

# Newsletter December 2015

Merry Christmas and Happy New Year from all at **VAO**



## Local Third Sector News

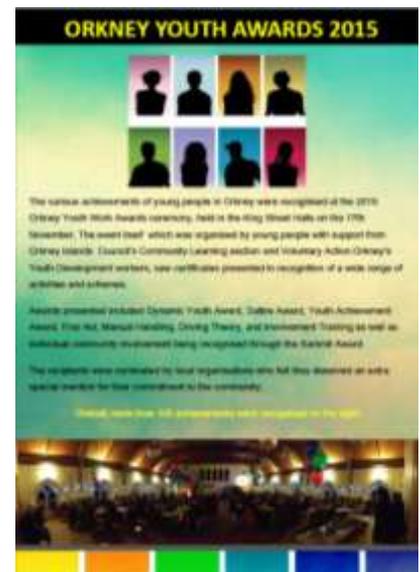
### Orkney Youth Awards 2015

The report from the 2015 Orkney Youth Awards is available to view [here](#). The report provides details of the 100 plus achievements that were recognised on the night.

### Community Planning update

An [update](#) has been released on The Orkney Partnership's recent consultation on the Orkney Community Plan 2015-18. The revised plan can be found on the Partnership's [website](#).

For further information about the Partnership or the Community Plan, please contact [Anna Whelan](#).



### AGMs

**Orkney Indoor Bowling Association**  
12 January at 7pm in the Kirkwall Bowling Club



### Who's behind the Blue Door?

|                             |                         |
|-----------------------------|-------------------------|
| <b>Orkney Athletic Club</b> | 11 January – 16 January |
| <b>Orkney Riding Centre</b> | 18 January – 23 January |
| <b>Samaritans Orkney</b>    | 25 January – 30 January |

## Focus on.....Orkney Blide Trust

Orkney Blide Trust, or The Blide as it's commonly known, is a local charity providing community support for people who have or have had mental health problems. In the second of our interviews with members, we met with Frazer Campbell, Service Director at Orkney Blide Trust, to find out more about the organisation and the vital services they provide. Below is a summary of the article, please click [here](#) for the full version.



Open 365 days a year, the Blide provide a number of different services, all of which are designed to promote recovery through increasing self-confidence. The first point of call for members is often the drop in centre which offers a place for people experiencing mental health problems to have a cup of tea, a chat and most importantly, says Frazer, to be themselves and feel safe. Support and advice are available from both staff and members, and from here people can access a whole range of services and activities.

The services on offer range from work experience at Blide Hoose (where members can get involved in the day-to-day running of the Trust), befriending and housing support to canoeing and rock climbing! Frazer and the team also help members access training and education



both within and outside the Trust. In addition to these established services, the Blide are starting a new Peer Support service to provide practical support for people following discharge from the Royal Cornhill Hospital, Aberdeen. Frazer explains that basic support such as ensuring the heating is on, there's bread and milk in the kitchen and a friendly face to meet on arrival at the airport can make a real difference to people on their return home. More information on the services can be found in the full article [here](#).

When asked for an example of how the Blide has helped an individual member, Frazer tells a story of real success. It's the story of an individual who joined the Blide with very low confidence and was helped to gradually build it back up. From starting work as part of the Blide Hoose team they went on to volunteer at another agency, complete a number of courses at Orkney College and have now secured part-time paid work alongside working on a HNC qualification. Stories like this make for real job satisfaction says Frazer, who loves to hear of any success that members have had - 'it's great to see that members have moved on and are able to take part in society a bit more', he says.

Like all third sector service directors, Frazer spends a great deal of his time chasing funding which, he informs us, is the least favourite aspect of his job. To top up these funds the Blide run successful catering and gardening enterprises. After a discussion about our favourite Blide home bakes (for us the lemon drizzle is a clear winner!), Frazer explains he's keen to develop and expand these services as they provide valuable work experience for members and generate much needed income for the Trust.

When not bogged down with funding applications, Frazer thoroughly enjoys his job at the Blide. There is a very relaxed and welcoming feel there, no doubt a result of the great working relationships between staff and members – something that Frazer really values. When asked what he enjoys most about his role, he tells us that 'it's meeting people here, having a chat, getting out of the office and speaking with members and finding out how they're feeling'.

Although attitudes and awareness towards mental health issues are improving, says Frazer, there is still a huge amount of stigma and misunderstanding. He would like to break down the perceived barriers to accessing support for mental health and urges anyone with an interest to get in touch and pop in to see what goes on at the Blide.

With Christmas being a difficult time for many, the Blide will be open throughout the holiday season to offer support, a cuppa, hot and cold rolls and a mince pie or two. Please click [here](#) for their opening times.

We ask if Frazer would like to include any words from members in the article. He tells us that a poem written by Blide member, Helen Jarvis, sums up the work of the Blide perfectly. We leave you with her words:

**The Blide**  
**A Poem by Helen Jarvis**

*Come visit us here  
We'll welcome you in*

*Somewhere to sit and  
Talk out the pain within*

*A cup of something to  
Warm you through*

*We're not all crazy as  
Some may believe*

*We just tend to have  
A few more bad days*

*So come on now as  
We hold out our hand*

*All we want is your  
Friendship*

*To help Mental Health  
Take a stand*



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# Funding & Finance

## Automatic Enrolment is coming...

Automatic enrolment is a mandatory work based pension scheme which is being introduced across the UK. Started in 2012 for large companies, the staging process will be completed by February 2018 with medium employers starting April 2014 and small employers starting from June 2015.

The responsibility for automatic enrolment lies with the employer, not with the employee. As well as having a pension scheme compliant with automatic enrolment, the employer is expected to enrol all eligible job holders, regularly communicate with workers to provide all information of their automatic enrolment status, allow non eligible opt-in and entitled workers to join, manage opt-outs and provide refunds, re-enrol all workers every three years and declare themselves compliant with The Pensions Regulator.

The Community Toolkit team have written a [simple guide](#) to automatic enrolment which includes details on the staging process, who should be included in automatic enrolment and what to look for when choosing your pension provider.

For further details visit [The Pension Regulator's website](#).

## Legislation, Guidance & Support

### OSCR urges charities to advertise their charitable status



The Office for the Scottish Charities Regulator (OSCR) has produced a new logo to help charities advertise their charitable status correctly. All charities entered in the Scottish Charity Register have a duty to promote the charity's registration. Charities must state the following information on documents issued or signed on their behalf:

- the charity's name, as entered in the Register
- any other name by which the charity is commonly known
- the charity's Scottish Charity Number allocated to it at the time of registration (SC0xxxxx)

A registered charity whose name does not contain the word "charity" or "charitable" must also state on their documents the fact that it is a charity. This can be done in a number of ways including referring to themselves as a:

- charity
- charitable body
- registered charity
- charity registered in Scotland.

To help charities comply with this legal requirement, OSCR has produced an easy to use logo that will promote charitable status and encourage good practice.

Further details can be found on [OSCR's website](#).

## Children's charities get guidance on new laws

Third Force News recently [reported](#) that public and third sector partners have created guides to help voluntary organisations with the implementation of the Children and Young People (Scotland) Act.

The guides, [Third Sector Touchpoints](#), have been made available ahead of the act coming into force in August 2016 and are designed to explain the new duties and responsibilities that will be introduced.

The Act will see the Scottish Government introduce a new universal approach to protecting the wellbeing of children in Scotland, and the guides are designed to support those organisations delivering primary prevention services to children, young people and families.

The guides detail how to assess the wellbeing of a child as well as identifying and recording any concerns. They also include information on the Getting it right for every child (GIRFEC) strategy, and best practice for communicating and sharing of information with the new named person service, which will be responsible for ensuring that a every child and young person has a named person responsible for them.

## Scottish Government National Awareness raising campaign on Child Sexual Exploitation

The Scottish Government will be launching a campaign to raise awareness of child sexual exploitation the week commencing 25 January 2016.

The National awareness campaign will be aimed primarily at parents/carers and children and young people aged 11-17 years old and will include TV advertising and poster material which will run for a three week period.

Partnership material is currently being developed in order to reach the youth audience and a campaign website is also being developed that will highlight the risks as well as offering advice and support.

A practitioner's toolkit will be made available on the website ahead of the launch where interested parties will be able to download material for use in their local areas. Further information on how to access these materials will be provided in due course.

The campaign has been developed with stakeholders and is part of the Scottish Government's National Action Plan to tackle Child Sexual Exploitation, published in November 2014.

If you require any further information, please [contact](#) the Child Protection team at the Scottish Government.

## Getting it Right for Every Child (GIRFEC)

Following public consultation earlier this year and an intensive period of joint working with organisations from across children's and adult services and children, young people and parent groups, GIRFEC have produced revised draft Statutory Guidance for the GIRFEC provisions. The revised draft guidance, which includes an outline of key changes to the original consultation version and Q&A, is available [here](#).

For more information on GIRFEC in practice and regular updates please visit their website, subscribe to their [newsletter](#) or follow them [@girfec](#)

As mentioned in last month's newsletter, a five part [video series](#) is available to view online, explaining GIRFEC and what it means for children and young people in Scotland.

The [fifth video](#) looks at the Child's Plan, including describing what the Child's Plan is and how it will be used to support children and young people in Scotland.

## Is Britain Fairer Report

Is Britain Fairer? The Equality and Human Rights Commission five-yearly report on equality and human rights progress in England, Scotland and Wales and can be found [here](#).

## Third Sector Forum



The next Third Sector Forum will take place on **Thursday 21 January at 11am** in the **VAO Board Room**, Anchor Buildings. All Third Sector organisations are welcome to attend.

If you would like more information on the Third Sector Forum please contact [Cecily](#) on 873937 or visit the VAO [website](#).

## Education & Training Opportunities

### COSCA Basic Skills in Counselling Certificate

The COSCA Basic Skills in Counselling Certificate course is running from January to October 2016 (subject to having sufficient numbers). Delivered by June Anderson and Renate Andrews, the course is held over a combination of weekends and Wednesday evenings.

The course is designed for anyone, and in particular those already working in a support role or a setting where people and relationships are a focus. This is a course designed to help you hone your listening, communication, observation and personal awareness. It is a skills based course, so you get lots of practice, but also looks at theory, ethics, and the context in which you are working. It also serves as a useful first step towards a Diploma in Counselling, if you think you may want to become a professional counsellor. Many people find the skills that the course offers useful in all relationships and the raising of self-awareness can result in personal as well as professional growth and development.

For more information please contact [June](#) or [Renate](#) or visit the Orkney College [website](#).

### Enquire's Annual Conference – Positive Mental Health in Schools

Enquire's annual conference is set to take place on **Thursday 10 March 2016 in Stirling**. This year's theme will be, 'Positive Mental Health in Schools: Overcoming Barriers to Learning'. The conference aims to address emerging themes and issues about children and young people's mental health and its impact on education. It will provide practitioners with the knowledge and practical tools to support pupils' emotional well-being in the schools and environments they work in. Click [here](#) for more information or to book a place.

# Dates for your Diary

## Age Friendly Orkney – Design Workshop and Coffee Morning

Mobility Mood Place from the Edinburgh College of Art, University of Edinburgh, will be in Orkney in January holding to hold a workshop and coffee morning. The events, open to anyone over the age of 65, will be an opportunity to discuss what makes a place age friendly and identify ways of designing enjoyable and accessible environments. The workshop will be held on **18 January** and the coffee morning on **20 January**, both in the Kirkwall Town Hall.



For more information or to book a place please contact [Dr Katherine Brookfield](#) on 0131 651 5829. Please click [here](#) for a poster.

## Orkney to have our own Marathon

An exciting new event is set to start in Orkney next year, the St Magnus Marathon. The marathon will take place on **3 July 2016** and will follow a route from the St Magnus Cathedral to Birsay, via Rendall and Evie.

The organisers hope to see plenty of runners of all abilities from the county taking part, and they will also be looking for volunteers to help with the organisation on the day of the race.

Entry for the race is online via [www.entrycentral.com](http://www.entrycentral.com) and there is more information on the Birsay Community Hall website: [www.birsayhall.com](http://www.birsayhall.com).

