



Newsletter December 2017

VAO News & Services

Adult Befriending Christmas Party



VAO's Adult Befriending Service held their Christmas party for their volunteer Befrienders, Befriendeds, Group Befriendeds and Stitch n' Blether members this month. A lovely afternoon tea was followed by some lively music from the talented Aim family, carols and a Christmas story. Liam McArthur MSP joined in the celebrations and showed his support for this vital local service and great fun was had by all. Pictured are VAO's Adult Befriending team: Linsey Drever, Arlene Montgomery and Anna Johnston.

Orkney Community Directory now available online

Our new online Community Directory is now available on the VAO [website](#). The Directory provides a comprehensive list of community and voluntary groups in Orkney along with other organisations and services that may be of interest to you. If your group is not listed, please [contact](#) us.

Research Project: Community Led Care in Orkney

A new research project is underway to consider potential improvements in the delivery of care services for older people in the non-linked islands of Orkney, and in particular the potential of community-led models. The research involves finding out about the needs and wishes of the island communities, the current experience of care service users and providers, exploring the current service delivery in Orkney, and looking at examples of models of care being used elsewhere. At the end of the project a report will be written with some recommendations for how care services could be improved in the isles.

The research team, Rosie Alexander and Dr Sue Barnard are seeking participation in this project from all members of the island communities taking part in this project: Eday, Hoy, Papa Westray, Rousay with Egilsay and Wyre, Shapinsay, Sanday and Stronsay. We will be visiting each island in the coming months to hold a community workshop and to run a couple of interviews. We are especially interested to talk to those who have some experience of care as care-givers or receivers, but are interested in the views of all islanders. If you are interested in taking part please contact us.

We will also be displaying information about the project in a central community location, where there will be a 'post box' where you can leave your comments or feedback about the project.

This research project has been developed with the help of the Island Development Trusts, Voluntary Action Orkney and Highlands and Islands Enterprise. It is being managed by Voluntary Action Orkney and is funded through the Aspiring Communities Fund, which is a Scottish Government fund, delivered with European Social Funds. The project is being supervised by Robert Gordon University and will be conducted in line with their research procedures.



For further information please contact [Rosie Alexander](#) on 872897.

Christmas info

VAO Christmas Closure

VAO will close on Friday 22 December and reopen on Wednesday 3 January 2018. Happy Christmas from all the staff and Directors at VAO.

Orkney Men's Shed – Christmas Day invitation to OMS members

For any members who struggle to get through Christmas day, the shed will be open between 2pm to 5pm. Hot soup, sandwiches and tasty nibbles will be on offer. For more information on Orkney Men's Shed please visit their [website](#) or [Facebook](#) page.

Together at Christmas with the Salvation Army and Age Scotland Orkney

Why not join us for good company and a free Christmas Day lunch at The Salvation Army, Junction Road, Kirkwall.



For more information or to book please contact Age Scotland Orkney on 01856 872438.

Local Third Sector News

Could you be a Bungee Jumper?

The UK Bungee Club would like to know if any local charities are interested in teaming up to do sponsored bungee jumps for their charities probably in August 2018.

Jon Snape from Big Bang Promotions passed on the following information regarding the costs and potential for sponsorship opportunities:

'The event would need to generate at least 250 jumpers each paying £125 a head with an option for a third day operation on say a Friday night. We could offer night jumping exclusively on the Friday for instance. Given the time that has now passed since the last Bungee event in Orkney (18 years ago) I feel 125 jumpers per day is highly achievable.

From a charities point of view each jumper I would advise should be targeted to raise at £250 a head to give your charity the return an event of this size should in my opinion raise.'

If you are interested please contact [Jon](#) at Big bang promotions directly on 07711 037150.

Who's behind the Blue Door?



Friends of Balfour	8 - 13 January
Old School Managers, Quoyloo	15 - 20 January
OIGA Football	22 - 27 January
St. Johns Trust	29 January – 3 February

Also in the news

Elderly Scots face isolation this Christmas

Tens of thousands of Scots face being alone this Christmas. Age Scotland's Christmas appeal is focusing on social isolation this year, after research found that 80,000 older people in Scotland said that they will feel lonely during the festive period. The No One Should Have No One campaign was launched earlier this month. Read more in [Third Force News](#).

Review of Targets and Indicators for Health and Social Care in Scotland highlights role of third sector

Former Chief Medical Officer Sir Harry Burns has carried out an independent national review into targets and indicators for health and social care. The review considered how targets and performance indicators can lead to the best outcomes for people being cared for, whether in hospital, primary care, community care or social care services. The report identifies some key principles and recommendations for using and developing targets and indicators going forward and includes the following statement:

The Third Sector - comprising community groups, voluntary organisations, charities, social enterprises, co-operatives and individual volunteers - has an important role in helping public bodies improve services. These bodies are best able to reflect the experiences of people who come into contact with health and social care and future design of targets and indicators needs to involve the Third Sector fully in the process. View the news release [here](#) and the report [here](#).

Legislation & Guidance

SCIO names to go on Registrar's Index of Company Names

From 1 January 2018, Scottish Charitable Incorporated Organisations (SCIOs) and Charitable Incorporated Organisations (CIOs) will appear in the Registrar's Index of Company Names, which

is maintained by Companies House. Charities that are incorporated as companies already appear on the index. Click [here](#) for more information.

Creative evaluation findings: getting people to sit up and take notice

Sharing your evaluation findings in a creative way can help engage the people you want to listen to them. From infographics and data dashboards to podcasts, blogs and postcards, there are a lot of options to choose from. Find out more about what's available, see examples and read tips in the NCVO [how-to guide](#).

National Third Sector GIRFEC Project e-bulletin

The latest issue of the [GIRFEC bulletin](#) includes the following:

- Project update
- Pupil Equity Fund Briefing Paper
- How Aberdeenshire partnership use the wellbeing tool along with model for improvement
- Update on CYP (Info Sharing) Scotland Bill
- Funding opportunities
- Events related to Children's sector

Funding & Finance



Applying for Funding – The Ultimate Guide from The Big Lottery

Attention all those who are applying for funding – visit The Big Lottery page of [hints and tips](#) on how to complete a funding application.

BBC Children in Need Main Grants Programme 2018 Deadlines Announced

The BBC Children in Need Main Grants programme will consider applications requesting grants of over £10,000 to support projects for up to three years.

Registered charities and not-for-profit organisations in the UK can apply if they are supporting children and young people of 18 years and under who are experiencing disadvantage through:

- Illness, distress, abuse or neglect.
- Any kind of disability.
- Behavioural or psychological difficulties.
- Living in poverty or situations of deprivation.

Organisations must be working to combat this disadvantage and make a real difference to children and young people's lives.

Organisations that already hold a grant from Children in Need can apply for further funding providing the current grant is coming to an end within the next 12 months. Applicants will need to be able to provide convincing evidence of the differences the grant has made to the lives of the disadvantaged children and young people the organisation has worked with. Click [here](#) to find out more.

Volunteering opportunities



VAO Receptionist

VAO is looking for a volunteer receptionist to carry out administrative and reception duties on Thursday afternoons between 12.30pm and 5pm. We are looking for someone who has some

administrative, IT and customer facing experience. The volunteer will receive an induction and full training in VAO duties and procedures.

This role will suit someone who is looking to develop and build on their existing skills in a busy but friendly workplace environment and will provide invaluable workplace experience for the right volunteer. Please contact [Ingrid](#) for more information on 872897.

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

Have your say.....

National Youth Work Awards 2018



Nominations for the National Youth Work Awards 2018 are now open! The National Youth Work Awards celebrate youth work and the youth workers who make a difference in the lives of young people every year. Young people are co-designing the event with staff at YouthLink Scotland, member organisations and event sponsors. This includes pre-event planning, selecting the finalists and contributing to the awards ceremony

Click [here](#) to download the Nomination Form for Practitioners and Adults, and [here](#) to download the Nomination Form for Young People.

Please read the [Guidance](#) before completing the nomination form. It includes the criteria and eligibility for each category - the information in your Nomination Form must be clear, concise and demonstrate why your nominee should be a finalist.

Nomination forms should be emailed to awards@youthlinkscotland.org. Nominations close at 5pm on Monday 15 January 2018.

Improving Scotland's Health: Minimum Unit Pricing of Alcohol – consultation

A consultation is being held to gather views from people, businesses, public bodies and interested parties about the Scottish Government's preferred price of 50 pence per unit of alcohol. The Scottish Parliament passed legislation in 2012 which allows the Scottish Ministers to introduce a system of Minimum Unit Pricing for alcohol. The legislation was then challenged in court and that has delayed its implementation. On 15 November 2017, the UK Supreme Court confirmed that the legislation which allows Minimum Unit Pricing to be introduced is lawful. Click [here](#) to have your say.

Education & Training

Introduction to Tendering

10 January 2018, 10.00 – 1.00, St Magnus Centre, Kirkwall

Introduction to Tendering takes you through the tender process from start to finish. From finding contracts, responding to opportunities, the selection stage, award criteria and debriefing, this comprehensive beginner-level course will tell you everything you need to start bidding for public contracts. Click [here](#) for more information and to book your place.

Business Gateway free workshop programme Jan – Mar 2018

Business Gateway are running a number of free training sessions in early 2018. Sessions include:

- New business start-up (2 days)
- Record Keeping
- Cloud for business essentials - DigitalBoost
- Paid for advertising (Intermediate) - DigitalBoost
- Keep your business safe online (Cyber security essentials) - DigitalBoost
- Getting started with your business plan
- Facebook for business (Intermediate) - DigitalBoost
- Producing engaging online content (Intermediate) - DigitalBoost
- Digital marketing strategy - DigitalBoost
- Improving your negotiating skills
- Marketing
- New business essentials
- Becoming an employer

Please contact Business Gateway by [email](#), phone on 01856 898595 or visit the office at 14 Queen Street, Kirkwall, to book your place. Please provide your full contact details. There will be a light lunch provided, let us know if you have any special dietary requirements. Please note booking in advance is essential due to limited capacity. Click here to book [direct](#).

Stress Control – Train the Trainer course 23 and 24 January, Kirkwall

Stress Control is an evidence-based cognitive-behavioural therapy (CBT) class for anxiety, low mood/depression, anger, low self-confidence and self-esteem, panic, poor sleep and burnout - in other words 'stress'. Mindfulness and Positive Psychology skills are used to boost wellbeing.

Stress Control can be used to help those with existing problems with stress and as a preventative/early intervention approach. It was created by Dr Jim White, an internationally-renowned Consultant Clinical Psychologist, CBT therapist and researcher. He has trained well over 1,000 Stress Control teachers who deliver the class world-wide to hundreds of thousands of people. Independent research shows it works at least as well as individual therapy but at a fraction of the cost. As Stress Control works as a class rather than as a group therapy, there is no upper limit on the number who can attend and as there is no discussion of personal problems, stigma issues are greatly diminished. A two-day 'train the trainer' session allows staff to deliver the classes to their organisation or other groups.

Trainers need experience of dealing with stress and, preferably, at least training in behavioural approaches. If you have the necessary background and can commit to running 6 x 1.5 hour classes per year please get in touch with [Edwina Lloyd](#) at VAO to indicate your interest and to receive more information. We are particularly looking for folk on the isles to be trained and then offer the training within their own communities.

For more information on the programme, please click [here](#).

Step 2 Adult/Child Protection training course 16-17 May 2018

The next Step 2 course will take place in May 2018. For information on who should attend the course please click [here](#). To book your place contact [Jennifer Sclater](#). Please click [here](#) for a Briefing Note on Child Protection training for community groups.

Focus on.....The University of the Highlands and Islands (UHI) Archaeology Institute



This month Dan Lee, Lifelong Learning & Outreach Archaeologist at The University of the Highlands and Islands (UHI) Archaeology Institute, tells us about his work.

Please sum up the main role of your organisation

The University of the Highlands and Islands (UHI) Archaeology Institute based at Orkney College is a world-class teaching and research organisation dedicated to advancing understanding of the historic environment through the creation, interpretation and dissemination of archaeological knowledge. The Institute provides a focus for university teaching and lifelong learning, innovative research and commercial applied research and consultancy.

We have over 200 students studying on various degrees across the region and internationally using our unique form of blended learning, combining online resources and teaching using video conferencing. Our team also undertake a range of field projects throughout the Highlands and Islands which supports a vibrant volunteer programme.

Now sum up in three words

Past, present, future

What are you working on just now?

I'm currently winding down from a busy season on the Mapping Magnus project; a research, training and community project for Magnus 900. The project has seen a whole host of activities from coastal survey, walks and excavation involving schools, volunteers and students. I'm also running a series of archaeology workshops for schools for the Caithness Broch Project – Broch Festival – teaching pupils about archaeology and life in Iron Age Caithness. In the last few weeks we have had a lot of volunteers start with us, working on post-excavation activities such as finds washing, sample processing and cataloguing. I'm also planning for next year and working on a number of funding applications for projects and activities during 2018/19.

How many staff and volunteers does your organisation have?

The UHI Archaeology Institute has 27 staff in total at the moment involved in teaching, commercial archaeology, management, marketing, admin and outreach. We have over 10 volunteers working with us through VAO and numerous student volunteers.

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

We currently have a few places left for volunteering in post-excavation activities over the Winter and Spring 2018, and we have upcoming opportunities to volunteer on excavations in the summer of 2018.

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

Volunteering can open up doors and threads of interest and inspiration that can lead to new studies and career paths. We are able to provide a taster of what it is to be an archaeologist, and we have had volunteers that have gone on to study with us, who are now pursuing careers in archaeology.

What's your role at your organisation?

I'm the Lifelong Learning and Outreach Archaeologist for the University of the Highlands and Islands Archaeology Institute based at Orkney College. The post supports individuals (students

and volunteers), groups and communities to engage with archaeology at all levels, get funding and undertake projects. The focus is mainly Orkney but we have community projects in Caithness and Skye. Working with schools (in the class and field), the Connect Project and running an adult volunteer programme with support from VAO are also important activities.

How long have you worked at your organisation?

Nearly 10 years

How did you end up in your job?

I had a keen interest in geography and history, which led me to study A-Levels and then start a degree. My interest in archaeology stems from some fantastic lecturers and courses during my degree at the University of Sheffield which inspired me follow a career first in commercial archaeology and now in research and outreach.

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

The variety of projects and research that enables me to work with such a wide range of people and places, from schools to students and volunteers from Skye to Orkney. This is grounded within an academic context where I have helped create our vibrant, inclusive and open working environment.

What's the worst?

The mud ...

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

Everyone has a different view on archaeology and heritage. For me, it's about finding a way to make this work the best way you can for the past, present and future, for everyone.



University of the
Highlands and Islands
Archaeology Institute

www.uhi.ac.uk/en/archaeology-institute/

Daniel.Lee@uhi.ac.uk