October!

Voluntary Action Angus (VAA) have an exciting new employment opportunity working in partnership with Macmillan Cancer Support, Angus Council and Angus Health and Social care Partnership.

Voluntary Action Angus is expanding our existing Social Prescribing service with advertising this new opportunity to further our reach into the community of Angus.

VAA are looking to recruit an Improving the Cancer Journey Social Prescriber to cover the whole of Angus on a three year fixed term contract.

To request an application pack please contact:
katrina@voluntaryactionangus.org.uk

You can find out more information on the position [here](#).



Cost of Living Roadshow

Voluntary Action Angus attended the Cost of Living Roadshow on the 5th October in Arbroath at Gayfield Park, alongside other organisations.

We provided people with the available support and information that VAA can provide to help with the cost-of-living crisis.

If you would like to find out what advice or support we can provide on the cost-of-living crisis, please contact us on **01307 466113**.



World Mental Health Day

Angus Mental Health and Wellbeing Network (AMHAWN) is working together to promote World Mental Health Day on **Monday 10th October 2022**.

This year's theme is '**Make mental health and wellbeing for all a global priority**'. Mental health problems exist in our lives, families, workplaces, and communities, and can have an impact on everyone, particularly because of Covid, and with the current cost-of-living crisis.

World Mental Health Day is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

VAA will be attending a 'Bite & Blether' in **Arbroath** at **Old and Abbey Church** from **11:15am** to **1pm** on **Monday 10th October**, alongside other organisations who will also be there to give out information. Come along to find out what information and support VVA can provide, have a cuppa and a blether!

We will also be attending the **Montrose Sports Centre**, Marine Avenue on **Monday 10th** from **2pm-3:30pm**. We will be there alongside other organisations to greet those who are taking part in the organised walk (arranged by Healthy Steps Angus and BE ACTIVE... live well), with information, a hot drink and a chat.

You can find a list of what's on during the week **here**.



HEALTHY STEPS ANGUS

Volunteer with us!

The Arbroath Healthy Living Initiative currently run walks on Monday and Tuesday afternoons, as do Hospitalfield, within their grounds on a Thursday afternoon.

Both are looking for additional Health Walk leaders to help improve the sustainability of current walks and expand their offerings.

Health Walks are a concept developed by Paths for All, a national charity that champions everyday walking in Scotland. Health Walks are short, safe, social, local, low-level, accessible group walks, led by trained Walk Leaders (usually volunteers) along risk-assessed routes, and are free to take part in!

You can find out more about Health Walks **here**.

If you would be interested in volunteering, please contact the relevant person below:

Arbroath Healthy Living Initiative ('Wee Walks') – Rikki Beattie:

BeattieR@angus.gov.uk

Arbroath Hospitalfield Meander– Kirsten Wilson:

kirsten@hospitalfield.org.uk

Anyone interested in volunteering in Health Walks in other Angus towns– Rhona Guild :**rhona.guild@angusalive.scot**

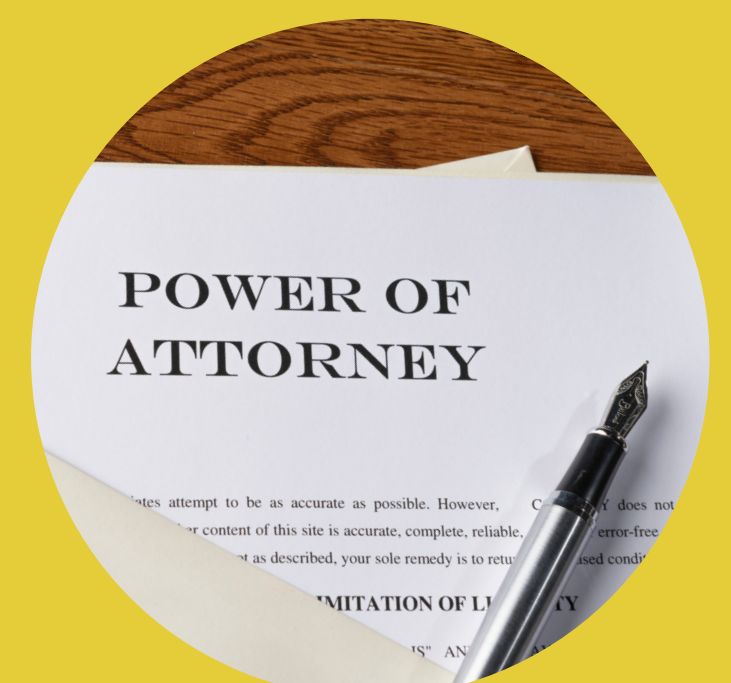


MY POWER OF ATTORNEY (POA)

Read our free guide

If having a Power of Attorney is something you have considered or something you would like to find out more about, then you can read our free guide **here**.

It covers what a Power of Attorney is, why you should have a PoA, if there are any costs involved and more.



HEALTHCARE IMPROVEMENT SCOTLAND

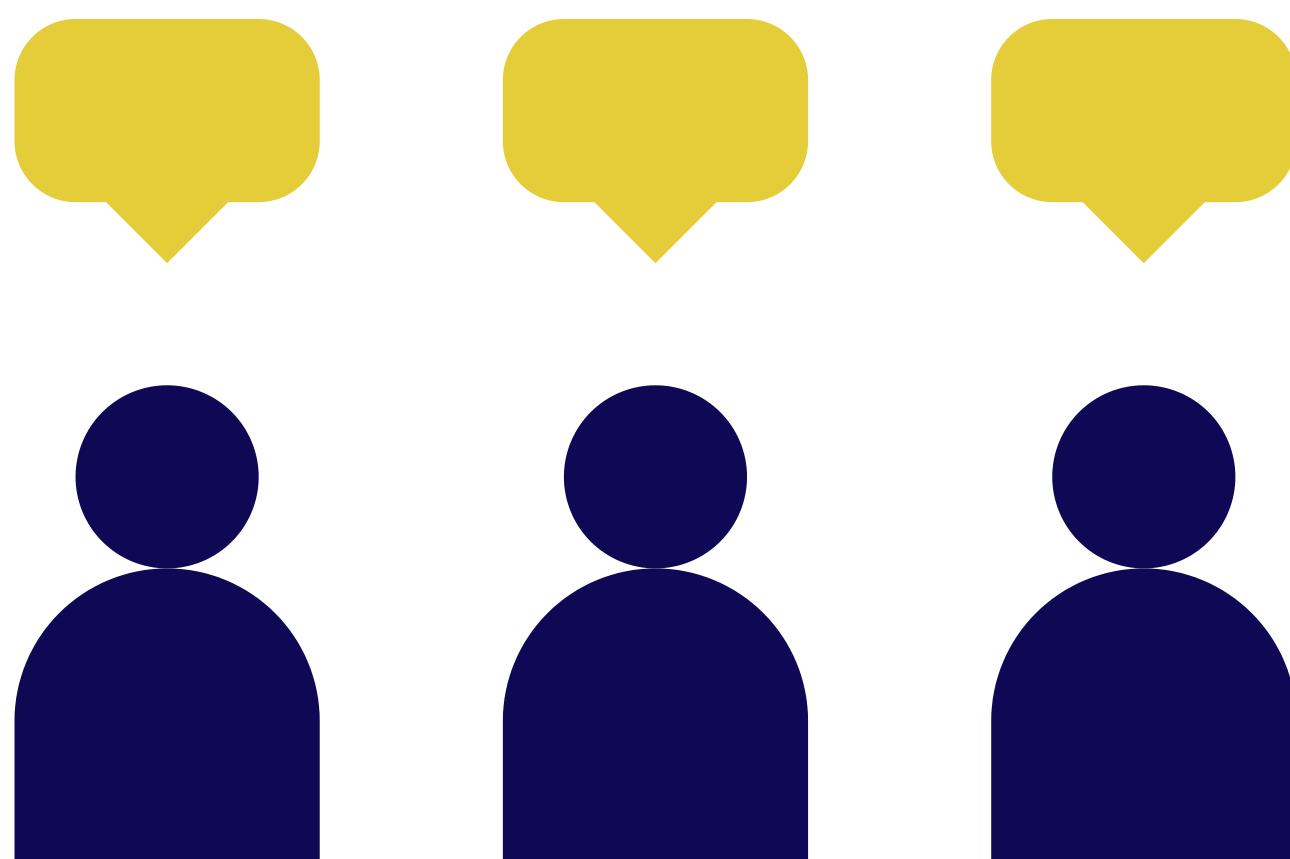
Join our Citizens' Panel

We're currently refreshing our Citizens' Panel, made up of members of the public from a wide range of backgrounds from across Scotland. The panel members receive a survey twice a year where they are asked to provide their feedback and views on health and social care related issues. We're hoping for 5-7 new members from the **Angus** area to join the panel.

There are specific groups of people who are currently under-represented in the panel so we are particularly looking for members with one or more of the following backgrounds:

- Both men and women, but with women being a greater priority
- People renting from the Council or Housing Association or private renters
- People who are aged under 65 where possible, with under 45s a greater priority.
- We particularly require people whose ethnicity is Black, Asian, or Minority Ethnic
- People whose religion is Hindu, Jewish, Muslim, Sikh.

If you are interested, you can find out more **here**.



MONIFIETH YOUTH CAFE

Open to secondary pupils!

Monifieth Youth Cafe is open to secondary school pupils on **Friday afternoons** from **1.30 - 3.30pm** at **Monifieth Parish Church**, 41 High St, Monifieth, Dundee DD5 4AA.

It's a great place to catch up with friends and chat with youth workers.

Young people are encouraged to lead the project and get involved in activities.

Toasties/ snacks are free however donations are welcome.

There is also an opportunity for parents/ carers or individuals who have an interest in youth work to volunteer by emailing **Breens@angus.gov.uk**



CARNOUSTIE BAPTIST CHURCH

The Manna Cafe

Our new community venture is “The Manna Cafe“. The cafe will be open on **Wednesdays, 12pm - 2pm**, starting on the **26th October 2022**.

We aim to provide a welcoming, social space, serving a light meal and refreshments where everyone will be welcome!

Where: We are based at 101 – 103 High Street, Carnoustie, opposite the war memorial.

If you want to know more please contact Gwen Pyne on **077341 74256** or email: **gwendol16@yahoo.co.uk**



LOCALGIVING

'Magic Little Grants' funding opportunity

Magic Little Grants gives smaller charities and community groups the chance to apply online for a £500 grant to deliver projects across Great Britain.

The following criteria apply:

- Organisations must either be in their first year of operation or have an annual income under £250,000.
- Funding can be used to launch new projects, support existing ones, or cover core costs associated with ongoing work.

As well as receiving a Magic Little Grant, successful organisations that are new to Localgiving will also be given a free annual membership with Localgiving worth £96. This membership gives them access to all of Localgiving's wider online fundraising services, such as regular fundraising campaigns, training, and governance advice.

You can find out more information on the fund and how to apply [here](#).

Applications will close **31st October**.

TAYSIDE COUNCIL ON ALCOHOL

Volunteering opportunity in Angus!

We are looking for a new volunteer to support with our 16+ Female Group! (Members are aged 16-21yrs)

The group supports young women to: build confidence; learn about matters that effect their lives; explore education/employment opportunities; access services; and become active participants within their community.

What this would involve:

- Supporting full-time member of staff to facilitate the delivery of weekly sessions.
- Using own vehicle to transport group members to/from sessions, throughout Angus.



WANT TO VOLUNTEER?

ANGUS 16+ FEMALE GROUP

WHAT WE ARE LOOKING FOR...

- ✓ Available 12-4pm every Thursday
- ✓ Enthusiastic and enjoy supporting individuals in the community
- ✓ Have access to your own vehicle

TCA FOR MORE INFO, CONTACT ASHTON ON: 01241 872989
ASHTON.JULIEN@ALCOHOLTAYSIDE.COM

To express interest or to find out more about this role, contact our Angus Manager, Ashton on **01241 872989**.

RE-ENGAGE

Volunteer or join our tea parties!

If you have a few spare hours and want to help older people while enjoying tea and home-made cake, Re-engage has a place for you!

The charity, which is dedicated to ending loneliness and isolation among those aged 75 and over, is looking for volunteer drivers and hosts for its free, monthly tea parties in Brechin, Montrose, Forfar, Kirriemuir, Carnoustie/Monifieth (covering both areas) and Laurencekirk.

The groups are eager to re-build after being affected by Covid and are also looking for older people who may feel isolated and would benefit from a social event with their peers.

Jean Malcolm, area organiser for Re-engage, said:

“The tea parties are wonderful afternoons and provide opportunities for those from all backgrounds to mix and chat in a warm, relaxed atmosphere.

Our hosts provide fantastic cakes and sandwiches, which the volunteers can also enjoy. If you can spare an hour or two a month you will find the experience a rich reward.”

If you'd like to volunteer for Re-engage or know someone who would benefit from attending the tea parties please visit our website **here**.

Or call freephone : **0800 716543**



ANGUS CARERS CENTRE

Meeting centre information sheet



We provide a meeting centre that is a local resource that offers warm and friendly expert support to people, and families affected by dementia.

Find out who the centre is for, where it is, who runs the centre and more **here**.



Angus Carers Centre volunteers needed!

We are looking for volunteers for the below:

- Adult carer, befrienders
- Adult carers group support, volunteers
- Drivers
- Families programmers support, volunteers
- Volunteer telephone, befrienders
- Walking group, volunteers
- Young carers group and activity, volunteers
- New community centre, volunteers



If there is something you would be intrested in please contact us on **01241 439157** or email **enquiries@anguscarers.org.uk**

THE SCHOOL FOR SOCIAL ENTREPRENEURS

Scotland Social Entrepreneurs Trade Up Programme!

We are delighted to introduce our new Scotland Social Entrepreneurs Trade Up Programme!

The fully-funded programme is designed to equip Scottish changemakers with the skills and networks needed to increase income from trading and gain financial resilience for a greater social and/or environmental impact.

The Scotland Social Entrepreneurs Trade Up Programme is run in partnership with the National Lottery Community Fund, the Scottish Government, and the School for Social Entrepreneurs.

Key benefits:

- Strengthen your organisation with our free learning programme: Eight days of learning between January 2023 and December 2023
- Up to £7,000 Match Trading grant that supports your recovery from the Covid pandemic.
- Gain a network of peers, who will help you develop your plans and act as a sounding board.

Find out more about the programme and apply **here**.

The deadline to apply is 1pm, Friday 28th October 2022.



**Get free support to help you increase income
from trading & gain financial resilience**

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 12th October**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#).

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