

Voluntary Action Angus

Weekly Bulletin

3rd February

Voluntary Action  **ANGUS**

Third Sector Interface



This weeks content covers:

Youth Volunteering Pop-up events

Dementia Drop in Cafes


Available grants

Upcoming training

New 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

Youth Volunteering Pop-up events!

Voluntary Action Angus will be holding multiple Youth Volunteering Pop-up events in partnership with DYW (Developing the Young Workforce), in schools throughout Angus in the upcoming months.

We are looking for local organisations to come along, showcase volunteering opportunities and give pupils an insight into volunteering!

If you would like to have a stall at our events, please get in touch! For more information, email: **adhamh@voluntaryactionangus.org.uk**

Please register interest by **13th February**.



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 February 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**.

HOSPITALFIELD

Garden Club Volunteer

We are looking for Garden Club Volunteers to help keep the garden and grounds at Hospitalfield in Arbroath maintained, fruitful and beautiful.

Garden Club support the development of the garden from helping weed the gardens, sowing seeds, potting up plants and assisting with seasonal projects.

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



CARE ABOUT ANGUS

Annual General Meeting

Care About Angus is holding its Annual General Meeting on **Wednesday 22nd February 2023** at **1.30pm** at **The Third Sector Interface Building**, 5-7 The Cross, Forfar, DD8 1BX.

Should you wish to attend please contact **kath@careaboutangus.org.uk** who will send relevant papers nearer the time.

We look forward to welcoming you!



TAYSIDE HEALTHCARE ARTS TRUST (THAT)

We are seeking new Board Members!

THAT was set up in 2002 to develop the Arts in healthcare across Tayside, working with partners to improve the health and well-being of people with a variety of Long-Term Conditions and improve the quality of healthcare environments.

We are looking for new members to join our Board!

You can find more information **here!**



FOOTBALL ACTION

We're back!

Do you love football, friendly banter and fun? If so, why not join us on the third Tuesday of each month!

Where and when?

2:30pm-4pm at Braid Hall, Kinloch Care Centre, Carnoustie

Our group caters for those who may be isolated, lonely, living with dementia or memory problems.

For more information please contact:

Lorraine young: **lyoung37btinternet.com** or
Craig Murray: **craigmurray@btinternet.com**

WE'RE BACK!!!

FOOTBALL ACTION

Part of Carnoustie Memories

Do you love Football, Friendly Banter and Fun?
Why not join us on the **Third Tuesday** of each month
2.30pm - 4.00pm
Braid Hall, Kinloch Care Centre.

Would you like to know more about our Group which caters for those who may be isolated, lonely, living with dementia or memory problems?

Lorraine Young
lyoung37@btinternet.com 07876 743666

Craig Murray
craigmurray@btinternet.co 07884 446971

Carnoustie Memories - Charity Number ...SC048529

In partnership with:
Carnoustie Panmure Football Club

ALZHEIMER SCOTLAND

Dementia Drop in Cafes in Angus

Come along and enjoy refreshments in a relaxed and informal setting. The Dementia Cafés offer an opportunity for people living with dementia and their carers to meet others, enjoy an activity, and to socialise. There will be a Dementia Advisor on hand to offer support and provide information.

Brechin

Third Wednesday of the month from 2pm–3:30pm at Glebe Park, Trinity Rd

Carnoustie

First Thursday of the month from 2pm–3:30pm at Carnoustie Panbride Church, 8 Arbroath Rd

Forfar

Second Thursday of the Month from 2pm–3:30pm at East and Old Parish Church 38–40E High Street

Montrose

Third Thursday of each month from 2pm–3:30pm at Old & St Andrew's Church Hall, High Street

Birkhill

Third Friday of the month from 2pm–3:30pm at Millennium Hall, Coupar Angus Rd

For more information please contact Rosemary Mocur on **07585 700902** or email **rmoncur@alzscot.org**



What's on in February - Alzheimer Scotland Angus groups

You can find out what’s on at the Alzheimer Scotland Angus groups, during February **here**.

What's On – February 2023
Angus Groups



Tuesday	Wednesday	Thursday	Friday
	1 Arbroath Tea & Blether 10.30 – 12 noon	2 Arbroath Tea & Blether 10.30 – 12noon Carnoustie Drop-in Parrish Church Hall 2pm – 3.30pm	3 Monifieth Drop-in Dobbies Cafe 2pm-3.30pm
7	8 Arbroath Tea & Blether 10.30 – 12noon Football Memories Arbroath FC 2pm – 3.30pm	9 Arbroath Tea & Blether 10.30 – 12noon Forfar Drop-in East & Old Church 2pm – 3.30 pm	10
14	15 Arbroath Tea & Blether 10.30 – 12noon Arts and Crafts Group Arbroath DRC 2pm – 3.30pm	16 Arbroath Tea & Blether 10.30 – 12noon Montrose Drop-In Café Old & St Andrews 2pm – 3.30pm	17 Birkhill Drop-in Millennium Hall 2pm – 3.30pm
21	22 Arbroath Tea & Blether 10.30 – 12noon Brechin Music and Memories 2pm – 3.30pm	23 Arbroath Tea & Blether 10.30 – 12noon Arbroath Boogie Royal British Legion 2pm – 4pm	24
28			
Making sure nobody faces dementia alone.			

For More information contact
Rosemary Moncur
☎ - 07585 700902 - 📧 - rmoncur@alzscot.org

or
Janet Quantock
☎ - 01241431770 - 📧 - jquantock@alzscot.org

"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 don't provide transport for these groups and therefore it is your responsibility to get to and from this

FAMILY FUND

Available grants

National charity Family Fund currently has grants available for families in Scotland raising a disabled, or seriously ill child, to help ease financial pressures at this challenging time.

Families with disabled children and young people, aged up to 18, can apply for grants for essential items- including clothing and bedding, white goods, furniture, kitchen appliances, sensory and play equipment and digital devices.

Have a look at the full items the charity offers **here**.

Families are asked to please apply as soon as possible to gain support now, whilst funding is available.



MONIFIETH BEFRIENDERS

Brunch Group

Come along to our brunch group for men over 60, there is no need to book a place, just come along!

Where and when?

Masonic Lodge, 2 Dalhousie St, Monifieth,
DD5 4AZ, every second Tuesday from 11am-1pm.

There will be:

- Filled rolls
- Dominos
- Pool
- Cards
- Plenty of chat!



CATS PROTECTION

Volunteer with Cats Protection!

Cats Protection is the UK's leading feline welfare charity and our vision is a world where every cat is treated with kindness and an understanding of its needs.

We are looking for volunteer drivers to provide vital assistance to our branch by transporting equipment, litter, food and even cats!

You can find more information on the opportunity **here**.



DIABETES SCOTLAND

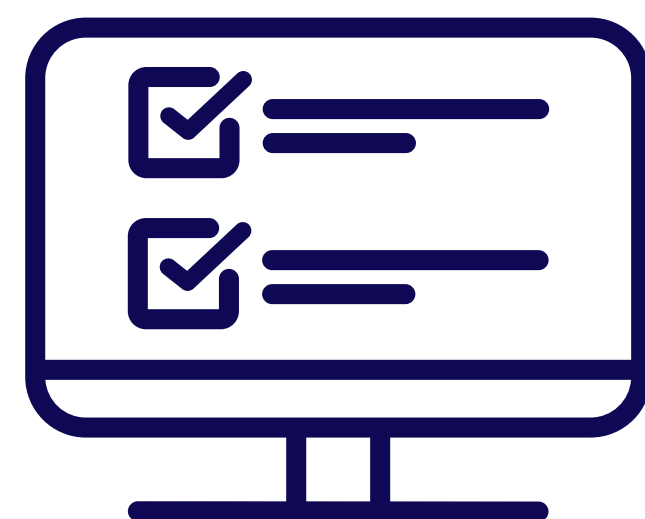
Diabetes is Serious survey - Help us make diabetes care a priority in 2023

Do you have diabetes or care for someone who does? We want to hear about your experience of care over the past year.

NHS staff work incredibly hard to keep us safe and healthy but they need help to clear the backlog and deliver high-quality care.

Sharing your experiences will really help us show the Government why diabetes care must be a priority.

You can access the survey **here**.



CHILD HEALTHY WEIGHT TEAM

Child Healthy Weight Training 2023

The training covers:

- Raising the issue of healthy weight
- First line advice/signposting
- How to refer to CHW

You can find all information on the upcoming training sessions **here**.



ANGUS INDEPENDENT ADVOCACY

We are looking for a Treasurer!

Do you believe that everyone has a right to have their voice heard and be part of their local community?

If so, we are looking for someone with:

- Financial/Accounting Experience
- Strong Communication skills
- A commitment to social justice/ human rights ... to join our dynamic Board of Directors.

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



Join the Angus Independent Advocacy team!

We are seeking individuals who have a passion for human rights and a desire to support local people to have their voices heard and taken into account, to join our team.

We are currently recruiting for the following roles:

- Families Independent Advocacy Worker (20 hrs per week) read more/ apply **here**
- Independent Advocacy Worker (Sessional) (variable hours) read more/apply **here**

Return applications by email only to: **enquiries@angusindadvocacy.org**
Please note CVs will not be accepted.

Closing date: 12 noon Monday 13th February 2023

For more information or an informal discussion please contact Heather MacMaster (CEO) on **01241 434413** or **enquiries@angusindadvocacy.org**



FIVE TO THRIVE

Sessions starting soon!

We are very pleased to be bringing Five to Thrive to Birkhill Primary School for a 6 week block starting on Friday the **24th of February** from **10.30am – 11.30am**.

We will look at the 5 building blocks (cuddle, relax, play, talk and respond) that help give our littlest children aged 0-3 have the best start to life, through play experiences, Bookbug sessions and informal chats!

For more information about joining these groups, please email **FamNurtSupport@angus.gov.uk**



SKILZ ACADEMY

Come along to our digital skills session!

The group meets on a weekly basis for between 6-8 weeks depending on the support that is needed. Each week focuses on different topics and supports what the Scottish Government states as Essential Digital Skills. This is focussed on mobile phones however we are happy to work with participants to support other learning with other devices they may seek help with.

Where and when?

The next Digital Skills Course starts on Thursday the 9th of February at 10am. The sessions are being held at Skilz Academy, 22-24 Catherine Street, Arbroath.

The sessions are free and open to anyone and any age.

If you would like to attend our next course please get in touch for more information: **rossfindlay@skilzacademy.org.uk**



COMMUNITY ACTION TEAM ANGUS

We have been able to procure through some partnership funding some items that may help the cost of living situations. There is a limited stock of these.

If any of these items are in need for any service user, then please get in touch with us at **N.PKADAngusCat@firescotland.gov.uk**

- 30 Fire retardant cellular blankets
- 30 electric blankets
- 30 strip adapters (electrical safety issues)

Note: These will be distributed on a first come first serve basis.

COST OF LIVING ROADSHOW

Upcoming Angus Cost of Living Roadshow!

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.

Upcoming event:

- **Kirriemuir**- 7th February, Glens and Kirriemuir United Parish Church Hall, Bank Street, Kirriemuir, DD8 4BG - 11.30am-2.30pm.

**Cost of living
Roadshow**



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 February.**

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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