



Newsletter December 2018

VAO News & Services

Looking for something new in 2019? Why not train to be a Young People's Befriender?

The Young People's Befriending Project is looking forward to another busy year ahead, and so will be starting 2019 off with a training programme for new volunteers. Everyone needs positive connections in their lives, but not all young people have many or any - that's where Befriending comes in. Befriending is a really rewarding way to make a difference to someone else's life, and also an opportunity to take part in lots of different activities and hobbies and meet lots of like-minded people in the Befriending Team.

Magnus is a volunteer with The Young People's Befriending Project, and has been matched to his young person for 9 months. They have a fantastic friendship and Magnus is making a really positive impact on his young person's life. Here's what Magnus has to say about his time with the Project:

Can you describe Befriending in three words?
Fun. Rewarding. Improving.

What do you get out of being a Befriender?
Befriending is a very rewarding experience that allows you to connect with a young person and participate in fun activities one on one or in a group.

What is your favourite part of Befriending?
My favourite part of befriending is making a difference in a young person's life and having fun with them.

Have you seen any changes in your Young Person, since befriending them?
Definitely. My young person has opened up and realised there's so much fun to be had and is a lot more confident now.

Has Befriending had an impact on your life?
Yes!! I love doing it. It's so much fun and rewarding and I feel me and my young person are a team improving both our lives for the better.

Would you recommend volunteering as a Befriender?
Yes, it's brilliant and I only wish I'd started it earlier.



Anything else you would like to add?

I think it's one of the most enjoyable things you can do and it's amazing how just a few hours can impact on someone who might be having a tough time - to let them escape and have fun.

If you would like to find out more about the Project and about the difference you can make from just giving 2-3 hours a fortnight, then get in touch with [Hannah](#) or [Morgan](#), the Project Co-ordinators, on 872897. More information can also be found on our [website](#).

VAO Christmas Closure

VAO will close on Friday 21 December and reopen on Thursday 3 January 2019. Happy Christmas from all the staff and Directors at VAO.

Legislation & Guidance



Staying Safe online – information from Police Scotland.

Navigating the privacy and security controls on certain social media sites can be quite difficult. Click on the links below for some guides from the Cyber Crime Unit of Police Scotland.

Guides available are:

[Stay Safe on Linked-In](#)

[Stay Safe on Facebook](#)

[Stay Safe on Strava](#)

[Stay Safe on Twitter](#)

[Stay Safe on Companies House](#) (of particular interest to Directors of charitable companies)

Click [here](#) for more information on how to keep safe online.

New Guidance on making changes to your charity

OSCR has updated guidance on the law around charity names and what rules need to be followed when making changes to your charity. The new guidance updates and simplifies previous OSCR guidance on how to seek consent to change a charity's name, purposes and how to wind up or dissolve a charity.

The updated guidance on Charity Names explains what makes a name 'objectionable' under charity law, and also highlights the rules under company law on 'sensitive words or expressions' (which apply to SCIOs as well as charitable companies).

The updated making changes to your charity webpages bring together information about when to seek OSCR's consent before making changes and when to tell or 'notify' OSCR of changes to your charity, including: changing the charity name; changing the charity's purposes; winding up or dissolving the charity.

You can view the updated guidance on making changes [here](#).

OSCR Festive period opening hours

THE OSCR office will be closed to the public from 12:30pm on Monday 24 December and will reopen on Thursday 3 January. Remember, you can always find information online by visiting www.oscr.org.uk and their charity FAQs contain the answers to the most common queries.

A significant number of Scottish charities have an annual report and accounts submission deadline during this period. If your deadline is between 31 December and 7 January and you are posting paper documentation, OSCR need to have the documents by 21 December at the latest

- otherwise it will be difficult for them to process them all before New Year. However, if you are completing an annual return in OSCR Online and attaching the required documents at the same time, you have your full 9 months to complete the process. In either case, they always recommend that you submit the required documentation to them as soon as you can.

The Board and staff at the Scottish Charity Regulator would like to extend the greetings of the festive season to you all and thank everyone who helps contribute to the vision of charities you can trust and that provide public benefit.

OSCR publishes new guidance on Charity Investments

'Charity Investments: Guidance and Good Practice' aims to help and support trustees of charities that have investments or are considering investing some of the charity's funds.

The [guidance](#) has been developed with the assistance of Julie Hutchison of Aberdeen Standard Investments and finalised following a public consultation over the summer.

In addition to the guidance, they've produced two new videos:

[The top ten tips for charity investments](#)

[Julie Hutchison speaking about 'Charity Investments: Guidance and Good Practice'](#)

Funding & Finance



Carer's Allowance Supplement Toolkit – December 2018

The December 2018 version of the Carer's Allowance Supplement toolkit is available to view [here](#).

This toolkit is designed to help share information on the second Carer's Allowance Supplement payment. This will help reach even more people who are entitled to receive this benefit and to make them aware of the payments and how these work. If you have any questions about Carer's Allowance Supplement and the toolkit or want to find out other ways you can get involved, please contact the [Communications team](#) at Social Security Scotland.

Have your say.....



General Medical Council Guidance

The General Medical Council's (GMC) role is to protect people who use support and services and improve medical education and practice across the UK. They want to hear what people think about the guidance so that they can make sure the final version supports them to have good conversations with their doctors. Whilst the guidance is for doctors, the GMC would also like to understand how people using support and services can be better supported in this area.

A draft version of the guidance has been published on the GMC's [website](#) for consideration, alongside a full questionnaire and a shorter one aimed at people who use support and services.

A joint event being hosted by the ALLIANCE and the GMC from 10:30-12:30 on Wednesday 16 January 2019 at the ALLIANCE's Offices, Venlaw Building, 349 Bath Street, Glasgow, G2 4AA.

The event will consider newly revised guidance, which the GMC are consulting on, which sets out what doctors should consider when discussing treatment and care with people who use support and services.

ALLIANCE members and representatives of organisations who work in health and social care and other interested people are invited to attend the meeting. If you would like to register please contact [Andrew Strong](#) or [Christopher Doyle](#).

Education & Training



Step 2 Adult & Child Protection Training Events 2019

The Step 2 Adult and Child Protection training is now a one day training course held from 9am - 5pm. Training will be held in the Town Hall, Kirkwall Community Centre on the following dates:

Friday 15 February
Friday 17 May
Friday 13 September
Friday 22 November

Please email [Jennifer Sclater](mailto:jennifer.sclater@orkney.gov.uk) to book a place.

Extra FREE Digital Boost workshops from Business Gateway

Facebook for Business

Thurs 21 Feb, 1.30-4.30, Pickaquoy Centre, Kirkwall

This workshop is designed for people who want to deepen their understanding of how Facebook can be used to engage with their target audience in order to boost conversions.

Video Production for Social Media

Thurs 21 Feb, 6.00-9.00pm, Pickaquoy Centre, Kirkwall

How to put together an effective video without the need for specialist expertise or equipment

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

Dates for your diary



Safer Internet Day 2019: Tuesday 5 February

Schools and organisations can register as supporters to share what they are doing for the day. [Register here](#) and view the supporter map.

UK Safer Internet Centre have created a range of new [educational resources](#) to support educators for Safer Internet Day 2019. Free to download, these engaging resources are tailored for 3-18 year olds and look at the topic of consent online.

As the big day approaches they will be sending out the Safer Internet Day newsletter. [Subscribe](#) to get the latest news straight to your inbox.

Focus on.....Orkney Talking Newspaper



During November's Trustees' Week we published interviews on our website with Trustees of several voluntary groups and organisations in Orkney. In case you missed it, here's the interview with Orkney Talking Newspaper's Treasurer, Gavin Cullen.

Please sum up the main role of your organisation.

Orkney Talking Newspaper (OTN) provides a spoken version of the Orcadian for the blind and partially sighted. The cd is sent out free of charge by the Post office but we do need to have proof of an inability to read from a GP or another medical professional.

Now sum up in three words.

It's a newspaper for the blind and partially sighted (sorry, more than three words!)

How long have you been a trustee?

I have been a trustee with Orkney Talking Newspaper for about 15 years. I have also been a trustee for the Samaritans, the Orkney Folk Festival and the Sea Cadets.

What made you become a trustee?

Originally I volunteered to do some reading for the newspaper but when they found out I was a retired bank manager and the organisation was in need of a treasurer I was asked to become the treasurer, which I did, and hence a trustee.

What's the best thing about being a trustee for your organisation?

I like the fact that you are working to a set of rules, to a constitution as this makes things clearer in terms of your role and responsibility. Charities are governed by OSCR (Office of the Scottish Charity Regulator) and you have a responsibility to make sure you are abiding by the ethos of your organisations aims and objectives.

What's the worst?

I honestly can't think of a downside, maybe though as a treasurer you are a resource that is very much in demand and the nature of job means you do tend to spend a bit more time fulfilling your role than maybe the other Trustees do.

What's surprised you most about being a trustee?

Not a lot really. I did know what to expect so there were no great shocks and the induction process from OTN and the Folk Festival were excellent so there were no big surprise.

What's the most important thing you've learnt while being a trustee?

Make sure your induction process is spot on as this gives new trustees a firm foundation to work from. Keep things up to date, keep on top of things and don't let tasks drift. Try not to procrastinate with problems, they don't disappear! Also make sure you do your returns on time. I have found OSCR a great help if we have had any problems with the reporting

How do you think people perceive your organisation?

I do think we are very highly thought of and we do get a lot of donations from people who have used the service as well as from families of those who had used the service and appreciated the pleasure the CD's gave to their relatives. We are also very efficiently run thanks to our well organised co-ordinator!

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

Spread the word of what we do so we can keep up the good work.

Are you looking for new trustees/board members? If so, who are you looking for?

We are very fortunate at the moment in that we have a full complement of board members. And it is a tribute to the service that a lot of our board members volunteered for us prior to joining the board but if anyone is interested in knowing more about what we do we are more than happy to oblige.

What piece of advice would you give people who are thinking of becoming a trustee?

Don't over commit yourself, think about what you want to do and how much time you can give as that will benefit you as well as the organisation you join. There is a great deal of satisfaction to be gained from being part of a well-run organisation that is contributing to their community and that you are a part of that.