

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*17th May*

**Voluntary Action**  **ANGUS**

**Third Sector Interface**



This weeks content covers:

**Breastfeeding peer supporters needed!**  
**Carers Service Information Day**  
**Spring Fayre**  
**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

## 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](mailto:Adhamh@voluntaryactionangus.org.uk)**

The deadline for nominations is **24th May**.

## Breast Buddies Angus

We're recruiting breastfeeding peer supporters!

Are you passionate about breastfeeding? Would you like to support other parents to breastfeed in Angus? If so, we'd love to hear from you.

The training involves two online sessions on 11th and 18th June with some work to do at home prior to each of these, plus a local face to face session to finish off and meet your fellow new volunteers.

Deadline for applications is **12pm on Friday 31st May**.

If you are interested in volunteering with us, email **[breastbuddies@voluntaryactionangus.org.uk](mailto:breastbuddies@voluntaryactionangus.org.uk)**



# ANGUS ALCOHOL AND DRUG PARTNERSHIP

## For Families by Families

Do you have experience with loved ones' alcohol or drug use?

We are running a series of events to gather views of family members, which is organised by 'For Families by Families'.

### Please come along to one of the events below:

- MoHub, Montrose - Thursday 30 May 4pm-6.30pm
- Carnoustie Sports Centre - Wednesday 5 June 4pm-6.30pm

### To find out more please contact:

Debra - [debra@sfad.org.uk](mailto:debra@sfad.org.uk)

Mark - [mark@angusindadvocacy.org](mailto:mark@angusindadvocacy.org)

Maureen - [mcginlaym@angus.gov.uk](mailto:mcginlaym@angus.gov.uk)



**RecoverMay 2024**

Angus Alcohol and Drug Partnership have various events running throughout May.

Find out what is on during the remainder of RecoverMay **here**.

For further information please contact - **[AngusADP@Angus.gov.uk](mailto:AngusADP@Angus.gov.uk)**



# SCVO

## Banking challenges for charities



Charities often face challenges in accessing the right bank account to meet their needs and can encounter delays and administrative hurdles in opening and maintaining an account.

In this free lunchtime webinar, we'd like to hear from you about the issues you face in accessing banking and we'll explore the tools and practical support available.

### When?

From 1pm-2pm on 13 June 2024

Find out more and sign up [here](#).

## HER STORY SCOTLAND

**Support groups for wherever you are  
on your menopause journey**

Her Story Scotland CIC aims to support girls and women to be the change makers in their own story; increasing knowledge, skills and confidence through targeted issue-based group work.

### **Upcoming monthly, in person peer support groups, exploring all things menopause:**

- Wednesday 29th May from 6.30pm-8.30pm
- Wednesday 26th June from 6.30pm-8.30pm

For more information on the groups that Her Story Scotland CIC can offer within schools and the community, please contact Krysta at [herstoryscotland@outlook.com](mailto:herstoryscotland@outlook.com)



# ANGUS CARERS CENTRE

## Carers Service Information Day



Registered and unregistered carers are welcome to attend our open day at Angus Carers Centre. We are hosting this to provide people with information from different services within Angus.

Some of the services attending are Reach Across, North East Sensory Services, Tayside Cancer Support, Scottish Fire and Rescue Service and more.

### Where and when?

Monday 10th June from 11am-3pm at Angus Carers Centre, Arbroath

We hope to see you there!

# FORFAR GRIEF CAFE

Peer support, people supporting each other

This is a space in Forfar for those 16+ to talk about bereavement.

### Where and when?

- Monday 10th June
- Monday 5th August
- Monday 30th September
- Monday 25th November



All dates are held at Forfar Guide Centre, The Myre from 7pm-9pm

For more information email Cindy at [cindy.morris@coop.co.uk](mailto:cindy.morris@coop.co.uk)

# VIBRANT COMMUNITIES

## Women Supporting Women

Come along to our weekly drop-in sessions where women can share and explore their health and wellbeing experiences in a safe, welcoming environment.

### Where and when?

Monday afternoons from 1pm-2.30pm at the Community Wing, Arbroath Academy.

For more information, email [BSCommunities@angus.gov.uk](mailto:BSCommunities@angus.gov.uk) or call **01241 464628**.



# HEALTH AND SOCIAL CARE ALLIANCE SCOTLAND

## Integration in Action

The Health and Social Care ALLIANCE Scotland (the ALLIANCE) would like to invite you to an event in partnership with the International Foundation for Integrated Care exploring the ALLIANCE Health and Social Care Academy's Five Ambitions in action.

The Academy's Five Ambitions set out the key conditions identified to support the success of health and social care integration. At this online event, we will share examples of the Ambitions in action and how they have contributed to successful integration.

### When?

Integration in Action will take place on Zoom, Tuesday 28 May, 2pm-4pm.

Further details about the event can be found on our website [here](#).

Please let us know if you would like to register to attend the event by email [integration@alliance-scotland.org.uk](mailto:integration@alliance-scotland.org.uk).



# EASYFUNDRAISING

Join **easyfundraising** today

Tesco and easyfundraising have come together again to support voluntary organisations, charities, and CICs. They will donate £1000 funding pots to 5 community organisations this May. Follow these simple steps for a chance to win. Firstly, register your organisation with fundraising platform easyfundraising. easyfundraising enables your community organisation to receive unrestricted funding from 8,000 leading online retailers including Tesco.

Then ask everyone connected to your organisation to use the easyfundraising platform to shop with Tesco in May. Each time one of them shops online at Tesco, your organisation will be entered into the draw to receive a £1,000 funding boost. The more people who shop online with Tesco on your behalf, the more chances your organisation has of winning.

Plus, when your supporters shop with Tesco in May, they'll raise £10 for you if it's their first-time shop, and £1 for each subsequent shop they do. Take your first step by signing up to easyfundraising **here**.



## SCOPS ARTS TRUST

Funding open

The goal of Scops Arts Trust is to help people to understand, participate in and enjoy the arts, particularly the performing arts. We are keen to find projects which widen access and have a lasting cultural impact on the community.

Find more information **here**.



# VOLUNTEERING MATTERS

## Action Earth now open for 2024 Applications

Volunteering Matters Action Earth is looking to support environmental projects across Scotland. We have grants (up to £250) to support volunteers carrying out habitat creation and improvements on sites in cities, towns, villages and surrounding areas.



Grants can be used to purchase plants, tools and materials. Projects can include tree-planting, wildflower meadow creation, wildlife habitat builds, pond work, community gardens & woodlands and improvements to other green spaces.

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

## CARNOUSTIE GOLF LINKS TRUST

### Community Benefits Programme

At Carnoustie Golf Links, we're passionate about supporting community development and because of this, we set up our Community Benefits Programme in 2014. So far, we're really pleased to have been able to donate nearly £400,000 to local services and organisations.

If your group or organisation is looking for funding, then find out more about our Community Benefits and apply [here](#).

Applications will close on **Monday 15th July at 5pm**.



# ANGUS COMMUNITY SPORT HUB

## Arbroath Open Day

Our Community Sport Hubs are a local collective of sports clubs and community organisations that come together to improve the contribution that sport and physical activity has on a community.

This is an opportunity to see what Arbroath has to offer; Free opportunities to try fun sport, physical activity and games with our Arbroath-based clubs and activity providers!

### Where and when?

18 May from 11am-2pm at Arbroath Sport Centre



# ANGUS VOICE

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:**

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  
Brechin City Hall, 9 Swan Street, Brechin - 27th May from 10am-2pm  
Kirriemuir Co-op, 33 The Roods, Kirriemuir - 29th May from 10am-2pm



# ANGUS INDEPENDENT ADVOCACY



**Come along to our Spring Fayre!**

Come along to our Spring Fayre, this is a chance to find out what is available from third sector organisations in Angus, learn more about Angus Independent Advocacy and to see what is on offer from local crafters.

## **Where and when?**

Saturday 18th May from 12pm-4pm at St Andrew's Parish Church, 21 Hamilton Green, Arbroath

For more details please contact Lisa, Senior Development Worker on **07872 665539**

## ANGUS CYCLE HUB

**Volunteer Workshop Mechanic needed**

Angus Cycle Hub are looking for a Volunteer Workshop Mechanic to help upcycle and fix bikes at their Forfar warehouse.

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 22nd May.**

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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Email [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk) to unsubscribe.

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