



Voluntary Action Orkney

APRIL 2015

NEWSLETTER

VAO News & Services

ROAR Loud n Live

The final ROAR event for the current group was a major success, with over 100 folk squeezing into Orkney Sailing Club for their 'Loud n Live' gig.

This was a collaboration between the 14 young folk involved in this year's VAO group and local rock festival organisers Live Wire. The hope is that this connection will encourage young people to 'graduate' to helping with the rock event, in the same way that such healthy numbers are involved with the folk festival.

On the night, three acts of school age were given their chance alongside more established Orkney rockers, making for a varied and exciting night of old favourites and new discoveries.



Nacho Heap, made entirely of ROAR group members performed original material and were warmly received by the crowd. Charlie Wallhead and AIN - all S5 pupils at KGS - gave strong performances as well.

They raised a total of £930 for provision of mental health services and suicide awareness for young people in Orkney. The money will be shared between KGS and Stromness Academy.



Clockwise from top left: ROAR's David Flanagan, MC for the night; Charlie Wallhead; AIN; Nacho Heap

INSIDE THIS ISSUE:

Roar event	1
Adult Befriending	1
Memories Project	2
Welfare Reform	2
VAO staff news	2
Friday Friends	3
Resourcing Scotland's Heritage	3
Community Halls	4
Orkney Voices	4
National Confidential Forum	5
Learning Events	5
Dates for your Diary	5

Adult Befriending Service

The Adult Befriending Service recently held Befriending training with 5 new volunteers. Four 2 hour informal training sessions were held with volunteers learning about issues relating to confidentiality, boundaries and risk assessment, to name a few.

The volunteers said that the training was 'extremely useful and informative' and 'very useful, a good insight into the service and what to expect'.

Congratulations to the 5 newly trained befrienders who will shortly be placed in 1-to-1 matches.

If you would like to know more about The Adult Befriending Service please contact [Linsey Drever](#) at VAO on 872897.

Back L-R Roger Conlon, Rachel Baker, Nigel Reid. Front Karen Kennedy, Susanne Carter



2015 Stromness Academy Life Skills / West Mainland Day Centre Memories Project

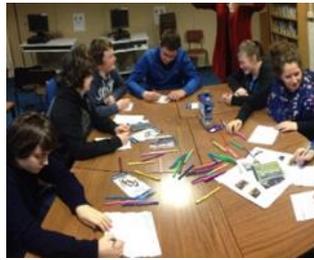


Third year pupils at Stromness Academy recently teamed up with VAO for a memories project with the folks at the West Mainland Day Centre.

The first few weeks were spent learning interview skills and preparing questions. Then it was off to Stenness for an afternoon of blethers, tea and cake.

The young folk took their recorded interviews back to the Academy and chose various areas of personal interest to base projects on. They spent a few weeks gathering information and researching on various aspects of life in the 1940s.

Finally, at the end of term, the folks from the Day Centre visited the Academy and had a tour of the lecture theatre, turned into a 1940s exhibition for the day, and to see the pupils receiving their volunteering awards.



Welfare Reform Project Update



A few months ago we told you about a new service we were just about to launch to support clients in Orkney to complete online applications for benefits (universal credit). We've been really busy over the past month or so, and thought we would update you with the progress.

In partnership with Orkney CAB, we have recruited and trained 4 volunteers, developed project paperwork and a referral process and we're currently contacting various

partners and potential referral agencies.

We will have IT equipment based in both Kirkwall and Stromness Libraries and The Pickaquooy Centre. This means that volunteers and clients will be able to meet outwith regular office hours to complete their online application.

If you would like to know more about this new innovative service, or would be interested in becoming a project volunteer, please contact [Rob McGregor](#).

VAO Staff news

Farewell to Morgan Maxton

We would like to send out best wishes to Morgan Maxton, and thank her for all her hard work and commitment over the last 12 months. Morgan joined our Young Person's Befriending Project in May of 2014, as maternity cover for Hannah Rendall. Over the past year, Morgan has been an asset to the Project, supporting young people and our dedicated team of volunteers. We are really pleased that Morgan is moving onto pastures new and we wish her all the best in her new role, still working in Orkney's Third Sector.



Four Volunteers
trained and ready
to start new
Welfare Reform
Support Service

New administration team member



We welcomed a new member to the VAO administration team this month with Pete Donald joining us and replacing Karen Learmonth as part time administrator. Karen has taken over from Ewan Kennedy, who left us last month for exciting pastures new, as full time office administrator.

Volunteering Opportunities

Friday Friends

Friday Friends is an intergenerational befriending project that involves young people (aged 12-25) socialising with elderly residents from Eunson Kloss Sheltered Housing on Friday afternoons (1.30-2.45). We are looking for 5 new people to join the group.

Activities include cake decorating, music sessions, card making, craft, board games, crosswords, playing the Wii, coffee afternoons. Young people are supported to organise and deliver the session.

Befriending training is delivered to all young people involved and weekly support is offered through Voluntary Action Orkney's Youth Development Worker.

Facebook is used as a method of communication.

Volunteering hours can be counted for the Saltire Award

For more information please contact [Brian](#) or [Laura](#) at VAO on 872897.



Funding & Finance

Resourcing Scotland's Heritage

Resourcing Scotland's Heritage (RSH) provides inspiration and practical advice to help heritage organisations maximise results from their fundraising. With local training from the experts and support from peers, Resourcing Scotland's Heritage provides everything you need to know about successful fundraising from private sources including individuals, businesses and private charitable trusts.

The three year training programme, funded by the Heritage Lottery Fund, is now well underway with over 25 events delivered so far. Sessions include:

- 'Make it Happen' - an introduction to fundraising from private sources
- 'Planning to Progress' - a fundraising strategy development course
- 'In Focus' - a series of events focussed on one aspect of fundraising from private sources such as: Legacies; Friends and Membership; Case for Support; Annual Giving; Researching Trusts on a Shoestring; Applying to Trusts & Foundations; Introduction to Sponsorship; and Crowdfunding.

The programme is open to all working and volunteering in heritage including:

- Projects in green spaces and urban environments
- Historic buildings and environment
- Archaeology
- Museums, galleries and heritage venues
- Voluntary and community groups working within heritage

The RSH team is keen to bring the training courses to Orkney in September 2015. Would you like to participate? Please send an email to the RSH Project Manager [Louise Downing](#) to express your interest and include information on the courses and topics you are most interested in.

Resourcing Scotland's Heritage is a partnership project led by Arts & Business Scotland with Archaeology Scotland, Built Environment Forum Scotland, greenspace Scotland and Museums Galleries Scotland. Further information and a wealth of resources can be found [online](#).

*Aged between 12
and 25? Free on
Friday afternoons?
Why not join
Friday Friends?*

Legislation, Guidance & Support

Are you interested in your local Community Hall?



Building quality in rural Scotland

Are you interested in your local community hall? Are you a volunteer on the committee or happy volunteering at events, keeping up the maintenance or brewing tea and making home bakes (VERY important!)? Then you might be interested in [KeyStone](#).

KeyStone is a quality award and management toolkit for the people who manage village halls and community buildings. It provides checklists and resources to help you manage your building.

KeyStone is an entirely voluntary quality award and management system that will help strengthen your organisation. Unlike other quality awards it's been designed specifically for organisations running community facilities like village halls, community centres, youth and heritage centres. It provides comprehensive supporting resources and a mentor to help and encourage you.

Undertaking the Keystone Award will help you to:

- ensure you meet all necessary legal and regulatory requirements for running your building
- organise your files, documents and information to make life easier for you and future committees
- provide evidence to others that you run a well-managed facility
- secure a long term future for your facility
- understand where to go for help
- have confidence that you're doing things right

Vaguely interested? Like to know more? Then contact your potential friendly mentor! - [Edwina](#) at VAO.

You may also be interested in SCVO's Facebook page aimed at community halls in Scotland - take a look [here](#).

Do you manage a community building and have issues with heating and electricity bills?

[Resource Efficient Scotland](#) provide free advice to help reduce heating and electricity bills. If you think your community building could benefit from a visit, please get in touch with them on 0808 808 2268 or via their [website](#).

If you would like a facilitator to help, please get in touch with [Edwina](#) at VAO.



Expressing the views of older residents in Orkney

We all have a voice, or do we? Some voices are much louder than others but it is important that every section of our communities has a chance to express their hopes, dreams and issues they are struggling with. 'Orkney Voices,' a new initiative in Orkney, would like to encourage all those who are over 50 years old to take part in Orkney-wide conversation on matters particular to those of us who are 'growing older' on our islands.

You can take part in this discussion by answering this simple question: 'What are some of the issues which, in your opinion, would make life in your community better for those who are over 50 years old?' Cards with this question will be placed in different places in your local community and responses will be collected by the end of May. You can also answer this question online on www.goio.co.uk.

Your answers will provide Orkney Voices with the list of relevant issues that need to be further discussed and tackled by all parties, i.e. local communities, volunteer groups and statutory bodies.

Orkney Voices—
make your
voice heard!



Chance to be heard for Scots who spent time in care as children

Scots who spent time in institutional care as children can have their experiences heard and acknowledged by taking part in the National Confidential Forum.



The independent body is inviting participants from across Scotland to come forward and share their experiences, whatever they are, in a safe and non-judgemental setting.

The testimonies of participants will help the Forum understand what happened to children in the past and show what can be done to make things safer for children in care, today and in the future.

Project manager, Ben Lukins, said, 'If you have been in institutional care as a child in Scotland, this is your chance to be heard. Sharing experiences can be therapeutic and importantly, the information given by participants will contribute to making positive changes to children in care today and in the future.'

Anyone who spent time in institutional care as a child can come to the Forum. They must be over 16 years old and no longer in care. Institutional care means residential care or the health service. The service could be run by a local authority, health board, a private provider or a charity and can include: a children's home; a short or long term hospital stay in a children's ward; a residential unit; a boarding school at public or private school; a school trip or summer school.

Set up in August 2014, the Forum is an independent body, funded by Scottish Ministers and hosted by the Mental Welfare Commission for Scotland. It started taking applications and holding hearings last month. The Forum is expected to run until August 2017.

For more information on the National Confidential Forum, please visit their [website](#) or call 0141 352 2333.

Learning Events

GIRFEC e-learning module now available to all

An interactive e-learning module developed for all children's services workers across Lothian and Borders is now available to anyone who wants to use it to help embed the GIRFEC approach in their local area. The aim is to ensure all relevant staff are aware of the GIRFEC principles and understand their and others' responsibilities. For more information please click [here](#).

Improving the sexual and reproductive health of people who use alcohol and other drugs

Tuesday 26 May & Wednesday 27 May 2015, Kirkwall Community Centre, 9.30am to 4pm
Free two day training aimed at drug service staff who want to raise the issue of sexual health with their service users and Sexual health service staff who want to enhance the service they provide for drug users. For more information or to book a place please contact [Sharlene McAlistar](#) on 888090.

Dates for your diary

Third Sector Forum

The next Third Sector Forum will be held on **Thursday 21 May** at 11am in the McGillivray Room, Orkney Library & Archive, Kirkwall. For more information on the Third Sector Forum please see the VAO [website](#) or contact [Cecily](#).



21 May
Third Sector Forum

Aspergers & Autism Support Group

The group for Adults with Aspergers, their parents and parents of children on the spectrum meets on the **first Wednesday of every month**. Come along for a cuppa and a friendly chat, no invitation needed.

The next meeting will be at 7pm on Wednesday 6 May at the Blide Trust.

May's meeting is an open meeting and all are welcome, we have a surprise guest speaker, so come along and see who that might be. Any professionals, who would like to visit, are more than welcome but please get in touch first as we like to make sure the members feel comfortable with whoever is visiting. Please come along and make it a success, have a cuppa, a waffle and a good laugh!

For further information, please contact [Chris Mighall](#) - mobile 07502 093367 home 751257.



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