

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*26th January*




**Third Sector Interface**



This weeks content covers:

**VAA are hiring!**  
**Lifestyle Management Course**  
**Support for Families**  
**Upcoming training**  
**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

**Last chance to apply!**

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](mailto: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](mailto: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**.



## **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 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**



# NSPCC

## Free Training to help keep children safe

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to Listen up, Speak up.



### Our Listen up, Speak up training will show:

- The signs a child might be at risk, steps you can take to help
- How to approach difficult conversations to help keep children safe
- Who you can contact if you're ever concerned about a child or their family

There are two ways to get involved.

### Host a workshop:

We can deliver an hour-long workshop at your workplace, school, club or community group. These are completely free of charge and will be delivered from February 2024 onwards. Anyone aged 18+ is welcome to attend. If you are interested in hosting a workshop, email [scotlandcampaigns@NSPCC.org.uk](mailto:scotlandcampaigns@NSPCC.org.uk)

### Sign up to our 10-minute digital training:

Visit our Listen up, Speak up page to find out more [here](#).

# ANGUS INTERNATIONAL COMMUNITY CAFE

**New venue for 2024!**

Everyone is welcome along for friendly company, support, advice and a cuppa or snack.

### Where and when?

Every Friday from 12pm-2pm at Russell Square  
Community Lounge, Arbroath

For more information email: [communitycafe.23international@gmail.com](mailto:communitycafe.23international@gmail.com)



# 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!



# ANGUS ALCOHOL AND DRUGS PARTNERSHIP

## Support for Families

Do you have experience with loved ones' alcohol or drug use?  
Have you experienced a lack of support?

We want to hear your story so we can make a difference for families in Angus.  
We have created a group to increase support for families - 'for families by families'.

### **To find out more please contact:**

Debra - [debra@sfad.org.uk](mailto:debra@sfad.org.uk) or **07379 830357**

Mark - [mark@angusindadvocacy.org](mailto:mark@angusindadvocacy.org) or **07546 951879**

Maureen - [mcginlaym@angus.gov.uk](mailto:mcginlaym@angus.gov.uk) or **07469 918428**



# ANGUS WOMEN'S AID

## Limitless Project

The Limitless Project provides confidential domestic abuse advocacy to girls and young women in Angus aged 13-25 in their local community regardless if they are still with their partner or not.

The Limitless Project offers a 13-stage domestic abuse recovery plan, which is person centered, based on the girl or young woman's priorities.

All referrals can be made on our website [here](#) (click the Limitless tab).

Enquiries can be made by contacting Susie on **01241 439437** or emailing [susie@anguswomensaid.co.uk](mailto:susie@anguswomensaid.co.uk)



## ANGUS VOICE

### Time to Talk Day Event - Forfar

Our event is the perfect opportunity to start a conversation about mental health, led by people who have personal experience.

You will take part in a healthy walk with Angus Voice meeting at 1pm in Forfar Guide Hall, Myre Car Park, followed by refreshments and a chat.

This is hosted by Angus Voice, Forfar in collaboration with Co-op Member Pioneers to raise awareness of mental health issues and encourage people to engage with services that can support them.

#### Where and when?

Thursday 1st February from 1pm-5pm, meet at 1pm outside Forfar Guide Hall, Myre Car Park

# TAYSIDE COUNCIL ON ALCOHOL

**Join our team!**

We are looking for a full time Birch Resource Worker based at our TCA offices in Dundee.

As a Birch Resource Worker, you will be responsible for implementing a range of interventions and support measures as part of an integrated package of health, therapeutic and social support.

Find more information and apply **here**.



## BRITISH LIVER TRUST

**We are looking for a Macmillan  
Liver Cancer Nurse**

The Trust is offering an exciting opportunity for someone to join our dynamic and friendly nurse team.

This role is an exciting development for the charity. Working within the nurse-led helpline team, this new post is funded by Macmillan, and will be known as the Macmillan Liver Cancer Nurse, within the British Liver Trust.

**Hours:** 26 hours a week over 4 days

**Based:** Home-based

Find out more and apply **here**.





# GUIDE DOGS SCOTLAND

## Fundraising volunteers needed in Angus!

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

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



## Dog Wellbeing volunteers needed!

Guide Dogs Scotland are looking for Dog Wellbeing volunteers to provide day to day care for dogs whilst they are housed at the local Guide Dogs site in Angus.

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



# THE FOOD LIFE

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## Could you be a Community Grower?

Come and join our work party which is building the foundation of a Community Supported Agriculture project for Brechin.

More specifically, the role of the volunteers could be anything from producing social media posts to digging, weeding and planting to building a tool shed or propagation bench to constructing rain water harvesting system.

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



# NORTH ANGUS SCOUTS

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**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](mailto:Laura@voluntaryactionangus.org.uk) by **5pm** on **Wednesday 31st January**.

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

## FIND US ON:



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[Twitter](#)



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

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