



# Opportunities in Angus

*Autumn 2024*



## Opportunities across Angus

This booklet provides a range of opportunities and supports across Angus that can enhance the learning experiences for young people. We hope this can provide further options that can be used for individuals and groups. There may be costs associated with some of the opportunities but these should not be seen as a barrier. There is information about potential sources of funding included and please contact me should you need further assistance to access these opportunities.

If you would like anything to be added to this bulletin or would like further information or support in accessing these opportunities then please feel free to contact me.

Kindest regards,  
Lisa Gilfillan  
16+ Coordinator  
Tel: 07595 772177  
Email: [GilfillanL@angus.gov.uk](mailto:GilfillanL@angus.gov.uk)

### 16+ Quarterly Partnership Meeting

**Tuesday 3rd December 2024**

**9.30am—11.30am**

**At Room G1, Bruce House, Arbroath**

**If you would like to learn more about a particular topic or from individual organisations please let us know so that we can incorporate into future meetings**



### **What we do...**

We provide a service in Angus to young people aged 15 – 19 years old. If you are in your final 6 months of statutory education or have left school and are not in further education, training, or employment, you can get help from a 16+ Support Worker. We can help you to gain the skills and confidence you need to prepare for employment and is particularly suitable if you are experiencing barriers such as: no or limited work experience, have additional support needs, are experiencing poor mental health, affected by homelessness, and would like support to overcome these barriers and move towards further education, training, and employment.

You will receive dedicated support from a 16+ Support Worker who will work with you to develop an individual plan to help you reach agreed goals. Based on your needs and interests it will help you to prepare for further learning and employment. Your plan will be tailored to your needs and interests but might include things like:

- taster sessions with college
- sessions with training providers
- work placements
- innovative group projects such as:
  - o music sessions/courses
  - o construction taster sessions/courses
  - o rural skills session/course
  - o outdoor learning sessions

### **Financial support**

We can offer financial support to help you find or take up a job or training place. This can include help with:

- travel costs
- costs of training to help secure a job
- specialist tools or other equipment

You may be eligible for [Education Maintenance Allowance \(EMA\)](#) of £30 per week.

Activity through 16+ as part of NOLB/Young Person's Guarantee will count as approved education and training in relation to a claim for Child Tax Credits or Child Benefit. For further information visit the [gov.uk website](#).

### **'Named Person' Service**

We also provide a 'Named Person' Service for young people under 18 years of age who are no longer on a school role. This consists of offering advice or support in response to a request from a child or parent, or when a wellbeing need is identified. This service can help a young person or their parent(s) address concerns early and in some cases avoid bigger concerns or problems developing. [PostSchoolNP@angus.gov.uk](mailto:PostSchoolNP@angus.gov.uk)

### **For further information**

Please email [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk) or contact a member of our team. Or if you wish to make a referral then complete our [16+ Referral](#)

## Meet the Team

### **John Messeter – 16+ Support Worker**

John is the 16+ Support Worker for Young People Post-School who reside in the Arbroath area as well as the link worker for pupils in **Arbroath Academy** and Co-Worker for pupils in Montrose Academy.

Call/Text: 07471 022360

Email: [MesseterJ@angus.gov.uk](mailto:MesseterJ@angus.gov.uk)

### **Joanne Millar – 16+ Support Worker**

Joanne is the 16+ Support Worker for Young People Post-School who reside in the Montrose area as well as the link worker for pupils in **Montrose Academy** and **Arbroath High School**.

Call/Text: 07825 226951

Email: [MillarJ@angus.gov.uk](mailto:MillarJ@angus.gov.uk)

### **Bobbi Mortimer - 16+ Support Worker**

Bobbi is the 16+ Support Worker for Young People Post-School who reside in the Kirriemuir and Forfar areas as well as the link worker for pupils in **Forfar Academy**, **Webster's High School** and Co-Worker for pupils in Brechin High School.

Call/Text: 07775 005 726

Email: [Mortimerb@angus.gov.uk](mailto:Mortimerb@angus.gov.uk)

### **Grigor Grant / Rebecca Phillips - 16+ Support Workers (Job Share)**

Grigor and TBC are the 16+ Support Workers for Young People Post-School who reside in the Carnoustie and Monifieth areas as well as the link worker for pupils in **Carnoustie High School** and **Monifieth High School**.

Call/Text: 07717 450792

Email: [grantg1@angus.gov.uk](mailto:grantg1@angus.gov.uk) / [phillipsr@angus.gov.uk](mailto:phillipsr@angus.gov.uk)

### **Lynne Lindsay - 16+ Support Worker**

Lynne is the 16+ Support Worker for Young People Post-School who reside in the Brechin area as well as the link worker for pupils in **Brechin High School** and Co-Worker for pupils in Forfar Academy.

Call/Text: 07350 393677

Email: [LindsayLA@angus.gov.uk](mailto:LindsayLA@angus.gov.uk)

### **Neil Ironside – 16+ Administration Assistant**

Neil supports the team with all administrative tasks and assists in organising events and meetings as well as collating information for the Opportunities Bulletin.

Email: [IronsideN@angus.gov.uk](mailto:IronsideN@angus.gov.uk) or [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)

### **Cuppa and Chat Sessions**

We are always keen to meet with individuals and teams across Angus to provide more information about how we can support young people and to hear from you, regarding the support you would like to receive.

Please feel free to contact us to arrange a suitable time / location / virtual session.

**For Angus wide information regarding our services please contact**

**Lisa Gilfillan, 16+ Coordinator** Telephone: 07595 772177 Email: [GilfillanL@angus.gov.uk](mailto:GilfillanL@angus.gov.uk)



## Drop in sessions

These give you a chance to:

Meet with your 16+ Support Worker,

Get more information,

Access computers for supported job search,

Help you to progress towards education, training, or employment.

They take place at \*community venues across Angus:

| Venue                          | Day                  | Time            |
|--------------------------------|----------------------|-----------------|
| Mohub, Montrose                | Tuesday              | 12noon - 3.00pm |
| Hedzup, Forfar                 | Tuesday and Thursday | 1.00pm - 4.00pm |
| Carnoustie Hub                 | Appointment only     | 1.00pm – 4.00pm |
| The Crickety, Brechin          | Thursday             | 1.00pm – 4.00pm |
| 3-5 Catherine Street, Arbroath | Friday               | 1.00pm - 3.30pm |

*\*Where necessary, initial visits can be arranged at home or alongside meetings with other professionals / organisations known to the young person.*



# 16+ —Learning Agreements

Our Learning Agreements support you to access a wide range of training opportunities in Angus to suit your interests and can help if you:

Young people are eligible to apply for Education Maintenance Allowance (EMA), which is £30 per week if they fit the criteria.

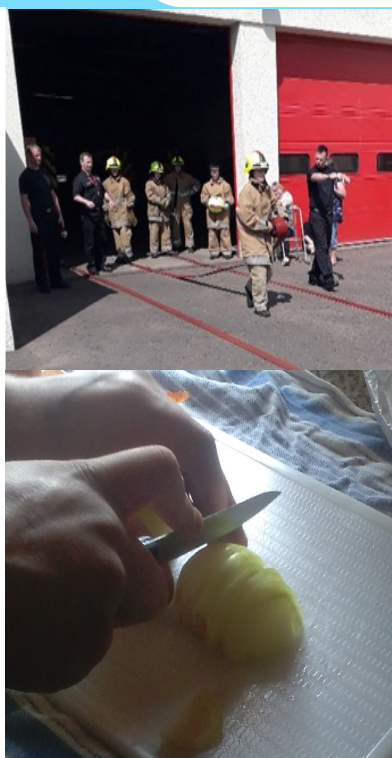
- are age 15-19
- have finished school (support can be given up to 6 months prior to leaving school)
- are unemployed
- are unable to sustain full-time work or training
- have few or no qualifications
- have other barriers to learning

## We offer:

- 1 to 1 support & a Bespoke Learning Plan
- Work experience taster sessions
- SQA qualifications

And support access to many other opportunities being delivered by Partners across Angus including those that explore:

- music, film and animation
- arts and crafts
- bush craft and outdoor education
- personal development
- industry specific taster sessions
- health and well-being activity
- sport and coaching
- counselling services
- fashion school
- literacy and numeracy support
- rural skills and animal care
- online courses / qualifications



Your 16+ Support Worker will support you until you are ready to progress positively to:

- employment
- college
- Other training programmes (Stage 2-4)
- modern apprenticeship
- paid work experience
- temporary supported employment
- volunteering

And be there for you if you require some additional support to sustain your next step.

For Angus wide information relating to 16+ Transitions and Activity Agreements please contact  
Lisa Gilfillan, 16+ Coordinator: Telephone: 07595 772177 Email: [GilfillanL@angus.gov.uk](mailto:GilfillanL@angus.gov.uk)

# Stepping Stones

## Employability programme



**Aged 16-19? Unemployed or not attending college or school?**

**Stepping Stones is a 12 week Employability programme which includes:**

- Career Planning
- Personal Development
- Achieving a Healthy Lifestyle
- Participating in Exercise
- Managing Money
- Preparing for Interviews, creating CV's and support with applications
- Building skills and confidence in working towards your future goals
- Can be paid EMA if entitled

**If you are interested, please call / text!**

Joanne 07825 2269951 (Montrose) / John 07471 022360 (Arbroath)

Lynne 07471 711373 (Brechtin) / Bobbi 07775 005726 (Forfar/Kirriemuir)

Grigor 07717 450792 (Carnoustie/Monifieth)

Or email [learningchoice@angus.gov.uk](mailto:learningchoice@angus.gov.uk)



# WELLBEING GROUP

Join us for some fun filled gentle wellbeing activities.

- ⇒ One afternoon a week.
- ⇒ We will be doing a variety of in base and outdoor activities and excursions.
- ⇒ The sessions will be based around identified aims and needs of the group to support their wellbeing, resilience, and confidence.
- ⇒ As well as teamwork, communication, problem solving and other employability skills.

Lunch & Snacks provided.

For further information contact Grigor Grant 07717 450792  
or email [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)

# Rural Skills Programme

Aged 16-19 and Unemployed? Exciting new groups for you to join.  
Agricultural & Forestry Skills Group  
Livestock Handling & Husbandry Group



Our Rural Skills programme will provide practical hands on sessions covering:

Animal Handling (Sheep)  
Drystone walling  
Tree planting and pruning  
Basic hand tools in rural skills

Animal Husbandry (Sheep & Lambing)  
Fencing  
Plumbing of water tanks for livestock  
Strimming

These sessions take place at a range of locations across Angus, Dundee and Fife and with a bit of additional online work you will be able to undertake SCQF level 4 in Rural skills.



Learn key rural skills



Try your skills at  
animal  
handling with our  
resident sheep



For further information or an application to take part  
Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Call/Text 07595 772177 or contact your 16+ Support Worker



# Introduction to Angling Course

Aged 16-19 and Unemployed? Be part of our group learning and developing your angling skills

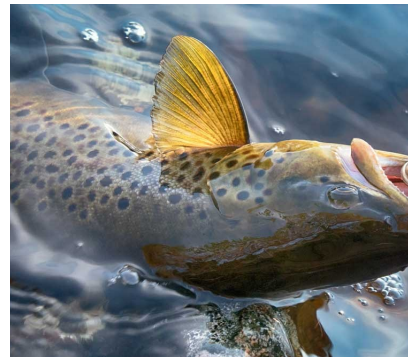
## An Opportunity to try **TROUT FISHING** at Forbes of Kingennie

(Some sessions will take place evenings and weekends).

**PLACES  
AVAILABLE**



Angling at  
Forbes of  
Kingennie



Will  
you  
have a  
catch  
of the  
day

| Day / Date            | Timings    | Location  |
|-----------------------|------------|-----------|
| Tuesday 22nd October  | 1 pm—4 pm  | Kingennie |
| Tuesday 29th October  | 1 pm—4 pm  | Kingennie |
| Tuesday 12th November | 1 pm—4 pm  | Kingennie |
| Tuesday 26th November | 1 pm—4 pm  | Kingennie |
| Tuesday 10th December | 1 pm—4 pm  | Kingennie |
| TBC                   | 10 am—4 pm | Kingennie |



For further information or an application to take part  
Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Call/Text 07595 772177  
or contact your 16+ Support Worker



# Boat Building Sessions

Aged 16-19 and Unemployed? Be part of our group building their own 18ft GRP Largs Line Skiff or being involved in restoration of a boat with Windward Education.



Learn wood-working skills

Following an initial information session where you will learn more about the boat and an overview of the skills which will be covered in the course, there will be 5 practical sessions.

The Programme takes place fortnightly on Monday evenings 5-8pm and on some Saturdays 1-4 pm  
At Forfar Firestation

Try your skills at Composite (Fibreglass) lamination



Largs Line Skiff on Loch Lubnaig in the Trossachs National Park, Perthshire

For further information or to apply to take part Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Call/Text 07595 772177 or contact your 16+ Support Worker





# Hedzup Youth Development

Opportunities for young people to work with others in unique projects that improve their self-confidence and life ambitions from one of our centres in Forfar and Glenesk.

**Motorcycle Project**, which provides young people with the skills and confidence to build motorcycles and act as the pit crew for the Hedzup team in races in Scotland, Ireland and the Isle of Man.

Young people are given different roles from seeking sponsorship to working in a pit on race days, teaching like working as part of a team, communication, and meeting deadlines. You will learn about motorbike maintenance, raising sponsorship and take part in a range of outdoor learning activities.

**Outdoor Learning**, providing a variety of experiences from history days to nature visits where participants can learn about the fantastic flora and fauna of our local area, hill walking, mountain biking, navigation, bushcraft and introductions to the amazing wildlife on our doorstep.

**Construction groups** Join us for a hands on experience that will cover things such as;

- ☐ Industry introduction
- ☐ Site signs & communication
- ☐ Risk assessment and PPE
- ☐ Manual Handling
- ☐ Plant & machinery
- ☐ Method statements
- ☐ Abrasive wheels safety
- ☐ Working at heights
- ☐ Site visit

Towards the end of the course you will then have the opportunity to be put forward for CSCS training and gain a CSCS card.

All of these opportunities increase self-worth and allows participants to develop key skills such as communication, planning and teamwork. Gaining greater confidence, self-belief and important collaboration skills. Groups learn important skills to help them start on the employment ladder and gaining qualifications in Health and Safety, First Aid, Manual handling and other industry recognized certificates.

For further information contact Bobbi on 07775 005726 or  
Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Or contact your 16+ Support Worker



# Estate Skills & Small Animal Care

(and a range of short certificated courses)



**Estate Skills/Small Animal Care** - working across the expansive estate at Murton Trust you will be supported to develop the necessary skills for working on an Estate

and learning the basics about caring for small animals.

Through a series of demanding but enjoyable activities candidates will develop transferable, interpersonal skills in the work place, teamwork, self-confidence and an almost exhaustive list of other core skills for employment.

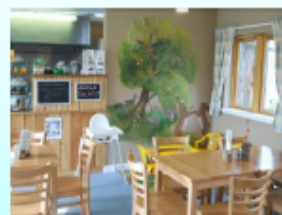
Opportunities to undertake certificated training in grass cutting, hedge trimming and ATV training for those who excel throughout the course.



**Candidates must have a reasonable level of ability and fitness.**

**Catering/hospitality** - using our Tearoom and supported by our highly experienced manager as the course leader and assessor.

At the end of this course students will have the opportunity to undertake the REHIS Elementary Food Hygiene Course.



**APPLY NOW**

For further information contact Lisa Gilfillan 07595 772177  
or request an application form by emailing  
[LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)



## TRANSITION TO TRADE

A positive pathway into the construction industry in partnership with 16+ Opportunities for All



### ACCREDITED QUALIFICATIONS

The programme offers a range of qualifications, which we can tailor to meet your needs.



### REAL LIFE EXPERIENCE

You will gain practical training required to work in the construction industry and the opportunity to implement these newly acquired skills in a large scale design and build project.



### SOFT SKILLS

You will participate in workshops in growth mindset, which will help lead to an increased work ethic, improved ability to learn, improved focus and then a clearer career path.



### INDIVIDUAL SUPPORT

Our staff throughout the course will provide support to anyone participating in the programme. Both for checking in on wellbeing and working on employability skills.



### OPPORTUNITIES

Transition to Trade is about pairing formal qualifications with real life experience. This will create a positive pathway to move onto college, a job or an apprenticeship and hopefully then a career.

You will also have an opportunity to gain your **CSCS card** at the end of the course.



Join us for a visit prior to the next course commencing late October.



For further information contact John on 07471 022360 or request a referral form by emailing: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)

## Cosmetology

Participants will have time to practise treatments in:

Hand Massage  
Acrylic Nails  
Spray Tanning  
Brow Jam  
Makeup & Contouring



They can practise on one another as well as family and friends who can be invited to Helm to act as their models. They will also have the opportunity to have a bit of indulgence by spending a day at a local Spa having pamper treatments.

On completion of the training the individual will have achieved the following two SQA units:

Cosmetology - Beauty Practical Skills F0FE 10

Cosmetology - Health and Safety F0FD 10

Attendance will be 3 days per week for 4 weeks

## Car Mechanics

Participants who have an interest in gaining a career in car mechanics can gain practical skills in our garage.

In addition to SQA qualifications, young people will gain experience in areas such as:

- 1) changing and balancing wheels and tyres
- 2) how to weld, under strict supervision

They will have the opportunity to visit car forecourts and larger working premises as well as a day trip to the Motor Museum.

On completion of the training the individual will have achieved the following three SQA units:

Automotive Skills - The Car J181 74

Automotive Skills – The Technician J182 74

Automotive Skills - Use and Care of Hand Tools E9GS 10

Attendance will be 3 days per week for 6 weeks



## DIY Practical Skills

All young people undertake skills required for the Construction Craft and Technician NPA at SCQF level 4 qualifications:

Carpentry and Joinery  
Painting and Decorating  
Employability Skills

Opportunities to gain helpful general DIY skills and try painting and decorating.

Attendance will be 3 days per week for 6 weeks

**For further information or an application to take part**  
**Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)**  
**Call/Text Lynne on 07471 711373**  
**or contact your 16+ Support Worker**



Prince's Trust  
Scotland

# DESIGN YOUR FUTURE

You're in control. Get help from a dedicated mentor to discover your potential, boost your personal skills and improve your confidence.

Contact Kelsey at [kelsey.mclellan@princes-trust.org.uk](mailto:kelsey.mclellan@princes-trust.org.uk)



@princestrust



## ON THIS COURSE YOU'LL:

- Boost your confidence & motivation while meeting new people
- Develop your communication & teamwork skills through meaningful activities
- Have an open & safe space to be yourself
- Be able to access follow-on sessions for further personal development

## DATES FOR YOUR DIARY:

**Course dates:** 1st Oct - 3rd Oct 2024 (3 days)

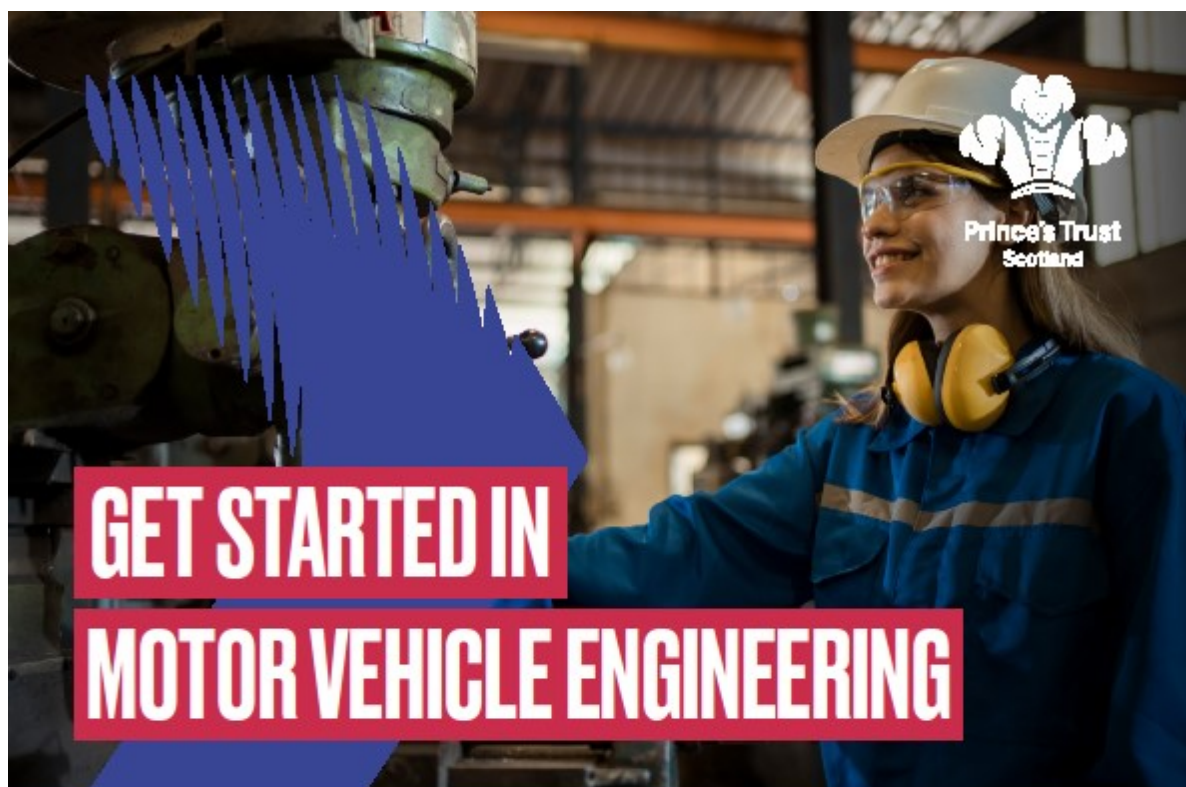
**Location:** Dundee, Kemback Street, DD4 6ET

**Eligibility criteria:** 16-30 years old

**EXPLORE**

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# GET STARTED IN MOTOR VEHICLE ENGINEERING

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the motor vehicle engineering sector.

Contact [kelsey.mclellan@princes-trust.org.uk](mailto:kelsey.mclellan@princes-trust.org.uk)



@princestrust



## ON THIS COURSE YOU'LL LEARN ABOUT:

- Vehicle engine systems
- Electrical systems, including E-Karts
- Steering, suspension and brakes
- Hands-on experience in all the above in a well-equipped classroom and workshop!

## DATES FOR YOUR DIARY:

**Course dates:** 25th Nov - 29th Nov 24 (5 days)

**Location:** D&A College, Kingsway Campus

**Eligibility criteria:** Aged 16-30, not in education or employed over 16 hours

**➤ GET STARTED**





## **Free 8 week Project Starting soon**

Skilz for Life offers a planned 8-week service that will guide, support and empower participants aged between 16-30 to gain confidence, resilience and self-belief to improve their overall wellbeing.

Our programme is unique in that it incorporates self-care, mindfulness and journaling to allow self-management of mental health by providing the tools to self-manage on course completion.

Each session will last 2 hours and will cover various topics to support wellbeing such as feelings, importance of conversations and boundaries. Participants will explore the use of styles to manage mental health through physical activity, journaling, breathing and meditation.

Working together in a small group will create opportunity for sharing of experiences and the building of relationships which will all support participants to better manage their mental wellness going forward.





## Eligibility Criteria

16-30 years experiencing one or more of the following:

Financial hardship / low income

Socially isolated

Physically Inactive

Experiencing mental health / anxiety issues

Low self-esteem / body image / confidence

Marginalised groups and individuals with protected characteristics

Young adults transitioning between children and adult services

Please contact Lauren Simpson to make a referral  
[lauren@skilzacademy.org.uk](mailto:lauren@skilzacademy.org.uk) or tel:07300870248





# SACO



## Scottish Academy for Construction Opportunities

### INTRODUCTION

Barnardo's Works Tayside have partnered with the Construction Industry Training Board (CITB) to develop the Scottish Academy for Construction Opportunities (SACO) providing training, education, site readiness qualifications and jobs within the construction sector.

You may be eligible if you are:

- Aged between 16 - 29
- Unemployed or not in training or education
- Interested in a career in construction or already in construction but looking for a new career path

### WHAT IS INVOLVED?

- Funded site readiness qualifications and requirements (I.E. CSCS Card)
- Work samples within the industry
- Learning about the construction industry
- Direct contact with employers

If you are interested in finding out more or wish to join the program, please get in touch using the contact details below

### CONTACT DETAILS

Magdalena Szostok

Mobile - 07596 572053

magdalena.szostok@barnardos.org.uk

Tayside Office -

3 Fleuchar Street, Dundee, DD2 5HN



- Access Flooring
- Bricklaying
- Civil Engineering
- Demolition
- Roofing
- House Building
- Land Drilling
- Paving
- Scaffolding

# SACO

Scottish Academy for Construction Opportunities  
Funded and supported by



Barnardo's Works  
engage • train • qualify • employ

# Are you interested in art and drawing and based in Angus?

Join Hospitalfield this October Break for the Free Drawing School.

## What is it?

The Free Drawing School is a programme of experimental drawing, inspired by Hospitalfield's house and archives, and is an ongoing narrative alongside the development of this special site.

All materials are provided, and it's free to take part, you get space and instruction from our engagement educator at Hospitalfield. Themes and interested are inspired by our history and collection of paintings and objects but will also be guided by the participants interests while introducing you to new ideas and techniques.

The October sessions will end in a showcase of work organised and planned by the you with assistance from Hospitalfield.

## Where

In the Free Drawing Studio at Hospitalfield and the house and grounds. Hospitalfield, Arbroath, DD11 2NH

## When

There are eight sessions available as below. We recommend joining as many as you can.

Tue 8 Oct, 2-4pm

Wed 9 Oct, 2-4pm

Thu 10 Oct, 2-4pm

Fri 11 Oct, 2-4pm

Tue 15 Oct, 2-4pm

Wed 16 Oct, 2-4pm

Thu 17 Oct, 2-4pm

Fri 18 Oct, 2-4pm

## Who can join

Everyone is welcome but most suitable for people over the age of eight. If you are an unaccompanied child you must have your grown ups permission. If you are a parent attending with children you are expected to join in. If you have a baby under one year old they are welcome to come along. If they are toddlers or young children it may be unsuitable due to time and level of tasks.

## Apply here

To apply please complete this google application form for each person attending.

## What to expect

You will be introduced to new ideas and techniques and be given an opportunity for learning through drawing.

You do not have to be 'good' at art, drawing is used as a method for exploration and expression.

We will create a safe space for you to be creative.

We want to reduce isolation create a feeling of community.

We will reduce barriers and access to arts and culture, some spaces will be reserved for those that need it most.

## Access Information

Hospitalfield Gardens and Café is wheelchair accessible via a ramp into the Gardens and there are wide pathways from the Walled Garden to the Studios. The Studios have ramped access and accessible toilets. Hospitalfield house can only be access by a number of stairs and is over three levels. It can be very cold in the winter months. Hospitalfield would like to prepare with you for your visit and give any information which could help, so please do get in touch with [kirsten@hospitalfield.org.uk](mailto:kirsten@hospitalfield.org.uk) or call 01241 656 124.



# Hedzup Youth Development

## Introduction to First Aid at Work



This course is designed to provide you with an introduction to the legal obligations of employers and employees with regard to first aid provision in the workplace. It also explains what first aid is all about, highlights the role of the first aider and goes on to describe how to deal with minor injuries.



**Successful completion of this course will provide you with an industry recognised certificate.**

For further information contact Bobbi on 07775 005726 or  
Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Or contact your 16+ Support Worker





Many Young Carers don't even realise they are Young Carers and their caring role is sometimes not recognised by other people, like friends and teachers.

## Who is a Young Carer?

A Young Carer is anyone aged 8 - 18 who supports or looks after someone who has:

- A physical or learning disability
- Mental ill-health
- A long-term condition
- Drug or Alcohol misuse
- A Young Carer looks after their mum or dad, brother or sister, or a grandparent.
- They look after the person all by themselves, or they may help someone else to look after them.

## What type of things do Young Carers do?

- Cooking or cleaning chores
- Shopping
- Looking after brothers and sisters
- Keeping someone company
- Collecting or giving medication
- Listening to their worries

## How can Angus Young Carers help you?

- Someone to talk to who understands and will listen to you.
- One-to-one support with a Young Carer worker.
- Regular fun groups where you can meet other carers and have a chat.
- The chance to go on trips and visit new places.
- Give you information about the things that are important to you.
- Provide I.D. cards & School support.

If you think you may be a Young Carer or you know someone who might be, then why not contact us at:

Angus Carers Centre  
Ground Floor  
8 Grant Road  
Arbroath DD11 1JN

**Tel:** 01241 439 157

**Email:** [enquiries@anguscarers.org.uk](mailto:enquiries@anguscarers.org.uk)

**Website:** [www.anguscarers.org.uk](http://www.anguscarers.org.uk)



Angus Young Carers



@AngusYoungCarer



## Support for Carers in an Emergency: Does someone depend on you?

If you are a carer for a vulnerable friend or relative have you thought about what will happen if you cannot fulfil your caring role because of an emergency?

Doing a **Carers Emergency Plan** can help you speak to family, friends and trusted neighbours about what they can do to help if something unexpected happens. So if you ever need to use your plan, you know someone you trust can step into your caring role until other support is arranged. It also means the person you care for will be supported by someone who knows them.

If the person you support has a care manager or case holder, ask them about a Carers Emergency Plan. If not, you can find out more from Angus Carers Centre. Call them on **01241 439157** or email **enquiries@anguscarers.org.uk**



Carers tell us they worry what would happen if they were in an accident or taken ill and couldn't let anyone know they are a carer. If you share your Carers Emergency Plan with us and carry a **Carers Emergency Card**, we can put your plan into operation for you. The card tells people someone depends on you and has the number of our 24-hour emergency helpline on it. So if you can't do it yourself, we can call your emergency contact or step in to make sure the person you care for is safe.

There is also a card for the person you care for to carry. So if anything unforeseen happens to them when you're not there we can contact you.

To find out more about these free services call us on **01307 464943** or **01307 462670** or email **SOCCasControl@angus.gov.uk**

**This document is available in different formats and languages on request. Please contact us for further information on 01307 464943 or 01307 462670**



# JAM SHED

FREE MUSIC  
WORKSHOP  
ALL SKILL LEVELS  
WELCOME!

Come and join us for a  
jam! Meet new people,  
make friends, and make  
music together!

## **Tuesday Arbroath**

Learner &  
Community  
Engagement,  
Arbroath Campus,  
D&A College.  
12pm-1.30pm

## **Wednesday Montrose**

St. Mary & St.  
Peter's Church  
11am-1pm

## **Thursday Forfar**

East & Old Church  
10am-12pm

Contact David for further info:  
[davidfedd8music.com](http://davidfedd8music.com)  
07521422995

Free admission  
We supply instruments &  
amps, but feel free to  
bring your own!



Scottish Charity No: SC047601





# **CAMERA CLUB**

**Every Tuesday. 5pm-6:30pm.**

**DD8 Music**

FREE TO ATTEND

AGES 12+

Camera Club is a photography group for young people aged 12+. The sessions are an informative and engaging way to learn photography from the experts.

Award-winning pet photographer, Craig Cantwell shares his passion for photography by delivering sessions in an enthusiastic and engaging way for young people. Our volunteers are proficient in photography and have lots of experience working with a range of techniques, cameras and lenses. They are always on hand to help out any participants.

Over the last few sessions we have photographed a pantomime, worked with bokeh effects, light-painting and steel wool spinning.

<https://www.dd8music.com/>

**DJ DISCOVERY IS A UNIQUE OPPORTUNITY TO  
EXPLORE AND CREATE MUSIC WITH THE HIGHEST SPEC  
OF DJ EQUIPMENT.**

**DJ DISCOVERY SESSIONS TEACH THE  
FUNDAMENTAL SKILLS OF DJING AS WELL AS  
TRANSFERRABLE SKILLS INCLUDING..**

**PROBLEM SOLVING**

**CREATIVITY**

**NUMERACY**

**PRESENTATION SKILLS**

**PLANNING SKILLS**

**MUSICAL ABILITY**

**MUSIC THEORY**

**MULTI-TASKING**

**COGNITION SKILLS**

**SOCIAL SKILLS**

**CONFIDENCE**

**TIME KEEPING**



**For further information or an application to take part  
Email: [LearningChoice@angus.gov.uk](mailto:LearningChoice@angus.gov.uk)  
Call/Text 07595 772177 or contact your 16+ Support Worker**

The **DJ Discovery 8** is a four-week programme where young people learn the skills to create mixes using high-tech equipment. The young people will learn the fundamentals of DJing from the basics of rhythm and timing; to using filters, effects, scratching and looping. Effectively structuring a mix teaches young people to create and follow a plan, improve their time-keeping skills and problem solving; whilst thinking critically and creatively to enhance skills and technical repertoire. The programme will give the young people a core knowledge of the musical theory such as key changes, waveforms, and BPM and the ability to implement this into their mixes. Sessions are a combination of theory and practical lessons; the theory aspect of the sessions include presentations, games, and group work.

**[www.dd8music.com/](http://www.dd8music.com/)**





# GUITAR



FREE TO  
ATTEND



AGES  
10-16

# LESSONS FOR

WEDNESDAY  
5PM-6PM



DD8 MUSIC  
STUDIO


# BEGINNERS

[BEX@DD8MUSIC.COM](mailto:BEX@DD8MUSIC.COM)



NOV 2023

**TUESDAY**



**JAMSHED**  
**DUNDEE & ANGUS**  
**COLLEGE**  
**ARBROATH CAMPUS**  
**12:00-13:30**

**BASS**  
**GROUP**  
**DD8 MUSIC**  
**STUDIO**  
**16:00-17:00**

**CAMERA**  
**CLUB**  
**DD8 MUSIC STUDIO**  
**17:00-18:30**

**WEDNESDAY**

**JAMSHED**  
**MONTROSE**  
**ST MARY'S & ST**  
**PETER'S CHURCH**  
**11:00-13:30**

**OPEN**  
**STUDIO**  
**DD8 MUSIC STUDIO**  
**16:00-17:00**

**GUITAR**  
**GROUP**  
**DD8 MUSIC**  
**STUDIO**  
**17:00-18:00**

**THURSDAY**

**JAMSHED**  
**FORFAR**  
**EAST & OLD PARISH**  
**CHURCH**  
**10:00-13:30**

**BEYOND**  
**THE STAGE**  
**UNDER 16'S**  
**DD8 MUSIC STUDIO**  
**16:00-17:30**

**BEYOND**  
**THE STAGE**  
**OVER 16'S**  
**DD8 MUSIC STUDIO**  
**17:30-19:00**

**FRIDAY**

**FRIDAY YOUTH GROUP**  
**KIRRIEMUIR GUIDE HALL**  
**2PM-5PM**

scott@dd8music.com
bex@dd8music.com
davidf@dd8music.com
luke@dd8music.com



# OPEN STUDIO SESSIONS

## WEDNESDAY 4PM-5PM DD8 MUSIC STUDIO



**SUITABLE  
FOR AGES  
10 AND OVER**

**FREE TO  
ATTEND**

**BEX@DD8MUSIC.COM**
**LUKE@DD8MUSIC.COM**

# PRINCE'S TRUST DEVELOPMENT AWARDS



## GET UP TO £500 OF FREE FUNDING TO TRAIN AND LEARN

Aged 16-24? Our Development Awards can cover the cost of course fees, tools or equipment to help you achieve your goals.

### WHAT CAN THEY COVER?

- Travel until your first wage
- Certifications & qualifications
- Childcare
- Tools, kit & equipment
- Badges & licenses
- Uniforms & chef whites
- Interview clothes
- Plus MUCH more!



### CONTACT US:



0800 842 842



DevelopmentAwards.Scotland@Princes-Trust.org.uk

\* Must be aged 16 - 24 and working less than 16 hours per week/ studying less than 14 hours per week







## VOLUNTEERING OPPORTUNITIES FOR YOUNG PEOPLE IN ANGUS



Voluntary Action -ANGUS

Third Sector Interface



# ANGUS YOUTH VOLUNTEERING NEWSFLASH!

October 2024



## SALTIRE AWARDS

The Saltire Awards are the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of young volunteers in Scotland. They allow young people to gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do with the Saltire Awards.



You can find out more about the Saltire Awards [here](#).



## SALTIRE AMBASSADORS

The Saltire Awards are committed to involving young volunteers in the delivery and development of the Awards at all stages.

**VAA are looking for young people who have achieved an Ascent Award (200+ hours) to become Saltire Ambassadors.**

- **Represent** the Saltire Awards and youth volunteering at a local level
- **Promote** the Awards and inspire other young people to get involved
- **Contribute** to the development of the Saltire Awards
- **Participate** in decision making e.g. as a Summit Panel Member

They can use the hour volunteered as Ambassadors to work towards the 500+ hours certificate.

Contact [Adhamh@voluntaryactionangus.org.uk](mailto:Adhamh@voluntaryactionangus.org.uk)



# VOLUNTEERING OPPORTUNITIES IN ANGUS



Here is a sneak peek at some of the volunteering opportunities available across Angus!



## FORFAR AND KIRRIEMUIR



| Organisation and opportunity                                      | Where      | Short description   | Restrictions e.g. age |
|---|------------|---|-----------------------|
| Kirrie Connections – Health Walk Volunteer                        | Kirriemuir | Kirrie Connections is a Dementia support charity which meets regularly. Volunteers required to help with a new Dementia-friendly health walk they are planning.       | 16+                   |
| Angus Cycle Hub – Volunteer Workshop Mechanic                     | Forfar     | We have a number of volunteer roles and we're flexible around your time, commitment, experience, interests and goals.   | 16+                   |
| Forfar Old Age Pensioner's Association – Coffee Morning Volunteer | Forfar     | Forfar OAP Association holds a coffee morning every Tuesday morning in Forfar and would greatly benefit from the help of 1 volunteer to take orders and serve tables. | 15+                   |



## ARBROATH



| Organisation and opportunity                          | Where    | Short description   | Restrictions e.g. age |
|---|----------|---|-----------------------|
| Animal Rescue Centre (Angus) – Kennel Helper          | Arbroath | Main opportunity involves working directly with our animals, helping with feeding, walking and general kennel care. <b><i>Under 18's may be able to volunteer, provided they are accompanied by an adult.</i></b>           | 18+                   |
| Voluntary Action Angus – Intergenerational Befriender | Arbroath | We are looking for volunteers to spend time with residents of sheltered housing in Arbroath to have a cuppa, play bingo, board games, have laugh and much more!   | 15+                   |
| West Links Park Run                                   | Arbroath | Taking place every Saturday at 9.30am, this offers an opportunity for all the community to come together, regardless of age or gender, to come together on a regular basis to enjoy the outdoors and get physically active. | 4+                    |





## MONIFIETH AND CARNOUSTIE



| Organisation and opportunity                                   | Where      | Short description  | Restrictions e.g. age |
|--|------------|--|-----------------------|
| Monifieth Eco Force – Community Garden                         | Monifieth  | Planting new bulbs; the area then needs to be prepared for new planting. Final stage would be to replant the area with new shrubs & other plants.  | 16+                   |
| Carnoustie Community Café – Volunteer Secretary                | Carnoustie | You'll be confident & friendly and also be fluent in IT, a good communicator and good on social media.   | 16+                   |
| ANGUSalive – Volunteer Rangers with Angus Alive Ranger Service | Monifieth  | Working with teams at Crombie, Forfar Loch, Monikie Park or Angus Glens countryside. Activities: conservation work, environmental education, site maintenance & preparing for events & activities. | 16+                   |



## BRECHIN AND MONTROSE



| Organisation and opportunity               | Where      | Short description   | Restrictions e.g. age |
|--|------------|---|-----------------------|
| The Food Life                              | Brechin    | Help the core farm team grow, harvest and distribute food, facilitate educational projects and host community events.   | 15+                   |
| Brechin Community Pantry – Volunteer       | Brechin    | To help those in the Brechin/Edzell area experiencing difficulties in their lives – poverty, loneliness, poor mental health, drug/alcohol issues. To provide a place in Brechin for people to come together | 12+                   |
| The Hub @ Friockheim – Reception Volunteer | Friockheim | Can you spare a couple of hours when we are open?<br>Monday to Friday, 10am – 4pm<br>Wednesday & Thursday, 4 – 7pm<br>Saturdays, 11am – 2pm   | 16+                   |

## GET IN TOUCH

You can search for all of the volunteering opportunities available in Angus through the Voluntary Action Angus website [here](#)!



If volunteering is something you are interested in and you would like to find out more about the opportunities that are available, contact our Youth Development Worker: [Adhamh@voluntaryactionangus.org.uk](mailto:Adhamh@voluntaryactionangus.org.uk)

Find out more about Adhamh's role [here](#).

Voluntary Action Angus is a Company limited by guarantee. Registered in Scotland No 248473. Registered Office: 5-7 The Cross, Forfar DD8 1BX. Registered Scottish Charity No SC032830.



## **MONTROSE BEFRIENDING SERVICE ARE RECRUITING NEW VOLUNTEER BEFRIENDERS**

**DO YOU HAVE WHAT IT TAKES TO HELP THE ISOLATED AND  
LONELY IN OUR COMMUNITY?**

- CAN YOU SPARE A COUPLE OF HOURS A WEEK?
- DO YOU ENJOY HELPING OTHERS?
- ARE YOU FRIENDLY AND A GOOD LISTENER?

**If this sounds like you why  
not join our team of  
volunteers, a couple of hours  
of your time every week can  
make a huge difference to  
someone in isolation and  
needing a friend**

Contact us on  
07801592045

# START SOMETHING

Find exciting opportunities online  
with The Prince's Trust Scotland

## CONTACT US

 [PrincesTrustScotland](#)

 [PrincesTrustSco](#)

 [princes\\_trust\\_scotland](#)

 [princes-trust.org.uk](#)

 0800 842 842

## EXPLORE: HEALTH & SOCIAL CARE

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Learn about the roles and  
responsibilities of the sector

---

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Chat to people working in the  
sector

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Identify a role that's right for  
you!

---

---

Boost your confidence

---

---

Improve your communication  
skills

---



Prince's Trust  
Scotland



# Are you currently unemployed in Angus?

We have a dedicated team of Employability Keyworkers who can talk through support available and identify any barriers to employment.

- 1:1 Support
- Employability Skills (CV Building, Job Application Support, Interview Preparation)
- Advice and Signposting
- Exploring Training, Employment and Volunteering Opportunities
- Confidence and Wellbeing Activities



If you would like to know more about our employability service or to make a referral, please contact our friendly and approachable team at [EngagementTeam@angus.gov.uk](mailto:EngagementTeam@angus.gov.uk)



Scottish Government  
Rèignidhean na h-Alba  
[gov.scot](http://gov.scot)



# Parents...

## are you currently working and are looking to increase your income?

Do you want to work towards your own career goals or gain some new qualifications? If you live in Angus, you could be eligible for help and support.\*

ADVICE



SUPPORT



TRAINING



Get employability support at the right time for you.

**The Angus Parental Employability Team  
can support you through your own  
individual journey.**

Please contact us on  
[parentemploy@angus.gov.uk](mailto:parentemploy@angus.gov.uk)  
or text/call **07407 876306** or  
**07407 829531** to find out  
how we can help you.



[jobs.investinangus.com](http://jobs.investinangus.com)



Scottish Government  
Riaghaidh na h-Alba  
[gov.scot](http://gov.scot)

\*Criteria eligibility applies





# Parental Employment Support Angus

**Are you a parent living in Angus and looking to progress into employment or retrain?\***

We can help prepare you and build your confidence and skills to progress towards employment. The Skills & Employability Team are here to offer individual support along your journey.

\*Criteria eligibility applies

**ADVICE**



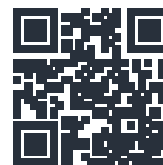
**SUPPORT**



**TRAINING**



Contact the Skills & Employability team on  
**07407 876306**  
**07407 829531** or  
**[parentemploy@angus.gov.uk](mailto:parentemploy@angus.gov.uk)**



**[jobs.investinangus.com](https://jobs.investinangus.com)**



**Scottish Government**  
**Riaghaidh na h-Alba**  
**gov.scot**



# **NEW 10 WEEK EMPLOYABILITY COURSE WITH STREET LEAGUE**

**Where: D&A College, Arbroath Campus, Keptie Road, DD113EA**

**When: 24/09/24 Tuesday-Thursday- 9:30am-2pm**

**Eligibility: 16 - 25 year olds**

**Up To £55 per week payment for 16/17 Year Olds**

**Gain an SQA Qualification**

**Free Nike Kit**

**Employability Support**

**Job Opportunities**

**Job & College Application Support**

**Daily Sports Sessions**

Get in Touch  
for more information!

**Contact - [Craig.McConnachie@streetleague.co.uk](mailto:Craig.McConnachie@streetleague.co.uk)**



**StreetLeague KatieandCraig on Facebook**



**STREET  
LEAGUE**

**Get in Touch to Reserve your space!**



**STREET  
LEAGUE**

# STREET SPORTS

FRIDAY 6TH  
SEPTEMBER

**12:30-  
1:30**

**CARNOUSTIE  
LEISURE CENTRE**

»»»»»»»»»» JOIN US! ««««««««««

**LINKS PARADE  
DD77JB**

DETAILS

**AGES 16+  
WELCOME**

**FREE TO  
ATTEND**

TO BOOK YOUR PLACE AND FOR MORE INFORMATION PLEASE CONTACT US



**STREET  
LEAGUE**



**07585002337**



**Craig.McConnachie@streetleague.co.uk**





## A GROUP FOR YOUNG FEMALES IN ANGUS

### WHO IS IT FOR?

The group is for young women aged 16 to 21 across Angus who are experiencing disadvantage to some extent; impacted by parental substance use, engaging in substance use, recently left kinship/foster care, disengaged or have left school/education or at risk of engaging in offending behaviour

### AIMS OF THE GROUP

To provide support, fun social activities and issue based content guided by the young women's needs. It also focuses on developing self-esteem and confidence, with a strong emphasis on building trusting, positive relationships.

### WHEN & WHERE

The group meet every Thursday 1pm-3pm at TCAs office in Arbroath (participants can be collected and returned to their home from a member of staff). Some sessions are held in the local community for a variety of activities.



22-24 Catherine Street  
Arbroath, DD11 1RL



01241 872989



vikki.jeffrey@alcoholtayside.com

# Connect **Mentoring**

TCA's Connect Mentoring service links young people up with mentors who will offer advice, support and a wide range of activities.

b



Mentoring gives young people the opportunity to form a relationship of trust and honesty with an adult who will give you time and encouragement to:

- ✓ Explore ways to **change things in your life**
- ✓ **Give an unbiased view** on things going on for you, good or bad
- ✓ **Talk through things** that are worrying you
- ✓ **Develop skills** to help yourself
- ✓ **Set goals** for you to work towards



**Everyone needs a Mentor at some point in their lives.** It is nothing to be embarrassed about.

Mentoring helps you to **sort out the best way to deal with any problems that you may have.**

It is about **setting goals for yourself and working towards achieving them** with the support of your mentor.

Have any questions or want to know more? Contact Ashton on:  
**01241 872989 | [ashton.julien@alcoholtayside.com](mailto:ashton.julien@alcoholtayside.com)**



# EARLY INTERVENTION FOR YOUNG PEOPLE



We have space for referrals for young people P6-S2 experiencing one or a combination of the following;

- Impacted by their own or someone else's substance use
- Disengagement or disruption at school
- Engaging in, or at risk of engaging in anti-social, offending and/or aggressive behaviour
- Conflict in the family home

## WHAT WE DO?

The 'Crew' group is aimed at young people residing in and around Arbroath. It provides support, fun social activities, and informal education opportunities that allow those involved to make informed choices, increase belief in their own ability, achieve goals, and overcome challenges

**CONTACT US FOR MORE  
INFORMATION OR COMPLETE THE  
ATTACHED REFERRAL FORM**

## WHEN AND WHERE?

The group takes place every Thursday between 5pm and 7pm during term time meeting at TCA's Angus Office, 22-24 Catherine Street, Arbroath. All participants can be picked up from, and dropped off at their homes to alleviate any barriers that transport may present. Additionally, the timeframe young people can be involved with the group is flexible and very much based on need.



01241 872989



ashton.julien@alcoholtayside.com





# Rewards Partnerships

Connect with over  
**650,000**  
young people in  
Scotland.



# The Young Scot card



Opening doors to discounts and Rewards opportunities, the Young Scot National Entitlement Card connects young people with brands, businesses and organisations.

Not only that, but it provides access to services including school meals, concessionary travel, proof of age and opportunities across Europe. In short it's an essential item in any young person's pocket.

And it's a great audience to engage. Issued through schools and local councils there are over 650,000 Young Scot cardholders. What's more Young Scot's membership of the European Youth Card Association could help you to reach an additional four million international customers.

Read on to find out how a discount and Rewards partnership could work for you.

Young Scot is a Scottish registered charity (SC029757) and is a company limited by guarantee (202687) with its registered office at Rosebery House, 9 Haymarket Terrace, Edinburgh, EH12 5EZ



# The Benefits

Engage young people with a partnership to suit you.



**Discounts**  
Create a long lasting relationship and sales.



**Rewards and Activities**  
Create a buzz with competitions and opportunities.

Get involved and benefit from:



**Reach**  
Feature across Young Scot's communications with young people.



**Engagement**  
Inspire young people to engage with your organisation.



**Doing good**  
Contribute to our work supporting young people.

# About Young Scot



Young Scot is Scotland's national youth information and citizenship charity.

We want Scotland to be the best place in the world to grow up, where all young people thrive, achieve and are given opportunities to be the best they can be.

The Young Scot brand is trusted across the country with 95% of young people aware of Young Scot.

With over 650,000 Young Scot cardholders and the country's only dedicated online content platforms for all young people, there is no other organisation quite like Young Scot.

Creating a partnership is simple:



**Contact us**  
Talk through an offer to suit you.



**Register your details**  
at [www.youngscot.net/rewards](http://www.youngscot.net/rewards)



**Check your offer**  
We will share a draft listing for you to review.

We'll be here to help at every stage

Contact us  
Enquire: [rewards@youngscot](mailto:rewards@youngscot) | Chat: 0131 313 2488  
Tweet: @youngscot | Browse: [www.youngscot.net](http://www.youngscot.net)

Best of all, it's free to get involved.  
[youngscot.net/rewards](http://youngscot.net/rewards)

# Join

a creative team...

We're proud to work with a wide range of partners to create opportunities for young people to try something new and do more of what they love. We'd love you to join them.

"Our Rewards partnership has been successful in encouraging over 2,300 SAAS - early funding applications - in 2016." Head of Communications, Student Awards Agency for Scotland

"Rewards helped with my confidence to try new things and take part in opportunities!" Chelsea, 15, on their Hearts FC stadium tour

"Our discount partnership helps Co-op to build a positive relationship with young people across Scotland."

Marketing Manager, Co-op

"It was a really good feeling receiving the Raspberry Pi." Danils, 17, on claiming his reward

Some of our partners:







# How it works



## Young Scot discounts

Ready to join 500 organisations and offer a discount to Young Scot cardholders?

Partnering with us is simple.



Decide what offer would suit your goals e.g. 10% off.



How would you like to offer it: In store, online or over the phone.



Get in touch: rewards@young.scot Call: 0131 313 2488



Connecting with over 650,000 cardholders

## Young Scot Rewards

Rewarding young people for making choices that have a positive impact on themselves, their communities and the environment. Opening doors to new experiences.

How does it work for young people



Young people get involved in positive activities.



They collect points for every completed activity. Points are stored online.



Young people exchange points for amazing rewards.

Offer a reward: Think of it as a competition prize e.g. a voucher, tickets to an event, or an experience unique to your organisation.



Offer an activity: Could you offer Rewards points for a cultural, volunteering, active, employability or community action opportunity?



Our partners can benefit from a range of promotional opportunities:

- » Young Scot platform, Rewards portal and app – free listing: Young.scot (2 million+ views per year); Rewards (1.2 million views per year)
- » Point of sale materials – free window stickers
- » Social media – opportunity to feature across our channels
- » Newsletter – reach a responsive audience
- » Local promotional opportunities.

www.young.scot

Young Scot @YoungScot · Jul 27

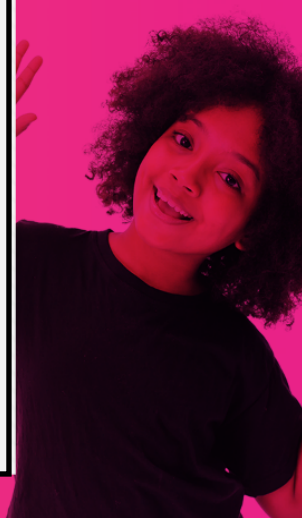
Young people under 22-years-old living in Scotland will be eligible for free bus travel from 31 January 2022 🇬🇧🚌🎉

We're partnering w/ @ScotGov @ImprovServ @TranScotland @NECSScotland to roll out this incredible entitlement for young people.

bit.ly/3BH37nL  
Show this thread

"Free travel that is accessed easily by the Young Scot National Entitlement Card will open doors for young people – helping them to explore opportunities that many would previously not have had the financial means or confidence to take part in."

Kirsten Urquhart,  
Chief Executive (Interim), Young Scot





## **Be well. Be connected. Be ready**

The new reality of reduced social contact, self-isolation and disruption of services will have a disproportionate effect on people who were already struggling with complex life circumstances.

In response we have literally turned our services outside – in, moving from group-based personal development in Scotland's wilderness and outdoors in communities to working with smart technology to reach those who need help most in their own homes. Our new support service is online, with all Venture Trust outreach and development staff providing tailored support by phone or digital platforms.

### **Dedicated support**

Every person seeking support will have a dedicated worker – a trusted professional, with expertise in personal development and coaching. They are there to listen, provide support and connect into specialist advice in our Digital Hubs – for active living, improved wellbeing and employability. We're here to help now and as we recover.

### **Personal Development**

We have devised a new blended learning model, a synthesis of both digital and face to face learning. This allows us to offer continued support to participants as we navigate the varying tiers of restrictions across the country. This service is in place of the personal development journeys and combines participants from all of our pre Covid programmes. Check out the infographic below for an overview of key stages.

### **Wellbeing Hub**

Offer people counselling support, advice from trained professionals for developing resilience and self-care and how to look after mental health. Signpost people to local and national support and additional services and resources e.g. financial help, getting shopping, medication or topping up utility meters.

### **Employability Hub**

Offer people core skills development, self-awareness, barrier removal and goal setting with employability support aimed at those looking for further training and progression to employment. Supporting people to be more ready for work or to volunteer in their community.

We are also taking new referrals from our partners who are still working with people struggling with issues such as long term unemployment, recovery from addiction, homelessness, isolation, involvement in the criminal justice system in Scotland, and a history of trauma or harm. In a temporary adjustment to our usual eligibility criteria for wilderness journeys. We are relaxing the criteria and opening the new services up to anybody whom you deem would benefit from them. please make referrals through the following link or

<https://crm.venturetrust.org.uk/referral-form> [aidan@venturetrust.org.uk](mailto:aidan@venturetrust.org.uk)

<https://www.youtube.com/watch?v=6larPayZJCY&feature=youtu.be>





<https://www.youtube.com/watch?v=6larPayZICY&feature=youtu.be>



**We're here**

We are working.  
Offering dedicated support and  
specialist help in a time of need.

Voluntary Action  ANGUS

Third Sector Interface

## INTERGENERATIONAL BEFRIENDING

**Do you know an elderly person who would  
benefit from a young befriender?**



Bingo



Games



Learn new skills



Sing a long



Good old  
blether



Hobbies



Memories



Tea & Cakes

**Benefits include:** Not feeling so isolated or lonely, a feeling of invigoration, better general health and wellbeing and rediscovering the joy of interaction with young people

**For more information contact Michelle on  
01307 466 113 or at  
[michelle@voluntaryactionangus.org.uk](mailto:michelle@voluntaryactionangus.org.uk)**

Voluntary Action Angus is a Company limited by guarantee. Registered in Scotland No 248473. Registered Office: 5-7 The Cross, Forfar DD8 1BX. Registered Scottish Charity No SC 032830.



# 24/7 & Late Night Helplines

For young people

## YoungMinds

*Are you a young person in crisis?*

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

**text YM to 85258**

**YOUNGMINDS**

## The Mix

*Do you need help now?*

Crisis messenger text service provides free, 24/7 crisis support

**text THEMIX to 85258**

**THE MIX**

## Papyrus

PAPYRUS

*If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.*

**Call 0800 068 4141**

9am - midnight every day of the year

## Samaritans

*Whatever you're going through, you can call anytime from any phone for FREE.*

**Call 116 123**



**YOUTH  
INSPIRED**



## CALM



*A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.*

**Call 0800 58 58 58**

5pm - midnight every day of the year



**All in Angus** provides specialist employability support to parents with disabilities, or parents of a child with disabilities who are unemployed and looking for employment or employed and looking to improve or change their career.

**ENABLE Works** deliver tailored support throughout Angus, at a place and time that suits you. If you are interested to hear how we can support you, please contact **Sacha Martin** on **07922385826** or email at: [sacha.martin@enable.org.uk](mailto:sacha.martin@enable.org.uk)



*Angus*  
*Partnership*