

Newsletter August 2019

Local News

500 hour Saltire Award for Finn

Finn has been a committed volunteer since 2017 when he became a volunteer with Skyran Moon. Giving his time freely with enthusiasm has been a great asset to various voluntary organisations throughout Orkney including the Parliamentary Office, Orkney Active, and most recently, Orkney Seafarers.

When asked why he volunteered he said *“volunteering appeared somewhat by accident..., the experience was frankly brilliant. The human-facing roles I performed markedly boosted my confidence as a result.”*

Josie Izzard, Orkney Seafarers' Charity Shop Manager said *“Finn is an inspiring young man. He has been volunteering at the Orkney Seafarers' Charity Shop over the summer months. We have found Finn to be diligent and meticulous in every task he has been set. Finn has interacted with staff and customers with ease.”*

Laura Leonard, Youth Development Worker at VAO commented *“achieving 500 hours of volunteering in 2 years shows outstanding commitment and willingness, Finn should be very proud of himself. We wish him all the best in the future.”*

Working in partnership with the Pickaquooy Centre to reward young people for their efforts in our community is a real bonus to the Saltire Awards programme here in Orkney and a great way to say ‘thank you!’.”

If you would like to know more about the Saltire Awards and how to get involved please visit www.saltireawards.org.uk or contact [Brian](#) or [Laura](#) at VAO on 872897 or Facebook [Brainlauravaorkney](#).



Finn pictured with Josie Izzard, Orkney seafarers and Katie Rafferty, The Pickaquooy Centre.

Micro-Volunteering

VAO is interested in people's views on Micro-volunteering and whether this could be a viable volunteering option in Orkney. Micro-Volunteering describes a volunteer or team of volunteers, completing small tasks that make up a larger project. It's a convenient and easy way for potential volunteers to get involved as it can be done anytime, anywhere. Examples include: citizen science, (activities sponsored by a wide variety of organizations so non-scientists can meaningfully contribute to scientific research), letter writing, proof reading, photo-tagging, surveys, mini-beach cleans, petitions.

Micro-volunteering can also benefit research projects or data collection. It differs from normal volunteering as the tasks are designed to take only minutes to a few hours and the volunteer does not make a long-term commitment.

It can take the form of virtual volunteering where tasks are usually distributed and completed online via an internet-connected device, including smartphones.

Micro-volunteering typically does not require an application process, screening or training period, takes only minutes or a few hours to complete and does not require an ongoing commitment by the volunteer.

Do you think there is scope for this kind of volunteering in Orkney? Please let us know your views as we are hoping to feature micro-volunteering as an option for potential volunteers and would love to be able to include any local organisations as prospective recipients as well as national ones.

For more information on micro volunteering click [here](#).

If you would like to discuss this approach to volunteering please contact [Rob McGregor](#) at VAO on 872897.



Who's behind the Blue Door?



Versus Arthritis

2 – 7 September

Orkney Ladies Pool

9 – 14 September

Pigeon club/caged birds

16 – 21 September

Friends of St Nicholas

23 – 28 September

Legislation & Guidance

OSCR Trustee Information and Guidance Pack

A charity trustee has clear legal duties to observe, and overall you must act in the charity's best interests and aim to meet its stated purposes.

This pack from OSCR is designed to provide you with the knowledge you need to run a charity effectively.

It contains:

- An overview of what it means to be a charity trustee
- The key points to running a charity properly
- Sources of help and advice
- The OSCR guidance they need to read that is appropriate for their charity.

All you have to do is answer some questions and a trustee pack that is relevant for your charity will be available to download.

To download your Trustee Information pack please click [here](#).

Social Security Scotland - Launch of Best Start Foods

Social Security Scotland (SSS) has opened new applications for the Best Start Food payment, which replaces the UK Government's Healthy Start Vouchers in Scotland. Best Start Foods provides low income families on certain benefits with £17.00 every four weeks during pregnancy and for every child under three to spend on a range of healthy foods. This payment increases to £34.00 for children under one.

To provide a more convenient and flexible way of buying healthy foods they've replaced the previous paper vouchers with a new payment card. The new card can be used in most shops selling food that take card payments. They will be taking new applications via the freephone helpline on 0800 182 2222, by post and [online](#).

People already receiving Healthy Start Vouchers will continue to do so at this stage. When it is time for them to migrate to Best Start Foods, SSS will contact them directly explaining the changes and inviting them to apply for the new Best Start Food payment. This will allow them to safely introduce the new payment on a phased basis between now and March 2020.

If you would like any further information or have any questions on the benefits that Social Security Scotland delivers please contact them by email at localdelivery@socialsecurity.gov.scot. The national Engagement Team and Local Delivery Relationship Leads are also available to attend events, meetings or staff training to provide more information.

Brexit planning: recommended reading

The Scottish Council for Voluntary Organisations has published analysis and resources about how organisations could prepare for Brexit, and the impact of loss of access to the European Structural and Investment Funds (ESF). This information is relevant to anyone working in the children's sector.

Click [here](#) to read a checklist about preparing for Brexit.

Click [here](#) to read about the impact of loss of access to ESF funds.

New wellbeing resource for teachers and practitioners

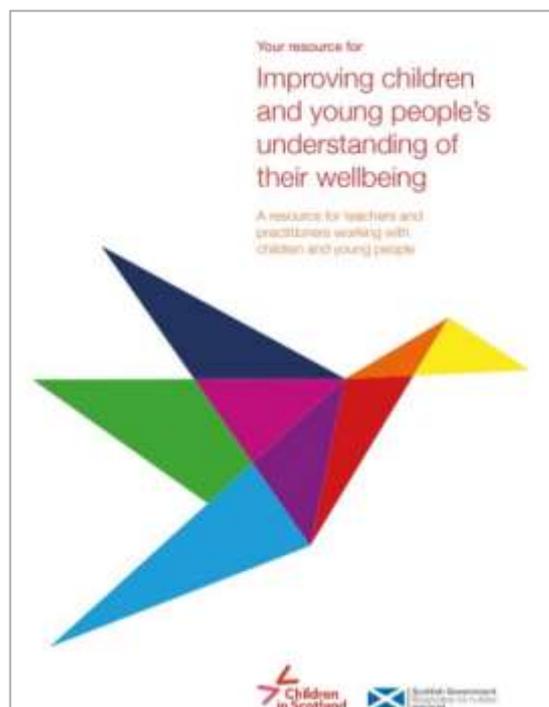
Children in Scotland has produced a new resource for teachers and practitioners to support children and young people's understanding of their wellbeing.

The free resource, Improving Children and Young People's Understanding of their Wellbeing, aims to:

- Provide a hub for information on wellbeing
- Promote easy and open access to practical tools and information
- Reduce time locating and producing materials
- Complement existing resources and approaches

Supported by the Scottish Government, it has been designed in response to the views of children and young people, teachers and practitioners who were involved in consultations, scoping and knowledge exchange sessions.

Click [here](#) for more information.



Funding & Finance

Small business training grant

Funded by the Council, Business Gateway is piloting the Small Business Training Grant to help businesses in Orkney with the cost of training (non-statutory) that develops skills for the business, with up to 90% grant funding of up to £1,000 per business.

Applications are now welcome from small local organisations that engage in economic activity, have been trading for 6 months or more and are permanently based in Orkney.

As part of this pilot scheme of assistance, businesses can apply for funding until 6 July 2020 towards training they have identified that:

- Helps the owner, manager or employees gain skills that directly result in benefit for the business, for example it will improve products, processes or services in the business.
- Does not attract financial support from any other source.

Business Gateway will get the full guidance online soon, but in the meantime just drop them line to request a copy be emailing business.gateway@orkney.gov.uk

LaunchMe – A Firstport initiative – Funding

LaunchMe is Scotland's social enterprise accelerator. It is a business support and investment readiness programme that helps ambitious social enterprises to scale and make a greater impact. It is currently open for its fifth round of applications until Monday 21 October.

LaunchMe is for social entrepreneurs who are innovative, focused on scaling their impact and prepared to take risks and work hard. While we welcome applications from all sectors, we are particularly interested in enterprises developing digital or data for good solutions to social issues.



Broadly speaking they are looking for applications from two main groups:

- Social enterprises: Either start-ups with a scalable idea and big plans for growth; or established social enterprises (up to £200K trading income) looking to develop a new product/service to diversify and grow.
- Community groups: Newly formed or well-established community groups or community enterprises looking to develop a product or an asset with the potential to generate significant income and have a positive impact in the local area.

Click [here](#) to find out more.

Life Changes Trust - Creating Better Lives in Orkney

The Creating Better Lives in Orkney grants programme is now open for grants of between £2,000 and £15,000 for local community projects lasting up to 18 months. The closing date is 18 October 2019. The funding awarded must be used wholly for the benefit of people living with dementia and their unpaid carers/families. It can be used to support new or existing work.

Click [here](#) for more information and to make an application.

The National Lottery Community Fund (Scotland) – Community Led Activity

The National Lottery Community Fund is the new name for the Big Lottery and provides funding to support communities to bring real improvements to the places they live and the wellbeing of those in need. They will fund organisations to deliver work that achieves the following outcomes:

Everyone in the community has the opportunity to influence and get involved in community led activity; people in the community are better connected and work together to improve their wellbeing.

Awards range from £10,000 to £150,000 and are for organisations in Scotland that are based in the local area they serve and are run by local people.

Click [here](#) for more information.

Workplace Equality Fund

Impact Funding Partners Workplace Equality Fund is open for applications. The fund aims to work with employers to address long standing barriers particular groups face in entering and progressing in the labour market so that everyone in Scotland has the opportunity to fulfil their potential.

The Scottish Government is keen to ensure that the economy is representative of society, and focus on delivering inclusive economic growth. Scottish businesses are being encouraged to apply to the Fund, along with third sector organisations. Eligible organisations can apply for up to £50,000 to carry out activities over an 11 month period that will help to improve diversity in the workplace.

The funding will support employers in reducing employment inequalities, discrimination and barriers particularly across the arts, culture, leisure, tourism, finance, manufacturing, construction, agriculture and fishing, transport and communication and STEM sectors.

Click [here](#) for more information.

Robertson Trust Annual Review

The Robertson Trust Annual Review for 2018-19 is available [here](#).

Key information from the Review includes:

- £18,004,500 awarded to 579 charities through their Open Awards
- £1,870,000 invested in the Journey to Success programme, which supported 631 scholars in 2018/19
- 9 live social impact programmes within their thematic areas of interest
- 27 third sector tenants in Robertson House, Glasgow, their first charity hub...
- ...which will shortly be followed by a new 30,000 sq ft hub in Stirling

Have your say



Recruiting young people to co-convene the Cross-Party Group

Children in Scotland and YouthLink Scotland hold the joint secretariat for the Cross-Party Group on Children and Young People. At the June AGM the group agreed to trialling having a group of children and young people to act as young co-convenors role.

They are currently carrying out targeted recruitment for this position to ensure that they can achieve a balanced and representative group of young co-convenors and are looking for applications from children and young people aged 8 -25.

Click on the links for an [information sheet](#) and [consent form](#) to discuss the opportunity with children and young people you work with.

Award to celebrate partnership working

An awards ceremony is set to highlight successful partnership between the public and voluntary sectors. The Scottish Public Service Awards take place at the Scottish Parliament on 4 December.

Returning for a sixth year, the awards celebrate excellence within Scotland's public services. And examples of good partnerships that have been forged with the third sector are being sought.

Read more in [Third Force News](#) or visit the awards [website](#) for further information.

Volunteering opportunities

Board members at Orkney Arts Society



Orkney Arts Society are looking for nominations for committee vacancies as follows:

- Chair - usual Chair duties overseeing the committee and meetings.
- Music Secretary - arrange around 5 music events / concerts each year incorporating workshops for young people
- Funding Secretary - identify appropriate funding streams and make applications

Please contact Wendy Barker OAS Secretary with any nominations. You do not have to be a current member but must have some appropriate experience and want to help maintain and grow interest in the Arts in Orkney. Names will be put forward at the AGM for election. The AGM will take place on Monday 16 September at 8pm at Stromness Town Hall.

For more information please contact [Wendy](#) on 851197 or 07834 483576.

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

Education & Training

It's Good to Share! - A learning event for community groups and the third sector in Orkney

25 September, 10.00-3.30, Pickaquoy Centre

You are cordially invited to attend a learning event for community groups and the third sector in Orkney. The event will be a mix of presentations, Q&A and interactive discussions. The topics covered will be wide ranging from project start-up and delivery to organisational sustainability. The discussions and information given on the day will be relevant to staff, board members, and volunteers involved in community groups of any size in Orkney looking to develop or deliver their projects or services.

This event offers an opportunity to hear from third sector organisations about their projects and organisations, to share experiences and challenges, and be inspired by one another. Lunch will be provided and booking is essential.

Click [here](#) for the programme of events.

Voluntary Action Orkney is managing the bookings for the event. To book your space please contact enquiries@vaorkney.org.uk

Corporate Rebels

5 September

OHAC have been very lucky to secure the Corporate Rebels to come to Orkney for 2 days in September. On Thursday 5 September OHAC will host a keynote presentation for up to 200 colleagues right across Orkney (with requests coming in from Shetland and the Mainland for spaces if we have any!). This will last about an hour with an opportunity for a Q and A session to dig deeper into some topic areas after the keynote presentation. This session is open to everyone and will be a first come, first served basis. Please click [here](#) to book your place.

Succession Planning

7 October, 10.00-4.00, Kirkwall

This 1-day programme from the Social Enterprise Academy provides new approaches, tools and strategies to secure the medium to long term future of your organisation, and its work.

Click [here](#) for more information and booking.

Growing Enterprising Communities

9 October, 10.00-3.00, Kirkwall

This 1-day programme from the Social Enterprise Academy is for people supporting communities and individuals to grow and develop - including those in voluntary and community organisations or public sector CLD staff.

Click [here](#) for more information and booking.

Alcohol Brief Interventions training

Orkney Alcohol and Drugs Partnership (ADP) are now offering an updated training session on delivering Alcohol Brief Interventions. Alcohol Brief Interventions are one of Scottish Governments strategies in dealing with Scotland's dysfunctional relationship with alcohol. An Alcohol brief Intervention is a short, structured conversation between a practitioner and a client regarding their alcohol use, designed to increase their motivation to change their behaviours. Matthew Thomas, the new substance misuse development officer with the ADP can offer a small group or one to one development session with anyone who wishes to know more about delivering ABI's or wishes to get an update on training they have had previously. Please contact him on matthew.thomas12@nhs.net for further information or to book a session.

Orkney Alcohol and Drugs Partnership (ADP) Training Courses delivered by Scottish Drugs Forum

These free training sessions are being run for Orkney ADP by Scottish Drugs Forum (SDF). You will have to register with the SDF training website to book on to these sessions. Spaces are limited.

Introduction to trauma

3 September 2019, 9.30 to 4.30

This training will allow support workers, project workers and other staff to become trauma-informed within their practice. Click [here](#) for more information.

Understanding Stigma: Promoting inclusive attitudes and practice

4 September 2019, 9.30 to 4.30

This one-day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma. Click [here](#) for more information.

Drug Awareness

23 September 2019, 9.30 to 4.30

The training aims to increase workers' drug awareness knowledge and provide an opportunity to explore current and emerging trends with substance use. Click [here](#) for more information.

Engagement Skills

24 September 2019, 9.30 to 4.30

This one day learning and development opportunity is designed to describe the process of engaging and the skills for promoting it with individual clients. Click [here](#) for more information.

Sex, Drugs & Vulnerable Young People

30 September 2019 to 1 October 2019, 9.30 to 4.30

This two-day interactive course will use different techniques to cover issues that vulnerable young people face in relation to sex and drug use, including sexual orientation and gender identity. It aims to help workers to recognise the importance of their role in delivering key messages to promote healthy relationships and harm reduction. Click [here](#) for more information.

Sex, Drugs & Blood Bourne Viruses

15 October 2019, 9.30 to 4.30

This training aims to increase workers' understanding and knowledge of key issues related to blood borne viruses (BBVs - Hep B, Hep C, and HIV) with a particular emphasis on risks associated with drug use and sexual health. Click [here](#) for more information.

Listening & responding to children Affected by Parental Substance Use

22 October 2019, 9.30 to 4.30

The aim of this course is to support practitioners in adult substance use and children's services to listen and respond effectively and appropriately to children affected by parental substance use. Click [here](#) for more information

For further information on all courses please contact [Matthew Thomas](#) on 886127 or 873535 ext 2608.

Children in Scotland Annual Conference 2019

6-7 November, Murrayfield, Edinburgh

There will be more than 40 learning sessions covering topics including Tackling Inequalities, Early Years, Learning and Education, and Participation, Engagement and Rights. Children's voices will be at the heart of the event.

Click [here](#) to find out more and book

Crime stoppers and Fearless are coming to Orkney – courses open for booking

Please note your interest as soon as you can as spaces are limited.

Multi-agency Practitioner Awareness (Mainly designed for Public sector)

9 September, 2-4pm, Pickaquoy Centre

This session aims to raise awareness of the Crimestoppers charity to partners, the purpose of the charity how we operate and how you can give information anonymously. The session will explain more about the contact centre and what happens with your information and how it helps Police Scotland other law enforcement. Click [here](#) for more details and booking.

Public Awareness Session (an over session of Crimestoppers)

9 September, 7-8.30pm, Pickaquoy Centre

This session aims to raise awareness of the Crimestoppers charity, purpose, how we operate and how you can give information anonymously. The session will explain more about the contact centre and what happens with your information and how it helps Police Scotland other law enforcement. Click [here](#) for more details and booking.

Train the trainers / Ambassadors Awareness - Crimestoppers (For those who want to get involved with crimestoppers)

10 September, 9.30-11.00am, Pickaquoy Centre

Our charity relies on volunteers like you to support our important work. People choose to volunteer for Crimestoppers for a variety of reasons. For some they may have been affected by crime, for others it offers the chance to give something back to the community or make a difference to the people around them. For many it provides an opportunity to develop new skills or build on existing experience and knowledge and meet new people. Click [here](#) for more details and booking.

Train the Trainer - Fearless (for professionals who work with young people – teachers, youth workers etc.)

10 September, 9.30-11.00am, Pickaquoy Centre

At Fearless we aim to provide young people with straight forward, clear information about crime and empower them to speak up with information. This interactive workshop will provide professionals working with young people 11+ with an opportunity to find out more about Crimestoppers' youth programme 'Fearless'

Click [here](#) for more details and booking.

Fearless Ambassador Training - (For persons aged 13-17 years)

10 September, 6.30-8.00pm, Pickaquoy Centre

A Fearless Youth Ambassador is someone who is passionate about making their communities safer. Click [here](#) for more details and booking.

Overview of Crimestoppers and Fearless (A session covering both Crimestoppers and Fearless)

10 September, 10.00-11.30am, Pickaquoy Centre

This session aims to raise awareness of the Crimestoppers and Fearless charity, purpose, how we operate and how you can give information anonymously. The session will explain more about the contact centre and what happens with your information and how it helps Police Scotland other law enforcement.

Click [here](#) for more details and booking.

Should you need any further information about what the courses might entail and to whether you feel you are appropriate for it please contact Amanda West on amanda.west@crimestoppers-uk.org or simon.hay@scotland.pnn.police.uk.

Focus on.... Home-Start Orkney



This month Erika Copland, Senior Co-ordinator at Home-Start Orkney, tells us about the work of this vital support service.

Please sum up the main role of your organisation.

Our volunteer befrienders and staff team support families who are going through challenges additional to those of daily parenting, such as physical and mental health issues, isolation, children with additional support needs – the list is non-exhaustive! The only criteria for support from us is that the family must have at least one child under 5 years.

Now sum up in three words.

Support, compassion, understanding



How many staff and volunteers does your organisation have?

We have a staff team of 4: myself, Sandra and Elsie, who are all co-ordinators, managing the support given to families, and supporting volunteers; and Mary-Louise, our recently appointed admin assistant.

We have 6 Trustees, from varied backgrounds, including 2 who are also volunteer befrienders, who are responsible for the overall management of the service. And we currently have a team of 11 volunteer befrienders.

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

We will always welcome enquiries from prospective volunteers! Parenting can be a lonely, tough role at times – regardless of how much parents love their children. Having the support of somebody who can empathise with parenting and other challenges can make a huge difference to families – just 2 to 3 hours a week of companionship and understanding is all we ask our volunteers to give. We are also currently looking for a Treasurer for our Board of Trustees – so if anybody with financial experience would be interested in this, please do get in touch!

Roughly how many people use your service annually?

We support on average 35 families per year.

How long have you been operating in Orkney?

We have recently celebrated our 18th birthday! Our service formally launched in August 2001.

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

There are so many! However, a very recent example, given at our AGM in June shows the impact our volunteers can have:

The mother of a parent we supported called in at the office to tell us how much she appreciated what a huge difference Home-Start had made to her daughter.

Her daughter had suffered from severe depression and anxiety for many years. When Sandra met the family, mum was so anxious and depressed that she could barely go out. She couldn't go to appointments, including the dentist.

As time went by, and with support from one of our Home-Start volunteers and her co-ordinator, this gradually improved and she came each week to our Group Support. She is a lovely mum, who engages so well with her child. Mum told the co-ordinator that she wished she had 'discovered' Home Start years ago! She has learnt to drive and passed her test, which has made a huge difference to reducing her isolation. She now comes to our group sessions on her own, and also picks up another of our supported families on route, providing peer support.

Her mum was astonished at her now being able to do this, and she wanted us to know how grateful she is that her daughter has gained so much independence and confidence.

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

Well, we do receive numerous calls from folk thinking we are Restart Orkney and offering us furniture! This is a common misconception for other Home-Starts south too!

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

Besides from directly volunteering with us, I would just ask that folk show compassion and kindness – it is all too easy to make snap judgements about folk, particularly parents doing their best in trying circumstances, so if folk could just be kind, parents would feel less judged and therefore slightly less pressured.

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

2024?! I would like to hope that, for those families who need the support we provide, who are struggling a peedie bit and need that extra hand, Home-Start Orkney is still available to offer that to them. Nationally, Home-Start has been on the go since 1973, so it is clearly a model that works well!

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

That would ensure our viability for 10 years, keeping us on the go until 2029! Although, with a donation that size, we would certainly do something extra special for our supported families to celebrate!!