

Newsletter August 2018

VAO News

Set in Stone – first exhibition for Connect member Deeanna Foran



Young Stromness Artist Deeanna Foran's first exhibition Set in Stone has been received exceptionally positively this week at the Northlight Gallery in Stromness.

The eleven ceramic pieces in the exhibition ranged from a vibrant rainbow, to a delicate daisy clock and a tiny self-portrait whose glaze makes her look like she is made from bronze. Each piece has Deeanna's inspiring poetry worked in, with the imagery complementing the words perfectly.

It has been an exhausting, but rewarding, week for Deeanna sharing these pieces

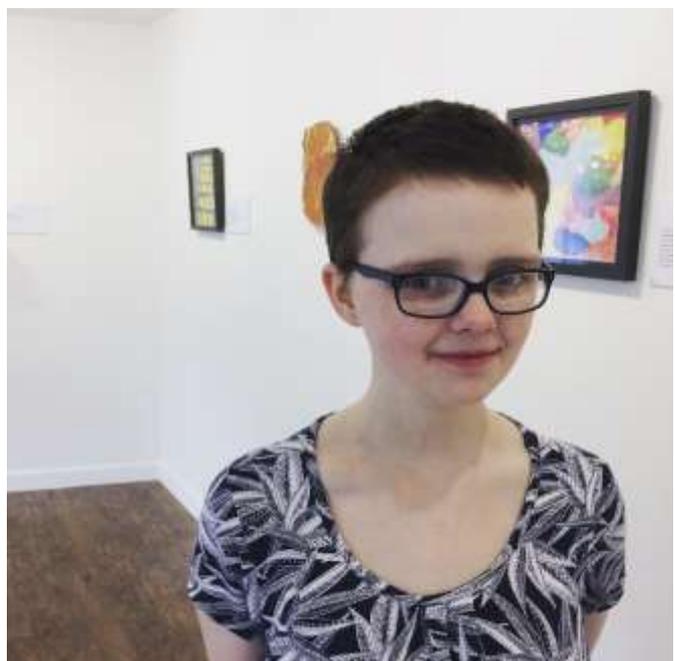
with people and talking about her work and she has received flattering and encouraging feedback from everyone who has visited the exhibition.

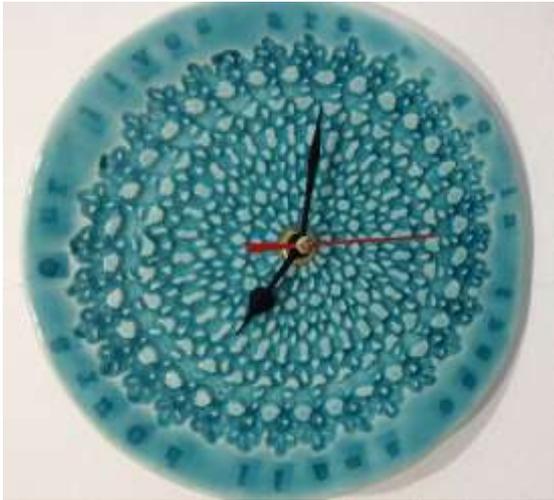
Deeanna who has been attending the Connect Project for just over a year, has been working alongside Autism Support Worker, Kara Leslie:

Kara explains, "One of the strands of our work at the Connect Project is supporting young people to develop their talents and interests, and this exhibition is a lovely example of how this flexible, individual approach can really pay dividends, in terms of confidence, overall wellbeing and skills for life."

"The pieces Deeanna, alongside her mentor – Stromness potter Elaine Henderson, has produced are beautiful and uplifting and are a tangible example of Deeanna's talent and determination."

"Her words are very emotional, positive and solution focussed, and many of the folk who have seen the exhibition have been moved by them."





The exhibition, has been a very personal journey for seventeen year old Deeanna who has Autism:

“Growing up with Autism isn't easy, but my poetry gives me an outlet for expressing myself in my own way. Poetry is a coping mechanism for me.

I started pottery sessions with Elaine last year, as part of my work with the Connect Project, and put a piece of my poetry onto clay, just to try it.”

From that first piece of work Deeanna has continued using imagery to complement her writing – resulting in this unique collection of pottery.

“Ever since I was little I enjoyed reading and writing – to me, poetry is a small way of practising my love of writing.

“At first I was unsure about pottery. When I was first introduced to Elaine I was quite nervous because it was something new and I knew pottery involved getting dirty, which I don't like. The idea of the feeling of the clay didn't appeal to me.

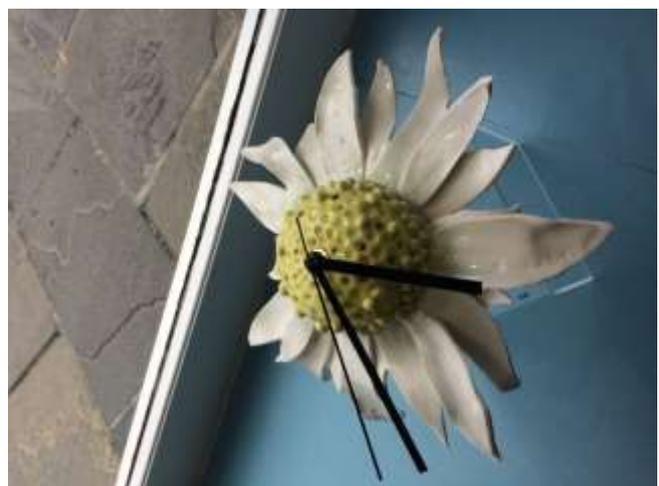
“It turned out to be much more interesting than expected and I began to realise working with clay is so much more than pots and vases.

“My Autism makes it difficult for me to understand why people do certain things, but as time went on I started to understand why Elaine enjoyed it so much. The whole process of designing and making my own pieces gave me a new look at ways to express myself.

“Elaine is very patient, calm and a nice person to be around. She has challenged me, broadened my horizons with how I express myself, and has gently nudged me out of my comfort zone with my work.

“My words, alongside the imagery on clay, make what I am saying much clearer – it helps to tell the whole story.

“I feel I have achieved something I didn't think I'd ever do.”



Adult Befriending Service trip to Wick

On Wednesday 22 August the Adult Befriending Service, in partnership with Dial A Bus, headed for a day trip to Wick. Pentland Ferries kindly took across 2 buses for us. Our first stop of the day was the Seaview Hotel in John O'Groats where we all enjoyed a lovely lunch. It was a lovely day to enjoy the trip into Wick. The buses headed down to the river in Wick where everyone got off and headed for a look around the streets and shops. When everyone was shopped out a cuppa and a cake was most welcome before we headed back on the buses to catch the ferry home. The people who came along would never have made this trip by themselves and were grateful for the opportunity. A band of weary but happy travellers arrived back in St Margaret's Hope and asked "Where are we going next year"!



Local News

CLAN Garden - an update from the Community Justice Partnership

The CLAN garden in Victoria Street, Kirkwall, which has recently suffered vandalism highlighted on the front page of "The Orcadian", was in part originally constructed by workers undertaking Community Payback Orders, at least one of whom carried on working there voluntarily after his "hours" were completed.

Jon Humphries, Service Manager, Criminal Justice, Orkney Health and Care, said '*Although it is disappointing to hear of the vandalism that has taken place there, I'm happy to report that one of our Community Payback Supervisors has been along, and our offer of assistance to help restore the damage done (and continue with maintenance / development of the garden) has been gratefully received.*'

Fundraising walk for Home-Start Orkney

Home-Start Orkney's Chairperson's grandson, Christopher, is taking part in the Edinburgh KiltWalk on 16 September to raise funds for Home-Start Orkney. To keep him company, his dad is going along too! The KiltWalk is a great means for voluntary organisations to raise funds, as not only do the funds raised by individuals get donated to the charity of their choice, but the Hunter Foundation tops this up by 40%, so it really is a win-win for charities. Christopher is taking part in the Wee Wander, a 5 mile walk, which is very much appreciated by all those at Home-Start Orkney.

Senior Co-ordinator, Erika Copland, says "*We are thrilled that Christopher is undertaking this challenge on our behalf, along with his Dad, and very much appreciate them doing this for us – 5 miles for peedie legs can be a long way! We're encouraging folk to donate via the online [fundraising page](#), which will help encourage Christopher and his Dad along the*



way. Christopher's granny has been involved with our scheme for more than 10 years, initially as a home visiting volunteer, and latterly as Chairperson, and she is highly committed to Home-Start's cause – and it looks like this extends to her family too!"

Who's behind the Blue Door?



Orkney Hockey	3 – 8 September
Orkney Deaf Children's Society	10 – 15 September
Shapinsay Kirk	17 – 22 September
South Ronaldsay & Burray Agricultural Society	24 – 29 September

Also in the News

Band Runner: new Thinkuknow game and website for 8-10 year olds



A new, fun and interactive resource has recently been released by Thinkuknow and is now live on their [website](#).

Band Runner is a resource to help children to build their knowledge, confidence and skills to stay safe from sexual abuse and other risks they might encounter online.

Band Runner is hosted on all-new Thinkuknow website for 8-10 year olds. Children can visit the 'Worried About Something?' page which provides advice and support on how to get help if something worrying has happened online.

You can download the guidance for professionals, which includes a lesson plan on using Band Runner with children and young people from the website. The game and website can be accessed by parents and carers with their children at home.

Behind this smile – a short film commissioned by NHS Highland

This [short film](#) was commissioned by NHS Highland. It was created by students, for students, to introduce the concept of mental wellbeing and find a creative way of communicating their perspective of some of the issues to a wider audience.

Keeping Mum

Keeping Mum is a new [educational film resource](#) developed by NHS Greater Glasgow and Clyde aimed at primary 5 -7 pupils and the professionals who work with them on the impact of domestic abuse. The film, starring Still Game's Mark Cox and Jane McCarry, follows three children as they learn secrets about each other's lives and negotiate the consequences of telling and not telling.

Opening Doors: Trauma Informed Practice for the Workforce

NHS Education Scotland have produced an illuminating video considering how adverse childhood experiences may affect the behaviour of individuals as they reach adulthood. Click [here](#) to view.

Legislation & Guidance



OSCR are on social media!

Do you or your charity use social media? Following OSCR is a great way to be kept up-to-date with their latest news.

It's also a good opportunity for you to share your experiences and views with the regulator and, through them, the wider sector.

In addition to their ever growing library of [YouTube](#) videos, they put regular updates out on their [Facebook](#), [LinkedIn](#) and [Twitter](#) channels. Why not give them a follow?

OSCR produces new fraud guidance

The Scottish Charity Regulator (OSCR) has produced new guidance for Scottish charities about how to reduce the risk of fraud in their charity.

The risk of fraud is a concern in every part of society, charities included. This guidance, "Fraud: how to reduce the risks in your charity", highlights some of the risks of fraud to which charities are vulnerable and provides practical advice for trustees on how to tackle it.

The guidance tells trustees:

- what their legal duties are
- how they can reduce the risk of fraud; and
- how OSCR will consider instances of fraud in charities.

You can read the new fraud guidance [here](#).

What are participation requests?

[Participation requests](#) are a way for people to have their say about what improvements they would like to see made to public services they use. Community groups in Scotland have been able to make them since April 2017, when they were introduced as part of the [Community Empowerment \(Scotland\) Act](#).

The [Scottish Community Development Centre briefing](#) highlights that more information and support needs to be available to groups that want to make participation requests. The legislation and guidance may require some strengthening as well. If this happens, participation requests have the potential to be an important piece of the puzzle in making bottom-up co-production happen in Scotland.

Funding & Finance



Extra Financial Support for Carers

Carers will receive the first payments of the new Carer's Allowance Supplement from mid-September, back-dated to April. This new benefit will be paid twice a year by Social Security Scotland, the first major new public service to be created since devolution.

Eligible carers will get a supplementary payment of £221, equivalent of an extra £8.50 per week, an increase of 13% on Carer's Allowance from the Department of Work and Pensions.

Click [here](#) for more information.

Funding to Reach Grassroots, Community-led Organisations in Scotland

Comic Relief is looking to invest in and partner with intermediary funders who have the expertise, networks and local knowledge to work with community-led grassroots organisations to bring about change in Scotland, Wales and Northern Ireland.

Grants are being made available to small grassroots organisations with an annual income of £250,000 or less, producing a portfolio of projects across four strategic themes:

- Children Survive and Thrive
- Fighting for Gender Justice
- A Safe Place to Be
- Global Mental Health Matters

Click [here](#) for more information. The deadline for first stage applications is 1 October 2018 (12pm).

Eden Project Community Camp Applications

Applications are now open for a fully funded, 4-day Community Camp offering a mixture of practical and creative activities, workshop sessions and networking opportunities for volunteers and community activists interested in connecting people in their communities.

It's open to people who either have an idea or who already running a community project and have hit a bit of a brick wall and are looking for a morale and confidence boost. The Community Camps are run by Eden Project Communities and are fully funded thanks to the National Lottery. Travel, accommodation and food is provided. The next camp is 28 September -1 October and they are looking for people who:

- Are committed to making a positive difference where they live
- Are 'Do-ers', who have a lot of potential but just need a chance
- Are committed to go on to do something with what they gain at camp by sharing and learning both with others
- Are just starting out on their journey

You can find a lot more information on the content of the camp [here](#) on the Eden Project's website, or in this you tube [video](#).

If you need help with your application, you can contact the Community Network Developers in Scotland, [Katie Swann](#) on 07889 321270 or [Linda Gill](#) on 07850 326382, who will have an informal chat with you to support your application



If your organisation is a registered charity, check the VAT rate on your bill!

If you are a charity, you are eligible to pay the 5% reduced rate of VAT on business gas and electricity bills.

Many charities are simply not aware that they could have their VAT reduced and have been overpaying. If you are in that situation, you can claim an overpayment rebate for up to four years. This could result in a significant amount of money for your charity.

Check you bill and contact your supplier if you have paid the wrong level of VAT.

Volunteering opportunities

VAO are looking for Admin and Reception Volunteers



Voluntary Action Orkney are looking for committed volunteers who would like to develop and enhance their admin and reception duty skills. The volunteer receptionist will welcome all visitors to Anchor Buildings, answer and transfer telephone calls to VAO staff, keep the reception area tidy, ensure publications are displayed effectively and kept up to date, and assist the administrative team as required, including the circulation of in-coming mail and posting of out-going mail, photocopying, laminating , binding etc.

If you are a good communicator, reliable, have a mature and responsible attitude and are keen to develop your skills in a busy but friendly business environment, whilst receiving excellent training and support then this is the role you are looking for!

For more information please contact [Rob](#) on 872897.

Clan Cancer Support – Driving/Recycling Volunteers Needed

Clan Cancer Support are looking for volunteers to work on a rota, taking recycled goods to Streamline at Hatston and storing in a container for shipping, recording the number of bags/boxes collected. Volunteers will need own vehicle, preferably with trailer.

Full training & induction will be given by CLAN who will do an informal interview. Volunteers should be literate, numerate and a driving license is required. Recycling volunteers can claim expenses as they would be using their own vehicle.

If you would like a volunteer role that is good for the environment, gets you out and about and helps to support people through a tough time then this is for you. Please contact [Rob](#) at VAO on 872 897 for further details.

Reach for the skyranMOON!

Stromness Academy is hosting '[Museum of the Moon](#)', a major artwork seen by more than 1 million people around the world. To celebrate 2018 as the Year of Young People, students from the Academy, and Kirkwall, are being given Worldhost customer service training and will act as guides and invigilators at the MOON, lead Solar System walks through Stromness, show visitors around the exhibition and chat with them about space. See the link below for more information

The organisers of the skyranMOON exhibition are looking for responsible adult volunteers who can play a supportive role for the students at the exhibition, as well as helping with answering questions from visitors, helping out with the sale of raffle and events tickets and doing a stint on the refreshments stall.



The exhibition will run from 4pm – 10pm weekdays and 10am – 7pm at weekends.

Volunteers are asked to do a 3 hour volunteering slot (refreshments will be provided!) and each shift will have two adult volunteers and 4 young people (17/18 years old). Adult volunteers will be able to cover as many shifts as they want.

A group information and training session will be held at Stromness Academy on Wednesday 5 September 6 - 7pm. If volunteers are unable to make this briefing a second session will run Saturday 8 September 9 – 10am.

Both Saturdays 10am - 3pm will include family events. A reception for all volunteers and supporters will take place at skyranMOON on 14th September at 7pm.

If you are interested in volunteering at a truly unique, once in a lifetime event in Orkney, please contact [Rob McGregor](#) at VAO on 872 897.

The Big Weed!

Orkney Library and Archive is a much loved local institution. It is a prized asset which is used extensively by the local community as well as having a first class local history archive. These days it is also world renowned due to its famous Twitter account and its book clubs regularly host some of the biggest names in fiction and non-fiction!

Unfortunately the grounds of the library are looking a bit tatty and overgrown with weeds and in the current financial climate there isn't really sufficient resources to keep the grounds as neat and tidy as would be desired.

Therefore the library, in partnership with Voluntary Action Orkney and the Connect Project, are looking to combat the weed menace with a morning of concerted weed killing!

We will be there on the morning of **Thursday September 20** from 9.30am onwards and would welcome along anyone who wants to be involved in helping to take on the weeds.

There will be gloves and weeding gear available but if you can bring along your own that would be great. There will also be coffee tea and biscuits to replenish the troops in their battle against the perfidious perennials!

If you want to come along and help out please let [Rob McGregor](#) know on 872897.



Women's Aid Orkney are Looking for New Board Members.



Women's Aid Orkney provide free and confidential support to women and children affected by domestic abuse. They are currently looking to increase the size and diversity of their board of directors/trustees. They are looking for feminist, creative and innovative women with a broad range of skills and experience and in particular with an interest in fundraising.

The board meets monthly for about 2 hours on an evening and you will also spend some time on fundraising activities.

If you are interested in knowing more about becoming a board member with Women's Aid Orkney please contact [Rob McGregor](#) at VAO on 872897 or contact Orkney Women's Aid on 877 900 or at info@womensaidorkney.org.uk

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

Have your say



Progressing Children's Rights in Scotland – An Action Plan 2018–21: Consultation for children and young people

On 2 July, Scottish Government published the consultation on Progressing Children's Rights in Scotland - An Action Plan 2018-21.

Click [here](#) for a shortened version of that consultation, designed for children and young people.

Scottish Government wishes to ensure that they reach as many children and young people as possible, and gain their views on the Action Plan.

Education & Training



VAO offering FREE twilight training sessions on a host of topics

Fancy a taster session on Gift Aid or running a committee meeting? Maybe looking for funding and needing a bit of advice for the form filling? Organisational employment issues or Safeguarding training? Then take a look at these FREE twilight sessions on offer this autumn and winter 2018.

We have included many interesting and varied training sessions to fit in with a busy lifestyle. Twilight sessions running from 6pm to 7pm every Wednesday through from September 5 to December 5 2018.

Disciplinary and Grievance

5 September

This workshop provides you with an insight to the skills, knowledge and techniques required to deal with employee discipline and grievance procedures.

Gift Aid

12 September

Gift Aid can be an important source of income for charities, this workshop will cover what you can and can't claim, procedures and timescales. We can walk you through the entire process.

Effective Consultation

19 September

A 'How-to' guide to effective consultation. Discover key principles and good practice as well as the pitfalls of a process that is easy to get wrong but highly valuable if done right!

Funding

26 September

If you are looking for funding for a specific project or equipment, you will know how tricky that can be. Come along for a few tips on a successful search and be "application form fit"!

Recruitment: Finding the right person

3 October

Finding the right person can be difficult. We will look at how to attract the right candidates and the most effective selection criteria and interview techniques to help you find the best candidate for the job.

Safeguarding Training

10 October

Are you involved in any way with a community group and may therefore be working with children or adults? For example, do you volunteer at your local playgroup, direct or produce local drama,

co-ordinate sports groups, deliver lunch club or tutor a class? If so, then this one hour introductory session may be for you.

Chairing a Meeting

31 October

Not sure of your role and meetings go on too long? Come along to a short session and share your views and gather some useful tips for managing the meeting.

Internal Financial Controls

7 November

This workshop concentrates on the financial and non-financial internal controls which are vital to create a robust system to enable the Charity to flourish.

Gift Aid

13 November

Gift Aid can be an important source of income for charities, this workshop will cover what you can and can't claim, procedures, timescales. We can walk you through the entire process.

Recruiting Trustees

14 November

Recruiting trustees or board members is the hardest part of volunteer recruitment. Come along to this short session and explore new ways to sell your organisation to potential trustees.

Stakeholder Involvement

21 November

Who are your stakeholders and what influence do they have on your organisation? What is a stakeholder? Discuss! Then we'll look at ways to engage with them for the organisation's benefit.

Duties of a Committee Member

28 November

What's it all about, this volunteering on a committee lark? Is it all paperwork and boring meetings? Come along and find out what it REALLY means!

Asset Transfer

5 December

Community Asset Transfers offer a formal route to take on a building from a public body. This is a session to help provide practical information about community asset transfer and take home information about next steps, where to go for further help and available options for funding.

All sessions will take place in the Boardroom at VAO, Bridge Street, Kirkwall.

Please contact [VAO](#) on 872897 to book your place.

Stress and distress in dementia bite sized training

August – November 2018

NHS Orkney are running stress and distress in dementia bite sized training, open to anyone working with people with dementia. These sessions will be free of charge.

The training will run weekly on Mondays from 3.30pm to 5pm starting on 27th August. Each module can be attended as a one off or people can access the whole course by attending all sessions. Each session lasts approximately 45 minutes.

The sessions will be delivered as follows:

Module 1 - 27/8/18

Causes of Distress in Dementia I: The Biopsychosocial model

Purpose: To challenge staff misattributions as to causes of distress. Improves knowledge as to multiple causes of distress within a biopsychosocial model.

Module 2 – 3/9/18

Causes of Distress in Dementia II: The person's world

Purpose: To challenge staff misattributions as to causes of distress. Improves understanding of the person's with dementia altered reality.

Module 10/9/18

Causes of Distress in Dementia III: The person's world

Purpose: Further enhance understanding of the person with dementia's altered reality and entering their world.

Module 4 - 17/9/18

Simulation/ Meaningful activity

Purpose: How to prevent distress using stimulation and activity. Practical applications

Module 5 – 24/9/18

Improving communication

Purpose: How to prevent distress using communication. Practical applications explained.

Module 6 – 1/10/18

The Newcastle Clinical Model explained: Unmet needs, Formulations & Intervention Plans

Purpose: To teach staff what the Newcastle model is and familiarise them with the paperwork means.

Module 7 – 8/10/18

ABC Chart Training

Purpose: To teach staff what ABC charts are and how to complete them accurately.

Module 8 – 15/10/18

Distraction

Purpose: How to prevent and intervene to distress using distraction. Practical applications explained.

Module 9 – 22/10/18

Therapeutic Lies

Purpose: How to intervene to distress using therapeutic lies or entering their world. Practical applications explained.

Module 10 – 29/10/18

Doll therapy

Purpose: How to intervene to distress using doll therapy. Practical applications explained.

Module 11 – 5/11/18

Simulated Presence Therapy (SPT)

Purpose: How to intervene to distress using SPT. Practical applications explained.

For more information or to book, please contact ork-Hb.Learning@nhs.net

Perinatal Mental Health Network, NHS Orkney Visit

3 September, Balfour Hospital, Kirkwall

The Scottish Perinatal Mental Health Network is carrying out visits to all NHS boards in order to gain a greater understanding of staff education & training, pathways into care for pregnant and postnatal women, and current service provision in the areas of maternal and infant mental health.

We would like to meet up with staff from mental health, maternity, health visiting and primary care as well as those in the 3rd sector who provide additional support. An awareness of current provision, and examples of local good practice, will help the Network to provide support and guidance for staff, and improve shared learning across professional groups.

The Scottish Perinatal Mental Health Network (PMHN) is a designated National Managed Clinical Network, established in April 2017 with Scottish Government funding. Its remit is to help ensure

that all women, their infants and families, across Scotland, have equity of access to high quality perinatal mental health care, should they require it.

The session will be held on 3 September in the Clinical Skills Room within the Balfour Hospital, 9.30am – 12 noon

Please confirm your attendance with [Susan Fairley](#), Programme Support Officer.

Bruce Tait Associates training in fundraising

7 September 2018, Kirkwall

The training is aimed at people who have responsibility for fundraising at their organisations, including volunteers and trustees as well as staff. Bruce will present three sessions during the day, covering fundraising planning, making the ask and applying to grant makers.

For more information or to book a place please click [here](#) or email [Bruce Tait](#).

Scotland's Mental Health First Aid training

10 and 11 September 2018



Scotland's mental health first aid (SMHFA), like any other type of first aid, is the help given to a person before appropriate professional help or treatment can be obtained. Mental health first aid is the help given to someone experiencing a mental health problem before other help can be accessed.

The course will take place in Kirkwall Town Hall, Room 2 with a 9.15 start and a 4.30pm finish each day.

The course is provide free of charge thanks to NHS funding, so refreshments will not be provided, but water will be available.

For more information please click [here](#). To book a place please contact [VAO](#) on 872897.

SafeTALK training

7 November, 9.00-1.00, Kirkwall Town Hall.

safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. No charge, funded by NHS Orkney.

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts may be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe and
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

To book, contact [VAO](#) on 872897.

Training for Trainers: the IMPACT of smoking on mental health (including its medications)

14 November, 10.00-4.00, Blide Trust, Kirkwall

This FREE course will enable you to deliver training about the effects of smoking on mental health (and its medications), and is intended for use in either third-sector support organisation or NHS mental health settings.

One hour of self-directed e-learning to be completed prior to attending the face-to-face session (six hours). Further details available from the contact below.

For more information please visit the Impact Project [website](#) or contact [Martin Lever](#) on 888084

Bookbug Shared Practice Event

19 September 2018, 10:00am -1:45pm, Kirkwall & St Ola Community Centre, Kirkwall

The Bookbug Shared Practice Event in Kirkwall is open to everyone who includes Bookbug in their work or are interested in hearing more about how they can be involved in Bookbug in their local area, whether you gift the Bookbug bags, lead Bookbug Sessions, use Bookbug for the Home, or have attended a Bookbug training course in the past.



Come along and find out more about how Bookbug is being used by a whole range of practitioners in communities and family homes throughout Orkney and beyond. Share ideas, hear about innovative projects, get inspired and recharge your Bookbug battery!

After the shared practice, there will also be an opportunity to attend a Bringing Picture Book To Life Bookbug training course in the afternoon, suitable for people who would like to improve their picture books sharing skills with children aged 3 to 5 years old. If you would like to attend, please add an additional ticket for this when you register.

Places at this event are FREE. Please click [here](#) to register. Scottish Book Trust may be able to assist with travel costs for delegates who would otherwise find it difficult to attend. If this applies to you, please let us know when completing your registration and we will be in touch to arrange this.

For more information please contact Celia Richards on 0131 541 2349 or email bookbug@scottishbooktrust.com

Video Interaction Guidance Initial Training Course

18-21 September, Stromness

Video Interaction Guidance (VIG) is a relational intervention for bringing about change in important relationships - parent/child, teacher/pupil, nurse/patient, YP/professional, etc. VIG focuses on 'what works' in terms of attuned interactions within the client's own repertoire, even when this is an exception to the usual and builds from there.

Video Interaction Guidance (VIG) is evidence-based, recommended in several NICE guidelines, and is a 'brief therapy' (averaging 3-4 cycles). VIG is applied across all agencies and third sector organisations.

The course will take place over four mornings: 9am-1pm, Tuesday 18 September -Friday 21 September, in Stromness.

Contact Cathy Lyner or Imogen Kerr at Orkney Islands Council on 873535, or email miriam.landor@gmail.com if you would like more information about how VIG can help your clients/patients/pupils.

For more information please visit the [VIG Orkney website](#).

Business Gateway FREE Workshop Programme, September – November 2018

Thurs 6 Sept	Record Keeping (full day)
Weds 12 Sept	Profitable Customer Service (full day)
Tues 18 Sept	DigitalBoost Paid for Advertising (half day)
Tues 18 Sept	DigitalBoost Twitter and Hootsuite (half day)
Weds 19 Sept	DigitalBoost Video Production (half day)
Weds 19 Sept	DigitalBoost Pinterest, Instagram & Photography for Business (half day)
Weds 26 Sept	Mastering Selling Skills (half day)
Thurs 4 Oct	Marketing (full day)
Tues 16 & Wed 17 Oct	New Business Start-up (2 days)
Tues 6 Nov	Managing Profitability, cash flow, capital & credit control (full day)
Tues 20 Nov	DigitalBoost Enhance your Business with Digital (half day)
Tues 20 Nov	DigitalBoost Facebook for Business (half day)
Wed 21 Nov	DigitalBoost LinkedIn (half day)
Wed 21 Nov	DigitalBoost Digital Marketing Strategy (half day)

For more information on the training and to book your place click [here](#), or Contact Business Gateway on 01856 898595; by email business.gateway@orkney.gov.uk; or visit the office at 14 Queen Street, Kirkwall.

A one-day course on Self-Harm Mitigation and Suicide Prevent (STORM)

5 December, 10.00-4.30, VAO Boardroom, Anchor Buildings, Kirkwall

STORM training addresses how we can help people at risk of self-harm and suicide. It has been provided across Scotland for many years (via Choose Life) including Orkney, and this day course is for those working in the voluntary sector in Orkney who may not previously have had access to STORM training.

In this course, you will:

- Explore attitudes and beliefs about suicide and self-harm
- Acquire the skills required to engage a person at risk of self-harm and suicide in a helpful conversation
- Acquire the knowledge and skills to assess the situation in collaboration with the person-including immediate risk.
- Acquire the knowledge and skills to co-create a current safety plan.
- Acquire the knowledge and skills to co-create a future safety plan after the immediate crisis has passed.

For more information about the training, please click [here](#).

To book your place contact Edwina Lloyd at VAO on 872897 or email enquiries@vaorkney.org.uk

Dates for your diary



Stress Control sessions in St Margaret's Hope

6 September - 11 October

Stress Control is for people who want to learn some great ways to deal with common problems such as low mood, anxiety, panic, poor sleep, burnout, loss of confidence or low self-esteem (in

other words, 'stress'). You do not talk about your problems in the course (not many people want to talk in front of others) and there is no writing to be done in the class.

The six sessions will cover:

1. Introduction to stress
2. Controlling your body
3. Controlling your thoughts
4. Controlling your actions
5. Controlling panicky feelings & getting a good night's sleep
6. Wellbeing - Pulling it all together and controlling your future

The sessions are free and people can attend as many sessions as they want.

The classes are in the Cromarty Hall, St Margaret's Hope and will be held at 11.30-1.00 and 6.30-8.00 from Thursday 6 September until Thursday 11 October. Choose either time to suit.

For more information please contact [Edwina Lloyd](#) on 872897.

Orkney Care and Repair celebrate 30 years!

Orkney Care and Repair are celebrating their 30th anniversary this year. Come and join them for a cuppa and a cake on Friday 14 September from 2-4pm upstairs in the Kirkwall Town Hall.



Accessible Travel Event

20 September 2018, 10.00-4.00, Pickaquoy Centre, Kirkwall

As part of their on-going work with Transport Scotland, Disability Equalities Scotland will be holding an Accessible Transport event in Orkney on 20 September 2018. The aim of this event is to bring together representatives from equality groups with transport providers to discuss specific issues relating to travel and transport on Orkney.

This is an opportunity to discuss ways that providers and disabled people (and other equalities groups) can work together to bring about improvements, in line with the Scottish Government's Accessible Travel Framework.



The event will take place at the Pickaquoy Centre, Kirkwall, from 10am to 4pm, with a networking lunch. There will be transport providers, stakeholders, and representatives from equalities groups in attendance.

To register for your free place, please click [here](#). Alternatively please [email](#) Disability Equalities Scotland or call on 01259 272064.

Tai Chi workshops in Stromness and Kirkwall

Do you live with a Long Term Condition which impacts on your life? Take time out to learn a basic form of Tai Chi, this gentle form of exercise is suitable for everyone.

Tai Chi can help to improve balance, flexibility and muscle strength, reduce pain and stiffness, and increase your sense of wellbeing.

Come along and try Tai Chi for FREE at these sessions funded by Arthritis Care and NHS Scotland. No need to book.

Orkney Library, Kirkwall

Saturdays 22 and 29 September, 13 and 20 October, 10, 17 and 24 November, and 1 and 8 December.

Beginners - 1.45pm

Refreshers - 3.15pm (The refreshers class is for those who have attended a Tai Chi for Arthritis class)



Stromness Academy

Saturdays 22 and 29 September, 13 and 20 October, 10, 17 and 24 November, and 1 and 8 December.

10am to 11am followed by coffee/tea

OIC Meet the Buyer Event – 10 October 2018

Orkney Islands Council and Business Gateway Orkney are holding a Meet the Buyer event on 10 October 2018. This is following on from the successful event in October 2017 where there were over 50 attendees.

The purpose of this event will be to offer an opportunity for suppliers or aspiring suppliers to meet the Council and its public Authority partner organisations, to

- learn more about how to do business with us
- the Changes to Scotland's Public Procurement Legislation
- the Council's contracts register and forward plan detailing future contract opportunities, use of lots to improve accessibility for SMEs
- How to register with Public Contracts Scotland and to explore potential framework agreement opportunities.

A representative from Scotland Excel, the leading framework provider for Scottish Local Authorities will be in attendance, as well as representatives from Business Gateway Orkney and other speakers to be confirmed. Following feedback from the last event there will be an increased focus on meeting with specific service areas to discuss the forward plan of anticipated developments and contracts to be let over the next two years.

The event will take place on the 10 October 2018 at the Orkney Library and Archive, Kirkwall for the full day including a programme of focused workshops.

In the meantime OIC welcome suggestions from local suppliers as to information or subject matter which could be made available at this event which would assist organisations to do business with the Council. Please contact OIC by [email](#) or phone on 01856 873535 ext 2640.

Please click [here](#) to access a list of the Council's contract award notices on the Public Contracts Scotland portal to see the wide range of supplies, services and works contracts awarded by the Council and the current list of future contracts/forward plan available on the [Council Website](#).

What Volunteering Means to Me

This month Lindsay Ogg and Paula Wright tell us what volunteering with VAO's Adult Befriend Service means to them.

Lindsay's story

"I have been volunteering for the Adult Befriending service for the last year, but have been part of the service for the last 8 years on and off. I volunteer for 3 different groups every week, and I regularly escort for the bus to support the befriending service summer outings.



I do not look at volunteering as volunteering I look at it as having fun. I just love the volunteering that I do!
I am helping people to get together to socialise and stop feeling isolated.

I was isolated myself and was in a horrible place for such a long time. At this point I realised the only person that could help, was if I helped myself. I got support from other services around Orkney that really helped. It was a little while before I felt able to volunteer. But since I have started volunteering it has taken me out of my shell and I really feel I can be myself now. Now I am volunteering. I see the enjoyment this brings to others, and it makes me feel better about myself too. I also realise I am making someone else's life much better too.

I feel for the first time in my life I am really having fun.”

Paula's story

“I have been volunteering for the Befriending service for 7 months. I started volunteering because I wanted to help people, and I like being around older people because I enjoy their stories and their company. I currently volunteer at 3 different groups with The Adult Befriending Service every week and also go on the Befriending summer trips.

I started volunteering because I wanted a reason to get out of the house myself. I suffer from MS and the condition can prevent me from being able to get out every day I was becoming very socially isolated myself. I moved to Kirkwall five years ago and before I started volunteering the only people I saw or spoke to were my family or occasionally my neighbours.

My volunteering has made a huge difference to my life I am meeting new people all the time. The groups are a lot of fun. When I cannot manage to go to the groups if my health is poor I become very depressed. My volunteering gives me personal satisfaction because I am helping other people who are vulnerable to socialise, chat and have fun, whilst my volunteering has helped me in so many ways too.”

