

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*13th January*

**Voluntary Action**  **ANGUS**


**Third Sector Interface**



This weeks content covers:

**Community Leaflet Drop!**  
**Upcoming training sessions**  
**Cost of living help**  
**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

## Community Leaflet Drop Volunteers wanted!

**New to volunteering/ looking for an introduction? Have a few hours to spare?**

Working alongside Angus Health and Social Care Partnership, we are looking for volunteers to help deliver recruitment leaflets across Angus!

### About the volunteering opportunity:

- Starting in January 2023
- Deliver leaflets in your local neighbourhood
- Available morning, afternoon, evening and/or weekends
- This can be once a week, a few times a week or a one off!
- Open to people of all ages and abilities



You can find more information and apply **here**.

## GARDNER MEMORIAL CHURCH

### Come along to our Warm Space!

As we all struggle with the rising cost of living increases, we invite you to drop into our warm space and enjoy a hot drink or soup or maybe a game or a chat.

### Where and when?

Gardner Memorial Church Hall, Southesk Street, Brechin from 10am-1pm every Thursday.

### There will be:

- Tea, coffee and juice
- Soup from 12 noon
- Games
- Free wifi/ phone charging
- Newspapers



# PROTECTING PEOPLE ANGUS

## Protecting People Awareness Raising Learning Sessions

All multi-agency professionals, carers or volunteers who have a role in supporting people who may be at risk of harm regardless of age, gender, or capacity, have an obligation to keep them safe.

This event will give an overview of Child Protection, Violence Against Women and Adult Protection, supporting you to understand/identify when someone may be at risk of harm and when to act.

### Where and when?

- 18th January 2023 9:30am–1p, via MS Teams
- 26th January 2023 9:30am–1pm at Training Suite, Angus House, Forfar
- 13th February 2023 1:30pm–5pm at Training Suite, Bruce House, Arbroath

### Learning outcomes:

- To gain a basic understanding of Child and Adult Protection
- Relevant legislation and guidance
- What is abuse
- How to deal with a disclosure
- What to do next.

This training is open to anyone who has a role in supporting people, within the Angus area.

### Book:

- 18th January **here**
- 26th January **here**
- 13th February **here**







**Alzheimer  
Scotland**  
Action on Dementia

# ALZHEIMER SCOTLAND

## What's on January - Angus groups

Click **here** to find out what's on this month at Alzheimer Scotland Angus groups!

### What's On – January 2023 Angus Groups



Tuesday	Wednesday	Thursday	Friday
3	4	5	6
	Arbroath Tea & Blether 10.30 – 12 noon	Arbroath Tea & Blether 10.30 – 12noon	Monifieth Drop-in Dobbies Cafe 2pm-3.30pm
10	11	12	13
Arts and Crafts Group Arbroath DRC 2pm – 3.30pm	Arbroath Tea & Blether 10.30 – 12noon Football Memories Arbroath FC 2pm – 3.30pm	Arbroath Tea & Blether 10.30 – 12noon Forfar Drop-in East & Old Church 2pm – 3.30 pm	Feel Good Friday Arbroath DRC 10.30-12 noon
17	18	19	20
Music & Movement Arbroath DRC 2pm – 3.30pm	Arbroath Tea & Blether 10.30 – 12noon Brechin Drop-In Café Glebe Park 2pm – 3.30pm	Arbroath Tea & Blether 10.30 – 12noon Montrose Drop-In Café Old & St Andrews 2pm – 3.30pm	Birkhill Drop-in Millennium Hall 2pm – 3.30pm
24	25	26	27
	Arbroath Tea & Blether 10.30 – 12noon Brechin Music and Memories 2pm – 3.30pm	Arbroath Tea & Blether 10.30 – 12noon Arbroath Boogie Royal British Legion 2pm – 4pm	
31			
Making sure <i>nobody</i> faces dementia alone.			

For More information contact  
Rosemary Moncur or  
☎ - 07585 700902 - 📧 - [rmoncur@alzscot.org](mailto:rmoncur@alzscot.org)

Janet Quantock  
☎ - 01241431770 - [jquantock@alzscot.org](mailto:jquantock@alzscot.org)



## NATIONAL CARE SERVICE (NCS) SURVEY

**Do you have 10 minutes spare to complete  
this survey?**

The Scottish Government want to know your views on how they share information about the National Care Service (NCS).

Please fill in their survey (find survey **here**) by 20th January. We have developed guidance to complete the survey in British Sign Language and audio. You can access these when clicking on the online survey link.

If you prefer, you can complete an easy read version **here**.

You can also complete this survey on paper. Email **[NCSCcommunications@gov.scot](mailto:NCSCcommunications@gov.scot)** and they will send you a paper version with an envelope to post it back.

They would like to hear from as many people as possible to get a good understanding of how and what people want to hear about. It will take about 10 minutes to fill in and can be done anonymously!

# EASYFUNDRAISING

## Easyfundraising free webinar!

Is your voluntary organisation looking for unrestricted funding? Come along to this informal session to find out how your voluntary group, CIC, social enterprise, church, school, sports club or charity can use the free easyfundraising platform to receive donations unrestricted funding when your volunteers, staff and supporters shop with leading retailers.

### What to expect:

- A live demonstration of how it works
- Instructions on how to get your organisation set up
- Tips on how to raise as much as possible
- A Q&A session with Community Fundraising Manager Becky Coleman

### When?

Tuesday 24th January at 12.30pm – 1.15pm

Register to attend **here!**

After registering, you will receive a confirmation email containing information about joining the meeting.



## Free funding webinar - growing your income in 2023

Tuesday 24th January  
12.30pm – 1.15pm





# MONIFIETH WALKING GROUP

**We are looking for a volunteer to organise and encourage our walking group!**

We are a small group who walk every Thursday at 11 am from the Blue Seaway in Monifieth.

As a group, we get a lot out of Social Walking including increasing our health and well-being and enjoying each other's company as we explore paths around Monifieth.

We are looking for a volunteer to take on the role of organising and encouraging the group!

If this is something you would be interested in you can read more and apply **here**.



## FUN, FOOD AND FRIENDSHIP

**Drop in, we are here to help!**

If you, or someone you are supporting, is worrying about gas and electric bills or about rising grocery bills why not pop into Fun, Food and Friendship for a cuppie, chat and a hot meal! It costs nothing at all and absolutely everyone is welcome.

Open Monday - Friday, from 4pm until early evening in the Community Spirit building, 7A Fisheracre, Arbroath and on Saturdays from 11am at the Friockheim Hub, Eastgate, Friockheim.

For more information please email **fffinarbroathandfriockheim@gmail.com**

**If you would like to help us by volunteering, take a look at our volunteering roles below!**

Front of house role Arbroath: view **here**

Front of house role Friockheim: view **here**



# ANGUS CYCLE HUB

**We are looking for volunteers!**

## **What do we do?**

We encourage people to live healthier lives and reduce car journeys and CO2 emissions through cycling and recycling. We run two community based projects based in Arbroath and Dundee, Scotland.

We are committed to our community and want them involved in everything we do at Cycle Hub which is why we love volunteers! We have a variety of roles of varying lengths of commitment time. Whatever your background, identity or ability, there's a volunteer spot with your name on it.

We have a list of volunteer roles you can choose from, but we are ultimately flexible around you and your available time commitment, experience, interests and goals. We want to make sure we find something that fits you best and offers opportunity for growth, development and progression with us.

## **Available opportunities:**

- Volunteer Workshop Mechanic – view **here**
- Volunteer Bikeability Leader – view **here**
- Volunteer Coach/Trail Leader – view **here**
- Volunteer Content Creator – view **here**
- Event Volunteer – view **here**
- Sales and Customer Service Volunteer – view **here**





# SKILZ ACADEMY

## Available volunteering opportunities!

We have some volunteering opportunities available that might be for you!

- Community Health and Wellbeing Volunteer – view [here](#)
- Volunteer DJ – view [here](#)
- Glow Sports Volunteer – view [here](#)
- Group Volunteer – view [here](#)
- Project Elevate Volunteer – view [here](#)



## THE MANNA PROJECT

### Find out more about the Manna Project and Manna Café!

The Manna Project operates in two parts – the provision of food, free of charge to the community and The Manna Café, which provides light lunches once a week.

Through The Project, we aim to alleviate food poverty and support those experiencing hardship, loneliness and social isolation.

We have put together an article where you can find out more information on The Manna Project and Manna Cafe.

Read the article [here](#)!



# SHE SCOTLAND

## She Scotland CIC Community Ambassador training

### SHE SCOTLAND CIC COMMUNITY AMBASSADOR TRAINING

#### 14 WEEK TRAINING

- DEVELOP CONFIDENCE
- INCREASE AWARENESS OF GIRLS & WOMEN'S ISSUES
- SUPPORTS EMPLOYABILITY SKILLS
- LEARN ABOUT OURSELVES & OTHERS

→ Would you like to have your voice heard and be part of a movement to help girls & young women reach their full potential and ensure equality for all?

→ Do you have 2hrs per week?

→ Do you want to be more confident, learn new skills and support others?

Train as an Ambassador for girls and young women. Ambassadors support the SHE Community & School based zones.

Register Your Interest

For more info contact:  
[shescotland-krystastoneley@outlook.com](mailto:shescotland-krystastoneley@outlook.com)

[www.shescotland.org.uk](http://www.shescotland.org.uk)

STARTS WEDNESDAY  
18TH JANUARY  
10-12NOON  
ARBROATH BRITISH LEGION CLUB  
HELEN STREET ARBROATH  
DD11 3AP



# GET THE GEN

## Youth VIP youth volunteering training

If you would like to learn more about how to make your organisation more young people friendly then join us for a highly immersive and interactive (free) online workshop with lots of practical takeaways! We invite you to choose 1 workshop to attend that best suits your ambitions for widening youth participation.

You can read more and sign up to a workshop **here!**



**Young people add energy, excitement, care and compassion to our team.**

Find out how you can recruit, retain and develop young talent in your team.

5 sessions available in Jan & Feb 2023  
Book in 60 secs for free  
[www.GetTheGen.com/VIP](http://www.GetTheGen.com/VIP)

GET THE GEN GET THE GEN

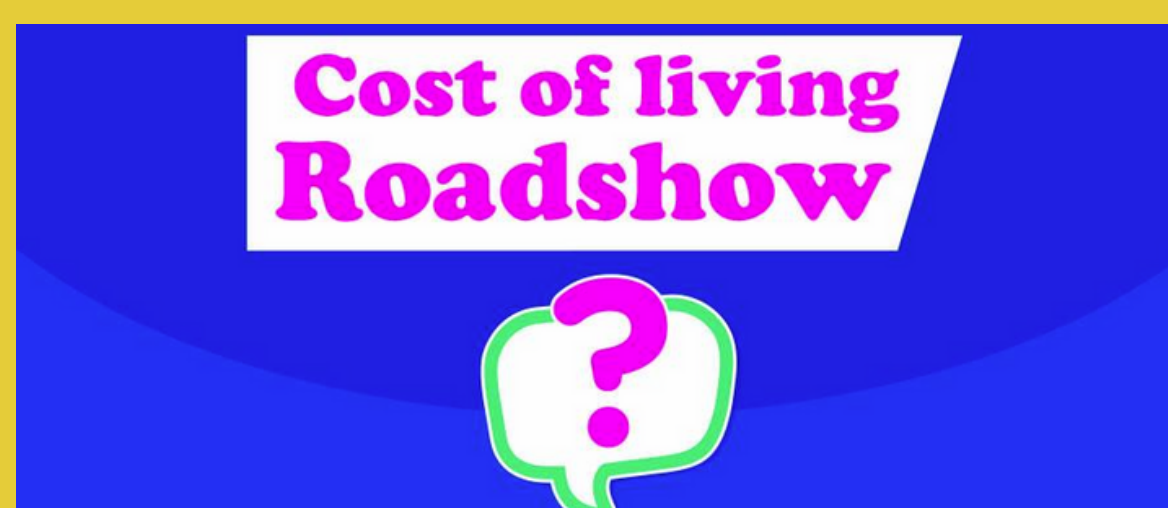
# COST OF LIVING ROADSHOWS

## Upcoming Angus Cost of living Roadshows!

Vibrant Communities Team and partners are hosting further 'Cost of Living' roadshows in Angus! These events offer an opportunity for the public to find out what may be available to support with the rising costs of living.

### Where and when?

- **Montrose** – 17 January at Old and St Andrews Church, 121 High St, Montrose DD10 8QW – 10.30am–1.30pm
- **Newtyle** – 1 February, Newtyle Legion Hall, 33 Belmont Street, Newtyle, PH12 8UB – 10.30am–1.30pm





## SUBMITTING YOUR CONTENT

Would you like something added to next weeks bulletin? If so, send your submission to [Laura@voluntaryactionangus.org.uk](mailto:Laura@voluntaryactionangus.org.uk) by **5pm on Wednesday 18th January.**

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

## FIND US ON:



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[www.voluntaryactionangus.org.uk](http://www.voluntaryactionangus.org.uk)

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