

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*10th March*

**Voluntary Action**  **ANGUS**


**Third Sector Interface**



This weeks content covers:

**The Great Angus Beach Clean**  
**Volunteer Managers Forum**  
**New volunteering opportunities**  
**Upcoming training and workshops**  
**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 March 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**.



## Would you like to join the Volunteer Managers Forum?

The Volunteer Managers Forum is hosted by VAA but driven by you. We want to support you effectively in the great work you do, so we aim to ensure this Forum is as relevant to you as possible.

We are here to support your organisations, working to improve communications between other organisations in the area, reliable information sharing and resource access for third sector volunteer services.

Please use this short form **here** to register your interest in joining future VMF meetings and to be part of our mailing list for notes of meetings and helpful information shared between those attending.

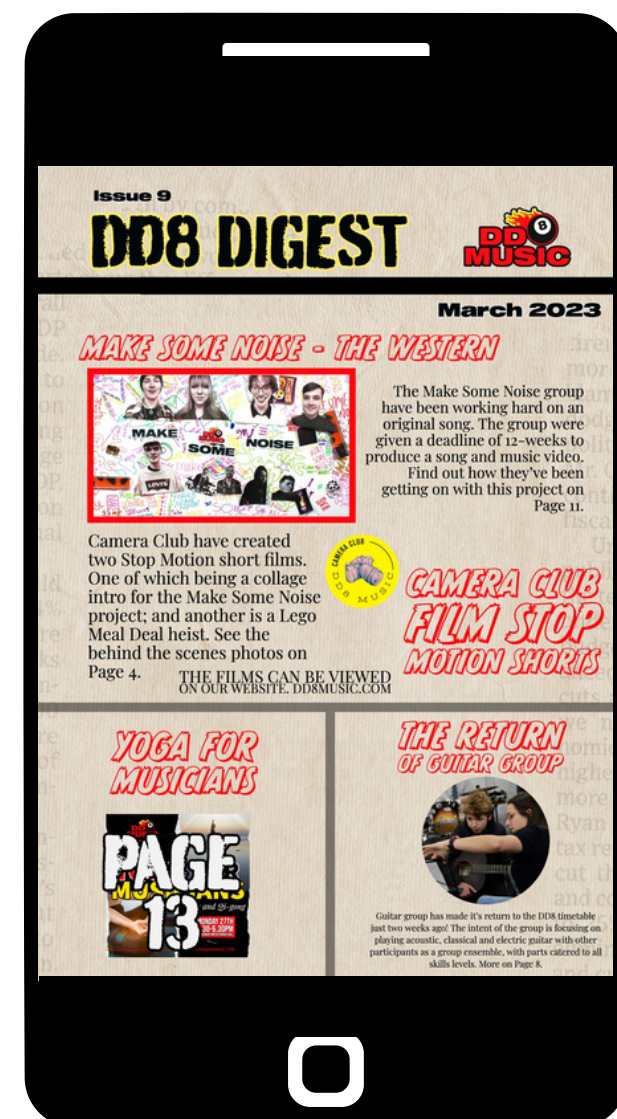




# DD8 MUSIC

**March 2023 DD8 Digest released!**

DD8 Music has released their latest DD8 Digest, you can read it **here**!



## INVEST IN ANGUS TEAM

**Help shape the Angus Economic Strategy!**

The Invest in Angus team at Angus Council are in the process of developing a new and deliverable Local Economic vision, Strategy and Action Plan for Angus. This aims to identify where there are opportunities to challenge our current traditional economic development practices and adopt new holistic and people centred actions aligned to the wellbeing economy approach and its 4 key pillars – people, environment, community and business.

You can find more information and have your say by completing our survey **here**.

**Developing an Angus Economic Strategy**

[www.investinangus.com](http://www.investinangus.com)



**INVEST IN ANGUS**  
Live | Work | Grow



# ANGUS UPCYCLING PROJECT

## Volunteer with us!

We are a charitable organisation which is to upcycle unwanted furniture that would otherwise go to landfill, we sell it on at reasonable prices to help local people who are maybe experiencing financial hardship.

The upcycling is done with the help of Volunteer's of all ages and abilities. We also have a food /clothes store where we can pass on help to those in need.

If interested come along to Strathmore Hall, 48 John Street Forfar, DD8 3EZ

Opening hours are Tuesday , Thursday and Friday morning from 10am-12pm.

You can find more information **here**.



# MACMILLAN CENTRE

## Become a Volunteer Macmillan Community Buddy

We are looking for people with good listening and communication skills to support people living with cancer. You will help them feel less isolated and lonely and to help with practical tasks that they are temporarily having trouble with.

### Some of the tasks include:

- Providing face-to-face support in the community or in people's homes to alleviate loneliness and help with simple practical tasks
- Adopting a non-judgmental and supportive approach to understand the needs and concerns of people living with cancer
- Supporting 1-3 people living with cancer every week for up to 12 visits



You can find more information **here**.



## **We are looking for a Macmillan Buddy Lead Volunteer**

### **Some of the tasks include:**

- Leading initial home visits and risk assessments for Community Buddying
- Inputting and updating sensitive personal information on our data system
- Matching service users and volunteers, following our matching process
- Checking in with service users and volunteers after first call or visit

You can find more information **here**.



## **Become a Macmillan Telephone Buddy Volunteer!**

### **Some of the tasks include:**

- Providing telephone support to alleviate loneliness and social isolation for people living with cancer
- Adopting a non-judgemental and supportive approach to understand the needs and concerns of people living with cancer
- Speaking with 1-3 people living with cancer every week for up to 12 calls
- Joining group catch up calls every 4-6 weeks to get key updates and/or share good practice

You can find more information **here**



# ANGUS CARERS

## Arbroath Meeting Centre Volunteer

We are looking to recruit more volunteers to our centre. Volunteers spend a couple of hours each week supporting Members within our exciting centre by spending time with the members both carers and individuals living with dementia to enhance their quality of life using a holistic approach.

Training and support is provided, and the opportunity provides a very rewarding experience alongside the opportunity to learn new skills.

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



# GUIDE DOGS FOR THE BLIND

## A Guide Dog Needs You!

Are you a dog lover with room in your home to look after a dog during evenings and weekends?

As a Training Dog Fosterer, you'll be giving a dog in training a loving home whilst they embark on their journey to become a guide dog. You'll get to see the progress your furry companion is making in their training and be a vital part of their journey, without the commitment of looking after a dog full time.

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





# THE BRAIN TUMOUR CHARITY

## Charity Ambassador Volunteer (Angus)

We are recruiting a team of Charity Ambassadors to help develop engagement across each Region, to maximise opportunities to raise funds and increase support from the Community. You will be actively involved with The Charity on the ground and play a key role working alongside the Regional Community Fundraisers, as and when required:

- Identifying various opportunities in your local area to raise awareness of The Charity & our wide range of Fundraising Campaigns.
- Representing The Charity in your area, by undertaking presentations & cheque collections at schools, local companies & community groups
- Helping us to recruit new fundraisers and supporting those who are already signed up for a campaign, in your area.



You can find more information and apply [here](#)

## BREAKING FREE ONLINE

### Support with alcohol and or substance use

Are you, or someone you know looking for support with alcohol and or substance use and want a free, confidential online app to help you do this?

If so, sign up to Breaking Free Online.

You can find more information and how to get support getting online [here](#).

An advertisement for the 'Breaking Free Online' app. It features a green leaf logo and text stating: 'Breaking Free is a CONFIDENTIAL online programme that can support you to cut down your drinking or substance use, or to quit for good!'. Below this, four bullet points list the app's features: 'Gives you 24/7 access to personalized Cognitive Behavioural Therapy', 'Equips you with coping skills that are proven to be effective', 'Helps you manage high-risk situations', and 'Supports you at every stage of your recovery journey'. A hand is shown holding a smartphone displaying the app's interface. At the bottom, there is a sign-up section with the text: 'Go to: [breakingfreeonline.com](https://breakingfreeonline.com) and click on SIGN UP. Then use this Access Code to create your account: **angus11**'. It also includes instructions for downloading the app and contact information for further help: 'If you need any further information or help accessing this site, please contact Maureen McGinlay below. T: 07469 918428. E: [angusadp@angus.gov.uk](mailto:angusadp@angus.gov.uk)'. Logos for Angus Council, PPA (Prevention Partnership Agency), Google Play, and the App Store are also present.



# ANGUS CLEAN ENVIRONMENTS

## The Great Angus Beach Clean

The next Great Angus Beach Clean will take place from 24th March- 2nd April 2023.

The Great Angus Beach Clean (GreatABC) is held twice a year and often coincides with the Scottish Spring Clean and the Great British Beach Clean in September. Traditional beach cleaning events are no longer enough to maintain clean seas and beaches.

People of all ages and all abilities from across Angus and further afield are encouraged to go out and pick up at least 4 items from the shore. If people are unable to get to a beach then picking up roadside or riverside litter will prevent it from reaching the sea.

People are encouraged to Make it Safe and Make it Fun. To take responsibility for managing their own safety as most people do every time they walk out of their front door or enjoy time on a beach.

You can find more information **[here](#)**



# HEALTHCARE IMPROVEMENT SCOTLAND

## Opportunity to have your say on changes to NHS waiting times

As part of the current review of the Planned Care Waiting Times Guidance, Healthcare Improvement Scotland – Community Engagement has been asked by the Scottish Government to gather the views of people about proposed changes to waiting times policy. We will be having these conversations between mid-March and mid-April 2023.

Feedback will be used to help inform revised Guidance so that it is clear, accurate and up to date for Health Boards, patients and their families.

If you live in Tayside and are interested in taking part, please contact Karen and Denise at **[his.engagetayside@nhs.scot](mailto:his.engagetayside@nhs.scot)**.

We would love to hear from you.



## MS-UK

### Free MS awareness training

Are you a community-based professional or volunteer? Do you work in health or social care? Do you work for a charity, community voluntary organisation or social enterprise? Are you an employer looking to know more about multiple sclerosis (MS)?

We are hosting free MS awareness training sessions for you.

#### Upcoming dates:

- Wednesday 29th March (register **[here](#)**)
- Wednesday 24th May (register **[here](#)**)
- Wednesday 26th July (register **[here](#)**)





# ANGUS HEALTH AND SOCIAL CARE PARTNERSHIP

## Draft Strategic Commissioning Plan for 2023-2026

Angus Integration Joint Board (IJB) is developing a new Strategic Commissioning Plan (Plan) for 2023-2026. This plan will set out the vision of Angus IJB and our ambitions for the adult health and social care services, which are delegated by Angus Council and NHS Tayside to Angus Health and Social Care Partnership (HSCP).

We would like to hear your views on the draft Plan. To support this, please read the summary of the Plan and complete a short questionnaire. Your comments will help us to make final changes to the Plan and make it as comprehensive as it can be.

Access the summary of the Plan and the questionnaire **here**.

We are hosting online events to provide an opportunity to learn more about the Angus HSCP draft Strategic Commissioning Plan and ask questions.

### Public engagement events will take place on:

- Tuesday 21 March 10.00 am – 11.00 am
- Friday 24 March 2.00 pm – 3.00 pm

These events will take place via Microsoft Teams.

Please email **tay.angushscp@nhs.scot** to reserve a place, indicating your first and second choice as applicable. We will send you a link to the event making every effort to accommodate your first choice.

We are planning to visit a range of venues across Angus, where we will engage with members of the public, staff and other key stakeholders about the draft Plan.



**Adult Health and Social Care in Angus.**

**Tell us what you think of our plans for the future.**

Visit our website [www.angushscp.scot](http://www.angushscp.scot) for more information and how to access our survey.

The survey is available in different formats and languages. The questionnaire can be accessed by scanning this QR code.

Please contact [tay.angushscp@nhs.scot](mailto:tay.angushscp@nhs.scot) or call 01307 491796.

The closing date for responses is **Wednesday 29 March 2023.**



# SOCIAL ENTERPRISE SCOTLAND

## Engaging young people in Social Enterprises event

Want to engage more young people with your social enterprise?

Social Enterprise Scotland, with partners, Social Investment Scotland and Developing the Young Workforce (DYW) are hosting this event which will provide an overview of opportunities that can support your business engage directly with young people in your area.

Young People are increasingly seeking employers that share their values and offer them opportunities to make a difference. From schools-based engagement programmes to work experience and volunteering, the session will provide an overview of how you can engage young talent (including an outline on apprenticeships).

### Where and when?

Online event, Thursday 23rd March, 10am-11.15am

Book your free place [here](#)



## Employability in a Rural/Remote context event

Social Enterprise Scotland is partnering with TSEF (Third Sector Employability Forum) at this session to explore employability in a rural/remote setting.

3 social enterprises (Inspiralba, Works+ and Cothrom) will share their model of practice, the specific challenges in delivering effective employability outcomes in rural areas, what works for the people they support – and why employability and crucially employment creation is so important.

### Where and when?

Online event, Wednesday 29th March, 10am-11.15

Book your free place [here](#)





# NHS TAYSIDE WORKPLACE TEAM

## Looking After Your Wellbeing at Work training

'Looking After Your Wellbeing at Work' is an interactive free session, which is suitable for employees and managers.

We will explore wellbeing and the steps we can all take to improve our wellbeing at work. We will look at the things that affect our wellbeing and consider ways to build the resilience to cope with challenges and difficult situations we may face.

By sharing some useful tools, the session aims to provide attendees with the resources to take a more proactive approach to protecting their wellbeing.

### Where and when?

Wednesday 15th March from 9.30am-12pm at Arbroath Infirmary Board Room.

To book your space, please email your name, job role, phone number and employer to **[tay.hwl-workplaceprog@nhs.scot](mailto:tay.hwl-workplaceprog@nhs.scot)**



## Disability Confident Scheme Awareness Workshop

Do you want to recruit from a wider pool of talent and retain skills within your workforce, interested in how to develop inclusion and diversity within your workplace?

### Where and when?

Join us online via Microsoft Teams on Wednesday 22nd March from 10am-11am with Eileen Cunningham from the DWP to hear more about the free Disability Confident Scheme and how workplaces can get involved with this.

The Disability Confident scheme helps employers recruit and retain great people. It also helps identify those employers who are committed to inclusion and diversity in the workplace.

To book your free space please email your name, job role, phone number and employer to **[tay.hwl-workplaceprog@nhs.scot](mailto:tay.hwl-workplaceprog@nhs.scot)**



## SUBMITTING YOUR CONTENT

Would you like something added to our next bulletin? If so, send your submission to [Laura@voluntaryactionangus.org.uk](mailto:Laura@voluntaryactionangus.org.uk) by **5pm on Wednesday 22nd March.**

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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