

Voluntary Action Angus

Weekly Bulletin

29th September




Third Sector Interface



This weeks content covers:

Challenge Poverty Week
Office space for rent
Angus Cycle Hub free bike project
Funding
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

Communities Mental Health and Wellbeing Fund Year 3 now live!

We are delighted to announce that the Communities Mental Health and Wellbeing Fund year 3 is now live. This fund is being facilitated and distributed through Voluntary Action Angus in partnership with Scottish Government.

Find the full fund guidelines and application form **here**.

Closing date for applicants for this fund is **14th December 2023 12 noon**.

Most queries should be covered in the fund guidance however if you do have questions, email – **MHWBapplications@voluntaryactionangus.org.uk**



Would Carnoustie benefit from a Companion Support Programme?

What is the Travelling Companions' pilot programme?

There are many people in our community who may be feeling lonely or struggling to get out and about. The Travelling Companions' pilot programme will see a Volunteer Companion support someone in the community, to help them get out and about.

Why are Companions' services so important?

It allows those who need support to be a part of the local community, gain confidence, explore local social groups, walk around their town and meet new people/ make friends

Would you benefit from a Companion?

If you would benefit from this service, we would like to hear from you.

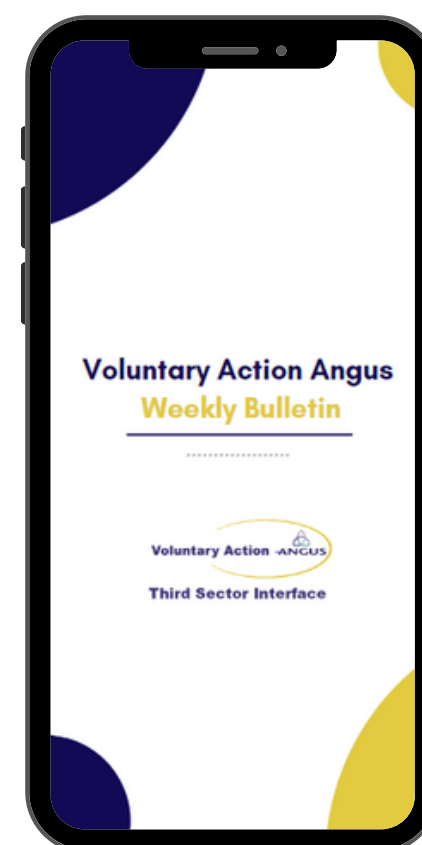
Access the form **here**.



Last chance to have your say on the format of our weekly Bulletin!

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**



Challenge Poverty Week 2023

Next week, 2nd-8th October is Challenge Poverty Week, a Scotland-wide campaign led by the Poverty Alliance. It is designed to raise awareness that poverty exists in Scotland and restricts people's ability to take part in society.



**CHALLENGE
POVERTY
WEEK**

Voluntary Action Angus are getting involved by continuing to tackle the public health challenges of poverty and inequalities which have significant impact on well being, people and communities.

Our Locality Workers will be holding some drop in sessions throughout the week, feel free to pop along and have a chat, they are here to support you and all things community related.

- View the Carnoustie drop ins **here**
- View the Brechin/ Montrose drops ins **here**
- View the Arbroath drops ins **here**

Our Social Prescribers are based in GP Surgeries, across Angus and are here to support you with social isolation, emotional wellbeing, healthy lifestyle choices, getting out and about, long term health conditions and more.

Find your local Social Prescriber and their contact details **here**.

Alternatively, email **info@voluntaryactionangus.org.uk** or call **01307 466113**

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**



ARBROATH COPD SUPPORT GROUP

**Are you aware of the Arbroath COPD
Support Group?**

Formed 20 years ago to assist people who had been diagnosed with COPD and had attended the Pulmonary Rehabilitation Course, the group is now meeting at Lodge St Thomas Masonic Hall, 30-32 West Newgate in Arbroath on the 1st & 3rd Friday of each month between 1.30pm and 3.30pm from January to December inclusive.

We provide a central meeting point for people from across Angus who have COPD, along with information, support, and a seated exercise programme. You might even get to go on a trip or two!

If you would like to know more, please contact Maureen on **01241 830592**.

ANGUS COMMUNITY PLANNING PARTNERSHIP

Addressing Child Poverty and Inequalities - a Whole Systems Approach Event

You are invited to a multi-sector workshop event organised and facilitated by the Angus Our Bright Futures Working Group (formerly Child Poverty Group), including NHS Tayside's Public Health Directorate.

This is a must attend event for all individuals, teams, services, organisations or groups who work alongside, support and are interested in addressing poverty and health & social inequalities in infants, children, young people and families across Angus.

Where and when?

Thursday 26 October at the Reid Hall, Forfar from 9.15am to 12.30pm
(the first in a series of events over the next 12 months)

This workshop will include:

- Presentations and data on health and wellbeing inequalities in Angus (what the data tells us about the current situation).
- Interactive group activities to build a clearer picture of the local causes of health inequalities (what is the reality of the current situation).
- Examples of resources and tools that can help us understand and account for the complexity of addressing poverty and health inequalities (what can we do to improve our understanding).
- Mapping & visualisation to highlight the strengths and assets within Angus – current health and wellbeing related programmes, interventions, projects, services and policies
- Co-creation of collated 'causal maps' of health issues, specific to Angus.

Find out more information and secure your place **here**.



ANGUS INDEPENDENT ADVOCACY

Citizens Advocacy Project drop in session

Come along and join us to find out about our citizen advocacy project. Whether you are a professional or a member of the public who wants to learn more about our work, or want to find out how you can become a Citizen Advocate Volunteer, you are welcome to come along!

Where and when?

Wednesday 18th October from 9.30am-11.30am
at 69 High Street, Arbroath DD11 1AN

For more information, email
enquiries@angusindadvocacy.org



CYRENIANS SCOTTISH CENTRE FOR CONFLICT RESOLUTION

Ripples...The Power of You - October 2023

Cyrenians Scottish Centre for Conflict Resolution (SCCR) invites you to our month-long, digital Online Conference of free events this October! 'Ripples... The Power of You' features talks, workshops and Q&A's hosted by highly regarded speakers in their field who will talk from their heart with great knowledge and experience.

View the confirmed events and sign up **here**.

We'll be releasing more events and speakers over the coming weeks.

Further details can be found on our dedicated conference page **here** which will be updated weekly with new events.



ANGUS CYCLE HUB

Free Bike Project



We currently have two projects for people to apply for free bikes: free kids bikes (ages 5–17) and free adult bikes (18+).

Eligibility criteria:

Kids:

- Children facing barriers relating to cost and wider life challenges
- Young carers and care experienced young people
- Those who cannot meet the cost or families are in receipt of benefits

Adults:

- Within postcodes in Scottish Index of Multiple Deprivation (SIMD) deciles 1–3
- Adults who are care experienced, are in care, or support others in care
- Adults who have rural access issues
- Adults who come from low-income households (less than £20k per annum for a household)
- Key workers (health and social care workers, education, key public services, local and national government, food and necessary goods, public safety and national security, transport, utilities/communications and national services etc.)

If you are interested in applying for a bike, please email Voluntary Action Angus at **info@voluntaryactionangus.org.uk** as a local referring partner in Angus.

We will follow up by letting you know you've been referred and we'll organise a bike, helmet, lock and lights for delivery in the near future.

TAYSIDE CANCER SUPPORT

Befriender volunteers wanted

Tayside Cancer Support offers a free, confidential, one-to-one befriending service for those affected by cancer in Tayside and the surrounding area.

We are looking for Befrienders:

- No experience necessary, all training and supervision is provided
- You can communicate with your client either on the phone or in person
- The commitment is a minimum 1 hour a month
- A good listening ear!

Find more information and apply [here](#)



We are looking for support volunteers

Our volunteers are the key to the Charity's success. Everyone has skills that can be put to good use!

Tayside Cancer Support are looking for volunteers who would like to get involved with our fundraising activities and events, hospital visits or within our drop in support groups, we would love to have a chat with you.

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



ANGUS TALKING NEWSPAPER ASSOCIATION

IT Support Volunteer needed

Angus Talking Newspaper Association produce a monthly CD of recorded news from local press which is distributed to members who have visual impairments.

We are looking for an IT Support Volunteer who can use a laptop and can spare approximately 3 hours once a month on the second Monday of the month.

Find more information and apply **here**.



TAYSIDE COUNCIL ON ALCOHOL

Mentor/Resource Worker, Mentoring for Men service vacancy

We are looking for a Mentor/Resource Worker to work at our TCA Office in Perth and to cover Perthshire.

As a Mentor/Resource Worker, you will be responsible for implementing a range of interventions and support measures as part of an integrated package of social support. The support service is specifically designed to address the complex needs of men who are involved in the Community Justice System.

Read the job description, person specification and apply on the TCA Website **here**.



ANGUS COUNCIL

Angus UKSPF Third Sector Challenge Fund - People and Skills

Utilising funding from the UK Government's UK Shared Prosperity Fund (UKSPF), eligible organisations across Angus are invited to submit stage 1 expressions of interest for a one-off grant to deliver projects aligned with the UKSPF People and Skills Priority Objectives.

Proposals for this fund are being asked to deliver projects which provide:

Employment support for economically inactive people. Intensive and wraparound one-to-one support to move people closer towards mainstream provision and employment, supplemented by additional and/or specialist life and basic skills (digital, English, maths and ESOL) support where there are local provision gaps.

This provision can include projects promoting the importance of work to help people to live healthier and more independent lives, alongside building future financial resilience and wellbeing.

For further information and to register your interest please click **here**.

Deadline for submissions is noon on **Thursday 5th October**.

Email **procurement@angus.gov.uk** for support



VOLUNTEERING MATTERS

Action Earth is now open for 2023 applications!

We are currently living in a global climate emergency and biodiversity crisis. In Scotland, we need to change how we view and use the world around us. A nature-rich future is our best response.

In 2023 Volunteering Matters Action Earth will be offering grants to help urban communities to respond to our nature and climate crises. Funded by NatureScot, these nature grants support volunteers of all ages, backgrounds and abilities in practical outdoor activities in Scotland's cities, towns and villages.

Any group of volunteers in urban areas are able to apply for Volunteering Matters Action Earth nature grants of between £50 and £250 to run environmental activities in Scotland's green spaces in built-up places and centres of population and their surroundings.

Find more information and apply **here**.



THE FAT BEEHIVE FOUNDATION

Funding available

The Fat Beehive Foundation is an independent UK registered charity that provides small grants for websites and digital products to other small UK registered charities.

We can only support a limited amount of projects, based on the funding available for distribution in any given year.

Our funding priorities this year:

- Equality and Diversity - (Closes Friday 29th September 2023)
- Art & culture (Closes Friday 5th January 2024)
- Social Justice / Refugees / Housing - (Closes Friday 29th March 2024)
- Education (Closes Friday 28th June 2024)

Find more information and 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 4th October**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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