

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*10th May*

**Voluntary Action**  **ANGUS**

**Third Sector Interface**



# This weeks content covers:

**CMHWF year 3 announcement**  
**Meet our new Locality Workers!**  
**Summit Award nominations**  
**Mental Health Awareness Week events**  
**Available funding**  
**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 announcement

The Communities Mental Health and Wellbeing Fund Year 3 has been slightly delayed however, we aim to have outcomes out to organisations over the course of the next fortnight.

We apologise for any inconvenience caused.



## Introducing our new Locality Workers!

Voluntary Action Angus is delighted to welcome two new locality workers to the team. Please reach out and say hello!

Our locality workers help third sector groups and organisations in Angus, whatever their size, to grow and thrive. We offer support and guidance, connect groups and create networks, foster collaboration, and nurture and encourage volunteering.



**Alison**

Forfar and Kirriemuir Locality Worker  
Email: [alison@voluntaryactionangus.org.uk](mailto:alison@voluntaryactionangus.org.uk)  
Call: 01307 466113



**Lorna**

Monifieth and Carnoustie Locality Worker  
Email: [lorna@voluntaryactionangus.org.uk](mailto:lorna@voluntaryactionangus.org.uk)  
Call: 01307 466113

## Nominations for the Summit Awards

To celebrate 40 years of Volunteers Week, we are currently on the search for nominations for the Saltire Summit Awards, which will honour the exceptional contributions of young volunteers aged 12 to 25 who have dedicated 200 or more hours of their time to volunteering and have gone above and beyond expectations.

The VAA Young Volunteers Awards Ceremony will be held during Volunteers Week 3rd – 9th June 2024, an excellent opportunity to recognise their hard work and dedication.

If you know any young volunteers who meet the eligibility criteria: Aged 12 to 25, achieved 200+ volunteering hours or have gone above and beyond expectations please do not hesitate to get in touch with **Adhamh@voluntaryactionangus.org.uk**



## Arbroath Timebanking Consultation

Timebanking brings people together to share their time and skills. One hour of your help earns one hour of help from someone else – whenever you need it.

Voluntary Action Angus, in partnership with Angus Council Vibrant Communities Team, would like to know whether you have heard about timebanking before, and whether you would be interested in taking part in one in Arbroath.

Visit us at one of the drop-ins (view the dates **here**) or complete a quick online survey to express your views **here**.

For more information, please email Colleen Allwood at **colleen@voluntaryactionangus.org.uk** or Mhairi Dickson at **dicksonm@angus.gov.uk**



# PROTECTING PEOPLE ANGUS

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## The Power of Kindness

Promoting kindness, whether to give or receive it, can make it easier to access support and improve everyone's health and wellbeing.

**We have planned a series of workshops for all in Angus to attend (lunch is provided):**

- Thursday 30 May from 12pm-2.30pm at MoHub, 98 Murray Street, Montrose
- Wednesday 5 June from 12pm- 2.30pm at Comrie Hall, 6 Links Avenue, Carnoustie

Come and join us for a blether together; we would love to hear your views and help us get it right in Angus.

Book your place **here**.



# THE UKRAINIAN SPEAKING CLUB

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## Mental health talk and relaxation session

Delivered by Angus Council and ANGUSalive, join the Ukrainian Speaking Club for a mental health talk and relaxation session in support of Mental Health Awareness Week.

### Where and when?

Wednesday 15th May at Montrose Sports Centre,  
Marnie Avenue, Montrose from 6pm-8pm

Refreshments provided.

Book your place **here**.



# ANGUS COUNCIL

## Have your say on cycling and walking improvements in Angus

What would help or encourage you to walk or cycle more to work, school or during your leisure time? Angus Council is looking for your suggestions and ideas on what could be done to make Angus a cycle and walking friendly area.

Find out more and have your say [here](#).



## ANGUSALIVE

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### Well Living Workshops

Come along to our monthly Well Living Workshops. Each workshop will focus on a particular topic and include educational talks and discussion (delivered by health & wellbeing team), as well as taster sessions and community partner information.

Sessions will run from April 2024 – March 2025. All sessions are free and will run between 1-3 hours.

Find out more [here](#).

No booking required but queries can be directed to [BeActiveLiveWell@angusalive.scot](mailto:BeActiveLiveWell@angusalive.scot)

# ANGUS VOICE

## Mental Health Awareness Week



Join us at Forfar Open Gardens for a picnic lunch and gentle stroll on Thursday 16th May from 11.30am-2pm.

Bring your own picnic lunch to eat while we enjoy the beautiful surroundings of the gardens.

During this event, you will be able to find out more about Change Mental Health, Angus Voice, Co-op Member Pioneers and Forfar Open Gardens.

### Booking is essential

To reserve your spot, please email [sapphire@angusvoice.co.uk](mailto:sapphire@angusvoice.co.uk) or [karen.law@changemh.org](mailto:karen.law@changemh.org) by 14th May.

## Have your say

It is well known that people who live with mental illness can be at higher risk of developing physical health difficulties and there are significant inequalities for this group of people. We are keen to understand the reasons around this so together we can develop ways to improve that address the reasons.



We need your views to help shape a shared plan to improve the physical health of people who receive care from Community Mental Health Services.

### Come along and talk to Angus Voice at one of these drop-in sessions:

Montrose Playhouse, Montrose - 14th May from 10am-2pm  
Brechtin City Hall, 9 Swan Street, Brechtin - 15th May from 10am-2pm  
Voluntary Action Angus, 5-7 The Cross, Forfar - 21st May from 10am-2pm  
Carnoustie Co-op, Barry Road, Carnoustie - 22nd May from 10am-2pm  
Angus Carers Centre, 8 Grant Road, Arbroath - 24th May from 10am-2pm  
Kirriemuir Co-op, 33 The Roods, Kirriemuir - 29th May from 10am-2pm

# YOUNG ENTERPRISE SCOTLAND

## Angus Primary Enterprise Education - Information Session for teachers

Calling all Angus Primary School teachers: Young Enterprise Scotland and Scotland's Enterprising Schools have teamed up to provide a full enterprise offer across the 24-25 academic year! This is a fully funded offer so comes at no cost to your school. A fantastic opportunity for pupils and primary schools; with collaboration from local business ambassadors and Third Sector services.

### When?

Thursday 16th May from 4.15pm-5pm via MS Teams

Join to gain an overview on all the programmes that will be offered: Inventor's Challenge, Community Catalysts and Circular Economy Challenge. Hear more about what is included for teachers and the learning outcomes.

Register [here](#).



# THE WOLFSON FOUNDATION

## Funding for places

Our main grants programme provides support for places. These grants are for capital initiatives, i.e. buildings (new build or refurbishment) and equipment.

We fund a broad range of organisations working across the fields of education, science & medicine, health & disability, heritage, humanities & the arts.

Before you apply for funding, please check the types of places we fund and their specific funding criteria.

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



# SCOTTISH MENTAL HEALTH ARTS FESTIVAL

## Regional programme support fund now open

This year's festival will take place from 10-27 October 2024, exploring the theme of 'In/Visible'. With support from Creative Scotland, we are offering grants of between £250 – £1000 to support regional activity as part of this year's SMHAF programme.

Applications are open to all, but we are particularly interested in supporting events in areas that are underrepresented in our programme. These currently include Aberdeen, Dundee, Perth and Stirling, as well as rural areas anywhere in Scotland, and other areas with limited access to the arts.



The fund is now open and you can find full details on our website [here](#).

## WELLBEING OF WOMEN

### Women's Health Community Fund

Despite gaining momentum and media attention, women's health is still overlooked and underfunded. We believe more action is needed to improve education and awareness on common health issues and we need your help!

The Women's Health Community Fund is designed to support small, grassroots organisations and community groups to deliver health information and support to women, girls and people from underrepresented groups.

Applicants are invited to apply for up to £5000 to spend in a 12 month period. Funds will be distributed in two tranches, 50% at the beginning of the project and 50% upon receipt of a 6 month report.

Applications close **Sunday 19th May**.

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



# NHS SCOTLAND

## SHARE

To discover and develop new treatments and cures for disease, we all need to support health research. Please help save lives and join SHARE, The Scottish Health Research Register & Biobank today.

SHARE is a database of volunteers (11+ years) who are interested in research helping medical research. Many have also given permission, for any leftover blood following routine clinical tests, to be used for anonymised genetic research.

Recent studies assisted by volunteers from SHARE include medical conditions like arthritis, asthma, Covid-19, epilepsy, cancer, dementia, heart failure, stroke, and mental health.

There are over 300,000 volunteers but to support projects appropriately, SHARE needs to have a wholly inclusive register of volunteers which mirrors the diversity of Scotland's population.

Sometimes, people who want to take part in medical research don't know how to get involved. By joining SHARE you can help in 2 ways:

1. You can agree to be contacted for research projects which you may be suitable for. These studies can take different forms e.g. completing surveys, helping to write guidelines or testing new medical devices or medicines. There is no obligation to take part, you choose which projects you wish to be involved with.

2. You can agree for any leftover blood from routine clinical tests you have at the GP or hospital, to be stored and used in genetic research studies.

Please sign up to SHARE today! Help us reach 1,000,000 volunteers in Scotland.

Find more information or register [here](#).



# PLANNING AID SCOTLAND

## The Walking Edition: Sustaining Choices - Apply Now!

We are looking for expressions of interest from communities who want to improve walking in their area.

The Walking Edition of our Sustaining Choices programme is looking to work with up to 4 communities to support the development of Local Walking Action plans. We will work with you and your community to develop a series of community engagement exercises which will help to form a Local Walking Action Plan. Not only will we create an action plan, but we'll also explore how to share ideas and experiences through a creative output, for example a film or zine.

Throughout this whole process, you'll be supported by the Planning Aid Scotland team, who will take care of the whole project management process but also offer training in community engagement.

If this sounds like it is for your community, please complete our expression of interest form [here](#) by Wednesday 29 May. If you'd like to find out more, please contact Erin Fulton, Community Development Manager, [erin@pas.org.uk](mailto:erin@pas.org.uk).



## FRIOCKHEIM PARK COMMUNITY VOLUNTEERS

**Volunteers needed during the Angus  
school summer holidays**

As part of the Angus Council Holiday Programme, Friockheim Park Community Volunteers are running activities throughout the Angus school holidays.

They are looking for additional volunteers to help with the activities.

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](mailto:Laura@voluntaryactionangus.org.uk) by **5pm** on **Wednesday 15th May**.

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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