

Voluntary Action Angus

Weekly Bulletin

1st September

Voluntary Action  **ANGUS**


Third Sector Interface



This weeks content covers:

Friday Nite Project
International Overdose Awareness Day
SMART recovery group
Rosifest 2023
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

Are you looking for a fun-filled afternoon?

Are you aged 15 to 25? Ever thought of becoming a volunteer? We have an opportunity for you!

We are looking for volunteers:

- Age 15-25
- Free on Tuesday, Wednesday or Friday afternoons
- Patience, understanding and good communication skills

You will spend time with residents of sheltered housing:

- Kirriemuir - Fridays
- Arbroath - Tuesdays
- Forfar - Wednesdays

Play **bingo**
board games
have a **laugh**
eat **cake** and
much more!

If interested, please contact Michelle@voluntaryactionangus.org.uk
or call **01307 466113**

FRIDAY NITE PROJECT

Open to all Websters High School pupils!

The Kirriemuir Friday Nite Project is held at Websters Sports Centre, Kirriemuir every Friday (during term time) from 6.30pm-9pm and is open to all Websters High School pupils.

There is:

Football, badminton, tuckshop, Wii, fitness suite and inflatables

For more information pop down during the session or contact Sandra at wallace0507@aol.com



ANGUS ALCOHOL AND DRUGS PARTNERSHIP



International Overdose Awareness Day

International Overdose Awareness Day was on 31st August. This is an annual event to raise awareness of overdoses, reduce the stigma of drug-related deaths, and acknowledge the grief felt by families and friends.

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

If you would like to increase your awareness of overdose or would like to undertake naloxone training, Angus Alcohol and Drugs Partnership, in partnership with Hillcrest Futures are holding upcoming Overdose Awareness and Naloxone Training.

Sign up for one of the sessions [here](#).

TAYSIDE COUNCIL ON ALCOHOL

SMART recovery group up and running in Angus!

SMART (Self Management and Recovery Training) is a programme that provides tools for people who are struggling with any form of addiction.

The group supports participants to: Build motivation, cope with urges, manage thoughts and live a balanced lifestyle.

Where and when?

Every Monday at TCA office, 22-23 Catherine Street, Arbroath from 10am-12pm.

For more information about the group contact Sally, our group leader sally.devery@alcoholtayside.com or call **07903 180087**



FORFAR COMMUNITY FOOTBALL TRUST

Would you like to be a Match Day Volunteer?

Forfar Community Football Trust is currently on the look out for a ball attendant supervisor for Forfar Athletic home matches.

This is a great opportunity to get involved with the trust and support your local community team.

Find more information **here**.



ANGUS CARERS CENTRE

Care for a Cuppy Group Volunteer needed!

Our Care for a Cuppy Groups provide a safe space for carers to come along to and engage with other carers and receive much needed peer support.

The groups are facilitated by a member of Angus Carers staff, and we are currently looking for volunteers to assist in the running of these groups which take place in different localities in Angus.

Find more information **here**.



REACH ACROSS

Rosifest 2023

For Suicide Awareness Week, we are planning Rosifest!

Where and when?

Arbroath United Cricket Club on Sunday the 17th of September from 11am-4pm.

There will be:

- Lots of live acts
- Loads for the kiddies
- Stalls
- Bar

...Many more surprises

Please come down and support our cause and have a fun filled day!



ALZHEIMER SCOTLAND

What's on September - Angus Groups

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them.

Find out what's on throughout September [here](#).



ANGUS EMPLOYABILITY HIVE

Understanding Anxiety and Introduction to Neurodiversity sessions

Upcoming sessions aimed at employers, training providers, key workers and those supporting people to find and/or sustain work, delivered by New Solutions.

The Anxiety sessions will cover:

What is anxiety? What does anxiety look like? How can I help? What Strategies can help and which ones hinder?

The Introduction to Neurodiversity session will cover:

An introduction to signs and symptoms, simple tools, techniques and strategies, common misconceptions, co-morbid presentations and challenges

Where and when?

Both sessions are at Dundee & Angus College, Auditorium, Enterprise Suite, Keptie Road Arbroath on Wednesday 13 September

Understanding Anxiety: 9:30am–11.30am

Introduction to Neurodiversity ASD/ADHD: 1pm–3.30pm

Sign up for the Understanding Anxiety session [here](#).

Sign up for the Introduction to Neurodiversity session [here](#).



NHS TAYSIDE HEALTH AND WORK TEAM



Free training

NHS Tayside's Health and Work Team are providing free, in person and virtual training over the next few months.

Find a list of the sessions [here](#).

To book a space, email your name, job role and employer to tay.healthandworktraining@nhs.scot



THE NATIONAL LOTTERY COMMUNITY FUND

Available funding in Scotland

Our funding programmes help communities to respond to the challenges and opportunities they are facing by bringing people together to help them and their communities thrive.

Find more information on our funding [here](#).

We know people, communities and organisations are facing increased demands and challenges as a result of the cost-of-living crisis.

If you would like to talk to us about a project in response to this, please contact us at: advicescotland@tnlcommunityfund.org.uk

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 6th September**.

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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