

Third Sector Health Hub

Academy Medical Centre



Angus Independent Advocacy

Do you know or someone you know have Dementia? Do you struggle to have your voice heard? Do you feel lonely and isolated? If the answer is yes then you may benefit from having a Citizen Advocate.

Angus Citizens Advice Bureau

Angus Citizens Advice Bureau provides free, confidential, independent and impartial advice and information across a wide range of topics to all residents of Angus.

Hear Me

We provide FREE and CONFIDENTIAL counselling either face to face or over the telephone for men, women and children (aged 8+) who have been sexually abused or sexually exploited. Pathways to the future—Integrative support service that is free and confidential for survivors of abuse in Angus (12 years +)

To find out more information please contact Ashley on
ashley@voluntaryactionangus.org.uk
or phone 01307 462316

Penumbra

We provide two services in Forfar & Kirriemuir Area. Our Angus Nova Service is available to anyone over 16 experiencing mental health challenges. We help to find ways to manage your mental health and wellbeing, access activities, groups, education, work and Penumbra Carers Short Breaks.

Voluntary Action Angus

We support the growth of volunteering, social enterprise and local third sector development. Local social prescribing work supports individuals to tackle any non medical issues and to connect you to support that may benefit you.

Welfare Rights Service

We offer free and confidential advice on such as disability benefits, pension age benefits and Universal Credit. We can also carry out income maximisation checks and provide advice on debt related issues and the options available.