

Voluntary Action Angus

Weekly Bulletin

12th January




Third Sector Interface



This weeks content covers:

Youth volunteering celebration video!
Lifestyle Management Course
Upcoming training and webinars
The Wellbeing Bite and Blether
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

Angus Youth Volunteering and Saltire Awards celebration video!

Voluntary Action Angus is shining a light on young volunteers in Angus and celebrating the Saltire Awards they have achieved over the last 3 years!

Over the last few years, we have seen an increase in the number of new volunteers signing up for Saltire, as well as a rise in the hours they are putting in to volunteering and the awards they have achieved.

We have been speaking with some of the young achievers to hear why they volunteer, what the benefits are and why they would encourage others to sign up to the Saltire Awards.

Find more information and watch the video [here](#).



Calling all Angus Shedders!

Are you actively involved in Men's Shed or thinking about starting one?

Come along to our round table discussion to share good news stories, discuss concerns, network with other local sheds and help build your sheds capacity!

Where and when?

Voluntary Action Angus, 5-7 The Cross, Forfar on Thursday 1 February 2024 from 10am-12pm

Find out more about Men's Shed [here](#).

If you're interested in attending or for further information, contact our Locality Worker, Colleen on **07857 618030** or email colleen@voluntaryactionangus.org.uk





Lifestyle Management Course

Are you stressed, struggling to cope or living with a long term health condition? Voluntary Action Angus's Lifestyle Management course could help you learn techniques that will reduce stress and give you the tools you need to manage better and live well.

The groups are lead by trained facilitators employed by Voluntary Action Angus.

Where and when?

The first block of classes start on Wednesday 7th February. They will run for 10 weeks from 10am-1pm at Voluntary Action Angus, 5-7 The Cross, Forfar.

10 weekly group sessions:

Week 1: Getting started, Week 2: Sleep, Week 3: The effects of stress and benefits of relaxation, Week 4: Pacing and energy management , Week 5: Getting active and motivated, Week 6: Pacing and prioritising what's important, Week 7: Communication skills, Week 8: The mind-body connection, Week 9: Preventing, minimising and recovering from relapse, Week 10: Reflection and forward planning.

For more information or to book your place, please call **01307 466113** or email **info@voluntaryactionangus.org.uk**

ARBROATH HEALTHY LIVING INITIATIVE

The Wellbeing Bite and Blether

The Wellbeing Bite and Blether is now in the Round O Five O Lounge Barbers Croft, Arbroath open to everyone.

When?

Every Tuesday between 11.30am-1.30pm

What's on?

Wellbeing activities, help with digital skills, bite to eat and a blether!

For more information contact **arbroathhli@gmail.com**



ANGUS COMMUNITY PLANNING PARTNERSHIP

Addressing child poverty and inequalities - a Whole Systems Approach to Health & Wellbeing

We were delighted with the turn-out at our initial Whole Systems Approach event on the 13th December 2023 which saw over 60 people join us at D&A College. We have a range of outputs generated from the event and these have been summarised [here](#).

In order to keep the momentum going, we have set up six online sessions (via MS Teams) that will enable a recap of the conversations and discussions that took place during each of the small group 'causal mapping' activities.

Each online session will last up to 90mins (we appreciate you may not be able to join for the entire session) and there will be a chance for you to sense check the output that was captured on the 13th December.



Online sessions:

Topic	Theme / Cause	Facilitators	Date / time Focus Group	
Childhood Obesity	Parenting	Will & Emily	Thursday 11th January 11am	Meeting passed
Vaping	Peer Pressure	Nina & Mhairi	Tuesday 16th January 9.30am	Join here
Physical Activity	Access	Ashleigh & Jenny	Tuesday 16th January 12noon	Join here
Breastfeeding	Support	Gillian & Hong	Tuesday 16th January 2.30pm	Join here
Mental Health	Adulting of Child	Alison & Remy	Thursday 18th January 10.30	Join here
Food Insecurity	Food Affordability	Jodi & Chrissy	Thursday 18th January 2.00pm	Join here

If you are unable to join these sessions and would like to hear more about the topics and discussion points or if you work alongside individual/ groups of Children & Young People who would like to offer their views and opinions on the topics that we are exploring, please email jenny.gillespie@nhs.scot

PROTECTING PEOPLE ANGUS

Protecting People Awareness Raising Learning Session

This level one training is aimed at all multi-agency professionals, carers or volunteers who have a role in supporting people at risk of harm in Angus.

The session will give an overview of Child Protection, Violence Against Women and Adult Protection, supporting you to understand / identify when someone may be at risk of harm and what you need to do.

When and where?

Tuesday 16th April 2024 at Bruce House, Wellgate, Arbroath from 2pm-4pm

Sign up [here](#).



DUNDEE AND ANGUS COLLEGE

Community Kitchen

If you live in Angus and fall into any of these groups:

Aged 16-19, single parent, parents with 3 or more children, parents under 25, parents to disabled children or parents in-low income households

We want to cook and eat with you!

Be part of our 5-week programme in the D&A kitchens, supported by a professional chef to:

Learn how to cook, learn about farm to fork food, gain employability skills, batch cook and take home food.

To book your place email Andrew on a.walker@dundeeandangus.ac.uk or call, text or video call **07581 029686**.



NHS TAYSIDE HEALTH AND WORK TEAM



Upcoming free training

Creating a mentally Healthy Workplace: A Managers Guide

This session aims to equip managers/team leaders working across Tayside with a greater understanding of poor mental health, the confidence to approach this, and identify the actions they can take to create and maintain a more mentally healthy workplace.

- 30th January from 9.30am-12.30pm
- DVVA, 10 Constitution Road, Dundee

Keep Active at Work

This fun and interactive session will look at the negative effects of sitting too much on employees and organisations. Moving more during the working day can have a big impact on our health. We will discuss reasons to move more, solutions to help achieve this, activities suitable for office-based and remote workers, and much more.

- 21st February from 9.30am-10.45pm
- Online via Microsoft Teams

Looking After Your Wellbeing at Work

This session is suitable for employees and managers working across Tayside. We will explore wellbeing and the steps we can all take to improve our wellbeing at work. By sharing some useful tools, the session aims to provide attendees with the resources to take a more proactive approach to protecting their wellbeing.

- 14th March from 9.30am-12.15pm
- Bruce House, Room G1, Arbroath

To book your free place, please email your name, job role and employer to tay.healthandworktraining@nhs.scot

EASYFUNDRAISING

Funding webinar



Come along to this informal session to find out how your voluntary group, CIC, social enterprise, church, school, sports club or charity can benefit from unrestricted funding in 2024.

Community Fundraising Manager Becky Coleman will talk through how your volunteers, staff and supporters can use the easyfundraising platform to raise donations for your organisation when they shop with thousands of leading retailers. Becky will demonstrate how it works, show you how to get started and answer any questions you might have. easyfundraising is free to use and is trusted by thousands of good causes around the UK.

When?

Thursday 25th January from 12.30pm-1pm

Register [here](#).

THE CIRCLE MOBILITY

We have opened our doors!

In December 2023, The Circle opened its Dundee city centre service, The Circle Mobility based at Overgate Shopping Centre, to improve accessibility in the city. The Circle Mobility integrated with former Shopmobility service, a mobility hire service which was previously based at the shopping centre.

The service provides mobility scooters and other mobility vehicles to be used across Dundee by members of the public.

We are open at The Circle Mobility Monday to Thursday, 10am-4pm.

Find more information on the service [here](#).

For further information email mobility@thecirclecic.org.uk or call **01382 699990**.



VIBRANT COMMUNITIES

Are you looking to improve or update your IT skills?

Do you want to be confident to; send emails, make video calls, organise files, search the internet, stay safe online and use packages like Word or Google docs to create documents?

- Learn on your own device or use one of ours
- Work towards nationally recognised qualification
- Come along to our friendly FREE course

Where and when?

- The MoHub (downstairs), Montrose from 2pm-3.30pm every Tuesday for 10 weeks starting 23rd January
- The Crickety, Brechin from 10.30am-12pm every Tuesday for 10 weeks starting 23rd January

For more information, please contact Chrissy Dand on **07552 212483** or **dandc@angus.gov.uk**



GOOD CONVERSATIONS

Good Conversations FREE online volunteer training

This two and a half hour session provides many benefits to anyone volunteering to host welcoming spaces for the public. This might include cafe drop-ins, Foodbanks, Warm Welcome spaces, lunch clubs, Places of Welcome, Community Libraries, Men's Sheds or any other community initiatives.

Upcoming dates:

January 17th at 10am - Find out more and book **here**
January 29th at 2pm - Find out more and book **here**
February 13th at 10am - Find out more and book **here**

Book online using promo code: **WW2023**



TAYSIDE COUNCIL ON ALCOHOL



Join our team!

Tayside Council on Alcohol (TCA) are looking for a Cleaner/ Handyperson, based in Dundee.

Some duties include:

- Perform cleaning duties in accordance with established protocols and schedules
- Maintain impeccable cleanliness in all areas, including floors, surfaces, restrooms, and common spaces
- Tasks will include dusting, sweeping, mopping, vacuuming, and window cleaning

Find more information and apply **here**.

GUIDE DOGS SCOTLAND

We are looking for fundraising volunteers!

Guide Dogs Scotland are looking for new fundraising volunteers across Scotland to support their services.

Some of the roles include:

- Fundraiser
- Group co-ordinator
- Secretary
- Treasurer
- Merchandise co-ordinator

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 17th January**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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Email info@voluntaryactionangus.org.uk to unsubscribe.

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