

Voluntary Action Angus

Weekly Bulletin

6th October




Third Sector Interface



This weeks content covers:

World Mental Health Day
Employability Support Drop In's
Office space for rent
Free music workshops
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**.



Serviced office space available for 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



VIBRANT COMMUNITIES

Angus Community Development Conference

The first Angus Community Development Conference will take place at **9.30am** on **Wednesday 25th October** at the **Reid Hall, Forfar**.

This is a free event that is open to all Community groups and organisations within Angus to share, learn, and network with other delegates.

A range of speakers will showcase exemplary ideas, highlight support and funding guidance and will inspire you to take your project to the next level, whether it is getting your project off the ground or taking ownership of land or buildings that will lead to inspirational community-led projects.

Book your place place [here](#).

For further information, email CommEngagement@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–5pm and 5pm–7pm

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

There are limited tickets left, don't miss out!

Sign up for session 1, 3pm–5pm **here**.

Sign up for session 2, 5pm–7pm **here**.



PENUMBRA

World Mental Health Day event

World Mental Health Day is on Tuesday 10 October 2023. To highlight the day, we are running an event in collaboration with Arbroath Medical Centre and Voluntary Action Angus.

Where and when?

Thursday 12 October from 10am-12pm at
Arbroath Medical Centre, 7 Hill Place, Arbroath

Come along for a chat and find out how you can support your own mental health in Angus.



DD8 MUSIC

Come along to our free music workshops!

Come and join us for a jam! Meet new people, make friends and make music together!

All skill levels are welcome.

Where and when?

Tuesdays - Arbroath - Learner and Community Engagement, Arbroath Campus, D&A College from 12pm-1.30pm

Wednesdays - Montrose - St. Mary & St. Peters Church from 11am-1pm

Thursdays - Forfar - East and Old Church from 10am-12pm

For further information email davidf@dd8music.com or call **07521 422995**

We supply instruments and amps but feel free to bring your own.



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



ANGUSALIVE

New Health Walk at Brechin Community Campus!

Come along to Angusalive Sport & Leisures' new Health Walk at Brechin Community Campus on 3rd Wednesday of the month at 2pm.

They are short, free and led by trained leaders

Upcoming date:

- Wednesday 18th October
- Wednesday 15th November
- Wednesday 20th December



For more information email **BeActiveLiveWell@angusalive.scot**

ANGUS COUNCIL

Monthly Employability Support Drop In's

Are you a resident in Angus and looking to progress into employment, education or training?

Come along to speak to Bobbi at our drop-in sessions in Angus. Our Employability Keyworkers can offer support and guidance for your journey, including CV building job application support, interview preparation and guidance.

When and where?

Forfar: East and Old Chuch, DD8 2EG from 1pm–3pm on Wednesday 4 October, Wednesday 1 November and Wednesday 29 November

Montrose: Montrose Playhouse (The Reel Bar), DD10 8NN from 1pm–3pm on Wednesday 22nd November and Wednesday 20 December

Brechin: Brechin Buccaneers DD9 7BJ from 1pm–3pm on Wednesday 11 October, Wednesday 8 November and Wednesday 6 December

Arbroath: Round O 5 O, Abbot Street Lounge, Barbers Croft, Arbroath from 1pm–3pm on Wednesday 18 October, Wednesday 15 November and Wednesday 13 December

If you are interested and wish to book a slot or simply looking for more information, contact Bobbi at mortimerb@angus.gov.uk or call **07775 005726**.



SAM'S WELLBEING ON WHEELS



The Angus Wellbeing on Wheels project is concluding

Our Angus Wellbeing on Wheels project will be concluding on **Tuesday 31st October 2023**. The funding for Angus Wellbeing on Wheels project concludes at this time, following an extended period of provision in the Angus area.

The project has been successful in engaging with citizens due to the support of the Angus community, Co-op, Stagecoach, statutory and voluntary partners. The ability of Wellbeing on Wheels to be part of the community and to be purposeful in supporting citizens was achieved through the amazing peer support approaches that were progressed on board.

The Wellbeing on Wheels team would welcome the opportunity of sharing thanks and gratitude for all the support, encouragement and support offered.

ALZHEIMER SCOTLAND

What's on October - Angus groups

The Alzheimer Scotland Angus community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

Find out what's on at the Alzheimer Scotland Angus groups throughout October **here**.



GET GROWING SCOTLAND

Start growing your own food today!

So many of us are interested in growing some of our own food; the multiple health, social and environmental benefits are now undisputed we just need so much more of it. Growing on any scale can build good connections with food, nature and each other.

Get Growing Scotland helps community groups and people to grow food by providing inspiration, advice, connections and support.

Find more information **here**.



JOCK NEISH SCOUTING CENTRE

General Maintenance Volunteer needed

The Jock Neish Scouting Centre is looking for a volunteer to undertake general maintenance duties around the site, joining a small team on Wednesday mornings from around 9am until lunch time.

Find more information and apply **here**.



ST ANDREW'S FIRST AID

First Aid volunteers wanted!

St Andrew's First Aid are currently recruiting First Aid volunteers in Dundee and Angus to attend a wide range of national and local events, where your skills, knowledge and experience may be required to help someone and may even save their life.

Find more information and apply **here**.



FORFAR COMMUNITY FOOTBALL TRUST

Volunteer with us!

Forfar Community Football Trust are looking for a Volunteer Coach and Manager to help with our new 2013 football team that will participate in the DDYFA league next year.

Find more information and apply **here**.



ROYAL BRITISH LEGION SCOTLAND

Do you have some spare time to support us?

The Forfar Royal British Legion are looking for volunteers to get involved with the branch and club committee to support with activities such as the community cafe, veterans breakfast, coffee mornings, funeral teas and more.

Find out more and apply **here**.



STRATHMORE COMMUNITY RUGBY TRUST

**We are looking for a Sporting
Memories Volunteer**

Are you interested in sports and working with older adults? Strathmore Community Rugby Trust might have a volunteering opportunity for you!

We are looking for volunteers to support a wide range of people aged 50+, to help reduce isolation, improve their mental wellbeing and more.

Find out more and apply **here**.



TURNING POINT SCOTLAND

Join our team!

Do you have a passion for helping vulnerable people enjoy as much fulfilment as they can and feel included in their community?

If compassion, care and inclusiveness are an important part of who you are, our opportunities to work away from the routine in a demanding, challenging but emotionally rewarding role could be for you.

We are looking for a Lead Practitioner – Female only* based at our Angus Support Service.

Find more information and apply **here**.



ANGUS CITIZENS ADVICE BUREAU

We are looking for a Debt Adviser

We are looking for a highly motivated person to join our Debt Advice team in the Bureau, to support the Senior Debt Adviser in managing the caseload of Debt clients, providing vital support to people in the Angus community.

Find more information and apply **here**.

Application closing date **16th October**.



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 **Monday 16th October at 5pm**.

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



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 11th October**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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