

Newsletter April 2019

Local News

Celebrating success with the Saltire Award

Two young people from Kirkwall Grammar School recently received their Saltire Awards for their hard work and commitment volunteering in the community. Jenny Foulis (below right) received her 10 and 25 hour Awards for helping out at Orkney Food Bank, while Kaitlyn Fennell (below left) received her 100 hour Award for volunteering at Cruan every week. Mrs Meiklejohn from KGS supported them to take part and encouraged them to achieve their Saltire Award. She said she “was very proud of what the girls have achieved and has enjoyed working with them over the years”.



Lesley Meiklejohn is moving on from her post at KGS and will be greatly missed by the young people. Laura Leonard, Youth Development Worker at VAO said “Lesley has been a great support to the young people and encouraged them to gain experience through volunteering, she always puts the young people first and has taught them both how to give something back to their community”.



Young People’s Befriending Project are calling out for votes to bag a share of Tesco’s community fund.

The Young People’s Befriending Project is bidding to bag a cash boost from the Tesco Bags of Help initiative. Voting is open in all Tesco stores from Wednesday 1 May to Sunday 30 June 2019.

Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of £4,000, £2,000 and £1,000 awarded to local community projects.



Customers will cast their vote using a token given to them at the check-out in store each time they shop. We have asked that people who shop online can also vote and you can now let your delivery driver know what organisation you wish to put your token to. We would be so grateful if you could take the time to vote for us, every little helps!

VAO Repsol Sinopec/McArthur Small Grants Scheme 2019 Awards

The Small Grants Scheme continues to attract applications and although the awards are modest at a maximum of £500 they have enabled small organisations to carry out activities to benefit their members or to be the final, vital contribution to a larger project.

This year 17 organisations submitted applications, 9 of which had not applied before, and we are pleased to report that the VAO Board awarded grants to all applicants. These are:

Organisation

Firth Church of Scotland:
Friends of St Ninian's:
Holm Sailing Club:
Orkney Amateur Swimming Club:
Orkney Disability Forum:
Orkney Mens' Shed
Orkney Pilgrimage
Orkney Youth Café:
Orkney Youth Development Group:
Orkney Versus Arthritis:
Orkney ViQueens Roller Derby:
Sanday Afternoon Club:
Sandy Duke of Edinburgh Open Awards:

Project

Replace outside lights
Friends of St Ninian's outreach
70th Year regatta and celebrations
Coach development
The Tuesday Club
Installation of a disabled toilet
St Magnus Way Peacekeepers
"Our Orkney" photography project
Football for All project
Summer outing
Home game skating extravaganza
Summer trip
Purchase of new expedition equipment

We are grateful to Repsol Sinopec and Liam McArthur MSP whose donations enable VAO to offer the small grants scheme.

Dementia Conference – Age Scotland Orkney and Life Changes Trust

Age Scotland Orkney is hosting a Dementia Conference in partnership with the Life Changes Trust. It will run between Tuesday 7 May and Thursday 9 May with events at the Age Scotland Orkney offices at 46 Victoria Street and the Pickaquoy Centre, as well as an evening 'do' at the Sound Archive. All the events are free.



Tuesday 7 May

Storytelling sessions for people affected by dementia at the Age Scotland Orkney Hub

10.30am - 12.30pm and 1.00pm - 3.00pm (Lunch provided)

Contact [Age Scotland Orkney](#) on 872438 to book your place

Click [here](#) for more information

Wednesday 8 May

Screen Memories session at the Age Scotland Orkney Hub

10.00am – 12.00pm

Contact [Age Scotland Orkney](#) on 872438 to book your place

Click [here](#) for more information

Wednesday 8 May

Dance & Jive at the Old Library with music from the Bigsy Whalps

6-9pm (buffet served from 6-7pm)

Free tickets available from [Age Scotland Orkney](#) on 872438

Click [here](#) for more information

Thursday 9 May

Community and Dementia Creating Better Lives in Orkney Conference at the Pickaquooy Centre

10.00am - 3.30pm

Click [here](#) for more information and to book your free place.



For more information about any of the events please contact [Age Scotland Orkney](#) on 872438. Click [here](#) for a programme.

Orkney Walking Groups Walk and Chat Weekend – 4 & 5 May

Looking to get more active through walking? Want some company? Like meeting new people and chatting? Health Walks are free, gentle short and friendly walks suitable for all abilities

Come along to Orkney Walking Groups Walk and Chat Weekend on 4 and 5 May and try out some of our walks with our trained walk leaders.

Click [here](#) for more details.



Orkney ACEs Hub Facebook Page

The Orkney ACEs Hub was formed on the back of Resilience Documentary screenings to discuss Adverse Childhood Experiences, share good practice, thoughts and plans and work together throughout Orkney. Their [Facebook](#) page is open to anyone with an interest and is used to highlight trauma awareness, initiate conversation and also to highlight any upcoming relevant information. If you're not on Facebook and would like to get involved, please contact [Erika Copland](#) for more information.

Who's behind the Blue Door?



Good Companions	29 April – 4 May
Orkney Junior Badminton	6 – 11 May
Kirkwall City Pipe Band	13 – 18 May
Riding for the Disabled Association	20 – 25 May
Orkney Traditional Music Project	27 May – 1 June

Also in the news

Campaign to highlight new law on Domestic Abuse

A new campaign was launched recently to support the enactment on 1 April 2019 of the new law on Domestic Abuse. This legislation covers coercive control and psychological abuse and the campaign is designed to highlight the law and its provisions.

Click [here](#) for a toolkit provided by Scottish Government about the campaign which includes links to a range of resources. The TV ad can be viewed [here](#).



Call Scotland's Domestic Abuse Helpline: 0800 027 1234



The new legislation represents a significant step forward in how domestic abuse is framed and addressed in Scotland which will hopefully advance the protection and access to justice of survivors of domestic abuse.

Volunteering for All: Volunteering Outcomes Framework launched

The Scottish Government has launched 'Volunteering for All' their Volunteering Outcomes Framework.

The Volunteering Outcomes Framework aims to reduce barriers to volunteering for people from all sections of the community, regardless of their background. It will support third, private and public sector organisations to promote the value of volunteering. And it will celebrate the contributions that have already been made and will encourage everyone who wants to volunteer to take part.

The framework also aims to build more links with communities, seeking opportunities to share resources and expertise at a grassroots level.

Click [here](#) to read more.

Funding & Finance

Community Development and Capacity Building Fund

Small grants from this fund are offered to communities/community groups in association with the Partnership's Living Well Delivery Group. The funding is available to support the establishment and/or development of new and innovative activities in local communities that will help to keep people with long term health conditions, including older people, active and socially engaged.

For more information or to submit an application form please contact [Meghan McEwen](#) or post your completed application to Voluntary Action Orkney, 6 Bridge Street, Kirkwall, KW15 1HR marked ICF.

Applications Invited for the Tree Council's 2019 Tree Futures Grant Scheme

Schools and community groups can apply for small grants towards the costs of well-planned, educational, tree and hedge planting projects in the UK during National Tree Week.



National Tree Week is the UK's largest annual tree planting campaign and aims to raise public awareness of trees and to encourage tree planting and good management. The festival is organised by the Tree Council, one of the UK's leading charities for trees, and takes place at the start of the tree planting season. In 2019 it will be held on 23 November to 1 December.

As part of this celebration, the Tree Council's new Tree Futures Grant Scheme offers funding for projects planned in conjunction with the event that will educate and encourage young people under the age of 16 to work towards a greener future. The scheme replaces and combines the Tree Council's three previous funding schemes (Trees for Schools, Community Trees and Orchard Windfalls).

Grants of between £300 and £1,000 are available towards the cost of purchasing trees, hedges and orchard trees and for equipment to help support or aid growth, such as stakes, ties and fertiliser.

Applications are accepted from schools or community groups in the UK whose proposed planting sites are on public/trust or charity-owned/leased land. Planting must start during National Tree Week or as near as possible afterwards, depending on when trees are available from the suppliers (seasonal variations affect this date).

The deadline for applications is 17 May 2019. Please click [here](#) for more information.

Have your say

Child Mental Health Charter

On 6 December 2018, Prime Minister Theresa May pledged to reform mental health legislation. The Child Mental Health Charter launched on 11 March 2019 affirms that mental health and wellbeing is an indivisible part of general health and is the right of every child. It calls for new mental health legislation to embody six principles.

- Focus on the needs of children
- Protect children
- Invest in a properly qualified workforce
- Ensure policy is informed by the best available and appropriate evidence and adequately funded
- Focus on the needs of parents and carers
- Make policies work

Please click [here](#) for more details and to register your organisation as a supporter of the Charter.

Children and Young People (Scotland) Act 2014 – consultation on effectiveness of Part 3 of statutory guidance

The Scottish Government is holding a formal consultation on the continued effectiveness of statutory guidance provided to Community Planning Partnerships in support of Part 3 of the Children and Young People (Scotland) Act 2014. The consultation will run from 25 March to 17 June 2019 and can be accessed [here](#).

They would welcome your thoughts, opinions and insight on the current provision as well as any suggestions for how this could be enhanced, improved and strengthened.

Should you have any questions in relation to this exercise please contact Rab Mackay at C&F.StrategicEngagement@gov.scot or 0131 244 8055.

Children's Rights and Participation Team are hosting six unconference events, 'Rights Cafés', around Scotland

In December 2019, Scottish Ministers laid before Parliament a report on actions relevant to children and young people's rights taken over the past three years and an [Action Plan](#) for the next three years, in line with Part 1 duties.

As part of their work towards achieving the commitments laid out in the Action Plan, the Children's Rights and Participation Team are hosting six unconference events, 'Rights Cafés', around Scotland.

The Scottish Government would like to invite you to make a reservation at one of their six Rights Cafés to work with them to design a menu of approaches to raising awareness of children's rights across all groups of society, as set out in the Programme for Government.

At the Rights Café you will have the opportunity to design your own menu and consider the resources, programmes and training packages you have experience in using, delivering or participating in and identify those areas/groups you feel are not covered by existing materials.

If you'd like to get involved in shaping the menu, make sure to book onto an upcoming Café via [Eventbrite](#):

3 April, The Stirling Highland Hotel, Stirling

5 April, Cairndale Hotel, Dumfries

11 April, The Studio, Glasgow

17 April, Kingsmills Hotel, Inverness

25 April, Apex City Quay Hotel, Dundee

29 April, COSLA, Haymarket, Edinburgh

Both adults and children are encouraged to attend these events.

Employability and Convictions Survey

Community Justice Scotland have commissioned [Dughall Laing](#) to undertake a study of best practice and exemplars of employability projects & delivery from across the country with a view to developing a wider strategic response from CJS to employment needs. A short [survey](#) has been prepared to gather insight and thoughts, any suggestions of wider models or programmes which could be adapted or investigated will also be gratefully received.

Volunteering opportunities

Treasurer Needed at Orkney Athletic Club



Orkney Athletic Club need someone who can deal with all financial issues relating to the club (including gathering and banking cash for term fees / trips, etc); Deal efficiently and effectively with all invoices and bills; Liaise with suppliers, notably the Pickaquoy Centre re bookings/payments and other financial duties.

This role requires someone who has some experience of finance management, keeping financial records. The current treasurer will provide a full induction and hand over. A basic knowledge of Microsoft Excel would be an advantage

So if you are Reliable and trustworthy, have good record-keeping skills, are diligent and can meet deadlines and is good with basic finances this is your ideal role!

The Club are also looking at recruiting a group of volunteers to assist the Treasurer with specific activities e.g. fundraising, sponsorship grant applications etc so if you are interested in the treasurer role or helping out with the above please contact [Rob McGregor](#) on 872897.

Sported UK Seek Volunteers

[Sported UK](#) is seeking professionals with expertise in business and strategic planning, finance, marketing and PR, fundraising, governance and impact measurement to support our growing membership of community sport and youth groups.

They are currently recruiting volunteers for the following roles.

1. Mentor Placements

Our volunteers are carefully matched with a Sported member club within their locality, who they then support on a one-to-one basis, typically for a period of between three to six months.

2. Light Touch Support (short-term flexible volunteering)

Our volunteers provide short-term support by helping Sported members with specific questions or challenges. The support may take the form of one-off advice or between one to three sessions, which can be delivered via your chosen communication method (e.g. face-to-face, over the phone/Skype or email). This option is perfect for those volunteers who may not have the time to commit to an extended mentor placement or may be in between projects.

If you are interested in knowing more please email volunteer@sported.org.uk

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

Employment opportunities

Social Security Scotland Recruitment

Social Security Scotland recently announced the recruitment of Client Support Advisers across Scotland to deliver a face-to-face service for those who need it most. Social Security Scotland is a new public service that has been created by the Scottish Government to deliver a number of benefits.

The benefits are being introduced by the Scottish Government in stages over the next four years. At the end of this process, Social Security Scotland will be delivering benefits for people on low incomes, disabled people, carers, young people entering the workplace and to help people heat their homes.

The job advert is now live for Client Support Advisers. It is one advert for Scotland this time with posts available in all 32 Local Authority areas including Orkney and is open to internal and external candidates. Closing date is 14 May.

Click [here](#) for more information and to apply. A media release with more information is available to view [here](#).

Education & Training

Free online courses from Digital Skills Scotland

Digital Skills Scotland has access to a range of free online courses that offer help and support to individuals and businesses who want to learn and progress, and are an effective way to support your digital skills requirements.

The courses are accredited by national Awarding Organisation NCFE - successful completers will be awarded a formal qualification. There is a range of courses to choose from including Digital Marketing, Videography and App Development.

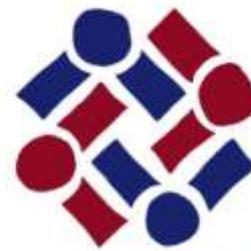


View the library of free courses [here](#)

Dates for your Diary

Community Led Support information sessions

The Community Led Support (CLS) programme supports Health and Social Care Partnerships in Scotland to put their work right at the heart of communities, using the ethos of the Integration agenda as a means to deliver Self-Directed Support. Information about the programme can be found on the National Development Team for Inclusion (NDTI) [website](#).



Community Led Support
an NDTI Programme

The NDTI will be in Orkney on 27 and 28 May to run sessions about Community Led Support. Details are still being finalised and will be promoted when available. The following has been arranged so far:

Monday 27 May	9.30am–11.00am	John Rae Room, Warehouse Buildings, Stromness
Monday 27 May	12.00pm–1.30pm	Dounby – TBC
Monday 27 May	6.00pm–7.30pm	Sanday – TBC
Tuesday 28 May	10.00am–11.30am	Room 2, Community Centre, Town Hall, Kirkwall
Tuesday 28 May	12.00pm–1.30pm	Room 2, Community Centre, Town Hall, Kirkwall
Tuesday 28 May	3.30pm – 5.00pm	Deerness – TBC
Tuesday 28 May	6.00pm – 7.30pm	Cromarty Hall, St. Margaret's Hope

In the meantime if you have any questions about the sessions, please contact [Shaun Hourston-Wells](#) at Orkney Health and Care on 01856 873535 ext 2414.

Great Get Together 21 – 23 June



As you may recall from last year, the [Great Get Together](#) takes place in June each year. Inspired by Jo Cox MP, the event aims to bring together communities to build connections, share all that they have in common and emphasise that there is more that unites than divides us.

A few weeks ago, the GGT team met with the Cabinet Secretary for Communities and Local Government and the Minister for Older People and Equalities. They committed to the Scottish Government working closely with the Jo Cox Foundation to support promoting the Great Get Together in Scotland.

This year's Great Get Together will take place from Friday 21 to Sunday 23 June.

Information on events that took place last year and some background to the Great Get Together can be found [here](#) and more information from the links below:

- Find information on how to get involved and plan events [here](#);
- Sign up to the campaign [here](#) to keep up to date with all the latest campaign tips and news;
- Register your event [here](#);
- Download digital resources, including posters, logos and invitations, [here](#); and
- View the map of all the events taking place, [here](#).

Living Life to the Full Life Skills Programme

The Well programme are offering a free course of sessions during May and July. For more information or to book a place please contact orkney.wellprogramme@nhs.net

The Living Life to the Full Life Skills Programme

In just 8, enjoyable 90 minute sessions, this programme can help you make a difference to your life.

12 HOURS THAT CAN CHANGE YOUR LIFE

WRITE ALL THE THINGS YOU DO FOR OTHERS
ENJOY YOUR BALANCE
ARE YOU STRONG ENOUGH TO KEEP YOUR TEETH
HOW TO FIX ALMOST EVERYTHING
WHY DO I FEEL SO BAD?
I CAN'T BOTHER
RECLAIM YOUR LIFE
DO YOU DO AT ME

Sessions commence 13th May 2019 2.30-4pm in the Stromness Library, Warehouse Building. These sessions will run until 1st July 2019.

Sign up today by emailing orkney.wellprogramme@nhs.net or phone 01856 888084

Carers Parliament – 30 October 2019

[Carers Scotland](#) are currently in the process of organising the Carers Parliament for 30 October 2019. The theme this year is the Diversity of Caring (some further info below) and they are keen to try to reach out to people that may not currently identify as carers or people that may not be part of existing carer networks to encourage them to attend.

Carers will be able to apply to attend by entering the ballot, for fairness. They try and ensure there's at least one carer from every area in Scotland. Travel and subsistence is covered for all carers attending.

The day will:

- celebrate the diversity of both carers and caring in Scotland
- consider the impact of policy and legislation on carers' lives
- reflect on the challenges faced by carers; those that are common and those of different groups of carers
- share best practice, gather diversity of experiences and influence the way forward

Further information available from [Fiona Collie](#) at Carers Scotland.

Focus on....Orkney Street Pastors

This month Barry Cockerham, Co-ordinator of Orkney Street Pastors, provides an insight into the work of the charity.

Please sum up the main role of your organisation

We patrol the streets of Kirkwall in the early hours of a Sunday morning in a team of at least three volunteers to provide assistance, where necessary, to the revellers milling to and from Fusion. Sometimes the simplest of acts meet the greatest of needs.

Now sum up in three words.

Listen Care Help.



What are you working on just now?

We have just completed the training of 5 new volunteers and we are currently integrating them into the rota.

How many staff and volunteers does your organisation have?

We do not have any full time staff. We currently have 23 fully trained volunteers although only 19 are available at the moment for the rota.

Are you looking for volunteers? If so, who are you looking for?

We are always looking for volunteers. However it is a requirement of the organisation that all volunteers must be Christians taking an active part in a church in Orkney for at least one year, be over 18 years of age and have a heart to serve the community.

Roughly how many people use your service annually?

Our records show that in the twelve months of 2018 we have assisted in one way or another at least 720 people.

How long have you been operating in Orkney?

Just coming up to 7 years.

Please give an example of how your organisation has helped an individual service user.

In the last twelve months, we have :-

- provided support for 18 people
- calmed the situation in 61 incidents
- handed out 4300 lollipops as tension breakers
- handed out 430 pairs of flip-flops to young ladies having difficulty in walking
- handed out 125 bottles of water
- picked up over 790 broken or discarded bottles and drinking glasses
- administered basic first aid to 5 people
- helped people into taxis on 20 occasions
- called an ambulance to 3 incidents
- called the Police to attend 5 incidents
- prayed for 16 people who specifically requested prayer
- had spiritual conversations with at least 73 people

**How do you think people perceive your organisation? If you think they have the wrong perception, now is your chance to put them right.**

Now that revellers know that we are not out to preach or judge them, but just there to help if we can, they are generally amazed, appreciative of what we do and happy to spend time talking to us.

Where would you like to see your organisation in 5 years' time?

Ideally that we are no longer needed because everyone behaves sensibly! Realistically that we still have sufficient volunteers to maintain the work.

What one thing would you ask people to do that would have a positive impact on the work your organisation is involved with?

If all the young ladies that have a pile of flip-flops in their wardrobes could return them, I will be able to clean them and re-use them. The TSB have agreed that flip-flops can be left there for me to pick up. We can use up to 12 pairs of flip-flops on a cold, wet night and very quickly go through our stock.

What would you do with a donation of £1,000,000?

That amount of money would be an embarrassment to such a small charity as ours and so we would probably give most of it away to other more needy charities in Orkney. However with

£100,000 we would purchase a relatively new double decker bus or articulated lorry and have it fitted out with cleanable soft furnishings, toilets and facilities to serve hot drinks. The remaining funds would be ring fenced to maintain the vehicle and have professional cleaners keep the vehicle in good condition. This would provide a “Safe Space” for revellers in need of assistance until they can organise transport home and a base for us for when our present base at Jewson's former building is no longer available.

What’s the best thing about working for your organisation?

Having contact with Christians from many different fellowships all with a desire to serve the community in which we live. All the volunteers are passionate about the work that we do and show amazing dedication.



What’s the worst?

Receiving a telephone call about an hour before the team is due to go out informing me that the person involved is not able to go out. I then have to try to contact as many Street Pastors as possible to see if I can find a replacement. Fortunately this does not occur very often – only on 3 occasions in the last twelve months.

What does a typical day in the office involve?

I work from home and therefore allocate time whenever I can to do all the administration sometimes late at night.

What’s surprised you most while working for your organisation?

How many towns in Britain have a local Street Pastor initiative.

What’s the most important thing you’ve learnt while working in your organisation?

Patience.