



**Voluntary Action ANGUS**  
**Third Sector Interface**



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*Created by Ben Stephen*



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# MEET THE NEW STAFF

Laura Dewar



Natalie Ross



Laura is our new Locality Worker for Brechin & Montrose and Natalie is our new Locality Worker for Carnoustie, Monifieth & Sidlaws. They can be contacted on:

**[laura@voluntaryactionangus.org.uk](mailto:laura@voluntaryactionangus.org.uk)**

**[natalie@voluntaryactionangus.org.uk](mailto:natalie@voluntaryactionangus.org.uk)**



# GOOD NEWS



Breast Buddies Angus won the #WeArePublicHealth Poster Competition from VH Scotland winning £100 to split between the three Breast Buddies'. Congratulations!



Voluntary Action Angus' Locality Workers have had amazing positive feedback from the COVID-19 Welfare checks being carried out.



Hayley was a finalist in the Business Women Scotland Awards. Congratulations!





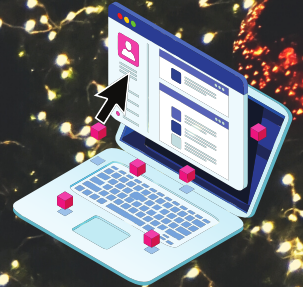
# COMBATTING CORONAVIRUS

Here's how our COVID-19 journey began...



# OUR JOURNEY

On Friday 13th March 2020, Voluntary Action Angus posted an appeal on Facebook for urgently needed volunteers.



The post went far and wide, reaching over 42.4k people across the internet.



1400 people registered to help out in their community.



4535 people across Angus received support from the volunteers. That's 140 a day!

With everybody coming together, we were all able to prove that **Angus actively cares** about it's community!





# WELFARE CHECKS

Our locality workers are performing welfare checks on everyone who received support to see how everyone is managing during this difficult time, whether they have any concerns and whether they think they would benefit from a befriender or speaking to a social prescriber. Here's what we've heard over the phone:

**It's been lovely to speak to VAA**

**Nice to speak to somebody new over lockdown**

**The volunteer's were all lovely**

**Locality workers are perfectly empathetic**

**Appreciate all the help they've received**

**Reassuring to hear from VAA**



# TELEPHONE BEFRIENDING

Telephone befriending is a vital service for vulnerable people who are very isolated. Those who receive telephone befriending benefit immensely from the service. Befriendees build up such a good rapport with their befriender and often would like to meet their befriender once COVID-19 restrictions are lifted.

The service gives befriendees something to look forward to as they rarely get out of their homes and are often very lonely.

April Glennie is the Befriending Coordinator at Voluntary Action Angus. If you would like to become a befriender or receive the service as a befriender, please contact April on **01307 466113** or email **[april@voluntaryactionangus.org.uk](mailto:april@voluntaryactionangus.org.uk)**

April Glennie

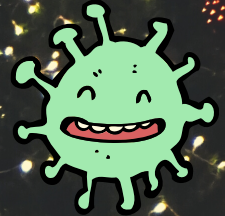


*"We have a lady who rarely gets out and has enjoyed having her befriender for a couple of months while she was shielding. The befriender also volunteers at the British Legion. The befriender invited the befriender to their breakfast club. She went and met her befriender for the first time. She enjoyed herself so much and enjoyed being in the presence of other people and engaging in social interaction."*



# FLU CLINICS

Voluntary Action Angus' Locality Workers provided volunteers for the Angus Flu Clinics to the following practices:



**Arbroath Medical  
Centre**

**Brechin Medical  
Practice**

**Carnoustie Medical  
Group**

**Springfield East**

**Kirriemuir Medical  
Practice**

**Monifieth Medical  
Practice**

**Springfield West**

**Ravenswood Surgery**

**Links Health Centre**





**THANK  
YOU  
TO  
EVERYONE  
WHO  
REGISTERED  
TO  
VOLUNTEER**



Zoe Carter-Leay • Pauline Geddes • Mairi Gougeon • Louise Luutsepp • Kim Clark • Christopher Robb • Caroline Cheyne • Jackie Williamson • Elena Williamson • Rachael Webster • Alison Reid • Fiona Turner • Kelly Christie • Laura Donald • Megan Christie • Karolina Perfecka • Stuart Golightly • Wilma Church • Laura Robertson • Molly Lindsay • Samantha Sadler • Steve Baird • Kenny Braes • Emma Hayes • Elinor Grant • Diane Scott • Derek Craig • Caroline Strachan • Carol Stewart • Candy Preater • Anne Standerline • Jack Thomson • Alison Coull • Gerard Feeney • Susan Richardson • Jennifer Lindsay • Roberta Good • Ronald Sturrock • Susan Richardson • Tanya Morrison • Veronica Scott • Linda Stevens • Karen Laurie • Michael Reid • Helena Geddes • Linda Brown • Debbie Smith • Donna Balfour • William Duff • Phillip Bosworth • Annella Smith • John McMullen • Marion Walker • Elizabeth Petterson • Alison Bain • Arwen Hynd • Avril Barnett • Colin Falconer • Debbie Day • Denise Keay • Frances Keats • Gail Penman • Jacquie Steel • Alan Steel • Kelsi Johnson • Kerry Glen • Michael Knox • Michael Rennie • Noelle Collings • Sarah Falconer • Sheena Morrison • Skye Stewart • Nick Sharp • Stuart Lyon • Margot Hamilton • Steven Maddock • Elaine Day • Adam Day • Lynda McGarrity • Jeffrey King • Dayle Diplexcito • Lesley King • Raymond Hall • Darren Logan • Ellie Macindoe • Tommy Stewart • Stefan Godfrey • Michael Rennie • Karen McKay • Mark Holehouse • Jordan Lamont • Jennifer Schaffner • James Thomson • Angie Lowson • David Robinson • Diane Kelly • Jemma Knowles • Kirstie Abbey • Fraser Linton • Kirsty Gammie • David Penman • Sari Hill • Anne Lamb • Vikki Urquhart • Victoria Carnegie-Arbuthnott • Lauren Strang • Nicholas Preater • Mark Thomas • Ann Middleton • Scott Roberts • Aimee Reid • Emma Allan • Jean Clark • Susan Scappaticci • Polly Day • David McNairn • Teresa Spark • Brian Forbes • Joseph Gildea • Kerry Rooke • Melanie Barclay • Joy Milne • Donna Grove-White • Rocky Massie • Rhea Wedderburn • Rene Hussain • Katie Murray • William Baillie • Fiona McHardy • Alistair Macfarlane • Kirstina Fairweather • David Jones • Pauline Ramage • Irene Robertson • Rachel Benvie • Elnara Macdonald • Paul Cowan • Christopher McLaughlin • Laura Boyd • Neil Edmonds • Jan Stewart • Karen Masson • Keriss Elrick • Rebecca Coleman • Michael Falconer • Catriona Mather • John Jamieson • Greg Clark • Sarah Clark • Andrew Stirling • Mhairi Armstrong • Gillian McCulloch • Karen Boyes • Peter Barrow • Fiona Sword • Lynne Archibald • Ben Menzies • Debbie Wilkinson • David Phillip • Kelly Greig • Lee-Anne Martin • Amanda Chalmers • Fiona Alford • Angela Winton • Caroline Farquhar • Gwendoline Napier • Donnie Macleod • Robert Lee • Jacqueline Mitchell • Stuart Hinde • Jules Anderson • Martin Ruzicka • Amanda Dickson • Caroline Fife • Malcom Christie • Teresa Coull • Gordon Andrew • Ross Findlater • William Wilson • Christopher Heberton • Brenda Lees • Vikki Wellburn • Rowan Walker • Cara MacKellar • Rosa Penades • Marion Young • Denise Cowan • Valerie MacLeish • Nicola Morrison • Esa Ahmad • Aileen Duncan • Jennifer Keogh • Grant Ross • Kim Ritchie • Wendy Laird • Lindsay Paton • James Webb • Dawn Elder • Caroline Sharp • Bruce Laird • Gwen Sherry • Audrey Middleton • Debbie Robertson • Heather Gibson • Nikki Bryce • Rebecca Grant • Elaine Smith • James Stewart • Ruth Watson • Lisa Forbes • Janice Cameron • Hazel Scofield • Gail Robertson • Elaine Wilson • Elaine Findlay • Bryan Peet • Dewar McFarlane • Carol Robbie • Milena Curson • Danny Cutson • Catriona Ramsay • Andrew Gifford • Elizabeth De-Stanford • Anthony Hartley • Fiona Hartley • Stefi Curson • George Coupar • Derek Smith



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Breast Buddies volunteers are mothers that have breastfed their own babies and have also received breastfeeding training.

*"Peer support is one of the recognised ways of increasing duration, success and satisfaction with breastfeeding" (Kaunonan et al, 2012).*

Breast Buddies Angus is part of Voluntary Action Angus and one of our main aims is to increase breastfeeding rates in Angus by providing timely, evidence based and empathetic support to breastfeeding families. If you are interested in becoming a volunteer, contact **Breast Buddies Coordinator Kimberley Davidson** via email on **kimberley@voluntaryactionangus.org.uk** or call **07857 618 032**.

Cara Jamieson

Peer support is...  
empowering families to  
make informed decisions  
and meet their own  
breastfeeding goals.

We spoke to **Cara Jamieson**, a Breast Buddies volunteer, about her experience.



### **Why did you want to become a Breast Buddies Volunteer?**

When I joined Breast Buddies Angus I already had existing breastfeeding training from other organisations. One of the main reasons I wanted to become a volunteer with Breast Buddies Angus was my excitement at the prospect of supporting families in my hometown. Having previously volunteered with Kimberley, I was also really keen to be involved with a project that she was coordinating.

### **What do you get from volunteering?**

One of the biggest things I get from volunteering are the learning opportunities. I enjoy pushing myself to progress and learn and have found Breast Buddies Angus are very supportive and encouraging of this. I also benefit from the community and camaraderie that comes from being a part of a group of volunteers who have a common passion.

### **What is your role within Breast Buddies?**

I am a peer-supporter and so my role within Breast Buddies is to support families with breastfeeding, enabling them to meet their own goals. The way in which this support is delivered has changed significantly this year and is now mostly done via WhatsApp, as well as phone and video calls. However, I have also been supported and encouraged to take on other responsibilities within Breast Buddies, including leading on the creation of our new virtual antenatal class.

### **Is volunteering for Breast Buddies time consuming?**

I think it is as time consuming as you want it to be. I am very involved, particularly in my hometown, and so it is quite time consuming for me. However, this is a choice and one that I know I could easily adapt or change with the support of Kimberley and the team, should I ever need to.

### **Do you feel valued as a volunteer?**

I feel incredibly valued as a volunteer. The mothers and families that we support often share their feedback and express their gratitude which is a very rewarding feeling. Kimberley has a wonderful way of making volunteers feel listened to and heard, as well as always thanking us for our contributions to the project. Having recently won the VHS Conference 2020 poster competition and also then going on to complete the new Unicef Qualifications Framework, Breast Buddies Angus have shared and celebrated my achievements.

### **What would you say to someone that was interested in becoming a Breast Buddies Angus Volunteer?**

Do it! You will be trained and supported to really make a difference to the lives and breastfeeding journeys of local mums, as well as meeting a wonderful bunch of volunteers.



A vibrant winter night scene at a bustling outdoor market. In the foreground, a large crowd of people, including children in winter coats and hats, are walking on a wet, reflective cobblestone street. To the left, a large, ornate black street lamp with a warm glow stands prominently. The background is filled with numerous strings of warm white lights draped across the scene, creating a magical atmosphere. Behind the crowd, several market stalls with white awnings are visible, one of which has a sign that says "Bakery". In the distance, a large brick building with arched windows and a sign that reads "08 DAYS" is partially visible. The overall scene is festive and lively, capturing the spirit of a winter holiday celebration.

# ***Volunteering Opportunities***



## Breast Buddies Angus

Breast Buddies Angus is a project aiming to reduce the breastfeeding drop off rates at 6-8 weeks and also increase the overall breastfeeding rates in Angus. Breast Buddies Angus trains peer volunteers to support mothers to reach their individual breastfeeding goals. The roles available within the project are/will be:

- Online Breastfeeding Support via the Breast Buddies Angus Facebook Group
- Community Groups running throughout Angus
- Text Messaging Support
- Home Visits for new parents and babies
- Newborn Breastfeeding Support at Arbroath Maternity Unit

People interested in becoming breastfeeding volunteers with Breast Buddies Angus will be invited for an informal talk with the Breast Buddies Coordinator and will be invited to join the closed Volunteer Facebook Group. They will be given an application form, which includes the request for two references. The Breast Buddies Coordinator can be contacted on **kimberley@voluntaryactionangus.org.uk** or on Facebook - **www.facebook.com/breastbuddiesangus**

## Strathmore Cricket Club

Strathmore Cricket Club has a number of volunteering opportunities to offer to young people and adults working with people of different ages:

- All Stars/Leader Coach
  - This opportunity would be suitable for someone with an interest in working with children – in childcare, education or sports development.
- Walking Cricket Leader/Coach
  - This opportunity would be of interest to people looking to in work with adults in a learning, care or sports setting. It would also be of interest to people who want to develop their skills in engaging with people generally.
- Youth Leader/Coach
  - This opportunity would be suitable for someone with an interest in working with children – in childcare, education or sports development. No prior knowledge or experience of playing cricket is required.
- Girls & Women Cricket Leader/Coach
  - This opportunity would be of interest to people interested in sports development, youth work, hospitality, marketing and promotion as well as for girls and women with an interest in fitness and sport.

To find out more about these exciting opportunities, contact **Sam Senkel** via email on **sam@voluntaryactionangus.org.uk** or call the VAA office on **01307 466113**.





## Kirrie Connections

Kirrie Connections is a dementia support charity which meets regularly, as part of this they are looking for volunteers to help with a new Dementia-friendly health walk they are planning.

To find out more about this unique opportunity, contact **Sam Senkel** via email on **sam@voluntaryactionangus.org.uk** or call the VAA office on **01307 466113**.

## Sustainable Kirriemuir

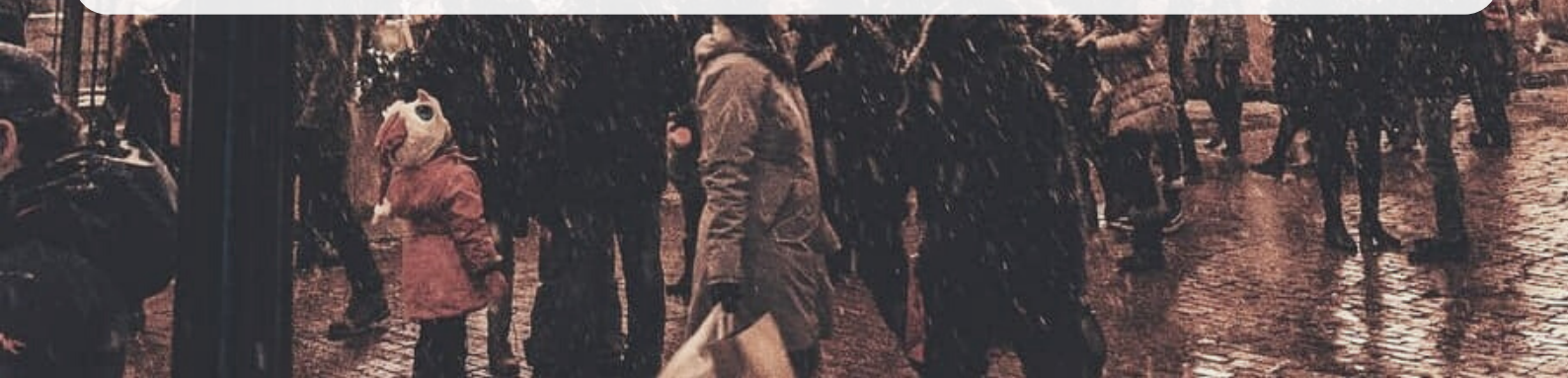
The Sustainable Kirriemuir community group formed in 2019. We want to create a sustainable and resilient community with a strong local economy. This means we want to take action to reduce carbon emissions in the following areas: energy, food, waste, transport & consumerism.

We are looking for volunteers to raise awareness of the effects of climate change and support the local community to move to a lower carbon lifestyle.

We are also looking for a volunteer treasurer. The Treasurer is entrusted with the funds of the organisation. However, all Committee members have a responsibility for the organisation's finances. The Treasurer must create secure systems for income and expenditure control; the monitoring of cash flows and preparing statutory returns for audits. Responsibilities for the role are:

- Overseeing of the day-to-day financial business and for keeping account of the finances
- Setting a budget & ensuring petty cash is available to reflect this budget
- Matching budget with actual spend and identifying under/over spends at an early stage
- Advise the Committee on financial matters
- Prepare a report for each Committee meeting
- Advise the Committee on financial/budgetary planning for future months & years
- Control and account for the organisation's finances, oversees the bookkeeping and liaises with the auditor for annual accounts.
- Prepare a Treasurer's Report for the AGM

To find out more about any of these opportunities, contact **Sam Senkel** via email on **sam@voluntaryactionangus.org.uk** or call the VAA office on **01307 466113**.





## Real Life Options

Real Life Options currently have an opportunity to get involved as a Community Volunteer. This is a great way to meet new people, develop insights, gain experience and enjoy knowing that you are making a positive difference to people living within your community.

Volunteer roles are varied and dependent on the needs of the people we support. We try to match volunteers to people with similar interests and provide opportunities for volunteers to utilise existing skills and knowledge.

- Chatting to and befriending people we support
- Home checks to make sure vulnerable people are safe and well
- Everyday practical household tasks
- Provide information and support to allow people to make informed choices about their lives
- Assist with shopping
- Support with correspondence
- Provide transport
- Support with social outings
- Assisting with pet care
- Assist with food preparation
- Prescription collections
- Support with Gardening and some physical task
- Get involved with Social Events and being vital in improving the social lives of the people we support

We at Real Life Options really appreciate that volunteers donate their time for free so in return for at least two hours volunteering each week, we'll provide full training and development with a support network to mentor you in your role. You'll be one of the team and have access to our Real Rewards programme.

To find out more about this exciting opportunity, contact **Sam Senkel** via email on [sam@voluntaryactionangus.org.uk](mailto:sam@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.

## Angus Young Carers

We are looking to recruit volunteers to support our Young Carers Befriending Programme that will provide a safe framework for time limited befriending relationships between the volunteer and a young carer aged 8-16 year old. This is a new and exciting development at Angus Carers Centre and full training will be provided. This opportunity will give good experience in working with young people or allow you to use skills already obtained.

To find out more about this exciting opportunity, contact **Jade Findlay** via email on [jade@voluntaryactionangus.org.uk](mailto:jade@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.



## Angus Citizens Advice Bureau (CAB)

Applicants will have the experience and skills to ensure that the charity continues to develop and provide high-quality long-term services. As a Trustee, you will be required to contribute to the governance of the organisation including attendance at regular board meetings (currently 4 times per year) and the AGM. Please note that we are currently conducting virtual Board meetings.

For the role of Chair, you will have additional responsibilities which will include chairing Board meetings, representing the Bureau at events (including Citizens Advice Scotland AGM) and working closely with the Chief Officer on strategic issues.

These roles are not accompanied by any financial remuneration, although expenses for travel may be claimed in line with our expenses policy.

To find out more about this fantastic opportunity, contact **Jade Findlay** via email on [jade@voluntaryactionangus.org.uk](mailto:jade@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.

## Food Train Connects

Our Shopping Friend and Phone Friend opportunities are rewarding and it makes a huge difference to people's lives. It's amazing the impact that regular support with grocery shopping can have on someone who is isolated or lonely. If you want to make sure that an older person is able to live well in their own home this is a great opportunity to do so.

The Shopping Friend Role:


- Contact the older person you are matched with on a regular basis, usually weekly, to obtain their shopping list, carry out their shopping and then deliver to their home, putting away if necessary.
- Submit brief records, receipts for payment and to report any matters of concern to staff
- Keep within the boundaries of the role
- To inform Food Train Connects Staff of any accidents, incidents or complaints
- To maintain confidentiality
- To represent Food Train in a professional manner to our members and the wider community

The Phone Friend Role:

- Contact the older person you are matched with on a regular basis, usually weekly or fortnightly for a friendly chat.
- Submit brief records and to report any matters of concern to staff
- Keep within the boundaries of the role
- To inform Food Train Connects Staff of any accidents, incidents or complaints
- To maintain confidentiality
- To represent Food Train in a professional manner to our members and the wider community

To find out more information on any of these opportunities, contact **Voluntary Action Angus** via email on [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.





## Furniture Recycling Project Angus

We are looking for someone who will load and unload our van, take goods in and out of customer's houses with good customer service. This job role is physical and we require someone who can assist in our warehouses moving furniture and dealing with the public.

The responsibilities are;

- Lifting furniture and loading onto our van
- Unloading and taking goods into customer's houses and then collecting and loading donated good onto the van to bring back to FRPA to be unloaded and displayed in the warehouse
- Keeping the warehouses clean and safe and moving furniture about in said warehouses to make space or once sold

Good people skills is really important as they will have contact with the general public on a day to day basis. The candidate would be able to work on tasks alone without any prompt and also be able to work alongside others as much of the work carried out would be with other colleagues due to the nature of the job i.e. heavy lifting. A keen desire to learn and do new things would be a bonus also as much of the job will require training.

To find out more information on this opportunity, contact **Jade Findlay** via email on [jade@voluntaryactionangus.org.uk](mailto:jade@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.

## Brechin Community Pantry

Our vision is to enable and support positive changes in the lives of the local community. We do this by helping those of all ages, gender and race in meeting their personal needs and encouraging them to become self-sufficient. We promote a healthier lifestyle in our personal service and build strong relationships by training volunteers to play a vital role in serving at the Pantry and in their community.

We are looking for Volunteers to collect food and provisions from our base in Swan Street, Brechin and deliver them to our clients within the local area.

To find out more information on any of these opportunities, contact **Laura Dewar** via email on [laura@voluntaryactionangus.org.uk](mailto:laura@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.





## Voluntary Action Angus

Digital Champions help people who get devices through Connecting Scotland to do things online such as: connecting a device to the internet using Wi-Fi and entering the password when they need to, sharing documents by attaching them to an email and understanding that not all online information and content that they see is reliable.

The aim is that with support from Digital Champions, learners will be able to use the internet safely, confidently and effectively. Digital Champions usually work in frontline positions in third and public sector organisations e.g. support workers, advice officers and befrienders but all staff who come into regular contact with service users can be a Digital Champion.

The kind of things our Digital Champions will help our learners with are: setting up their device, setting up and email address, show them how to use video calling and show them how to shop online.

A support session with learners usually takes place in person once or twice a week but can also be done remotely if required. 30 – 45 minutes is usually enough time to make some progress without overwhelming the learner. All this will depend on who you're working with and what they need. It also depends on how your organisation usually delivers support.

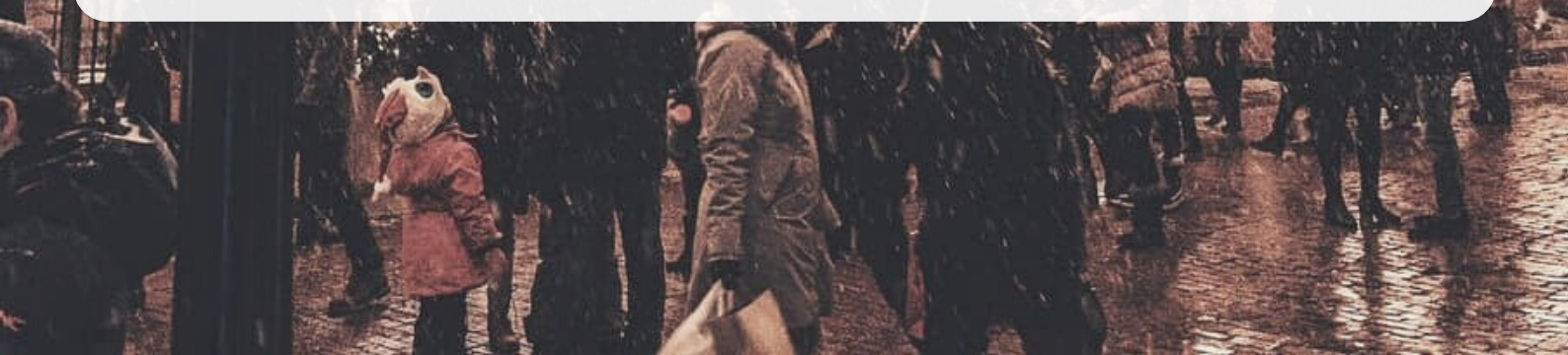
To find out more information on any of these opportunities, contact **Voluntary Action Angus** via email on [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.

## Abilynet

Do you have a passion for the power of technology? Our vision is to create... "**A world in which digital services are equally accessible to all**". As an AbilityNet Tech volunteer you can help unleash the power of technology to ensure that older people and disabled people are not excluded from the digital world.

Our volunteers trouble shoot technical issues, offer impartial advice on technology, set up new tech and install hardware and software, show people how to use their tech at home e.g. shop online, send and receive emails and Skype with family and friends and make adaptations to support a disabled person's specific technology needs.

To find out more information on any of these opportunities, contact **Voluntary Action Angus** via email on [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.







## Monifieth Medical Practice Patient Advisory Group

The role of the Patient Advisory Group is to represent the patient population in Practice.

The Group acts as a channel of communication between the Practice and its registered patients. It provides patients with a voice in the organisation of their care by promoting the patients' perspective and also provides feedback on patients' needs, concerns and interests. It challenges the Practice constructively whenever necessary.

The Group will not deal with complaints or personal issues. These should be directed to the Practice Manager at the Medical Practice.

The Group is open to patients of the Practice aged 16 years and above.

The Patient Advisory Group meets every 2 months. Presently meetings are held online and this will continue for the foreseeable future. They usually last between 1-2 hours, depending on the Agenda.

If you would like to help the Practice, Community and yourselves as patients we would be delighted to see you.

To find out more information on any of these opportunities, contact **Natalie Ross** via email on [natalie@voluntaryactionangus.org.uk](mailto:natalie@voluntaryactionangus.org.uk) or call the VAA office on **01307 466113**.



A large, brightly lit Christmas tree stands in a city square at night. The tree is covered in thousands of warm white lights, with some red and blue lights interspersed. A large, glowing star sits atop the tree. In the background, a tall, modern building with many windows is visible. In the foreground, a statue of a person is partially visible. The text "COMMUNITY NEWS" is overlaid in large, white, bold letters across the middle of the image.

# COMMUNITY NEWS



# LINKS HEALTH GARDEN

This garden project will make use of the grounds at the Links Health Centre to offer therapeutic activity to patients of the three practices based at the centre. The aim of the project is to facilitate the provision of 'green prescribing', to improve people's physical and mental health. A key reason for setting up the project here is to increase a feeling of ownership of the Health Centre, a place for managing one's own healthcare needs.

The focus will be to maintain the current grounds and enhance with appropriate developments. A core group has already formed and a committee currently includes the health centre's Social Prescriber, one current landscape gardener and a retired horticulturalist. We are also supported by Montrose Community Trust.

We also have the oversight and support of Wendy Calder, Practice Manager Annat Bank and Townhead.

Many of the patients who have been referred to me in the last few weeks have been particularly inspired by the idea of this project. We would be thinking of having times through the week and possibly at a weekend, where individuals could spend time working in the grounds. The committee will be looking at ensuring there is support available at all these time and that numbers are controlled.

We are applying for funding for a summer house, which will not only be a store, but also an outside therapeutic space.

To find out more about the Links Health Garden, contact **Deborah Benson** via email on **[deborah@voluntaryactionangus.org.uk](mailto:deborah@voluntaryactionangus.org.uk)** or call **07857 618 031**.







# CARNOUSTIE COMMUNITY SUPPORT LINE

The Carnoustie Community Support Line is currently operating on an answerphone system whereby someone will call you back as soon as possible after you leave a message.

The Carnoustie Community Support Line provides support with prescription collections, shopping or other local information and support... for anyone, regardless of whether they are self isolating or not.

We are simply local neighbours wanting to offer a helping hand in our community.

Call us on **01241 797 072** and leave us a short message and a local helper will be back in touch with you as soon as possible. If we can't help you, we'll connect you with someone who can.





# GET OUT GET ACTIVE TAYSIDE

GOGA Tayside is a new programme in Tayside that started in April of this year. GOGA hopes to provide local opportunities for people of all abilities and levels to be active together through fun and inclusive activities. Being active can have so many benefits not only for our physical health but our mental wellbeing too. Being active doesn't have to be playing a sport or going to the gym, it can be anything that you enjoy that encourages you to move more and sit less.

Due to the current situation we are faced with at the moment we have decided that we will be offering online activities over the next few months.

Our activities are **FREE** and for all abilities and levels and are **fully adaptable**. **Not sure if the activities are for you?** Feel free to register and watch an activity to see if it is something that you would like to participate in. Although the activities are delivered over Zoom, if it makes you feel more comfortable you don't have to switch your camera on to join in.

You can find out more about our activities and view our online content on our **Facebook Page - Get Out Get Active Tayside**, **Twitter - @gogatayside**

**We also have our FREE Family Fun activities and more available on our YouTube Channel GOGA Tayside.**

If you have any questions or would like more information please get in touch with us by email; **phillippa.macdonald1@nhs.scot** or by phone **07971641208**. You can also contact us through our social media pages above.





# RESOURCES



# WHAT IS SOCIAL PRESCRIBING?

We know that taking care of your health involves more than just medicine. Social Prescribing can provide support for more than medical issues. Your local Social Prescriber will spend time with you exploring what matters to you and help you to identify activities and/or local support which could improve your health and wellbeing. You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.



## WHAT SUPPORT CAN I GET?

Your social prescriber can help you with a range of issues, including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement and bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Struggling with financial issues
- Accessing work, training or volunteering

Social prescribing is available for everyone. For more information, contact [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) or call 01307 466 113.



# Volunteering

**Earn something money can't buy!**

Are you interested in volunteering, but aren't too sure how to go about it? We can help you get started!



## **SUPPORTING ALL PEOPLE**

You can contact us by

**email:** [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)

**phone:** 01307 466113

**visiting our office:** Voluntary Action Angus, 5-7 The Cross, Forfar, DD8 1BX

**visiting our website:** [voluntaryactionangus.org.uk](http://voluntaryactionangus.org.uk)



# LOCALITY LOCATOR

BY VOLUNTARY ACTION ANGUS

[VOLUNTARYACTIONANGUS.ORG.UK/LOCALITYLOCATOR](https://voluntaryactionangus.org.uk/localitylocator)

## WHAT IS THE LOCALITY LOCATOR?

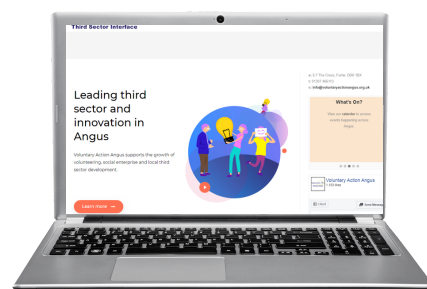
The Locality Locator is a free directory for all organisations, groups and services in Angus. Hosted on the Voluntary Action Angus website, it is a great resource for those looking for what is available in their area or anything specific (for example, mental health).



**Third Sector Interface**

## HOW DO I VISIT THE WEBSITE AND GET INVOLVED?

Our website can be accessed by visiting **[voluntaryactionangus.org.uk/localitylocator](https://voluntaryactionangus.org.uk/localitylocator)**. If you would be interested in being listed for free, please contact **Ben Stephen** **[ben@voluntaryactionangus.org.uk](mailto:ben@voluntaryactionangus.org.uk)**



## WHO ARE VOLUNTARY ACTION ANGUS?

Voluntary Action Angus supports the growth of volunteering, social enterprise and local third sector development.





EMPOWERING  
COMMUNITIES  
TO CARE

# Locality Workers

Our locality workers operate within every town, village and community in Angus.

VAA are tackling the public health challenges of poverty and inequalities which have significant impact on well being, people and communities. Our team support organisations, community groups and individuals to develop activities & events which may address these issues.

## What we do

### Volunteering

Recruit volunteers, identify opportunities to support your organisations and market your opportunities

### Volunteer Management

Good practice in working with volunteers, training for volunteer managers, Volunteer Friendly Awards, Volunteer Managers Forum and sharing information, resources and experience with others

### Social Enterprise

Developing social enterprises ideas, access to resources and funding and work with other partners and national agencies on becoming a social enterprise

### PVG Checks

Support on how to get a PVG done and support on who needs a PVG check

### Saltire Awards

Supporting young people to volunteer, supporting group administrators with managing their own volunteers and certificates and approving 100+ hour certificates

### Third Sector Organisation Support

Organisation set up, constitutions/articles of association and board/committee development

### Social Prescribing

Working closely with social prescribers in each locality to provide local support.

### Locality Locator

Promote organisation on the Locality Locator (function on the VAA website)

Operating locally within your community to support volunteering and third sector organisations. Our locality workers are supported by the Voluntary Action Angus team who have significant knowledge and access to resources for third sector working and volunteering.

To find out more information, call us on **01307 466113** or email  
**[info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)**







**Do you have anything to  
add for our next  
magazine?**

Email Ben Stephen  
[ben@voluntaryactionangus.org.uk](mailto:ben@voluntaryactionangus.org.uk)



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