

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*13th October*




**Third Sector Interface**



This weeks content covers:

**New Angus Community Cafe!**  
**Office space for rent**  
**Upcoming workshops and training**  
**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](mailto: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 [here](#).

For further information, email [CommEngagement@angus.gov.uk](mailto:CommEngagement@angus.gov.uk)





# 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 get involved **here**.



## SOCIAL SECURITY SCOTLAND

### **Child Disability Payment to Adult Disability Payment – Client Journey, Stakeholder Events**

Since Autumn 2022, some young people in receipt of Child Disability Payment have started the application process to move to Adult Disability Payment.

New regulations to support this client journey commence on the 20 November and Social Security Scotland will be hosting a series of events to make sure you and the people you support have all the relevant information about the application process and new regulations.

#### **Upcoming online events:**

- Tuesday 7th November 10am– 11:30am – sign up **here**
- Thursday 16th November 2pm – 3.30pm – sign up **here**

For further information or if you have questions about this event, please contact National Engagement and Partnership Team at:  
**[nationalengagementandpartnershipteam@socialsecurity.gov.scot](mailto:nationalengagementandpartnershipteam@socialsecurity.gov.scot)**





# 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**.





# ANGUS INTERNATIONAL COMMUNITY CAFÉ

## New Angus International Community Café!



Come along to the new Angus International Community Café for a chat with others in the local community. Practice your basic English language skills with others and find out about services and local activities.

### Where and when?

Every Friday starting on 20th October between 12pm and 2pm at The Abbot Street Lounge, Round O Five O, 16 Barbers Croft, Arbroath.

Everyone is welcome!

For more information, email [communitycafe.23international@gmail.com](mailto:communitycafe.23international@gmail.com)

## BRECHIN AND DISTRICT U3A

**We are looking for new members!**

The U3A Movement is a non-religious and non-political organisation. We run many interest groups and it would be a pleasure to see and welcome you.

### Where and when?

Brechin City Hall on the fourth Tuesday of the month at 2pm.

### Upcoming meetings:

- Tuesday 17th October – Helen Fleming on “Restoration of Gloria”
- Tuesday 24th October – Gavin Durston from Thrums Vets on “A Vets life”
- Tuesday 21st November – Wayne Pearce on “Churches of Angus”



Contact Pete Stanton on **07446 976465** or email [peterastanton@btinternet.com](mailto:peterastanton@btinternet.com)



# ANGUSALIVE

**We have new volunteering opportunities to support our Group Fitness programme!**

ANGUSalive has a vast Group Fitness programme which runs across our 7 facilities. The programme consists of world wide fitness classes created by Les Mills, Kettlebells, Yoga, aqua and much more. You would work with one of our experienced group fitness instructors to increase your knowledge in group fitness.

**Find more information:**

Group Fitness Assistant Coach Volunteer **here**

Group Fitness Programming Assistant Volunteer **here**



## **Membership Assistant Volunteer wanted!**

ANGUSalive has a an ever growing membership base across our 7 facilities. The membership offering consists of world wide fitness classes created by Les Mills, Kettlebells, Yoga, aqua and much more.

**This opportunity involves:**

- Monitor membership sales over all 7 sites via our membership tracker
- Download weekly membership reports and update spreadsheet
- Creation of membership promotions

Find more information and apply **here**.



# MONIFIETH BEFRIENDING

## Volunteer Befrienders wanted!

Are you looking for a volunteering role in your community? We are looking for men and women 18+ to visit elderly people in Monifieth!

### The main duties of the volunteer Befriender are:

- To build up a relationship
- To establish and maintain appropriate boundaries to the befriending relationship
- To be aware of and work within the organisational framework
- To spend time/share activities with their Friend

Find more information and apply **here**.



# CHEST HEART AND STROKE SCOTLAND (CHSS)

## We are looking for a CHSS Community Connector in Angus

As a CHSS Community Connector you can support CHSS any time or anywhere, giving as much or as little time to the tasks as you wish. As long as you have access to a smartphone, tablet or computer you can get involved to ensure No Life is Half Lived.

Find more information and apply **here**.





# 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**.





# CAMPAIGN FOR LEARNING

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## **Inclusive family financial education: funded workshop**

This free 90-minute workshop for practitioners working with families offers a new inclusive family approach to learning about money. The approach supports children aged 3-7 with a focus on diverse needs, including autism spectrum disorders and social, emotional and behavioural difficulties.

The training is funded by the Money and Pensions Service and delivered by Campaign for Learning.

Find out more and book your funded place **here**.



# ANGUS ALCOHOL AND DRUGS PARTNERSHIP

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## **Breaking Free Online Training**

Breaking Free Online (BFO) is a confidential, evidence-based digital treatment and recovery programme for people experiencing problems with alcohol and/or drugs.

Do you want to support someone through your work, a family member or friend to use the Breaking Free Online resources? Then come along to the BFO information session where you can build your confidence to support someone else to use the resource.

Find further information on BFO **here**.

The next training session is on **Wednesday 18 October**

Sign up **here**.



# THE YOUNG WOMEN'S MOVEMENT



## Brave Lassies Blether Launch event

Brave Lassies Blether is a youth led campaign on healthy relationships and accessing support services delivered as part of the Young Women Know project by The Young Women's Movement and NSPCC Scotland in partnership with Angus Council.

### Where and when?

The campaign launches with an event in Montrose at Montrose Football Club, 11 Wellington Street on Thursday 19 October starting at 4pm.

We are really hoping to see as many people from across Angus and surrounding there as possible – and are particularly keen to engage professionals working with school-aged young people.

Sign up **here**.



## LIVER CANCER UK

### Liver Cancer Awareness month

October is Liver Cancer Awareness month and Liver Cancer UK (part of British Liver Trust) have several activities planned and we need you!

Find out more information and how you can get involved **here**.

Lesley, Outreach Development Officer for the area is particularly keen to hear from anyone who would like to organise a coffee morning and/or any businesses or organisations who can light up their building.

Please contact **Lesley.simpson@britishlivertrust.org.uk**

## SUBMITTING YOUR CONTENT

Would you like something added to next weeks bulletin? If so, send your submission to [Laura@voluntaryactionangus.org.uk](mailto:Laura@voluntaryactionangus.org.uk) by **5pm on Wednesday 18th October.**

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

## FIND US ON:



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