

Voluntary Action Angus

Weekly Bulletin

15th September




Third Sector Interface



This weeks content covers:

Bulletin Feedback Form
Rossfest 2023
New groups
Upcoming 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.

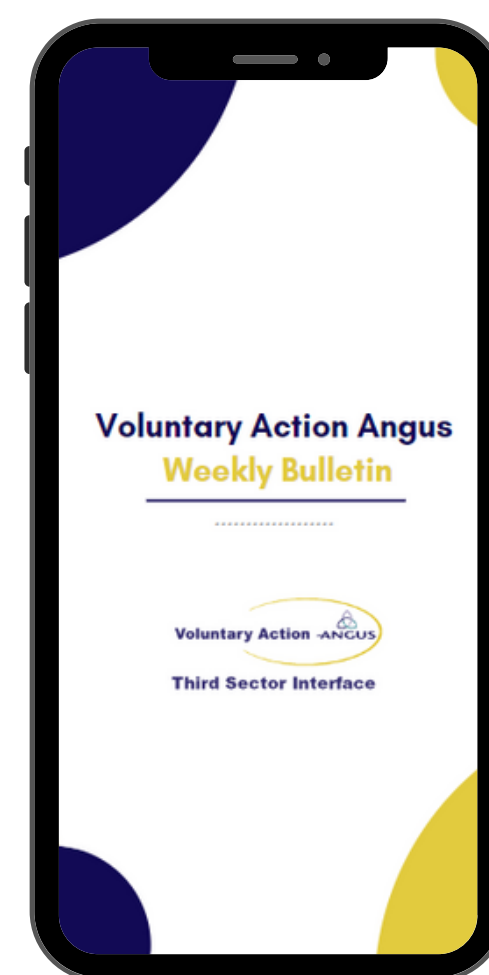


VOLUNTARY ACTION ANGUS

Do you have a few minutes spare to fill in our Bulletin Feedback Form?

Voluntary Action Angus are looking to make some improvements (if required) to our weekly bulletin and we would love to hear your anonymous feedback on its format.

Access the form **here**



Would you like to volunteer at our Social Cafes?

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

We are looking for volunteers:

- Age 15-25
- Free on Tuesday, Wednesday or Friday afternoons
- Patience, understanding and good communication skills

You will spend time with residents of sheltered housing:

- Kirriemuir – Fridays
- Arbroath – Tuesdays
- Forfar – Wednesdays

**Play bingo
board games
have a laugh
eat cake and
much more!**

If interested, please contact **Michelle@voluntaryactionangus.org.uk**
or call **01307 466113**

ANGUS THIRD SECTOR CHILDREN SERVICES FORUM

The Role of the 3rd Sector in Children & Families Services Event

Where and when?

Tuesday 24th October at Angus Carers Centre, 8 Grant Road, Arbroath
from 3pm–7pm

Are you an organisation that supports children and families in Angus?

Having a stall at our event allows you to:

- Network with other organisations providing services in Angus in a marketplace setting
- Have a chat with workers and professionals to find out what support is available

Sign up to have a stall for your organisation at the event **here**.

Are you a worker or professional who supports children and families in Angus?

The event provides an opportunity to:

- Learn more about what services are available in Angus
- The chance to meet and network with organisations providing services in a marketplace setting
- Have a chat and a cuppa with other workers

Sign up for the event as a worker or professional **here**.



SPORTING MEMORIES SCOTLAND



Daily programme of activities in Forfar!

Strathmore Community Rugby Trust, in partnership with Strathmore Cricket Club and Sporting Memories Scotland, have set up an initiative in Forfar to help promote activities for adults aged 50+.

They have identified partners and put together a daily programme of activities for local residents, providing the opportunity for adults aged 50+ to be more active and socially connected.

Find out what weekly activities are running in Forfar **here**.

ANGUS JOLLY DOLLIES

Social network for widows in Angus

Angus Jolly Dollies is a brand new support group for widows in Angus.

We are a local social group, which is part of a national organisation of women of all ages and stages.

If you are looking to get out and about, from a coffee catch-up to kayaking, we are up for all sorts of adventures!

To find out more and join, please email
contact@thejollydollies.com



BRITISH LIVER TRUST

Liver Health Awareness

Lesley Simpson has recently taken up a post with the British Liver Trust, as an Outreach Development Officer. Although based in Aberdeenshire, her remit is wide, and is particularly keen to make links in Angus.

The aim of her role is predominantly to raise awareness of liver disease and liver cancer, to promote the services we have to offer at the British Liver Trust for people living with and affected by liver disease, and to work with local providers and organisations to improve access to services on the ground.

Find out more about the British Liver Trust and how to contact Lesley **here**.



Understanding liver cancer: risk, surveillance and diagnosis webinar

Join this free webinar to find out more about the risk factors linked to liver cancer and the crucial significance of cirrhosis surveillance in the early detection of liver cancer.

The webinar, which will feature discussions from two experts and a patient, will also provide valuable insights into liver cancer diagnosis, treatment and care.

When?

Friday 12th October at 12pm

Find more information and apply **here**



WOMEN'S RAPE & SEXUAL ABUSE CENTRE DUNDEE & ANGUS

Join us at the WRASAC Angus office open day

The Women's Rape and Sexual Abuse Centre (WRASAC) are excited to announce that our 3rd office will be opening in Forfar on the 27th of September.

Come along to meet our staff and find out more about our services!

Sign up for session 1 at 38 Castle Street Forfar DD8 3AB from 10am-1pm **here**.

Sign up for session 2 at 38 Castle Street Forfar DD8 3AB from 1.30pm-4pm **here**.



Angus White Ribbon Steering Group

We are looking for men who would be interested in joining our Angus White Ribbon Steering Group.

The group has been created to help establish community leadership to stop violence against women, and help Angus Violence Against Women Partnership achieve White Ribbon status.

If you would like to join us please email **wrsteergroup@gmail.com**



TAYSIDE COUNCIL ON ALCOHOL

SMART Recovery Group in Angus



SMART (Self Management and Recovery Training) is a programme that provides tools for people who are struggling with any form of addiction.

The group supports participants to: Build motivation, cope with urges, manage thoughts and live a balanced lifestyle.

Where and when?

Every Monday at TCA office, 22–23 Catherine Street, Arbroath from 10am–12pm.

For more information about the group contact Sally, our group leader
sally.devery@alcoholtayside.com or call **07903 180087**

Volunteer needed in our The Crew Youth Group Angus

Supporting young people affected by substance use, disengaging from schools and or engaging in anti-social behaviour, we are looking for a volunteer who would be available from 4.30pm to 7.30pm to help with pick-ups, set up, clean up and drop offs.

Find more information and apply **here**.



CRUSE SCOTLAND

Bereavement Counsellor Volunteer wanted

We are looking for volunteer bereavement counsellors to help people overcome obstacles to wellbeing and find ways forward through the challenges that life can bring when dealing with a bereavement.

Find more information and apply **here**.



We are looking for helpline volunteers

Cruse Scotland Bereavement Support are seeking enthusiastic and compassionate volunteers to answer telephone calls to their National Helpline.

Find more information and apply **here**.



FORFAR COMMUNITY FOOTBALL TRUST

Volunteer Coach opportunity available!

Forfar Community Football Trust are searching for enthusiastic volunteer coaches to work with our 2010's and 2012 teams.

We require individuals with enthusiasm and willingness to engage and develop our players.

Find more information and apply **here**



SUSTAINABLE KIRRIEMUIR

Kirrie Dumplings Volunteer

Are you interested in learning more about outdoor and play based early years practice? Would you like to support learning through the landscape?

We have an opportunity for you!

We are looking for volunteers to help support our weekly outdoor tots sessions held at the community garden each Friday.

Find more information and apply **here**.



PROTECTING PEOPLE ANGUS

Writing Safeguarding Policy & Procedures information session

Anyone with a leadership role within a charity, community group or social enterprise, looking for more information on developing safeguarding policies and procedures are welcome to this information session.

This session is NOT child or adult protection training.

Where and when?

Wednesday 27th September from 9.30am-11am at
Angus House, Forfar

Find further information and sign up for the session [here](#).



REACH ACROSS

Rossfest 2023

For Suicide Awareness Week, we are planning Rossfest!

Where and when?

Arbroath United Cricket Club on Sunday the 17th of
September from 11am-4pm.

There will be:

- Lots of live acts
- Loads for the kiddies
- Stalls
- Bar

...Many more surprises

Please come down and support our cause and
have a fun filled day!



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 20th September.**

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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