

Voluntary Action Angus

Weekly Bulletin

7th April

Voluntary Action  **ANGUS**


Third Sector Interface



This weeks content covers:

Volunteer Friendly Award
Upcoming training and events
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

Are you looking for a fun-filled Friday afternoon?

Are you aged 15 to 25? Ever thought of becoming a volunteer? We have an opportunity for you!

We are looking for volunteers:

- Aged 15-25
- Free on Friday afternoons
- Patience, understanding and good communication skills

You will:

- Spend time with the residents of sheltered housing in Kirriemuir
- Have a cuppa and a cake
- Play bingo, board games, have a laugh and much more!

If interested, please call **01307 466113** or email **michelle@voluntaryactionangus.org.uk**



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:

- 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**.

Children's Mental Health and Wellbeing Funding Update

There has been a delay in launching the fund however it will be launched in next week's Voluntary Action Angus bulletin.

This fund will be open to all Third Sector organisations, please see below key points to note:

- This is non-continuation funding – for new projects only
- This is 12 months funding
- The maximum any organisation can apply for is £35,000.

Full details to follow in next weeks bulletin.



Breast Buddies Angus group update!

Our Arbroath Weekly Support Group is now every Monday from 9.30am-11am at Arbroath Maternity Unit, Rosemount Road, DD11 2AT.

We run regular support groups across Angus, open to parents with bumps/babies of any age. They are free, drop in, very informal sociable groups, no need to have breastfeeding challenges to come along, you are welcome to come and chat to other mums over a cuppy.

Find details on our Weekly Support groups **here**.

If you are looking for support on your feeding journey, please contact us at:
breastbuddies@voluntaryactionangus.org.uk



Volunteer Friendly Award

The Volunteer Friendly Award is a user-friendly quality standard to support, recognise and reward groups who are good at involving volunteers.



Many essential services in Scotland's communities are enhanced by volunteers. The Scottish Government recognises that volunteering matters and it's all about new experiences, feeling good and making a difference.

The Volunteer Friendly Award is a Scotland quality standard for volunteer programmes, managed by Volunteer Scotland and delivered through a local TSI/Volunteer Centre.

Voluntary Action Angus is a Volunteer Friendly Award Assessor and can support organisations to complete their application/portfolio. For further information email lenny@voluntaryactionangus.org.uk

What are the benefits?

- It's volunteer focused to ensure all volunteers have a great experience
 - It sets an achievable level for all volunteer programmes
 - It highlights and demonstrates good practice in volunteer management
 - It shows commitment and value to volunteers
 - It's a supportive development opportunity
- ...Plus much more!

You can find out more about the Volunteer Friendly Process and Guidance, the Standard, the award winning Centres, plus more **here**.



SOCIAL ENTERPRISE SCOTLAND

Collaborating to Support Net Zero Webinar

Following the Scottish Government's announcement to achieve Net Zero by 2045, the social enterprise sector produced a strategy for how it can support this ambition. This has garnered momentum with representatives from the wider Third Sector, coming together under the Climate Confident Scotland banner, to look at how collectively we can support this.

In partnership with CEIS and Interface, we'll explore how collaborating with academia could support your business activities around reducing carbon emissions, net zero ambitions and sustainability targets.

When?

Thursday 27th April from 11am-12pm

Register for the webinar [here](#)



TEALING PRIMARY SCHOOL

Tealing Garden Project volunteers wanted!

We are looking for volunteers who could contribute to the children starting a fruit and vegetable garden to allow the children to learn how to plant, watch, grow then produce soup, jams, etc for the community and possibly start a little garden shop enterprise!

Find more information on the opportunity [here](#).



VICTIM SUPPORT SCOTLAND

Join Victim Support Scotland in a volunteering role like no other!

As we recover from the Coronavirus pandemic, we are on the lookout for talented and committed people to help victims, witnesses and their families to move forward after a crime.

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



THE FOOD LIFE

Volunteer with us!

We are now holding regular sessions at Wandershiell, Brechin every Monday from 9.30am-1.30pm.

Feel free to bring along family and friends and also bring a packed lunch and a flask. We have indoor work and relaxation areas if it gets cold.

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



UKHARVEST

Money-saving, waste-preventing, cookery courses and tips!

We are a charity on a mission to Nourish Our Nation; protecting the environment by rescuing good quality food destined for landfill and educating on nutrition, cookery skills, reducing food waste in the home and our newly added cooking skills with energy efficiency in mind, using a microwave, slow cooker and air fryers. Visit our website **here** for more information.

We run free money-saving, waste preventing and online cookery sessions that could benefit you!

Full details of the sessions and more information can be found **here**.

Our next virtual Cook With Us session is on **Monday 24th April** from **2pm-4pm**.

Get your tickets **here**!



ALZHEIMER SCOTLAND

Read our latest Tayside spring newsletter

Read the Alzheimer Scotland Tayside spring newsletter **here**!



NHS TAYSIDE

Tayside Mental Health Improvement Training Programme



If you would like to know more about common mental health issues, there are a wide variety of training courses available which may be useful for you.

Find all of the information on the upcoming training sessions **here**.

You can book a place on the training sessions **here**.

For more information contact **tay.publicmentalhealthtraining@nhs.scot**

CARE ABOUT ANGUS

We are recruiting Community Support Workers in Angus

We are looking for staff who are kind, compassionate and caring to do some light housework, shopping and provide companionship to people across Angus who need this kind of support.

You must be able to drive anywhere within the Angus area and be willing to work flexibly to meet the needs of our growing client group. Hours will be negotiable to meet the needs of our clients but will not exceed 20 hours per week.

Find more information **here**.

If you are interested in joining our team and think you have the skills we are looking for please submit your CV to **info@careaboutangus.org.uk** and we will get back to you to chat our job opportunities through further.



FREE PERIOD ANGUS

Free Virtual Red Tent Event - Let's talk menopause

At this event we will be talking about the menopause and hearing from our guest speaker Gemma Blamire, The Women's Health Coach.

Our events are a safe space to talk or listen openly, respectfully and without judgement, conversations are confidential.

When?

Thursday 20th April from 7.30pm-9pm

Find more information and register for the event [here](#)

If you have any questions please contact us at communityplanning@angus.gov.uk



NHS TAYSIDE PUBLIC PARTNER NETWORK

Join the NHS Tayside Public Partner Network and have your say!

Are you interested in having a say on how NHS Tayside services are developed? Then the Public Partner Network might be for you!

We are looking for a wide range of people who have an interest in their health service to join NHS Tayside Public Partner Network.

You do not need to have specialist skills, knowledge or experience of healthcare. You can get involved in person, online, in writing or a mixture of all.

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



ANGUS WOMENS AID

Resilience Programme



The past couple of years have been hard to handle, for everyone, but in particular, young people.

AWARE is offering a 6 week Resilience Programme for young people in S1–S3; to learn some new skills, build on existing skills, building upon your resilience to reach your fullest potential.

Referrals are open for anyone to refer: e.g. – Young person, Parent/Carer and Professionals.

Please click **here** to refer or contact Bonnie for further details on **01241 439437** or email **bonnie@anguswomensaid.co.uk**

Join our Young Expert Group

Keen to volunteer and promote change in your community?
The Young Expert Group may be for you!

We are looking to work with young people to allow them to have a voice and be heard. Train up with us to deliver sessions to other young people on topics such as healthy relationships, domestic abuse and consent.

You will

- Learn about healthy relationships
- Meet new people
- Build on your confidence
- Participate in your local community
- Influence change
- ... and more!



For more information email **bonnie@anguswomensaid.co.uk**
or call **01241 439437**

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 April**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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