

Newsletter February 2018

VAO News

Thursday Club at Stromness Eventide and St Peter's

Thursday afternoons in Stromness are proving busy for VAO's youth and intergenerational activities. Young volunteers have been visiting St Peter's every Thursday for the past three years, taking part in games and crafts sessions, but after a recent surge of interest the project has expanded and there's now a Thursday activities group at the Eventide club as well.

'It's going well' said Brian Cromarty from VAO. *'There are about a dozen young folk involved at the moment, so we're able to split them into two groups. They go week about between St Peter's and Eventide so there's a bit of variety for everyone that way too.'*



'We've made a positive start at the Eventide club but there's plenty room for more senior citizens to get involved. We're hoping that as word spreads, our numbers there will grow.'

Thursday club runs from 3.45 – 4.45pm every week at Eventide, and is open to anyone with a free hour that would like to meet new faces and have a bit of fun. If you or anyone you know might be interested in taking part, please contact Brian or Arlene on 872897 or enquiries@vaorkney.or.uk or  [brianlauravaorkney](https://www.facebook.com/brianlauravaorkney)



Purple Friday

On Friday 23 February, VAO took part in Purple Friday - a day for people across Scotland to show support for LGBTI people, and stand against homophobia, biphobia and transphobia. To raise awareness VAO's Connect project wore purple and created a display in the VAO window. For more information about Purple Friday and how you can help support and raise awareness of LGBTI issues, please click [here](#).



Final call to get involved in the Youth and Philanthropy Initiative (YPI)

Voluntary Action Orkney are looking for local organisations to get involved with The Youth and Philanthropy Initiative (YPI). If you are an OSCR registered charity which provides a social service i.e. centred on supporting people within the community, you are eligible to take part.

Involvement will include attending market stall event(s) in school to promote your charity to the pupils. If selected, the pupils will research your charity and present to their year group in the hope of winning £3000 for your charity.

Dates are as follows:

Stromness Academy: Monday 5 March 2018: 12.30 – 2.20pm

Kirkwall Grammar School: Friday 23 March 2018: am (exact times tbc)

If you would like to register for the events or have any questions please get in touch with [Brian Cromarty](#) on 872897. If you cannot make it but would like a presence, we can take information/displays along for you.

More information on YPI can be found [here](#).

Local News

OIC three year campaign to recruit foster carers

Fostering is a wonderfully rewarding opportunity that can involve respite for weekends or short periods, a few weeks or in some cases long term care where children cannot return home. To be a foster carer you need to have compassion, understanding and plenty of love to give as well as a spare room! You can be married, single, young, old, gay or straight – it doesn't matter – it is your ability to relate and connect that is important and makes the difference to the child or young person being looked after.

If you, or anyone you know, has an interest in fostering please ask them to join OIC on social media and call the Fostering and Adoption Team on 01856 873535, or drop them an [email](#).

To find out more about the campaign, read the OIC [press release](#), visit the dedicated [Facebook page](#) or [twitter feed](#), or listen to an interview with a local foster carer broadcast on [BBC Radio Orkney](#) (about 7 minutes in to the programme).

Who's behind the Blue Door?



Aurrida House	26 February - 3 March
Isles United FC	5 - 10 March
Dial-a-Bus	12 – 17 March
Haey Hope Club	19 – 24 March
Blue Door	26 – 31 March

Also in the news

Applying online to be a charity – coming soon!

OSCR's online application for charitable status will be launched later in 2018. It aims to make registration as simple as possible for the applicant while also allowing the streamlining of decision making processes within the Scottish Charity Regulator (OSCR).

OSCR are looking for people to test this new system – they need the benefit of your views, whether you are someone who helps organisations apply for charitable status, have recent experience of applying for charitable status for your charity, are thinking of making an application or are just interested.

Click [here](#) to read more about the online application and how you can help test it.

Pre-retirees are transforming Scots communities

Pre-retirees in Scotland are on a mission to revive their communities, revealing they want to use their skills and experience to kick-start their own, diverse range of clubs and activities.

New research from national volunteering organisation Royal Voluntary Service found over two fifths of 50-65 year olds in Scotland are interested in volunteering to spearhead their own groups and activities as a way to boost support for people in their community.

Across the UK these pre-retirees are also thinking in an eclectic way when it comes to the activities they want to start. Claiming the clubs currently on offer don't match their interests, they instead are motivated to introduce a raft of new ones such as walking groups, games clubs, live music and film screening groups and tablet and tech training classes. Read more in [Third Force News](#).

SAMH survey shows lack of mental health training for teachers

The [Scottish Association for Mental Health](#) (SAMH), on the announcement of its findings of a major new study is calling on the Scottish Government to mark the Year of Young People by creating a programme to train all school staff in mental health.

The survey of over 3,000 school staff respondents in Scotland found that more than two-thirds of teachers do not feel they have received sufficient training in mental health to allow them to carry out their role properly; and that only a third of school staff say their school has an effective way of responding to pupils experiencing mental health problems.

SAMH's Going To Be campaign is drawing attention to the three children in every classroom who experience a mental health problem, but who too often struggle to get the help they need. SAMH would like to see all school staff trained in mental health as part of a whole-school approach, and the survey was carried out to find out more about the experiences of school staff in this area.

The full report of the survey findings, 'Going To Be... Well-Trained', is available to download [here](#).

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.

So, SCIO names will appear alongside the names of companies (and other entities) when a user makes a search through Companies House's CHS or WebCheck search. This will help protect SCIOs' names, for instance in the event of others looking to set up a company or CIO with the same name as a SCIO. We would recommend that everyone looking to set up a SCIO or any other kind of charity checks the index before settling on a name to ensure it is not already in use by another organisation. Read more [here](#).

Youngwummin project to uncover forgotten Scottish heroines of World War One

To mark 100 years since the end of World War One, a new heritage project with young researchers will uncover Scotland's wartime heroines and explore women's rights past and present.

As part of Year of Young People 2018 and the centenary of World War One, Youngwummin, funded by the Heritage Lottery Fund (HLF) in Scotland, will provide young people with an opportunity to explore women's history and support them to conduct research on the impact of the war on young women in Scotland.

Young researchers in Dumfries have already uncovered the unusual and life-saving tale of Sphagnum Moss Works. During the war Dumfriesshire was at the forefront of supplying wound dressings for field hospitals by using moss from the surrounding hills, all organised and run by local women. Eskdale alone contributed over 70,000 dressings for wounded soldiers.

As part of Youngwummin, we are also launching a nationwide search to uncover women during World War One who helped the war effort. Every community in Scotland will have local heroines who have not yet been recognised. So help us celebrate their legacy and share your stories and photos with us on www.scotswummin.org. Please contact [Amy Goulding](#) for more information.

OSCR reminds trustees of legal duties in wake of Oxfam scandal

Scotland's charity regulator is warning trustees of their "legal duties" in the wake of the Oxfam sex abuse scandal. New [information](#) posted on the Office of the Scottish Charity Regulator's (OSCR) website says the Oxfam situation is particularly *shocking* "because the individuals involved have ultimately let down the very people the charity was meant to be helping and at one of the very worst times for that country."

They have also let down the vast majority of individuals working in humanitarian relief who do so with "great passion and integrity", OSCR said. "The legal duty of all charity trustees is to act in the best interests of their charity and, in particular, to act with due care and diligence," it states.

“For all charities, this means making sure that where they are working with vulnerable children and adults, they have the appropriate policies and procedures in place to make sure that everyone is kept safe. Trustees should make sure that the policies are reviewed and kept up to date as organisations grow and change.”

OSCR also issued guidance to trustees to highlight, at their next meeting, the importance of [safeguarding](#) - keeping vulnerable beneficiaries, volunteers and staff safe - and keeping records of notifiable events.

The views of more than a hundred people who have been directly affected by suicide have been compiled in a new report

A suicide prevention action plan which has drawn on the experiences of those who have lost loved ones will be unveiled later this summer. The findings of a consultation of more than 100 people who have been directly affected by suicide were presented to Scotland's mental health minister Maureen Watt this month.

Since late last year, NHS Health Scotland, the Health and Social Care Academy and Samaritans Scotland, supported by the Scottish Government, have hosted a series of events across the country to hear if there are things that can be done differently to help prevent people from taking their own lives.

Throughout the process, those involved expressed the devastation and tragedy of being bereaved by suicide, suicidal, or supporting someone in crisis. The report's findings highlight that the care and support people receive is vital, however it is often lacking. It makes recommendations for where improvements could be made, from training for professionals to recognise suicide risk to ensuring timely, compassionate support is available for those in crisis. It also calls for government to engage with people affected by suicide on an ongoing basis.

Read more in [Third Force News](#).

Legislation & Guidance



Free resource for charities, social enterprises and community organisations

Mergers, prioritising, cross-sector working, core funding... These areas and more are all explored in a [free new website](#) for CEOs and trustees, published by the Institute for Voluntary Action Research (IVAR). The resource is designed to make useful and usable insights quick to find and digest. By sharing findings developed over 17 years of close collaboration with the voluntary, public and funding sectors, IVAR is aiming to help leaders make informed, confident decisions about the future.

General Data Protection Regulation (GDPR) resources

To help you comply with your responsibilities, the Information Commissioner's Office (ICO) has produced a package of tools aimed at small and micro organisations, including charities. Click [here](#) to view.

In the second in a series of six blogs on GDPR, Alison Johnston from the Information Commissioner's Office talks about your organisation's purpose for processing personal data. Click [here](#) to view the blog on the OSCR website. **Alison Will be in Orkney on 27 and 28 March delivering a number of sessions. See Dates for your Diary section below for more information.**

The Institute of Fundraising and the Fundraising Regulator have published guidance to fully equip fundraisers ahead of new GDPR legislation. Click here to [read](#).

Guidance on Trustees' Annual Reports

OSCR have produced new guidance for Scottish charities about Trustees' Annual Reports. 'Trustees' Annual Reports: Good practice and guidance' is aimed at small and medium charities that usually prepare Receipts and Payments accounts. It lets charity trustees know their legal responsibilities when producing a TAR and how it can be used to tell the story of the charity. Click [here](#) to read the guidance.

Funding & Finance

Analytical Exchange Programme 2018 – Scottish Government

The Scottish Government is inviting bids from voluntary organisations in Scotland for very short sharp projects (up to 10 person days) where statistical or analytical skills could make a difference to your organisation. Individuals or small groups of Scottish Government analysts will act as an analytical consultancy to solve problems in your organisation at no cost to you.

Over the last 5 years Scottish Government analysts have supported around 150 projects providing a total of well over 500 days of support to third sector organisations. Most placements were about either (a) evaluation methodologies – how you measure success (b) bringing together evidence around a subject or (c) data management/making the most of data you collect. However, you have the potential to look at other things, like data visualisation or how you structure a significant problem.

If this is something that you think your organisation could benefit from, please complete this short [application](#) and return to chiefstatistician@gov.scot by Friday 2 March.

Kelly Family Charitable Trust Funding

The Kelly Family Charitable Trust is interested in funding charities whose activities involve the whole family, in initiatives that seek to tackle issues that face one or more of its members, and whose aims include the strengthening of family bonds by helping all elements of the family unit to grow together and support each other. They are also interested in charities that support families which have been the subject of domestic abuse and violence and families of prisoners.

The Trust will consider both capital and revenue grants. The Trust is happy to support requests for core funding as well as project-based grants, and actively encourages applications from relatively new organisations to help them become established. Grants will generally be in the range of £1,000 to £5,000, but Trustees will consider requests for higher amounts.

Applications must be submitted by 1 March and 1 September to be considered for the next meeting. Please click [here](#) for more information.

Football Foundation – Grow the Game Scheme

The Football Foundation's Grow the Game Scheme provides grants of up to £1,500 for the creation of new football teams and coaching qualifications, with money provided by The FA. The application window is now open and is due to close on Thursday 29 March. Applications are currently being accepted in the following categories: Female teams – u7s to adult; Disability teams.



Click [here](#) for more information.

Scotch Whisky Action Fund Tackling Alcohol Related Harm Invites Applications

Grants of up to £25,000 are available to support and develop a range of projects/initiatives which deliver targeted interventions designed to tackle alcohol-related harms across three themes: young people (aged under 18 years); families; and communities.



The Fund particularly welcomes applications from new/innovative or pilot initiatives which aim to test new approaches within these themes and which will offer learning that others can use. Applications from existing projects which can demonstrate success in reducing harm are also welcome.

Funding is available for the following:

- Preventative projects that aim to reduce alcohol-related harm within communities, families, and young people aged 18 and under.
- Projects that aim to educate people and communities about the dangers and consequences of misusing alcohol.
- The development of new, innovative projects designed to reduce alcohol-related harms.
- Pilot projects that will test out new initiatives and ideas designed to promote responsible attitudes to alcohol consumption and prevent alcohol-misuse.
- Projects that promote alternative leisure and lifestyle choices for adults and young people to prevent alcohol-misuse.

Constituted voluntary or community groups, registered charities, Scottish Charitable Incorporated Organisations (SCIO), Social Enterprises, Community Interest Companies (CIC), not-for-profit organisations and statutory bodies in Scotland are eligible to apply to this fund through Foundation Scotland which is managing the fund.

Projects should start on or after 1 November 2018 and the deadline for applications is 29 June 2018 (4pm).

Please click [here](#) for more information.

Funding – Women’s Fund for Scotland

The Women’s Fund distributes grants to projects across Scotland that support women’s development, self-sufficiency and social and economic equality. It aims to empower women and girls reach their full potential in a safe, healthy, prosperous and connected Scotland. The Fund operates four key themes:

- Building skills and confidence
- Improving health and well-being
- Building social networks
- Moving on from violence

Applications can be made for grants between £500 and £5,000 which must be spent within a year. Not for profit community groups and local charities in Scotland run by or for women can apply and must have a policy of working with vulnerable adults and children.

Please click on the links for the [guidelines](#) and [application form](#). For more information please visit the [website](#) or contact [Ros Houldsworth](#) on 0131 524 0340.

Deadline for application is 5 March 2018.

Volunteering opportunities

Restart are looking for a Van Driver and two Van Assistants!

Restart are looking for a van driver and two van assistants. The van driver must be over 25 and have a clean licence (which Restart need to have sight of) and must be able to lift/ unload and load furniture.

The van assistants should have undergone manual handling training. Age is not an issue but they must be able to lift/ unload and load furniture.

There will be a general induction for the van driver and if possible try to get them to shadow main van driver. The van assistants will also get a general induction and could also work alongside one of the van 'boys' to get a feel for the job.

The shifts are every other Monday, from 9am to 4pm with an hour's lunch time and the volunteers will receive travel expenses and £3 lunch expenses.

This is a great opportunity to gain experience in the retail sector and offers the chance to build up experience in delivery and customer skills.

There will be a two shift trial period, and the vacancies are until the end of June. If you are interested in either of these opportunities please contact [Rob](#) at VAO on 872 897 or Gill at Restart on 879 777.



Volunteer Relief Pier Worker Needed in Moaness

The MV Graemsay runs a scheduled service to Graemsay and North Hoy out of Stromness. In certain tidal conditions and poor weather, the vessel will call upon a person to be present on the pier to assist with catching berthing ropes to ensure safe berthing of the vessel.

This happens on an ad hoc basis and would require a person to be available to take a phone call, report to the pier and execute the berthing and unberthing of the vessel.



Training requirements are limited. Some nautical knowledge may be an advantage, but is not necessary. The induction includes the issue of PPE and basic procedures and will include introduction to the vessel and her crews.

The post requires an able-bodied person to access the pier in poor weather to conduct a moderately physical activity. This may not be suitable for persons under 16 years of age. For more information please contact [Rob](#) on 872897.

Writers, Camera's Please!

Medical Detection Dogs are looking for people with a talent in and a love of photography to help them.

They have events taking place in your local community and need your help to capture them for their social media platforms and website. You would also support them by taking images of clients, dogs and volunteers for their magazine which is published twice a year.

They are also seeking passionate and creative writers and editors nationwide, who can assist their clients and volunteers tell their stories for the magazine (which is published twice a year), by conducting interviews as well as writing portfolios and features.

If you have a big heart and understanding, enjoy writing/blogging and want to help MDD raise awareness through your word about their life changing work, no matter how much or little time you can contribute, they would love to hear from you.

If you are interested in either of these opportunities please contact [Rob](#) at VAO on 872 897.



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

Have your say.....

The Orkney Partnership Draft Locality Plan Non-Linked Isles 2018-19 - Consultation

The Orkney Partnership (TOP) is seeking views on the Partnership's first Locality Plan for their chosen locality: the non-linked isles. The Plan details the top priorities for action identified by isles residents themselves through the Your Island Your Choice consultation exercise, and the action TOP plans to take. The Plan is available to view [here](#).

They want to know your views on the Plan and have asked some questions to encourage feedback. Comments on the Plan can be made by using these questions; you can answer as few or as many as you like. If you prefer not to answer the questions, you can simply send comments.

You can respond to the consultation [here](#) if you are able to do this online.

If you would prefer a paper copy please contact Orkney Islands Council by email at corporateservices@orkney.gov.uk, phone on 01856 873535 ext 2153 or 2160, or by post to Community Planning Business Manager, Corporate Services, Orkney Islands Council, School Place, Kirkwall, KW15 1NY.

The closing date for responses is Monday 5 March 2018.

Orkney Alcohol & Drugs Partnership Training Needs Analysis

As part of Orkney Alcohol & Drugs Partnership's (OADP) commitment to provide a comprehensive workforce development programme for workers and practitioners which will help enhance their skills and knowledge to effectively deal with alcohol and drug issues, a training needs analysis has been pulled together.

Through this training needs analysis OADP plan to develop a robust training programme. We hope to ensure that even front line staff not dealing directly with substance misuse issues have a basic level of awareness. This in turn should enable engagement with a population who are not yet in treatment for their drug and alcohol misuse.

Your information and experience is valuable to the OADP going forward and they would appreciate your response. The survey should take no longer than 10 to 15 minutes to complete. Please click [here](#) to complete the survey.

If you have any queries regarding the survey or require it in another version, please contact [Karen Laughton](#)

A Connected Scotland: Tackling social isolation and loneliness and building stronger social connections

A new national strategy, one of the first in the world, is being developed to tackle loneliness and isolation. The draft plan, now open for consultation, will look at the causes of social isolation and loneliness and how they can be addressed.

Views are also being sought on how communities can build on the work of the Scottish Government, and lead on ensuring those at risk of becoming lonely or isolated have access to the right support networks.

Please click [here](#) for the consultation. The deadline for responses is 30 April 2018.

Rural Youth Project launches new research for Year of Young People

An initiative designed to research and better understand rural young people aged 18-28 has just been launched. The Rural Youth Project coincides with Year of Young People 2018 and will combine an online survey, year-long in-depth video logs (vlogs) of 15 to 20 rural young people, and a Rural Youth Ideas Festival.



The online [survey](#) for 18- to 28-years-olds is open now and closes on 30 April 2018. Take part and they could win a pair of tickets to TRANSMT Festival in Glasgow on 8 July or a pair of tickets for ButeFest 2018.

Target countries for the research include England, Scotland, Wales and, internationally, Austria, Australia and the USA.

The brainchild of Jane Craigie and Rebecca Dawes, the initiative is a social enterprise venture. The Rural Youth Project has the support of partners interested and engaged in the rural youth 'space', including LANTRA Scotland, the Scottish Association of Young Farmers (SAYFC), Scottish Enterprise, Scottish Rural Action, Scottish Rural Network and YouthLink Scotland, and will be managed by Jane Craigie Marketing.

For more information please contact [Rebecca Dawes](#) or visit the Rural Youth Project [website](#).

Applications open for Scottish Charity Awards!

The Scottish Charity Awards are back for 2018, and SCVO want you to tell them which Scottish charities and individuals have been the best, most innovative and effective during the past year! With eight award categories there's something for everyone, so take a look at the SCVO [website](#) and apply now! Deadline is 5pm on Thursday 29 March.

What makes a good teacher?

Children in Scotland is working with the General Teaching Council for Scotland (GTCS) to improve the guidelines that teachers need to follow to make sure they are doing their job well. As part of this, they are putting out a survey for children and young people, and a resource for teachers and youth workers to do with children and young people.

If you work with children and young people aged 5 to 18, please support them to complete their [survey online](#). The closing date is 29 March 2018. All those who complete it can be entered into a prize draw if they leave contact details. Please note: young people don't need to currently be in school/mainstream education to take part. There are resources for those working with [primary school](#) age groups and [secondary school](#) age groups on the Children in Scotland website.

Scotland's Community Heritage



A new project is looking to help bring about positive change for community and voluntary organisations involved with heritage in Scotland. The project is being run by a combined team from Ergadia Museums & Heritage and Northlight Heritage, all specialists in community heritage projects

The project would like to hear from groups or organisations that connects heritage with people – independent museums, historical societies, development or buildings trusts, community archaeology groups, clan societies and so forth. They would also like to hear from individuals working on their own heritage-related project.

At the moment, there is no clear picture of who is doing what, and where, in Scotland. Finding this out will be the first step to deciding where to go next. One outcome of this project could be to create the first community heritage network for Scotland.

The project would like to hear from you, so please take a few minutes to fill out this [survey](#), and sign up to join their database.

The project will share the early outcomes of the survey at a discussion day: [Community Heritage Scotland – Going Forward](#), on 3 March in Perth. Please contact [Robin Patel](#) for more information.

Impact of a Bus Pass on Recovery

The national Partnership for Action on Drugs Scotland (PADS) Communities Committee has the goal of reducing barriers to recovery and tackling stigma for those affected by alcohol or drug use. Community members have expressed at various conversation café events across the country that a lack of affordable transport can be an important barrier to recovery and access to concessionary travel can be an enabler. The PADS group would like to find out more and would appreciate your help in encouraging affected community members to complete this short [survey](#) looking into the impact of bus passes on recovery and access to them.

Education & Training

Free Substance Misuse Training

Three free training sessions are being delivered in March by Scottish Drugs Forum in partnership with Orkney Alcohol & Drugs Partnership. Please click on the links below for more information and booking details.

Thursday 1 and Friday 2 March: [Listening and responding to children affected by substance use](#) (2 day course): St. Magnus Centre

Monday 19 March: [Introduction to Trauma](#) (1 day course): Kirkwall and St Ola Town Hall

Tuesday 20 March: [Older & Wiser? Working with people who use substances as they age](#) (1 day course): Kirkwall and St Ola Town Hall

Employing Staff

Wednesday 7 March, 2.00-4.30

Tuesday 13 March, 6.00-9.30

This free workshop will provide an introduction to being an employer. We will explore the employment process from recruitment, issuing contracts, managing holidays and absence, dealing with discipline and grievance through to ending the employment relationship.

This course is suitable for those taking on their first employee, expanding an organisation or business, for newly appointed line managers and also governing bodies.

For more information on the training, please contact [Hannah Ker](mailto:Hannah.Ker@vaorkney.org.uk) at VAO or to book your place please contact enquiries@vaorkney.org.uk



Mellow Parenting training

12, 13 and 14 March 2018

A free three day course on [Mellow Parenting](#) is being held in Orkney in March. Mellow Parenting designs programmes to address gaps in current service provision which help to address social and health inequalities. The underpinning values are based on the psychological theories of attachment, social learning and cognitive behavioural therapy and focus on improving parent-child relationships, for either male or female caregivers, from the antenatal period up to age five. Early intervention and attuned parenting in the early years has a long term effect in all areas of a child's development. Our training courses provide the tools to build safe, therapeutic and confidential environments to help parents connect with their children.

If you are interested in attending please contact [Maureen Swannie](mailto:Maureen.Swannie@vaorkney.org.uk) on 873535.

Behavioural Activation training

Thursday 15 March 2018, Kirkwall & St Ola Community Centre, 9.30 to 4.30

This one day course led by Professor Linda Gask looks at behavioural activation and motivational skills: helping clients to be more active, and to change their lifestyle.

The course costs £15 and is suitable for any worker who is engaged in front line health or social care with people with mental health problems.

For more information or to book your place please contact Edwina Lloyd on 872 897 or email enquiries@vaorkney.org.uk

Attracting & Supporting Your Volunteers training

28 March 2018, 10.00-12.30, VAO, Kirkwall

Do you manage volunteers in your organisation? Are you thinking of attracting volunteers to extend your service provision? Then come along to this short and friendly session for some practical help and a sharing of common issues!

By the end of the course the delegates will be able to –

- Demonstrate an understanding of the definition of volunteering.
- Demonstrate an understanding of the barriers to volunteering.
- Demonstrate an understanding of the volunteer recruitment process.
- Demonstrate an understanding of the importance of a planned Volunteer Induction.
- Demonstrate an understanding of the importance of ongoing management and support process for existing volunteers.
- Demonstrate an understanding of the basic principles of the PVG Scheme.
- Demonstrate an understanding of the 'Saltire Award'.
- Demonstrate an understanding of the 'Quality Volunteering Award'.

To book, please contact [VAO](#) on 872897. There may be a small charge for this course, depending on numbers signing up to attend.

Culture and Business Fund Scotland Workshop

29 March, 1.00-4.00, Kirkwall and St Ola Community Centre

This free afternoon workshop will give arts and heritage organisation attendees the opportunity to learn about the Culture & Business Fund Scotland and tips on developing creative partnerships with businesses. The fund provides £ for £ match funding for arts and heritage organisations who gain sponsorship from first time business sponsors or returning business sponsors after a period of two years.

The informal workshop will feature

- Insights on how to attract a business and to nurture and develop lasting
- culture and business partnerships
- A detailed, yet easy to understand session on the application criteria,
- eligibility guidelines and terms and conditions
- Stage by stage run through on completing each section of the application
- True stories demonstrating the power of business and cultural partnerships
- Q&A session to answer all your queries about the fund

Click [here](#) to book your free place.

Universal Credit – Free training event

11 April, 9.00-3.00

Orkney Housing Association are hosting a free training event on Universal Credit on Wednesday 11 April 2018. The session, facilitated by Bill Irvine, UC Advice and Advocacy, will run from 9.00 to 3.00 and will cover advice and assistance to clients.

For more information please contact Liz Melvin, Orkney Housing Association Ltd, on 875253 ext 501.

Workshop 'Preparing for Investment' delivered by Social Investment Scotland

17 April, Kirkwall

This event, sponsored by HIE, and delivered in conjunction with Firstport and Community Shares Scotland, will guide attendees through social investment and provide them with a greater understanding on what it means to be investment ready.

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

Workshops to Raise Awareness of Prevent (WRAP)

Are you a front line service who accesses people's homes or meets them face to face? Do you have an SLA with OIC? Then this training is for you. The session takes about 1 1/2 hours and dates and booking information are available below.

These sessions cover the Counter-Terrorism and security Act 2015, which places a statutory duty on "Authorities" defined under the Act, of which OIC are one, to carry out functions with regard to the Strategy, particularly the PREVENT work stream. Prevent is part of the government counter-terrorism strategy, it's designed to tackle the problem of terrorism at its roots, preventing people from supporting terrorism or becoming involved in terrorism themselves. This workshop will provide you with:

- an understanding of the Prevent strategy and your role within it;
- the ability to use existing expertise and professional judgment to recognise the vulnerable individuals who may need support;

- develop your existing expertise and professional judgement to recognise individuals who may be vulnerable to radicalisation;
- and you will receive a clear picture of the risks and threats both nationally and at a local level.

It will also explain the local safeguarding and referral mechanisms and people to contact for further help and advice.

OIC are working jointly with NHS Orkney to ensure that employees and the voluntary sector can access this training and it is possible to book onto a session at NHS Orkney or OIC. For training held at OIC please contact learn.develop@orkney.gov.uk to book your place. For training held at NHS Orkney please contact ork-HB.Learning@nhs.net

More information on Prevent can be found [here](#).

Orkney Islands Council, School Place

19 April 2018	10.00am -11,30am
13 June 2018	10.30am – 12 noon

NHS Orkney, Balfour Hospital

6 March 2018	12.30pm – 2.00pm
15 March 2018	11.30am – 1.00pm
3 April 2018	12.30pm – 2.00pm
19 April 2018	11.30am – 1.00pm
8 May 2018	12.30pm – 2.00pm
17 May 2018	11.30am – 1.00pm
5 June 2018	12.30pm – 2.00pm
21 June 2018	11.30am – 1.00pm

CONTEST training

The aim of CONTEST is to reduce the risk to the UK and its interests overseas from terrorism, so that people can go about their lives freely and with confidence. Les Donaldson from OIC has offered to make himself available to introduce CONTEST to any community organisation. So why not invite him to your next committee meeting for a 30 minute presentation. The CONTEST presentation is aimed at Governance arrangements for committees or Boards and will take about 30 minutes including questions.

For more information on CONTEST please click [here](#). For more information or to arrange a presentation please contact [Les](#) on 01856 873535 extension 2119

Dates for your Diary

Information Commissioner's Office (ICO) sessions

27 & 28 March 2018

The Information Commissioner's Office (ICO) who will be delivering practical sessions on what organisations need to do in order to comply with the new General Data Protection Regulations.

Tuesday 27 March

7.00-8.30pm, The Albert Hotel, Kirkwall

Open session with David Freeland, Senior Policy Officer, and Alison Johnston, Lead Policy Officer, ICO

This session, which is open to all businesses, organisations and their staff, offers a general awareness presentation that will be focusing on the changes under GDPR.

Wednesday 28 March

9.00 - 11.00am, Upper Room, King Street Halls, Kirkwall
Open session with David Freeland, Senior Policy Officer

9.30am to 11.30am, John Rae Room, Warehouse Buildings, Stromness
Open session with Alison Johnston, Lead Policy Officer

These sessions are open to businesses, public sector organisation, Third Sector organisation, their managers, trustees and staff. It will include a general awareness presentation as well as additional advice on sharing personal information between organisations.

1.00-3.00pm Voluntary Action Orkney, Bridge Street, Kirkwall
One-to-one consultations with Alison Johnston, Lead Policy Officer, ICO

If you would like to discuss your obligations on a one-to-one basis with Alison Johnston, Lead Policy Officer, please book in advance through [Business Gateway](#) on 01856 898595.

To book your place(s) at any of the open sessions, please click [here](#).

Click [here](#) to read an article by Alison Johnston in Third Force News.

New Stress Control dates

Wednesday 18 April - Wednesday 23 May

Stress Control is for men and women 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

Evening classes will run from 6.30-8.00 at the Picky Centre and day time classes in the Kirkwall Town Hall from 1.30-3.00.

What Volunteering Means to Me

Have you ever thought what Orkney would look like without volunteers? To begin the work to celebrate Volunteers Week in June (1st to 7th June 2018) VAO is running a series of articles, featuring a different volunteer each month, which will highlight the immense and varied contribution volunteers make to the Orkney community. This month's featured volunteer is Robert Wilson.



How long have you been volunteering?

I have been volunteering since I came to Orkney in May 2013.

Who do you volunteer for? What do they do?

I am a committee member and volunteer with Orkney Appropriate Adult Service (OAAS). I do some volunteering with Riding for the Disabled and at St Peter's Care Home in Stromness. I am Vice-

chair of Orkney Fair Trade Group (OFTG) as well as doing some volunteering with the Orkney International Science Festival (OISF). Through my OFTG membership I was invited to promote Orkney Fairtrade and local produce at Port Soy Boat Festival in 2017.

What do you enjoy most about volunteering?

Without any doubt it has to be meeting and talking, and hopefully helping people.

What do you enjoy least?

It can be frustrating sometimes in the charitable sector when you're working with very little or no income and you can't push ahead with the ideas and the projects you would like to. It's very challenging at times but the challenge can be looking for the solutions like fundraising or finding alternative solutions from outside. Keeping up with legislation can also be a challenge, particularly in relation to the Appropriate Adult stuff.

What advice would you give to anyone thinking of volunteering?

Nip along to VAO and get some information and advice. Also I would say to someone considering volunteering to sit down and think through what kind of talents they already have, the experience they can bring to the sector. Sometimes people think they don't have the skills to bring to volunteering but everyone has skills, everyone is unique and they can bring that uniqueness to volunteering. Give something a try and see if it suits you, you don't have to give a lifetime commitment!

What has surprised you most whilst volunteering?

Well I suppose when I first got involved with Appropriate Adult it was a challenge to adapt and grow the organisation especially working in an island community. There are logistic problems with working in island communities and this helps you to build in resilience. It did surprise me that calibre of skills and talents that people brought forward when we got the word out there.

What is the most important thing you have learned whilst volunteering?

That I'm good enough, that's the important thing. Volunteering has taught me we are all unique and we are all different and we are all good enough. Learning to listen and knowing that you don't always necessarily have the answers. The other thing is that people need people, they need someone to listen to them.

What do you think Orkney would be like if there were no volunteers?

In island communities people do always pull together in all sorts of ways. I think that in my personal volunteering experience things like the science festival wouldn't exist without volunteers, the folks in St Peter's wouldn't have the vital input that volunteers bring to support the paid staff, those sorts of things would be lost.

I don't think volunteers themselves are always aware of the vital contribution they make, the difference they actually make to people's lives, combatting social isolation and helping people through hard times. They make a real difference.