

Newsletter August 2017

VAO News

Quality Volunteering Award 2017



VAO will be delivering their Quality Volunteering Award once again in 2017, and are looking for local groups and organisations who involve volunteers in their work, who may want to work towards achieving it. This quality standard enables organisations to comprehensively review their volunteer management, policies and procedures and once awarded, allows them to publicly demonstrate their commitment to volunteering and volunteer management. This award is available for

all groups and organisation across all sectors.

The aims of the Award are to:

- Encourage and establish good practice amongst volunteer engaging organisations;
- Provide support, information and advice to organisations who wish to meet the standards;
- Ensure that volunteers and volunteer involving organisations are being given the support they need.
- Publicly recognise and reward organisations who succeed in achieving the Award;
- Promote good communication and improve the understanding of the work that Voluntary Action Orkney undertakes.

Throughout the process the aim will be to balance the high standard required for the Award with a supportive, user friendly, recording and assessment procedure.

In February of this year, The Orkney Folk Festival successfully completed a QV assessment and were presented with the Award at the Orkney Festivals Forum Day. Their success and commitment to volunteering was recognised and celebrated in The Orcadian.

If you are interested in working towards achieving this award or would like to find out more please contact [VAO](http://www.vao.org.uk) on 872897.

Folk Festival picks up a quality volunteering award



A special presentation was made at a meeting of the Orkney Festival Forum in the Stromness Town Hall last week.

The Orkney Folk Festival was presented with Voluntary Action Orkney's Quality Volunteering Award — a quality standard for organisations who involve volunteers in their work.

The Quality Volunteering Standard Award enables organisations to comprehensively

review their volunteer management, policies and procedures and, once awarded, allows them to publicly demonstrate their commitment to volunteering and volunteer management.

Pictured, from the left, are: Leslie Burgher, chairman of St Magnus Festival; Francesca Cooper-Wife from HSE; Elaine Grimes of the Orkney Folk Festival and VAO's Fraser Devine, who was workshop leader for the day. (Rebecca Smart)

Local Third Sector News

Who's behind the Blue Door?



South Ronaldsay Football Club

28 August – 2 September

Dementia Friendly Orkney

4 – 9 September

Stromness Football Club

11 – 16 September

Marie Curie Cancer Care

18 – 23 September

Orkney Golf Club

25 – 30 September

Also in the news

Cycling scheme which became a web hit to go nationwide



A scheme which became a worldwide social media hit is set to be rolled out across Scotland. The [Cycling Without Age](#) movement began in Denmark and encourages volunteers to take older people for bike rides using comfortable and safe trishaws – three wheeled rickshaws.

More than 20 million people have watched a film featuring Falkirk's Cycling Without Age project since it was posted online as part of BBC Three's Amazing Humans series. And now Scottish Government officials are to work with the project to ensure it has the funds and expertise needed to allow the scheme to be rolled out across the country. Read more in [Third Force News](#).

The Real Face of Child Poverty 2017

This report sets out to investigate the current reality of living on low incomes in the UK today. It highlights the changing profile of those that are disadvantaged and the level of insecurity and uncertainty that they face, backed up by data and analysis collected by Buttle UK. Click on the links for the [full report](#) and [Executive Summary](#).

The Annual Bullying Survey 2017

The Annual Bullying Survey 2017, is the fifth and largest edition of the yearly benchmark of bullying in the United Kingdom. Ditch the Label surveyed over 10,000 young people aged 12-20 in partnership with schools and colleges from across the country.

This free report has thousands of the latest bullying statistics and fully explores the reasons why young people bully others. Included in the report is the following:

- Key bullying statistics in the UK.
- The motivations of bullying.
- Frequency and nature of bullying experienced.
- The impact of bullying.
- Rates of young people bullying others.
- The extent and climate of cyberbullying and abuse online.
- What it's really like to grow up in a digital world.
- Social media trends, bullying and addiction.
- Recommendations.
- Real stories and experiences.

The report also comes with tips and advice for schools, colleges, practitioners, parents/guardians and young people. Click [here](#) for a copy of the report.

Almost half of girls aged 11–18 have experienced harassment or bullying online

Nearly half (48%) of girls aged 11-18 in the UK have experienced some form of harassment or abuse on social media, a new survey has found, while nearly three quarters (73%) have taken specific actions to avoid being criticised online.

The findings, based on a survey commissioned by girls' rights charity [Plan International UK](#), have prompted fears that girls are being forced to withdraw from social media due to fear of criticism, harassment or abuse. This month the charity launched the [#girlsbelonghere campaign](#) to tackle the problem.

Read more [here](#).

Legislation & Guidance



Getting it Right for Every Child – amended policy update

The Getting it right for every child policy document was updated on 28 July. This has now been uploaded to the Scottish Government website for ease of access and it includes a few corrected typos. You can view and download the updated version of the Policy Update [here](#).

If the previous document has been upload to your website, or it has been further disseminated, please replace it with the updated version.

Journey through Justice

[Journey through Justice](#) is an interactive online resource that will help children and young people understand the journey through the youth justice system, following being charged with an offence by the police. The name of the resource, as well as its look and content, was devised by young people from a number of settings, working closely with the Centre for Youth and Criminal Justice (CYCJ) and Iriss (a charitable company that promotes positive outcomes for people who use Scotland's social services).

Journey through Justice is a development of [Youth & Criminal Justice in Scotland: The Young Person's Journey](#), which aims to simplify how the youth and criminal justice system works for under 18s in Scotland. This has received an update for 2017.

CYCJ is very keen to make young people, their families and supporters aware of this valuable resource. Journey through Justice postcards will be placed in police stations, social work waiting rooms, schools and other relevant places. Please contact cycj@strath.ac.uk if you would like copies for distribution in your workplace.

Funding & Finance

Increase in numbers of charity accounts being closed by banks

Oxfam and Save the Children are just two of the charities that have been hit as banks take the safe option for fear of falling foul of money laundering legislation. Banks face potential fines of billions of pounds if they don't follow strict guidance on laws designed to weed out terrorist funding.

Charities have warned that the clamp-down is causing government-backed aid efforts to fail, humanitarian workers to be put at risk and desperate people to suffer. The most charity accounts were closed by HSBC and Co-Operative Bank in the last two years, according to a Reuters survey of more than 30 case studies.

The UK government said it is setting up a working group comprising charity executives, bankers and officials to meet in the coming months to drive to allow legitimate charities to operate unhindered. Some banks are responding to the problem, but other institutions are taking the easy option and steering clear of allowing aid charities to set up new accounts or simply closing existing accounts with no warning.

Read more in [Third Force News](#).

Lloyds TSB Foundation for Scotland becomes the Corra Foundation

This month Lloyds TSB Foundation for Scotland becomes the Corra Foundation. Alongside the announcement of its new name and brand, the organisation has published the next iteration of its strategy, [Change for Good](#).



Corra Foundation Chief Executive, Fiona Duncan said *'Between now and 2019 Change for Good will see us build on our aspirations to be the best grant maker we can be, get alongside communities – including those we don't historically reach – and use our 30 years+ grant making experience to support others. Within all of this we will seek to go further, be bolder and above all to make partnership an underpinning principle of our approach.'*

More information, including Fiona Duncan's blog can be found at www.corra.scot or via Twitter [@corra.scot](https://twitter.com/corra.scot), or by contacting hello@corra.scot

Life Changes Trust Accepting Applications in Scotland

The Life Changes Trust welcomes applications from organisations and individuals in Scotland with experience of dementia who are seeking funding to produce resources that equip and encourage people suffering with dementia and their carers.

Organisations and individuals who have experience of dementia and live in Scotland including people living with dementia; organisations that work with those living with dementia; current carers; and former carers can apply for grants of between £500 and £7,000.

Deadline for applications are 1 September 2017 and 2 February 2018. Click [here](#) for more information.

BBC Children in Need's Curiosity Fund

The £2.5 million Curiosity Fund is provided in partnership between BBC Children in Need and the Wellcome Trust in order to use the power of exciting and engaging science activities to create change for children and young people experiencing disadvantage in the UK.

To be eligible for grants of up to £10,000 projects should use exciting and engaging science activities to encourage young people to be curious about the world around them and inside them, making a positive difference in their lives: building confidence and self-esteem, developing life skills and expanding horizons.

For the purpose of this grant beneficiaries are deemed to be disadvantage if they have:

- An illness, experience distress, abuse or neglect.
- Any kind of disability.
- Behavioural or psychological difficulties.
- Lived or are living in poverty or situations of deprivation.

Applications close on 22 September. Click [here](#) for more information.

New Rural Energy Challenge fund launched

The Scottish Government's Community and Renewable Energy Scheme (CARES) have announced a new £500k Fund designed to help farmers, land managers and SMEs in rural communities develop proposals for sustainable energy schemes.

The new fund aims to support proposals focusing on low carbon, renewables and whole system projects including, but not limited to, aspects of heat, electricity, transport, and energy management and ownership.

Further details on the fund, including how to apply are available [here](#).

Job opportunities



Partnership and Development Manager – VAO

30 hours a week

£26,861 Pro Rata (including DIA and plus Pension Contribution)

Based in Kirkwall

We are looking for an individual to work in collaboration with the Chief Executive to improve communication and engagement within and between the local Third Sector and statutory partners to enhance partnership working. You will also lead our small development team to deliver, develop and promote VAO services.

If you have experience of partnership working, managing staff and have extensive knowledge of issues affecting the third sector then this is an exciting opportunity to join our team.

Closing date for applications is 6 September 2017.

Click [here](#) for more information.

Volunteer Development Worker – VAO

28 hours a week

£23,264 Pro Rata (including DIA and plus Pension Contribution)

Based in Kirkwall

We are looking for an individual to promote, support and develop volunteering in Orkney and to advise on the principles and implementation of volunteering good practice. You will have experience of working with a range of people, understand the benefits of volunteering and have excellent communication and interpersonal skills.

Closing date for applications is Wednesday 6th September 2017

Click [here](#) for more information.

Employment Opportunities for Disabled Graduates

The Glasgow Centre for Inclusive Living (GCIL) run an innovative Professional Careers Programme offering graduate traineeships of up to two years with full salary; with employers obtaining a pool of talented, motivated disabled graduates and much more. The Programme operates across all of Scotland.

They work with organisations from all sectors to match their needs with an ideal candidate. A current partnership involves NHSScotland and the Scottish Government to provide disabled graduate traineeships in NHS Boards and Special Boards across Scotland.

Following the success of the first phase of their partnership with NHSScotland and Scottish Government, GCIL Equality Academy is launching its search for a further twenty-two disabled graduates to take part in their traineeship programme. The programme provides exciting employment opportunities within NHSScotland Boards covering the length and breadth of Scotland.

The deadline for applications has been extended to 6 September. Click [here](#) for more information.

Volunteering opportunities

Volunteers needed at the World Famous Clan Shop

The Clan shop are short of shop staff at the moment and would be very pleased to welcome volunteers who could cover the following shifts.



Tuesday afternoon (1.00-4.30) The role involves sorting donations, pricing, etc, in the back shop. This shift needs someone who is fairly confident and who doesn't need supervision.

Wednesday morning (10.00-1.00) A similar volunteer, someone who is looking to work with clothing/pricing and is also fairly confident.

Thursday morning (10.00-1.00) As above, someone willing to sort through donations.

These are the shifts that volunteers are needed for most urgently, but they would still like to hear from anyone who could help at other times/days.

Clan could also really do with volunteers who are willing to work on the till, as they often need to cover shifts when people are on holiday.

If you think you would like to work in the Clan shop (as seen on BBC television!) please contact Kayleigh on 873393 for a chat.

Have you ever wanted to be an extra on BBC's 'Casualty'?

BASICS Scotland run Pre-Hospital Care Courses that are designed for Doctors, Nurses and Paramedics who work or have an interest in working in the pre-hospital field.

They are running a Pre-Hospital Care Course at the Balfour Hospital, Kirkwall and on the last day of the course (**Sunday 8 Oct**) they will be holding trauma simulations for which they require 4 volunteer casualties.

The volunteer “casualties” would be required from approximately 8.30 – 4.00 and would be asked to bring warm, waterproof outdoor clothing and suitable footwear as some of the simulations will be outside with casualties lying on the ground.

Lunch and refreshments will be provided during the day and BASICS Scotland will also pay reasonable travelling expenses if required.

If you are interested in this, please get in touch with [Rob McGregor](#) on 872897.



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

Have your say.....

Consultation: Draft standards for Healthcare and Forensic Medical Services for People who have experienced rape, sexual assault or child sexual abuse

The draft standards for Healthcare and Forensic Medical Services for People who Have Experienced Rape, Sexual Assault or Child Sexual Abuse: Children, Young People and Adults are now available to download from the Healthcare Improvement Scotland [website](#).

The consultation closes on 13 September 2017.

Consultation: Principles and Purposes of Sentencing

A Public consultation has been launched by the [Scottish Sentencing Council](#) on the Principles and Purposes of Sentencing. Click [here](#) for the consultation documents.

The consultation closes on 27 October.

PhD research on the Scapa Flow Landscape Partnership Scheme

Eirini Gallou, a PhD student from University College London is conducting research on community participation in heritage projects in Orkney and its impacts for participants/local communities and implications for professionals/organisations involved.

She would be very grateful if folk who took part in projects or assisted in the creation of projects (eg organizing activities with their community/group, taking part in training activities or volunteering) within the completed Scapa Flow Landscape Partnership Scheme (2009-13) could take a few minutes to complete this short [survey](#).

For more information please contact [Eirini](#).

Third Sector Forum



The next meeting of the Third Sector Forum will take place on **Thursday 21 September** at 11am in the VAO Board Room. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

Are you involved in health and social care and want to feed into the Third Sector Forum?

This year VAO and voluntary groups have looked at growth for the Forum and enabling the opportunity for all groups to have a clear and collective voice on matters that affect them - to lobby, to share learning, to work together and to find solutions to common challenges/problems relating to their area of community involvement.

The first meeting of the new Health and Social Care special interest group will be held on **Friday 16 September** at 10.30 at VAO, Kirkwall. This first event will look at 'Health & Social Care Integration, unpacked. What this means for the community and the third sector for the future' and we will be joined by colleagues from Orkney Health and Care who will give a short presentation and Q&A session.

Afterwards there will be a session for the groups present to determine their meeting programme going forward.

This event is for anyone, volunteers and staff, who is involved in supporting health and social care activities in Orkney and operates in the third sector; as a voluntary/community group.

For further information or to confirm your attendance please contact [Cecily Cromby](#).

Education & Training



Training on behavioural activation and motivational skills

13 September, Kirkwall

Professor Linda Gask will lead a one day course on behavioural activation and motivational skills: helping clients to be more active, and to change their lifestyle

People with mental health problems can find it very difficult to motivate themselves to get going again and make changes to their everyday lives. When we get depressed we tend to stop doing the things we enjoy, can fail to do things that are essential, and can find it increasingly hard to keep up with our normal routine. However, there is very good evidence now that simply helping a person to get active again, and begin to set themselves achievable goals for daily life can be very effective in combating depression. Change isn't always easy, but the skills that were first highlighted by motivational interviewing can help people with many different problems, not just substance misuse and alcohol, to change their lifestyle.

This course, which will run from 9.30-4.30 at the Kirkwall & St Ola Community Centre, is suitable for any worker who is engaged in front line health or social care with people with mental health problems and costs £15 per person.

For further information or to book your place please contact Edwina Lloyd at Voluntary Action Orkney by telephone on 872897 or email enquiries@vaorkney.org.uk

Motivating Health Behaviour Change Training

9 October, Kirkwall

Motivating Health Behaviour Change Training is being offered free of charge to all staff working in NHS Orkney, OIC and the Third Sector who could support people to make healthier choices.

The first session will be held on 9 October in the Saltire Room, Balfour Hospital from 9.00 – 13.00 with further dates to be arranged. For more information or to book a place please contact ork-HB.Learning@nhs.net

UK Safer Internet Centre brings an online safety event to Orkney

14 November, Kirkwall

The UK Safer Internet Centre is bringing an online safety event to Kirkwall on Tuesday, 14 November 2017 10.00 – 12:00 in The Supper Room, Kirkwall Community Centre. The session is for people working with children and young people.



Click [here](#) to register or [here](#) for more information.

They are expecting a positive uptake of places from a wide spread of agencies so book early to avoid disappointment.

Information about education and

training options for disabled learners

LEAD (Linking Education And Disability) Scotland provide tailored, impartial advice about learning, education and training options, including accessing additional educational support, funding and benefits for disabled learners, legal rights for disabled learners, and much more.

The Information Service has a freephone helpline open to disabled people, carers and family/friends of disabled people as well as staff who support or provide advice to disabled people.



[Guides](#) on topics like Post School Learning Choices in Scotland, The Equality Act in Post School Learning and Supporting You at College and University are available to download from the Lead Scotland website.

LEAD are also available to provide free information sessions to a group of disabled people, carers or those who experience barriers to learning due to ill health who you may support, or information sessions for your staff or team.

For more information please visit the LEAD [website](#) or contact info@lead.org.uk.

Dates for your Diary

World Suicide Prevention Day – 10 September 2017

World Suicide Prevention Day is held each year on 10 September. It's an annual awareness raising event organised by [International Association for Suicide Prevention](#) (IASP) and the [World Health Organisation](#) (WHO).

This year's theme is about connecting with others and letting people know that #ITSOKAYTOTALK.

Why is it important?

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

Reaching out to people who are going through a difficult time can be a game changer. People who are feeling low or suicidal often feel worthless and think that no-one cares. Small things like hearing from friends or family, feeling listened to or just being told that 'it's ok to talk' can make a huge difference.



What you can do?

Start a conversation today if you think a friend, colleague or family member may be struggling.

When a person reaches a point where they are focused on taking their life, they've often lost sight of trying to find a way through their problems. This period usually only lasts a short while and often it doesn't take a huge amount to bring someone back from that decision – something as simple as saying, 'it's ok to talk' can be enough to move someone out of suicidal crisis.

How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say, [how to start a difficult conversation](#) or worry that you'll make things worse. However, you don't need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

Other sources of information

Samaritans is here round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, please [get in touch](#).

- [Other sources of help](#)
- [Worried about someone?](#)
- [How to start a difficult conversation](#)
- [Having a conversation in person](#)
- [Supporting someone online](#)

Last year businesses and community groups took part in this event in Stromness and Kirkwall, by lighting a battery operated candle in their window overnight on that date. Please consider showing your support for those left behind and in memory of those gone.

Visit a straw bale house

Sunday 10 September

Are you interested in installing renewable technologies in your home? Do you fancy a tour around a house made from straw?

Then join Home Energy Scotland at this year's [Science Festival](#) for a tour of a [straw bale house](#) which is powered by a renewable technologies.

Places are limited and must be [booked](#) for this free tour on Sunday 10 September. A minibus will take you from the Peedie Sea Car Park, Great Western Road in Kirkwall (opposite Tesco) at either 12.00 or 2.30. Each tour will take around 2 hours.



Home Energy Scotland advisors will also be outside Kirkwall Town Hall during the Vintage Rally on Saturday 9 September in the afternoon to answer any questions on home energy efficiency and renewable technologies.

North Alliance Conference: Influencing Change in the North

4 October, Nairn

Under the theme Influencing Change in the North, the North Alliance Conference 2017 offers 13 workshops, 2 keynote speeches and an opening address from Alan Armstrong, Strategic Director at Education Scotland. Marion Allison, Head of the CLD Standards Council, will discuss the Education Governance Review: what does it mean for CLD practitioners?, and Dave Simmers, CEO, Community Food Initiatives North East, will open the afternoon session looking at Community Work Tackling Poverty – What Happened?

Please visit the North Alliance [website](#) for more information about this FREE event.

Growing up in Orkney Conference 2018 – Save the date!

9 February 2018, KGS, Kirkwall

Building on the success of the 2017 conference, the 2018 event will create the opportunity to hear from some of Orkney's young people as well as local practitioners. It will include sessions on: Children's Rights & Well-being; Cultivating the Relational Universe; and A Poverty Action Plan for Orkney.

To register your interest and to get further information about the conference please contact OCYPP@orkney.gov.uk. Click [here](#) for a poster.

Focus on.....The Cromarty Hall Trust

This month Gina Penwarden, Chair of the Committee, tells us what's going on at the Cromarty Hall Trust.

Please sum up the main role of your organisation.

The Cromarty Hall is the hub of the community, providing a venue for activities and events aimed at everyone from the very young, to our more senior residents.

Now sum up in three words.

Community, inclusion, fun.

What are you working on just now?

We are just starting work on our Pantomime – this is huge fun, and a great fundraiser.

How many staff and volunteers does your organisation have?

Staff: 0. Volunteers: 30

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

We are always looking for volunteers to help with our fundraising activities, and to join the Committee. Volunteers currently help hugely with food (and the oh so important and delicious home-bakes) for when the cafe is open, help at music events, crafts fairs, book sales, donations, raffles, basic (and sometimes even more energetic!) maintenance and improvements, jumble sales, Blue Door, Christmas tree lighting and entertainment and so on.

Roughly how many people use your service annually?

Approx 1,300

How long have you been operating in Orkney?

Registered charity from 1976, then also incorporated as a company in 2004 when extensive refurbishments to the Hall were undertaken. Operating as a community venue since its donation to the community by William Cromarty in 1878.

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

We like to give the opportunity for local artists to show-case their work, which has resulted in quite a few exhibitions over the years. This year we have provided space for a wonderful new photographer to hold an exhibition.



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

We realise that some members of the community do not use the hall but we would want to stress we are working hard to provide opportunities for all ages and interests and actively seek and welcome feedback and suggestions.

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

We would say to the local community: 'This is your Hall, come along with your ideas of what you would like to see, support the events'

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

We would like to see a thriving, enthusiastic committee, and an increase in the number of activities which can interest and inspire folk of all ages and abilities.

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

We normally aspire to donations a fraction of this amount! However, if we did receive a donation of this magnitude we could get a lift installed, improve the storage, improve the drama facilities, and have a proper office with internet access and ICT provision. Although refurbished in 20014/5 as an old building there are always new problems to be addressed, currently a water ingress issue! It would be good to be able to set up a fund which we could use to support members of the community within our charitable objects. Financing new drama, musicians, touring groups, commissioning productions, offering free Hall hire for other charities or community groups, community get-togethers free of charge for example! We can but dream.....

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

The people – being a part of a thriving community organisation.

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

The breadth of the knowledge and experience we have in our small community.

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

The value of folk working together – many hands do indeed make light and enjoyable work.



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