



Voluntary Action Orkney

JANUARY 2015

NEWSLETTER

Local News & Events

Home-Start Orkney: Big Lottery Fund success



Home-Start Orkney are delighted to announce that they have been successful in their bid to The Big Lottery Fund, and have been awarded £285,844 over five years.

This sum equates to 67% of the funding they require for the next five years in order to maintain their successful service on the Orkney mainland, and also to allow them to expand and offer support to families living on the outer isles. This has been a long held vision of the Board of Trustees, with referrers identifying that those living on the outer isles, where isolation and transport are key issues, would benefit from the volunteer support offered by Home-Start Orkney.

Senior Co-ordinator, Erika Copland, explains "This is fantastic news for ourselves and the local community as we start the New Year. It has been our ambition for a while to be in the position to offer our service to those living on the outer isles, but we have been unable to due to a lack of both funding and resources. This funding will



enable us to employ another Co-ordinator, whose remit will be to liaise with the isles communities, referrers and other services, building up, promoting and providing our service to families on the outer islands. It's an exciting time for us."

Home-Start Orkney has been providing volunteer befriender support to parents and their children since the service launched in August 2001, and in 2012 moved into their current premises in



Main Street, Kirkwall. The additional space this has afforded them has seen an expansion in 2013 to having two Co-ordinators, as well as providing an ideal space for the Drop-In service they provide to families they support.

The service currently has 26 families on its books, and 16 volunteers. Erika adds "we couldn't offer the service without our superb team of volunteers, who support families for two to three hours each week, building up their confidence, self-esteem and helping them to improve the circumstances they have found themselves in. Being a parent is a twenty-four hour day job, every day of the year, and while it can be very rewarding, it isn't without its challenges. For parents facing additional difficult circumstances, it can make it twice as challenging. The feedback we get from parents is incredibly positive, highlighting the impact the volunteer has had on their family's situation. In essence, our service is one parent helping another, a managed friendship."

Anybody interested in finding out more about Home-Start Orkney, whether it be general information or to enquire about becoming a volunteer, can contact Erika or Sandra on 870770, or call along to their office in Kirkwall.

INSIDE THIS ISSUE:

Home-Start Orkney	1
New Hospital update	2
Young Volunteers	2
Connect Project	3
Water & Sewage charges	3
Tax help	4
Digital internship	4
CLD Consultation	5
Choose Life	5
Intergenerational Awards	6
Mental Health Training	7
Children's Services Event	7
Orkney Autism Talent Show	8

Would you like an update on the new hospital?

'We really value the support and interest of the volunteers at the Balfour and this young team did an excellent job' - Julie Tait, NHS Orkney

Orkney Foodbank Update



It's now a year since the Orkney Foodbank was established and in their words they 'have been totally humbled by the generosity and support from folks in the community who continually donate time, food, money and other items which can be passed on to those in need who live among us'.

Thanks to the generosity of folks in Orkney since opening last year the Foodbank have helped to feed a total of 556, including 182 children and 374 adults. This amounts to a total of 6,939Kgs of food stuffs plus toiletries, nappies, and other non-food items. Through donated food hampers the Foodbank fed 24 families on Christmas Day, who otherwise would have had a very sparse table.

The Foodbank are in the Blue Door from 30 March – 4 April this year and would welcome any donations or volunteers. Please contact info@orkney.foodbank.org.uk for more information or visit www.orkney.foodbank.org.uk

Please see the January Foodbank Newsletter, circulated this month with the VAO Newsletter.

New Hospital

Rhoda Walker, Clinical Programme Lead, NHS Orkney, provided members of the Third Sector Forum with an update on NHS Orkney's new hospital and healthcare facilities build at last week's meeting. The presentation was very well received and Rhoda is happy to repeat it for other Third Sector members/groups. If you would be interested in attending a presentation on the new hospital build, please contact [VAO](mailto:VAO@nhs.uk) on 872897.



VAO News & Services

Volunteers at the Balfour

Seven young volunteers recently achieved their 10 hour Saltire Award in recognition of their involvement in an NHS Orkney Patient Feedback pilot project. Volunteers were tasked with gathering real time feedback from patients in wards at the Balfour Hospital about their experience. Four simple questions were asked and all the feedback gathered was monitored and actions were taken when required.

Julie Tait, NHS Orkney Patient Experience Officer, said, "We really value the support and interest of volunteers at the Balfour and this young team did an excellent job, using the software on our Feed-



back iPads to gather feedback from inpatients over two months. Staff greatly appreciated the time the volunteers gave up to carry out the project. Patients were glad to help and told us they also enjoyed chatting to the young volunteers! Gathering patients' views helps us understand what we are doing right and what we can look to improve. The feedback was generally extremely positive and was welcomed by the staff caring for the patients."

All the young volunteers enjoyed their experience and felt that it gave them a real insight into the hospital setup. They all commented that it has increased their confidence and communication skills as well helping to make a positive difference. When asked if they had a memorable moment during their involvement one said "the privilege of talking to the patients and them sharing their stories with me and feeling like I am helping to sort out problems which patients may have."

VAO HR Service

Our recruitment support service will take responsibility for all the routine administrative duties up until a job offer is made. This can include: Drafting or advising on a job description; Drafting and placing an advert to maximise the number and quality of applications; Assisting with the shortlisting and interview processes to ensure compliance with employment law and good practice; Carrying out all administrative tasks related to the recruitment process including feedback to unsuccessful candidates.

We can be involved as much or as little as you need. To date, we have had a 100% success rate in recruitments that we have assisted with. For more information and informal enquiries please contact [Hannah Ker](mailto:Hannah.Ker@nhs.uk) on 872897.

Connect Project: Orkney residents in line for money management makeover after young team scoop £500 grant



A team of 16 to 19 year olds from Voluntary Action Orkney's Connect Project, are working to design and produce a bright, user friendly, informative booklet that will be given out to people using The Orkney Food Bank, after being awarded a £500 grant from Lloyds Banking Group's Money for Life Challenge. The booklet will contain nutritious and low cost meal recipes designed from commonly donated foods as well as general information and tips on budgeting.

The Connect Project will be launching their finished design on Friday 27 of February at 1pm at the Orkney Food Bank, Junction Road.

The team is working with Orkney Food Bank, Health Promo-

tion at NHS Orkney, Orkney Zero Waste and other partner organisations to produce the leaflet and impress the judges of the Money for Life Challenge, a national competition that provides a way for young people in Further Education, work-based learning and community learning sectors, to develop money management skills and pass them on to their communities. The team is hoping that the finished booklet will help them reach the UK Grand Final in London on 28 May 2015, where they could win £2,500 for the

registered charity of their choice.

Sandy Morris, one of the team members, said: "We're really looking forward to seeing the finished product which we hope will promote awareness of the Orkney Food Bank and encourage residents to donate food items, as well as help people in a time of need and give them the support and information to plan and budget low cost meals."

For more information about the project, please contact The Connect Project on 872897 or email Lindsey.



"We're really looking forward to seeing the finished product which we hope will promote awareness of the Orkney Food Bank and encourage residents to donate food items, as well as help people in a time of need and give them the support and information to plan and budget low cost meals."

Funding & Finance

Water & Sewage Charges

Following VAO's response (collated from you, our members), to the consultation paper, Water and Sewage Charges Exemption Scheme for Small Third Sector Organisations (22.11.14), details of the new scheme and how to apply are now available for access on the Scottish Government [website](#)

The Scottish Government scheme will mean that charities registered with the Scottish Charity Regulator (OSCR) and Community Amateur Sports Clubs, which meet the scheme requirements and which have **an income of less than £200,000 will no longer need to pay water and sewerage charges** – and those with incomes between £200,000 and £300,000 will pay a reduced rate.



Tax Tips for Older People

Financial help for families

Could your organization use a digital intern?

Tax help for older people

Tax Volunteers is a UK registered Charity (1102276) established in 2004. Tax Help for Older People is a charity service from Tax Volunteers that provides free, independent and expert advice and help for older people on lower incomes. (£20,000 gross per annum or less.)

Most of their volunteer tax advisors are currently practicing or retired tax professionals, including retired HM Revenue and Customs staff. These volunteers give their time and expertise free of charge because they recognise how difficult the tax system can be for older people who can't afford professional advice and they want to use their skills to benefit the community.

The Scottish Regional Co-ordinator, Alex Stewart, is the charity's first point of contact in Scotland and can offer the following services:

- Arrange for the delivery of literature available from the charity in the form of Tax Health Check Booklets, Explanatory Leaflets & Posters for distribution to clients etc.
- Publicise and promote the charity at information events/ open days and in particular those arranged by your organisation.
- Give talks about personal tax to older people groups and forums including groups/organisations who care for the elderly.
- Give talks to advisers/volunteers about the services provided by the charity and a brief overview of the tax problems encountered by older people.

Tax Help for Older People publish monthly tax tips which can be viewed on their [website](#). For more information please contact [Alex Stewart](#).



Child Tax Credit

The Child Poverty Action Group in Scotland have developed a tax credits and early years project which aims to help families access the financial support they are entitled to. They have produced a variety of helpful leaflets which can be [viewed here](#).

Growing up in poverty damages children's health, development, education and lifetime opportunities. People working in early years and childcare are in a key position of everyday contact with families to pass on information to help maximise their incomes and make sure they do not miss out on vital support.

This [factsheet](#) outlines what financial help may be available from pregnancy to school age, how tax credits can help you qualify and what other conditions you must meet. There are two types of tax credit; child tax credit (CTC) and working tax credit (WTC). You claim them together and may get either or both.

Let's Get Digital

Let's Get Digital is a business growth support initiative, funded by the European Regional Development Fund, which will run until summer 2015. Third sector organisations can make an application for a digital improvement project to be undertaken by a graduate intern over a period of time ranging from 6 weeks (full time) to 12 weeks (part time).

The aim of the scheme is that these digital projects will help organisations to increase their service delivery, support more customers, generate more income and potentially offer

more employment opportunities within the Highlands & Islands area. In short, the projects (and the interaction with the fresh skills of a graduate intern) will help the host organisations to grow their businesses and equip them with better digital capabilities and awareness.

The types of activity which could be considered include new websites/website refresh, social media strategy/development, database cleanse and implementation, IT systems development, online fundraising/e-commerce development etc. A number of other possibilities have been raised to date,

such as mobile app development and online training modules. Really, any proposal would be considered if it can be evidenced as a business need which would help the organisation grow and become more digitally engaged.

Full details of the scheme, including the application form and associated guidance notes, can be found [here](#). The deadline for submissions to the current round is 2nd February.

If you would like to talk over any project ideas please contact [Bev Maclean](#), the Highlands & Islands Let's Get Digital Coordinator, on 01463 251723.

Legislation & Guidance

Publicising your charity status

Attached to this month's newsletter, a handy briefing paper to make sure your charity or charitable company is following legal requirements on all paperwork. Advertise your status and be proud!

Devolution update

Also attached to this month's newsletter is a letter from the Secretary of State for Scotland, Alistair Carmichael MP, regarding the Smith Commission Report.



Have your say.....

Community Learning and Development Plan Consultation

The Strategic Community Learning and Development Group, with support from Education Scotland and Highlands and Islands Enterprise are currently developing a 3 year CLD plan for Orkney. According to Kerry Spence, OIC CLD Team Leader, 'the CLD task is to help people, whatever their age or background, get involved in learning opportunities and play as full a part as possible in the life of their communities'. People are invited to help shape the new plan by giving their views on how CLD should be focused for their area and Orkney as a whole.

A survey monkey questionnaire can be found [here](#) and is open for anyone to complete.

The team are also holding a number of learner workshops and discussions, stakeholder interviews and peer consultations. In addition they are running a number of community focus groups, dates of which can be found below.

CLD Consultation meetings:

Burray Hall	7-9pm Tuesday 10 Feb
St Andrews School	7-9pm Tuesday 17 Feb
Evie Link Centre	7-9pm Wednesday 18 Feb
St Magnus Centre	7-9pm Monday 23 Feb
Dounby Community School	7-9pm Wednesday 25 Feb
Stenness Community School	7-9pm Wednesday 4 March
Stromness Community Centre	7-9pm Thursday 5 March



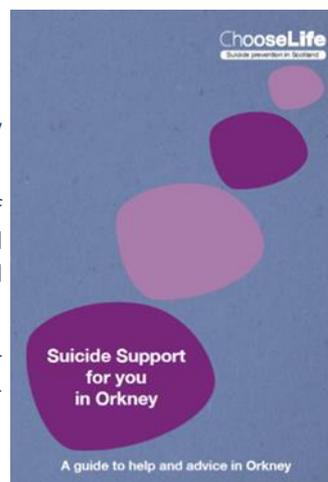
For more information on the Community Learning and Development plan in Orkney, please follow [@OrkneyLearns](#) on Twitter and [OrkneyLearns](#) on Facebook, or contact [Kerry Spence](#).

Choose Life Booklets

You may be aware of two new local booklets with information for people affected by suicide. The booklets are available in hard copy and [online](#).

Orkney Health and Care did a small print run and distribution of 100 copies before Christmas. They are now planning a second print run and are taking the opportunity to seek any feedback and make any necessary changes before this next print run.

If you could please complete this short [survey](#) to give your feedback that would be very helpful. The closing date is Wednesday 4 February 2015.



*How could
CLD work
better for you?*

*What are your
thoughts on the
OHAC ChooseLife
Booklet?*

Do you have a nomination for the Generations Working Together Recognition Awards?

Do you have issues or concerns with the Children and Young People (Scotland) Act 2014?

Generations Working Together



Generations Working Together have announced the launch of their Recognition Awards 2015. The awards celebrate and recognise the commitment and inspirational involvement of practitioners, volunteers and groups who are involved in intergenerational work across Scotland.

Nominations will be invited for the following awards: New Intergenerational Project Award (Less than 12 months); Established Intergenerational Project Award (Greater than 1 Year); The Yvonne Coull Local Network Coordinators Award; Young Person who has Contributed

to Intergenerational Work Award; Older Person who has Contributed to Intergenerational Work Award; Intergenerational Volunteer Award

Applications are available; and must be completed and returned by 12 noon on Friday 6 February 2015. Eligible applicants must be from within Scotland and are open to charitable, voluntary and community groups or public/private sector organizations. An application form and guidance notes are attached, and also available on the Generations Working Together Conference [Webpage](#)

If you would like to find out more about Intergenerational work and learning, please speak to [Fraser Devine](#) at the VAO office, 872897.

Can You Help Shape Services for Looked After Children and Young People?

STAF **Scottish Throughcare & Aftercare Forum**

even if you have not identified them as being in care or having

With the Children and Young People (Scotland) Act 2014 there are big legislative changes taking place in Scotland this year that will directly impact looked after children and young people, care leavers and the professionals who support them.

Against this background of opportunity and uncertainty, the Scottish Throughcare and Aftercare Forum (STAF) is beginning a consultation with organisations across all sectors to better understand the issues and concerns they have about this new Act, for themselves and their service users.

If you provide any service to children or young people,

left it, please complete STAF's short online survey, which will take no more than 4 or 5 minutes to complete. The survey can be accessed [here](#).

Established in 1998, STAF has a strong record of actively engaging with frontline workers and managers throughout the country, representing their views in its work influencing senior policy makers in the public sector and national government. STAF's aim is to improve the services looked after children and young people receive and to address the inequality of outcomes for them in education, health and employment.

The results of this research will inform and influence

The Scottish Older Peoples Assembly

The Scottish Older People's Assembly and Connecting Communities (VAO) warmly invites you to join them at an event on **Wednesday 18 February 1.30-4.00, King Street Halls, Kirkwall**. This is a chance to have your say about issues that are important to you. The meeting will include information about the Scottish Older People's Assembly which was held in the Scottish Parliament on 31 October 2014.

The Scottish Older People's Assembly gives a strong voice to older people about their concerns and experience of life in Scotland and informs both the Scottish and UK Governments. This year, the Scottish Older People's Assembly is looking at how it works with local older people and how its methods can be improved.

Refreshments and lunch will be provided. Please register by 13 February 2015. For more information or to book a place, please contact [Kasha](#) on 872897.

STAF's work with service providers throughout Scotland to improve the lives of young people with experience of living in care today.

Everyone who completes the survey will have the opportunity to enter a prize draw and win a year's free membership with STAF and a £25.00 Amazon gift voucher.

If you have any questions about this research, please contact STAF's Communications Manager [Julian Dawyd-iak](#) on 0141 357 4124. Further information about STAF's work can be found on their [website](#).

Education & Training

Mental Health First Aid in the Orkney Community

The Third Sector, OIC and NHS are working together in partnership to develop a series of training events to support the Orkney Community in the field of mental health first aid.

ASIST training will take place on **11 and 12 February** 9.00am – 5.00pm, Life Centre, Kirkwall. Contact: [Suzanne Baird](#) on 888058 to book a place.

Scottish Mental Health First Aid - A session took place last year in June and another session is organised for **April 8 and 9** in Kirkwall. Times, booking and venue to be detailed at a later date.

Safe Talk - a suicide awareness course, will take place on the evening of **April 8** at 6pm for 6.30pm. Venue and booking to be detailed at a later date.

Scottish Mental Health First Aid for Young People - to be delivered on Saturday **18 April** - of particular benefit for education staff, youth workers and associated voluntary groups working with young people. Times, booking and venue to be detailed at a later date.

The above courses are looking for attendees who may be willing to train as trainers. There is an expectation that those who undertake Training for Trainers courses (to be arranged after attending the course above) will commit to the delivery of a number of courses in Orkney.

Also in the planning stage is a **workshop on self harm**—The objective will be to explore:

- What is self-harming?
- Why do people do it?
- What do people who self-harm say about it?
- What are their needs?
- What issues does self-harming raise for workers and agencies?
- Reviewing own practice, skills and further training needs.
- Exploring alternatives.

For all these courses, please watch Radio Orkney/OIC news, VAO newsletters, VAO website and Face book, local press and a window display at VAO, the weeks of March 16 and 23.

Volunteering Opportunities

Women's Aid Orkney

Women's Aid Orkney are currently recruiting new board members and would welcome applications from women with an interest in the work carried out by our organisation. For more information please contact [Zelda Bradley](#).

Dates for your diary

Getting it Right for Children & Families in Orkney – A Focus on Wellbeing

This Children's Services Workforce Event is open to all practitioners working with Children and Families in Orkney. The event will be held on **Wednesday 11 February** at Kirkwall Grammar School.

For more information or to book a place, please contact [Keith Hartmann](#).



*Training to
support your
community*

*Could you be a
Women's Aid
Board Member?*

Orkney Autism Talent Show

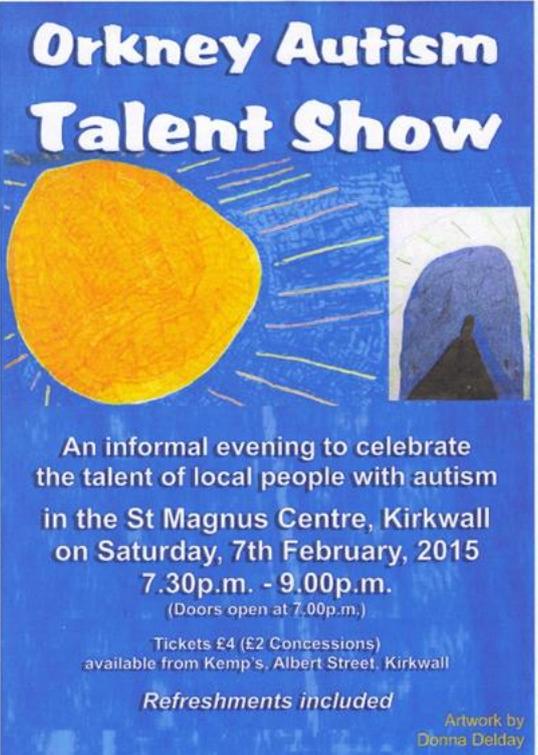
Tickets for the Talent Show are now on sale at Kemp's. So get buying!!

So far there are between 8 and 14 people performing, but there is space for more so if you know of anyone who would like to perform please get in touch. It doesn't matter what the person wants to do, if they are brave enough to get on stage then they will be made very welcome.

There will be a "This Is Me" display in the foyer, people who are unable to go on stage can show off their talent by filling in clip frames with what is important to them, their own art work, family photos etc. Frames are still available if anyone would like to display one.

It promises to be a great night. Some of the young people are taking a huge step to be on stage so it would help tremendously if we have a great turnout.

Please contact [Chris Mighall](#) for more information on 751 257 or 07502 093 367.



Orkney Autism Talent Show

An informal evening to celebrate the talent of local people with autism in the St Magnus Centre, Kirkwall on Saturday, 7th February, 2015
7.30p.m. - 9.00p.m.
(Doors open at 7.00p.m.)

Tickets £4 (£2 Concessions)
available from Kemp's, Albert Street, Kirkwall

Refreshments included

Artwork by Donna Delday

Designer Tartan



Alzheimer's Scotland are planning a new tartan and need help with the designing! They plan the tartan workshop for **2pm on Wednesday 25 February** at the Orkney Library - all details to be confirmed, watch VAO Facebook and website for news!



Voluntary Action Orkney
Anchor Buildings , 6 Bridge Street
Kirkwall , KW15 1HR

Tel: 01856 872897

www.vaorkney.org.uk

Voluntary Action Orkney (VAO), a charitable company limited by guarantee. Registered in Scotland No 143208. Registered Office: Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR. Registered Scottish Charity No SCO10691.