

Newsletter April 2018

VAO News

Aberdeen University Students Association – Conservation Volunteers Society visit to Orkney 2018



In early January Rob McGregor at VAO was contacted by George from the Aberdeen University Conservation Society. The Aberdeen University students wanted to come to Orkney in April to undertake some conservation volunteering work and also to see the islands themselves.

Thus April dawned and in the Easter break 14

students from a variety of disciplines, but mainly biological sciences, arrived in Orkney raring to work in some of our community woodlands.

Tuesday saw them working clearing and burning salmonberry from [Happy Valley](#) (and being royally treated to hot soup and comfort by Joe Horrocks!) and Wednesday saw them down at [Olav's Wood](#), accompanied by 5 local volunteers to organise work parties, hot drinks, transport from the Hope bus stop and dry work gloves!

They enthusiastically set to work digging trenches for drains, carting hard core to back fill, installing two lovely benches, working on board walks and pruning and trimming bushes and trees near to pathways.

Thanks go to the leader George for his organising of the trip and to all 14 students for their time and commitment in making the journey to Orkney. You will be very welcome back!

After their return home George contacted VAO with the following comments:

"We all had an incredible time on our recent trip to Orkney. The trip has left us all with lifelong memories and I'm sure one day we will return!" Another group member, Patrick told us *"We are delighted to have helped with the management of Olav's wood. We recognise that conserving nature is not just about nature itself, but about how compatible nature is with human needs. They are considering asking to assist with future surveys so that they can learn more about Olav's Woods invertebrate diversity."*

Saltire school celebrations



Well done and thank you to all the young volunteers from KGS and Stromness Academy from school year 2017-18. A fantastic bunch of folk!

Volunteers with the VAO ROAR project present a cheque for £188 to Orkney Young Carers, raised at a variety show they organised and ran in Burray recently.

Isla Dowell is pictured receiving her award for volunteering at Clan and Papdale primary school. Isla is also a member of ROAR.

Well done to Osmond Budge, pictured with his Saltire Awards for helping neighbours with grass cutting.



Clockwise from top: KGS volunteers; Osmond Budge; Isla Dowell; ROAR group; Stromness volunteers.

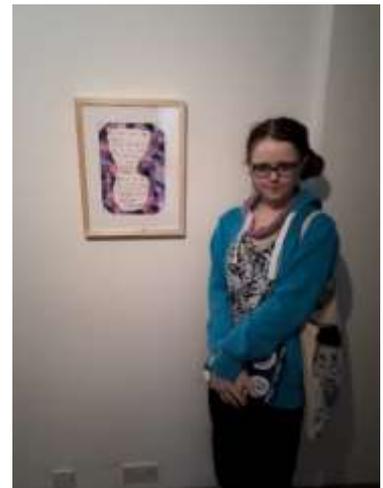
News from the Connect Project



The Connect Project has been busy over the last few months, working on different projects and activities. We have been working with the Blide Trust to get the Secret Garden ready for the new season, clearing the ground ready for planting and even knocking down walls! The young people have been enjoying getting involved in this and are looking forward to seeing the fruits of their labour.

We have also been involved in the Lifestyles Public Art Project with local artists, Lifestyles users and staff. A number of different art media has been used by the young people including painting, printing and model making. We all had a really good time both joining in the art and working with the different groups of people, with the grand finale of having our work

proudly displayed at the Lifestyles centre and at the Pier Arts Centre. The exhibitions are open to the public so please feel free to go along and see the fantastic work on display.



Connect Project young people have also taken advantage of the good weather to get out and about, visiting historical sites with the Historic Scotland Rangers, and getting involved in the Stromness Rocks initiative. We have been discovering hidden stones and making our own decorated stones then having great fun finding hiding places for the collected and newly made stones.



Local News

Who's behind the Blue Door?



Thorfinn FC

30 April – 5 May

Westray Sports Club

7 – 12 May

Kirkwall City Pipe Band

14 – 19 May

Riding for the Disabled

21 – 26 May

Orkney Traditional Music Project 28 May – 2 June

Legislation & Guidance

General Data Protection Regulation (GDPR) resources

The [ICO](#) has published guidance around using legitimate interests as a basis for data processing. Read the full guidance [here](#). The [Institute of Fundraising](#) has written a blog on the implications of using legitimate interest when fundraising – read the blog [here](#).

Legislation extends rights of carers

New rights improving support for Scotland's unpaid carers have come into force. All those who provide unpaid care for friends, family, and neighbours will now have the right to a personalised plan, under the Carers (Scotland) Act. Click [here](#) to read more in Third Force News.



Minimum Unit Pricing – 1st May 2018

From 1 May 2018, the price of some alcohol is increasing. Click [here](#) to see the alcohol that will be affected.

Minimum Unit Pricing has been introduced by the Scottish Government because as a nation, we drink 40% more than the low risk drinking guidelines of 14 units per week for men and women.

There is a lot of evidence to show that as alcohol becomes more affordable, drinking increases and as drinking increases so does harm. It is known that one of the best ways to reduce the amount of cheap alcohol drunk by people in any country is to make it less affordable.

The new pricing may increase and identify the numbers of people presenting to services including substance misuse services, housing and welfare services so please be aware and share within your organisation.

Hard copies with the information are available to services supporting individuals. If you would like some leaflets, please email [Katie Spence](#).

Further information can be found [here](#).

Funding & Finance

Calor's Rural Community Fund



Funding is available for community groups in rural off-gas communities. A wide range of projects will be considered for this funding including, but not limited to, community centres, village halls, sporting venues, youth clubs, scout groups and initiatives to support the elderly. Funding can be used for renovations, redecorating, equipment, or new LPG heating systems.

Applications will be accepted until 21 May 2018. Public voting will take place from 25 May 2018 until 29 June 2018, with results expected to be announced on 20 July 2018.

Visit the [Calor website](#) for further details and to start an application.

Volunteering opportunities

Children's Hearings Scotland (CHS) need a Volunteer Area Convenor and Volunteer Learning and Development Co-ordinator

The Children's Hearings System is Scotland's unique care and justice system for children and young people in need of care, protection and support. Area Support Teams (AST) have responsibility for panel member recruitment, selection, induction and practice observations, for rota management and for supporting panel members at local level. They report regularly to Children's Hearings Scotland to share information and trends, issues, problems and best practice.



The Volunteer Area Convenor provides leadership and direction to the AST, ensuring that the AST fulfils its responsibilities to support panel members and carries out the key responsibilities. Please see full advert and details of how to apply on the Children's Hearings Scotland [website](#).

The Volunteer Learning and Development Co-ordinator (LDC) will support and promote panel member development at a local level. LDC's are required to conduct an annual learning and development analysis and use this information to develop a programme of local development sessions. In addition, LDC's assist with the recruitment process, arrange visits to local resources and assist with local recognition of panel members. You will be required to work closely with CHS training unit. Please see full advert and details of how to apply on the Children's Hearings Scotland [website](#).

If you are interested in either of these opportunities please contact [Rob McGregor](#) at VAO on 872 897.

CLAN are looking for shop volunteers



Clan have a number of new volunteering opportunities available in their award winning shop. They are looking for: 2 cashier volunteers; 4 back shop volunteers; 2 recycling volunteers

Cashier volunteers will be serving at the till and should be good at cash handling and customer service. Training will be given.

Back shop volunteers will be sorting, pricing and displaying donations.

Recycling/driving Volunteers Will work on a rota, taking recycled goods to Streamline at Hatston and storing in a container for shipping, recording the number of bags/boxes that are collected. Volunteers will need their own vehicle, preferably with trailer. Recycling volunteers can claim travel expenses.

For further information, please contact [Karen Scott](#) on 873393.

Evergreen Club Co-ordinator required

The Evergreen Club was established in 1986 to provide a place for older folk to socialise. The club meets at the Town hall in Kirkwall and provides activities including quizzes, games and music. Refreshments are also provided.

The club is looking for a new co-ordinator as the current co-ordinator is stepping down. The co-ordinator will help organise the activities for the members, collect the weekly subs and will liaise with the staff at the town hall. The current co-ordinator will induct and train the new co-ordinator for the role

The club meets every Tuesday between 2-4pm and runs from mid-January to mid-June and from mid-September to mid-December.

So if you love working with older folk and having a blether and a laugh with them please let [Rob](#) at VAO know on 872897.



For details of other volunteering opportunities, please visit the [VAO website](#) or contact [Rob](#) on 872897.

Education & Training

OSCR Video: The role of the charity trustee



Charity trustees are our secret superheroes. They are the volunteers who run our charities – their commitment and passion is what drives the third sector and makes a real difference in our society. While it is a rewarding position, it is not always an easy job and running a charity comes with great responsibility.

Have you attended any of VAO's Charity trustee training sessions? Fancy a refresher? Do you want to undertake a session but need some background? Then take a look at this half hour [presentation from OSCR](#) – direct from

the regulator's mouth. They have produced a video explaining more about the charity trustee role, what they must do and the principle of collective responsibility.

Want to know more about the trustee duties in an informal setting with plenty of discussion? Then contact [Edwina](#) at VAO on 872897 to arrange training.

Workshops to Raise Awareness of Prevent (WRAP)

Are you a front line service who accesses people's homes or meets them face to face? Do you have an SLA with OIC? Then this training is for you. The session takes about 1 1/2 hours and dates and booking information are available below.

These sessions cover the Counter-Terrorism and security Act 2015, which places a statutory duty on "Authorities" defined under the Act, of which OIC are one, to carry out functions with regard to the Strategy, particularly the PREVENT work stream. Prevent is part of the government counter-terrorism strategy, it's designed to tackle the problem of terrorism at its roots, preventing people from supporting terrorism or becoming involved in terrorism themselves. This workshop will provide you with:

- an understanding of the Prevent strategy and your role within it;
- the ability to use existing expertise and professional judgment to recognise the vulnerable individuals who may need support;
- develop your existing expertise and professional judgement to recognise individuals who may be vulnerable to radicalisation;
- and you will receive a clear picture of the risks and threats both nationally and at a local level.

It will also explain the local safeguarding and referral mechanisms and people to contact for further help and advice.

OIC are working jointly with NHS Orkney to ensure that employees and the voluntary sector can access this training and it is possible to book onto a session at NHS Orkney or OIC. For training held at OIC and Orkney College please contact learn.develop@orkney.gov.uk to book your place. For training held at NHS Orkney please contact ork-HB.Learning@nhs.net

More information on Prevent can be found [here](#).

Orkney Islands Council, School Place

13 June 2018 10.30am – 12 noon

NHS Orkney, Balfour Hospital

8 May 2018 12.30pm – 2.00pm

17 May 2018 11.30am – 1.00pm

5 June 2018 12.30pm – 2.00pm

21 June 2018 11.30am – 1.00pm

Orkney College

9 May 2018 5.30pm – 6.30pm

14 May 2018 5.30pm – 6.30pm

14 May 2018 7.00pm – 8.00pm

6 June 2018 5.30pm – 6.30pm

What Volunteering Means to Me

Have you ever thought what Orkney would look like without volunteers? To begin the work to celebrate Volunteers Week in June (1 to 7 June 2018) VAO is running a series of articles, featuring a different volunteer each month, which will highlight the immense and varied contribution volunteers make to the Orkney community. This month's featured volunteers are Morgan Harcus and Andy Swain.



How long have you been volunteering?

Andy - about 20 years.

Morgan - Going on for 50 years, in one guise or another!

Who do you volunteer for? What do they do?

We both currently volunteer for Orkney Men's Shed. The Men's Shed movement started in Australia in 2005 to help give older men somewhere to go where they could be active and socialise. It's just a larger version of the typical man's shed in the garden. A Men's Shed offers this to a group of such men where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue. When men get together it keeps them happier and healthier. Our motto is "***Men don't talk face to face; they talk shoulder to shoulder***".

The Orkney Men's Shed started after Dave Thomson from Westhill Men's Shed in Aberdeen came up to Orkney to give a talk in 2015. A committee was formed from those who attended and after a



lot of hard work and energy Orkney Men's Shed opened in September 2017. We currently have 93 members and will welcome anyone who wants to come along.

We currently open on Tuesdays from 10.30am to 4.30pm and on Thursdays from 5.30pm to 8.30pm.

The activities in the Shed usually involve making or mending in wood (e.g. carpentry, joinery, turning, carving, marquetry, furniture renovation) but may also include metalworking (turning, milling, sheet metalwork, welding) bike repair, gardening, electronics, tool renovation, boat renovation, model engineering (model railways, aeroplanes) and even building a car! Though

some members are just happy to come along and drink tea and chat, it's all part of the Shed concept.

We hope to refurbish unwanted donated tools ready for sale and undertake small projects for the community which would not be commercially viable. Meaning we can purchase more equipment for use in the shed and that we don't tread on anyone's toes who is trying to make a living. We are currently undertaking our first major project for the Blue Door, building a shed!

What do you enjoy most about volunteering?

Meeting different people. We've met some great guys we would never have met otherwise. And seeing the difference it makes for other people. One old guy came to Men's Shed and he had some quite serious health problems but now the change in his physical health and his outlook is staggering. We also opened up for Christmas Day afternoon and this was able to give people who maybe felt a bit isolated a chance for some company.

What do you enjoy least?

Paperwork! It impacts on your time but it is what happens when you help to run an organisation and need to apply for funding.

What advice would you give to anyone thinking of volunteering?

Do it! Think about the contribution you can make, it does make a difference.

What has surprised you most whilst volunteering for your organisation?

The encouragement and support from the wider public has been fantastic with offers of fundraising and donations, just the sheer generosity of local people.

What is the most important thing you have learned whilst volunteering for your organisation?

That there is an awful lot of people worse off than yourself. It can take up a lot of your time, but it is worth it.



What do you think Orkney would be like if there were no volunteers?

It's quite hard to think of Orkney without volunteers! There would definitely be more crime. Volunteers do a lot of great work with young people, giving them a purpose and something meaningful to do.

It would make Orkney a lot less of a friendly and purposeful community. Volunteering brings the community together. Our members come from all over Orkney and they probably wouldn't get together without volunteering.

