

Voluntary Action Angus

Weekly Bulletin

22nd September




Third Sector Interface



This weeks content covers:

Bulletin Feedback Form
Office space for rent
Older People's Week 2023
Upcoming events
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.

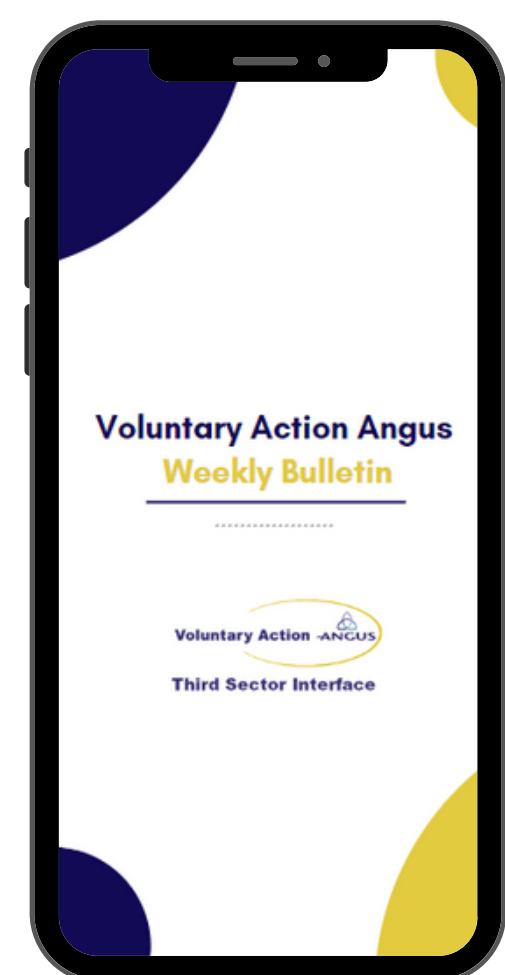


VOLUNTARY ACTION ANGUS

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**



Serviced office space available for a Third Sector organisation/ community group to rent

We have a serviced office space available for a Third Sector organisation/ community group to rent. This space is situated on the first floor of Angus Third Sector Centre at The Cross, Forfar.

Any equipment in the photographs are not included but some of the furniture may be.

The room has access to:

- Kitchen facilities
- Toilets
- Parking
- Wifi

View photographs of the room **here**.

For more information and to enquire, email **info@voluntaryactionangus.org.uk**



Breast Buddies Angus Infant Feeding Antenatal Classes for Angus families

Join Breast Buddies Angus free, virtual, infant feeding antenatal class delivered to you at home!

When?

Every 2nd Wednesday of each month from 10am-12pm

Next date:

11 October 2023

For more information and to book a place, email breastbuddies@voluntaryactionangus.org.uk



VIBRANT COMMUNITIES

Maths Week 2023

The Arbroath learning shop is launching it's new numeracy hub!

Come along to see the centre, chat with staff and learners to find out about everyday numeracy, developing learning plans and qualifications on offer.

Where and when?

Pop in on Thursday 28 September between 2pm-4pm upstairs at Arbroath Library, Hill Terrace, Arbroath

Open to all!

For more information please contact **01241 465299** or email BsCommunities@angus.gov.uk



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**.



MACMILLAN CANCER SUPPORT



Tayside Macmillan Improving the Cancer Journey - get the support you need

We help anyone affected by cancer. This includes when you have cancer and when you care for someone with cancer. Whether it's financial, emotional or practical concerns we are here for you.

Our link workers in Angus, Dundee and Perth & Kinross will listen to your concerns and find out what matters to you. We can discuss your options together and guide you towards the support you need.

For more information or to arrange an appointment call **01382 433 340** or email **improving.cancerjourney@dundeecity.gov.uk**

AGE CONCERN ARBROATH

Older People's Week 2023

Age Concern Arbroath is pleased to announce the following events will be taking place during the week commencing Monday October 2nd to Friday October 6th.

- Afternoon Tea parties for over 70's on Monday and Thursday from 2-4pm, at the Royal British Legion Scotland, Helen Street, Arbroath
- A concert with James Hutcheson & Friends at the Old & Abbey Church hall on Friday 6th starting at 6.30pm.

For further information or if you would like to join us during this special week, phone Ann Birse on **01241 875874**



DUNDEE AND ANGUS COLLEGE

Free data skills workshops

We have joined forces with The Data Lab and Equate Scotland to offer free 3.5-day workshops for people of all backgrounds and skill levels who are interested in pursuing a career in data.

The workshops cover:

- A chance to upskill or reskill in data
- Discover the power of data
- Get practical skills and knowledge
- Gain an industry-recognised certificate
- Support in advancing a career in data



The workshops are running monthly during the day (10am – 4pm) at our Gardyne Campus in Dundee until January 2024.

Find out more and sign up to secure your free space **here**.

ANGUSALIVE

Recruitment Meet and Greet events

ANGUSalive's Sport & Leisure service are hosting a volunteering and recruitment event on Wednesday 27 September at Forfar Community Campus.

During these events there will be an opportunity to:

- Gain an insight into sport and leisure facilities and programmes taking place
- Meet our ANGUSalive Sport and Leisure Team
- Hear about our volunteering and employment opportunities across our operational teams, junior programmes, swimming lessons, long term condition programmes and more

Find more information and sign up **here**.



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**

SCOTMID

Community Grant

Scotmid's Community Grant scheme helps deserving causes across Scotland. Since 2012, we have supported hundreds of projects which have touched the lives of people living in the communities we serve. Chances are one of them was in your own community! The maximum amount available for a Community Grant is £500.

Read the Grant Selection Criteria [here](#)

Apply [here](#)



FRIOCKHEIM PARK

Kids activities volunteers needed!

Friockheim Park are looking for volunteers to help out during the Angus October school holidays as part of the Angus Council October Holiday Programme sessions that we are running.

Find more information and apply **here**.



Can you help plant trees in and around Friockheim?

Friockheim Park have received trees from The Woodland Trust and we are looking for volunteers to help plant them in and around Friockheim.

Planting will take place between November 2023 and March 2024.

Find more information and apply **here**.



THE ARCHIE FOUNDATION

Knitted square volunteers wanted!

The Archie Foundation has had a donation of little knitted squares and are looking for volunteers to sew or crochet them up into baby blankets.

The blankets will then be put in 'Welcome to the World' bags and given to babies born in Tayside.

Find more information and apply [here](#).



NHS TAYSIDE

Angus Specialist Palliative Care Services volunteers needed

Angus Specialist Palliative Care Services are looking for volunteers to support their services at different locations throughout Angus.

Current volunteering roles include:

- Gardening Volunteer
- Hand & Nail Therapy Volunteer
- Arts/Craft Volunteer

Find more information and apply [here](#).



LINKING LIVES UK

Free Good Conversation Training - limited offer

Good Conversations' is an introductory training session for volunteers and workers whose role includes hosting conversations in community settings such as community cafes, lunch clubs or community drop-in centres.

Benefits of the training to volunteers include:

- Improves confidence in your volunteer role
- Equips you with new knowledge and skills (that you can use in other situations as well as your volunteer role)
- Highlights some unhelpful things most of us tend to do in conversation, and how to avoid them
- Reduces personal risk
- Enables you to see enhanced benefit to your guests/service users, and to know you have made a difference

Benefits of the training to organisations include:

- Demonstrates commitment to volunteers
- Enhances delivery of organisation's aims
- Improves volunteer motivation
- Demonstrates positive steps to reduce risk factors to volunteers, beneficiaries and the organisation (safeguarding)
- Increases engagement with beneficiaries and the community
- May lead to enhanced procedures and practices, and/or volunteers' commitment to those already in place

Find out more and sign up **here**.



SOCIAL ENTERPRISE ACADEMY

Understanding Social Enterprise - online CPD

This workshop offers an introduction to this dynamic business model and a chance to explore how Social Enterprise Schools delivers a transformational learning experience to young people from 3-18. Discover how embedding a pupil-led social enterprise within your education setting enables young people to develop skills and apply their insight to tackle the issues that matter to them.

It is open to all practitioners working with young people from 3-18 in the east of Scotland who are keen to develop an understanding of social enterprise and how it can be applied in education contexts.

When?

27th September from 4pm-5.30pm

For more information and to book a place, please email lewisscott@socialenterprise.academy



NHS PUBLIC PARTNER NETWORK

Would you like to have a say on how local NHS services are developed?

The Public Partner Network is made up of members of the public who have an interest in health and health related issues who give freely and willingly of their time to work in partnership with NHS Tayside. They do not need to have specialist skills, knowledge or experience of health care.

Joining the Public Partner Network gives you the opportunity to give your views and opinions to influence decision making.

Find more information and how to apply [here](#).



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 27th September.**

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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