

# Newsletter February 2019

## Local News

### An update from Orkney Heart Support Group

Orkney Heart Support Group was formed nearly sixteen years ago to support people with cardiac problems in Orkney.

The Group meets in the Blue Room of the Kirkwall British Legion on the fourth Tuesday of the month except July. The May meeting is usually an outing followed by a buffet supper and in December we have a Christmas party. At the other meetings members can enjoy a varied programme of events which can include music, demonstrations or talks on a variety of subjects.

Over the past years the Group have had several projects. These include donating defibrillators to schools and following up with a donation of external storage cabinets meaning the defibrillators are available 24 hours a day (normally by contacting the Scottish Ambulance Service on 999 for the access code). We encourage people or organisations who have a defibrillator to register it with the Ambulance Service and display notices so that it available for public use. Another project involved donating funds (£500 each) to GP surgeries to allow them to purchase equipment that would benefit cardiac patients but not normally available to them.

The Group have on going meetings and discussions with various organisations (e.g. NHS Orkney, Scottish Government, MSP's, and VAO) to ensure the views and needs of cardiac patients are taken into account when decisions are made.

The Orkney Heart Support Group relies on its own fundraising efforts, e.g. Blue Door, and the generous donations of the public of which we are so grateful.



Further information about the Group can be had by phoning 873365 or 875407.

### Who's behind the Blue Door?



<b>Smiddy Brae</b>	<b>25 February – 2 March</b>
<b>Orkney FC</b>	<b>4 – 9 March</b>
<b>Vital Talk</b>	<b>11 – 16 March</b>
<b>Sea Cadets</b>	<b>18 – 23 March</b>
<b>Orkney Yole Association</b>	<b>25 – 30 March</b>

## Funding & Finance

### Applications invited for Small Grants Scheme Supported by Repsol Sinopec and Liam McArthur MSP Awards

Does your group need help to buy equipment; is there training you want to attend but don't have the funds? The Small Grants Scheme could be what you're looking for. Aimed specifically at small groups, the Small Grant Scheme is easy to apply to and can award grants of up to £500. Projects must have local impact and priority will be given to groups that aim to address inequalities, e.g. geographical, social, health.



and

**Liam McArthur MSP**

Grants are offered to voluntary and community groups through the Small Grants Scheme, administered by the VAO Board of Directors. Groups with charitable objectives (excepting party political groups), are eligible to apply for a grant of up to £500 maximum for a project to help their community.

The VAO Board of Directors will consider all applications and decide which projects will benefit. Their decision will be final.

Recipients of grants must claim the total sum awarded within twelve months of allocation. To claim the grant, VAO will require proof of expenditure, either a receipted invoice or an invoice to be paid. Grants will not be paid retrospectively.

Voluntary Action Orkney (VAO) is grateful to Repsol Sinopec for their donation which the VAO Board has decided to disburse as grants to support the work of small, community groups. VAO is also grateful to Liam McArthur, MSP, for his continuing donations which have been added to the Small Grants fund to increase the amount available.

Click [here](#) for an application form

Click [here](#) for criteria

Please contact VAO on 872897 for more information.

Deadline: Completed forms must be returned by 1 March 2019.

### New Names for Lottery Funders

The Big Lottery Fund, the UK's largest community funder - which distributes 40% of the good cause money raised by National Lottery players - will now be called The National Lottery Community Fund.

When the Big Lottery visited Orkney in November last year they let us know that the name change was on the horizon.

The rebrand is intended to make a clearer link between playing the National Lottery and the good causes that benefit.

Click [here](#) for more information.

### Big Changes at the Heritage Lottery Fund

A funder has announced a major devolution of decision-making.

For the first time all funding decisions up to £5 million made by the National Lottery Heritage Fund will be decided in Scotland, allowing greater autonomy and the ability to respond directly to Scottish heritage priorities.

This move is part of new plans to distribute more than £1 billion of National Lottery money to the UK's heritage over the next five years.

The announcement came as the fund, which has distributed £855 million to more than 4,000 projects across Scotland over the past 25 years, unveiled a new look.

Research has found that National Lottery players are keen to know more about how their money is used, so in future every organisation awarded funding will be asked to think about how National Lottery players will be thanked, acknowledged and invited to participate in their work.

A new, simplified portfolio of funding has opened for applications. This will include National Lottery Grants for Heritage - an open programme for any type of heritage project in Scotland from £3,000–£5 million.

Click [here](#) to read more in Third Force News.

## Have your say



### **Creating a new learning resource about mental health issues in the justice system – Community Justice Scotland, Support in Mind Scotland and CLD Standards Council**

Community Justice Scotland, Support in Mind Scotland and CLD Standards Council are creating a new learning resource about mental health issues in the justice system.

If you work in justice, in mental health, in community learning and development or if you have experience of areas then they would love to hear from you. Tell them the key issues and information you wish people knew more about...

Follow the link below and simply click to leave a comment anonymously. If you like, you can upload any useful resources or using the options at the bottom of the comment window.

Your suggestions will be used to help shape how people learn about mental health issues in the justice system. You won't be quoted directly and there's no need to leave any personal information.

If you work in or have experience of the justice system click [here](#).

If you work in the mental health sector or have experience of mental health issues click [here](#).

### **Orkney Draft Carers' Strategy Survey**

Carers can be any age from young children to much older people. Carers care for parents, partners, brothers and sisters, children, other family members and friends; they are not paid for the care they provide.

The people they care for have a range of needs, can be any age and might have long-term or short-term health conditions, physical or learning disabilities, mental health or substance misuse problems.

Carers provide all sorts of care, including physical, personal and emotional support. They might also do things like shopping, cleaning and taking the person they care for to medical and other appointments. Some carers do this regularly and some do it all the time.

Some people find caring manageable and rewarding. Others find it difficult to manage, even to the extent that that it makes them ill. Most carers lie somewhere in between: they have good days and bad days and that balance can easily shift. What is clear is that caring may (and in most cases does) have an impact on the carer's own life – their choices, employment, education, health and wellbeing.

Orkney Health and Care are working on their Orkney Carers' Strategy and want to know if you think they've got it right. You can read the draft strategy [here](#). Click [here](#) to complete the survey.

## Inquiry into social security support for housing

The Scottish Parliament's Social Security Committee has launched an inquiry into Social Security Support for Housing. The Committee has heard evidence that increasing numbers of people are experiencing hardship due to the rising cost of rent, with the gap between private sector rents and the amount provided by the social security system increasing.

In their inquiry, the Committee will explore how social security support for housing costs is impacted by welfare reform, with a particular focus on the local housing allowance and Universal Credit housing costs. The Committee will consider how both reserved and devolved social security policy can address issues arising for tenants and landlords, particularly in the private rented sector.

The Committee are seeking input from organisations and individuals to inform their view. Click [here](#) for more information and to have your say.

## Police Scotland Plan – Consultation

Police Scotland want to hear from the public and our partners about how they shape the service that they provide.

In 2017 they agreed a ten year strategy for how they want to build a sustainable service able to adapt to the needs of a changing Scotland. Since then, they have been planning for and delivering change, whilst continuing to provide the local and specialist services that keep people safe.

Click [here](#) to read more and have your say. The survey will be open until 18 March.

## Volunteering opportunities

### Book the Chance to be a Bug!

Bookbug are looking for a volunteer to wear a Bookbug Costume and attend 4 Bookbug sessions on Monday 13 May at Harray Hall, Tuesday 14 May at Deerness Hall, Wednesday 15 May at Kirkwall library, Friday 17 May at Stromness library.

The volunteer will welcome families into the bookbug sessions at 10:20am till 10:45am to celebrate Bookbug week.

So if you like red dungarees and yellow fur this is the ideal opportunity for you! To find out more about this bugtastic opportunity please contact [Elaine Tennant](#), Bookbug Co-ordinator on 873166.



### Syrian Families Resettlement Befriending Volunteers

Planning is underway to help a further two families from war-ravaged Syria build new lives in Orkney.

These young families are currently living in refugee camps in the Middle East having fled their own homes during the Syrian conflict.

In 2017 two Syrian families moved to Orkney after the Home Office took up an offer from Orkney Islands Council to provide accommodation as part of a UK-wide resettlement programme.

Last year, the Council agreed to offer homes to two further families in support of the country-wide humanitarian effort.

Befriending offers a way to help someone feel welcome, get to know their local area, find out about essential services and begin to feel at home.

Befriending supports refugees who are isolated or need help to build confidence, access services and develop new skills so they can build happier lives in Orkney.

This initiative has been established to coordinate the welcome to ensure refugees are well supported. Befriending is an important part of this welcome. We know that people can not only survive but thrive and contribute if given initial support.

If you feel you can help the families settle in to Orkney and would like to know more about volunteering with them please contact [Rob McGregor](#) at VAO on 872 897 – If you can speak Arabic that would be even better!

## **NHS Orkney – 15 Step Challenge Volunteers**

This project looks at how patients, families and service users feel within 15 steps of walking into a ward, clinic, service and what their first impressions are.

NHS Orkney are looking for a couple of volunteers who could give up a few hours of one morning of their time to help with this, every six months or so. It would involve a walk round the wards and outpatient clinics in the Balfour Hospital, observing the service and providing feedback.

More information is available [here](#). If you are interested in getting involved please contact [Julie Tait](#) on 888221.

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

## **Employment Opportunities**

### **Syrian Families Resettlement – ESOL Tutor Post**

Planning is underway to help a further two families from war-ravaged Syria build new lives in Orkney.

An experienced and enthusiastic ESOL tutor is needed to work with adults on the Syrian resettlement programme. The post requires a flexible approach as these classes run during the morning, afternoons and evenings.

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

## **Education & Training**

### **Just Enterprise Workshop- Writing for the web**

**Friday 29 March, 10.00-4.00, Kirkwall & St Ola Community Centre**

This course increases understanding of not just “how” but “why” formatting for the web has such a crucial impact on your organisation’s on-line and social media performance. It reveals what the human eye sees on a webpage and how to ensure visitors to your site read more and investigate further. We disclose some of the secrets to improve your search engine rankings and discuss why site testing is a must before launch. Delegates attending this course will never look at a website in the same way again.

Delivered in a friendly, non-technical and informal style, the workshop explores the following key areas:

- What are the aims of a website?
- Why use search engine optimisation (SEO) and how to find keywords people search on
- What visitors to your website see
- How to write on-line copy and engineer what people read

- Accessibility
- How to run a usability study
- The importance of interaction on your site

This event is free of charge for members/staff of third sector organisations

Click [here](#) to complete the on-line registration form. Places are limited and are offered on a first come, first served basis so please book early to guarantee your place.

## Adult & Child Protection Training Events 2019

This training is now a one day training course (9-5) held in the Town Hall, Kirkwall Community Centre on the following dates:

Friday 17 May  
 Friday 13 September  
 Friday 22 November

Please email [Jennifer Sclater](#) to book a place.

## Sound of Mind Workshop

**Tuesday 5 March, 10.00-12.30, VAO Boardroom, Bridge Street, Kirkwall.**

Worried about a friend's mental health? Want to know how to help? Come along to this informal workshop in a safe environment to explore and build confidence in how to approach the subject.

We will look at wellbeing and what influences it, how we can help each other to understand about the processes we all go through and then will approach the subject of offering help to those you are concerned may be thinking of taking their own life.

Please contact [VAO](#) on 872897 to book. Places are limited and offered on a first come, first served basis.



## Dates for your Diary

**The Corporate Rebels are coming to Orkney!**  
**5 and 6 September**

# CORPORATE REBELS

Some of you will have heard about the Corporate Rebels but for those of you who haven't yet, you are about to hear lots more!

The Corporate Rebels are on a mission to make work more fun. They quit their frustrating, corporate jobs and set out to travel the globe to visit the world's most inspiring organisations. While checking off their renowned Bucket List they share everything they learn.

Their blog is read in more than 100 countries and they've been featured in NY Times, Forbes, HuffPost, Guardian, BBC. Listed as "Top 30 Emergent Management Thinkers" and nominated for Thinkers50 Breakthrough Idea Award.

Part of Orkney Health and Care's vision is to try to make work fun and they want to spread this message as wide as they can with all their partners. Orkney Health and Care have been lucky enough to secure the Corporate Rebels to come to Orkney and share their learning in September and they are asking that you save the date to ensure that your service is represented at one of the

workshops on Thursday 5 and Friday 6 September. The same workshop will be run on the two days to accommodate as many staff as possible.

For further information please contact [Maureen Swannie](#) or check out the Corporate Rebels [website](#).

## Focus on....Orkney Islands Cat's Protection

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 Mary Rackstraw of Orkney Islands Cat's Protection

### **Please sum up the main role of your organisation.**

Helping to maintain a healthy cat population, both feral and domestic.

### **Now sum up in three words.**

Health, neutering and care.

### **How long have you been a trustee?**

About 8 years.

### **What made you become a trustee?**

I started off fundraising to make money for the cat's protection branch initially. I then decided what about opening a shop as well as the usual fundraising activities and now we have the famous cat's protection shop in Stromness, which is totally run and managed by volunteers. From that I graduated to becoming a trustee.

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

Being able to help and support our members. I generally look after trapping and the shop and being able to develop and help volunteers in those areas of work is very satisfying. Having said that I do find myself pitching in in all the other areas as well! But it is definitely worth it.

### **What's the worst?**

Probably dealing with problems that can arise that may lead to losing a volunteer for whatever reason. Volunteers are special and we want to keep them!

### **What's surprised you most about being a trustee?**

The amount of work and trying to recruit more people. It's harder than I thought!

### **What's the most important thing you've learnt while being a trustee for Cat's Protection?**

Getting people involved through volunteering to help the charity, particularly cat fosterers. I especially enjoy helping people to develop their confidence through their volunteering.

### **How do you think people perceive your organisation?**

That we are always available and respond to every enquiry. We are volunteers and we have to prioritise the jobs we can go to. People also think they can call us out to sick or injured animals but that is really a job for the SSPCA.

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

Volunteer! Come and help our small but dedicated group.



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

Yes, we are always on the lookout for new people.

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

Do it! Join the group and have the feeling that you have helped the team as well as Orkney's cats, even if it's only for a short period of time.