

Voluntary Action Angus

Weekly Bulletin

19th January

Voluntary Action  **ANGUS**


Third Sector Interface



This weeks content covers:

VAA are hiring!
Lifestyle Management Course
Upcoming training and events
Available funding
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

We are hiring!

Voluntary Action Angus is looking to recruit Locality Development Workers for the Carnoustie/Monifieth and Forfar/Kirriemuir area!

Find more information on the positions and apply:

- Locality Development Worker for Carnoustie/Monifieth **here**
- Locality Development Worker for Forfar/Kirriemuir **here**

For more information or to request an application pack, please email katrina@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

TSI Scotland Network Local Fair Funding Charter

The TSI Scotland Network has developed local fair funding principles in a new charter. This charter also includes practical, fair funding examples and is linked to Fair Funding work done in conjunction with SCVO.

Read the Local Fair Funding Charter **here**.



Serviced office space available to 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 5-7 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**

SHE SCOTLAND

The M Club Angus

Join SHE to explore the myths, facts and fantasies surrounding the menopause, in partnership with Free Period Angus.

Come along for monthly in person, advice, support, laughs, friendships and a cuppa.

Where and when?

- Wednesday 24th January 6.30pm-8.30pm
- Wednesday 28th February 6.30pm-8.30pm
- Wednesday 27th March 6.30pm-8.30pm

Venue: Reach Across, 36 Guthrie Port, Arbroath

RSVP: Shescotland-krystastoneley@outlook.com



VIBRANT COMMUNITIES

New Year, New Start, New Job!

We would like to invite all refugees, displaced families and jobseekers across Angus to attend our Employability Fayre.

Join us and enjoy a warm welcome and refreshments while you meet with inclusive employers and support agencies who offer advice, opportunities and better job prospects.

Where and when?

Thursday February 1st from 10am-12pm and 1pm-3pm at Old and Abbey Church, West Abbey Street, Arbroath

Email stewartA2@angus.gov.uk for more information.



CARNOUSTIE GOLF LINKS TRUST

Mental Health and Wellbeing Day

Join us for an open day where you can hear from a variety of local mental health and wellbeing services.

20 local services will be showcasing their resources, including:

Voluntary Action Angus, Tayside Council on Alcohol, Citizens Advice Bureau, Change Mental Health, Penumbra, Andy's Mans Club and many more, with our aim to try and cover an array of wellbeing services!

Where and when?

Tuesday 27th February from 11am-3pm at
The Rookery Restaurant, Carnoustie

Complimentary tea and coffee available!



TAYSIDE HEALTHCARE ARTS TRUST

New Arts Programme Opportunity in Forfar

Tayside Healthcare Arts Trust are working in partnership with ANGUSalive Museums and Galleries to deliver a new creative programme opportunity for people experiencing long term health conditions living in Angus.

Where and when?

The group will meet at the Meffan Museum and Art Gallery, 20 West High Street, Forfar (upstairs gallery). The programme will run for 8 weeks beginning Wednesday 7th Feb – Wednesday 27th March 2024 and meet from 1.30pm-3.15pm.

If you wish to register your interest in a place on this programme please email: Karine Neill at Karine.neill@nhs.scot or phone THAT office **01382 835509**.



ACTIONFUNDER

Empower Angus



Community benefit distribution of surplus revenues from New Mains of Guynd Solar Park CIC – a 5MW solar park owned by Empower Community Foundation and located at Carmyllie, Arbroath, Angus.

Assisting with the most compelling current needs of the local community remains the focus of this funding, having donated £100k over the last four years to Voluntary Action Angus, Angus Carers Association, CAFE Project, Edinburgh Science Festival school programme, Angus Care and Repair and Carmyllie Hall.

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

Applications open until **31st January 2024**.

UK GOVERNMENT SCOTLAND

Community Ownership Funding

Community Ownership Funding aims to help communities take ownership of assets and amenities at risk of closure, so is only open to bids from eligible community organisations.

Round 3, Bidding Window 3 is now open for applicants who successfully pass the EOI stage. The Prospectus for the third round of the UK Government's Community Ownership Fund is published and this fund will run until April 2025.

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

Round 3, Bidding Window 3 will be open until 11.59am on the **31st January 2024**.



THE HUB AT FRIOCKHEIM

Volunteer Receptionist needed!

The Hub at Friockheim are currently looking for volunteers to help cover our reception desk.

The role involves answering and directing telephone calls, meeting, and greeting visitors to the Hub and some general administrative tasks.

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



Could you be a Volunteer Trustee?

The Hub at Friockheim are looking for trustees to help us continue the work that we do. You would join us at an exciting time for the Hub. With restrictions lifted and an ever-increasing demand for our services we are looking to add experienced members of the public to our board, to help us face the challenges in our community.

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



Cafe volunteers wanted

The Hub at Friockheim are looking for volunteers to help cover our café within the Hub at Eastgate, Angus. Some tasks would include preparing light snacks, sandwiches and more.

Find more information and apply **here**.



NORTH ANGUS SCOUTS

55th North Angus Edzell Scout Group are urgently seeking volunteers!

The Edzell Scout Group is unfortunately on the brink of closure and we really need your help.

We are looking for a wide range of volunteers – from casual helpers to leaders, trainers, trustees and more.

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 24th January.**

CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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