

Newsletter January 2016

VAO News & Services

Trustees Open Evening

Your local Charities and Community Groups need you!



It's a fact! Many local groups struggle to find volunteers to take on the roles of charity trustees or committee members. There are many reasons why people shy away from these roles, perhaps uncertainty about the responsibilities, the amount of time involved, and the fact that many people are already volunteering in multiple roles for multiple local groups.

To help support recruitment, VAO is hosting an event to give local groups the opportunity to engage with and recruit potential new board/committee members.

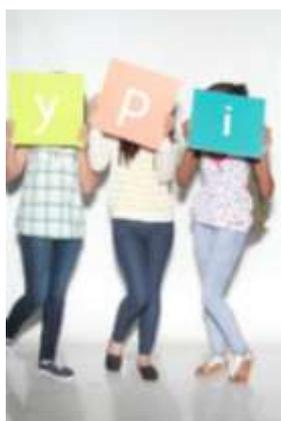
The event will be held at the **King Street Halls** on **Wednesday 10 February** from 4pm to 6pm.

If you are interested in becoming a committee/board member; or just want to find out what's involved in the role, then please come along on the day. So far we have the following local groups confirmed:

- MS Society Orkney
- Diabetes UK Orkney
- Home Start Orkney
- OACAS (Orkney Alcohol Counselling & Advisory Service)
- Orkney Appropriate Adult
- Employability Orkney
- Marie Curie Fund Raising Group Orkney

Alternatively, if you represent a group and would like to attend the event to recruit new board/committee members, then please contact [Rob](#) on 872897. Spaces will be allocated on a first come first served basis.

Youth and Philanthropy Initiative



A chance to raise your charity's profile, potentially recruit new volunteers and be awarded a £3000 grant toward your charity

Voluntary Action Orkney has been approached by Kirkwall Grammar School to help identify 30 eligible charities to participate in the Youth and Philanthropy Initiative.

The Youth and Philanthropy Initiative (YPI) is an active citizenship programme (supported by the Wood Family Trust) that raises awareness amongst young people about philanthropy. All S3 pupils from Kirkwall Grammar School will be involved in the project to consider the needs of their local community and identify a grassroots social service* charity they believe make a positive contribution.

Participating students will work in small teams and learn how to study each charity's management, budget, strategy and staffing arrangements. Students will aim to build relationships with representatives from their chosen charity while being taught in school about investigating, teamwork, public speaking and presentation of findings. The group judged to have made the most compelling and thorough presentation wins a £3000 grant to award to their charity.

There will be a launch event for pupils and charities on **Friday 11 March 2016** at Kirkwall Grammar School.

If you would like to know more please click [here](#) or if you would like to register your organisation to be involved please contact [VAO](#) on 872897.

** Eligible charities: All social service charities registered in Scotland through OSCR are eligible, there are no limits to how many teams you work with or how many YPI grants you receive.*

Connect at the Chamber Debate

Connect's young folk were given the chance to meet with other young people in the Orkney Island Council Chamber debate. This was an opportunity for young people to debate issues relevant to them and put forward their views to senior officials and directors. It was a valuable learning experience for participants, and not only helped develop their confidence and gain experience with new challenges, but also helped develop their thoughts and opinions on a variety of chosen topics.

The three topics for debate were

- Should Orkney be considering taking in refugees fleeing from the Middle East?
- Are Pupil Councils the best forum for the local authority and other local organisations to consult young people on policies and issues that might have a potential impact on them?
- Recent headlines in the press have indicated that Orkney is the best place to raise children in the UK. Would young people who are currently growing up in Orkney agree?

Saffron and Allan both spoke, raising some very valid points that affect them and their friends. All the young people enjoyed the experience and were delighted to have the opportunity to have their voices heard especially in such a public arena.

Pictured from left to right: Saffron Copper, Alexina Inkster, Marcus Dick and Allan Rosie.



Intergenerational Christmas Parties

There were plenty of parties happening over Christmas, and VAO's young volunteers got in on the act as well, joining folks at Eunson Kloss, Gilbertson Day Centre, St Peter's and St Rognvald's for some festive fun. Here are some pictures to brighten up a dreary January.



at Eunson Kloss, Gilbertson Day Centre, St Peter's and St Rognvald's for some festive fun. Here are some pictures to brighten up a dreary January.



Orkney Podcasts in February



If you forgot to visit Orkney Podcasts in January, don't despair! You still can listen to podcasts from this month. Our guests have been talking in January about volunteering in Orkney, healthy eating, funding for different projects and retirement. Every Monday you will find a new podcast, but, as with all podcasts, you can listen to them whenever you have time. Just click [here](#) to find all the podcasts that have been produced so far.

In February our guests will be Dr Katherine Brookfield with Dr Sara Tilley from the University of Edinburgh, John Clancy from VAO, David Delday from BBC Radio Orkney, Mark Harrison from Picky and one or two surprises.

If there is someone whom you would like to listen to, please get in touch with [Kasha](#) on 872897 and she will try to organise a recording with them.

Local Third Sector News

Orkney Rape Crisis support worker

The new Orkney Rape Crisis support worker, Zelda Bradley, took up her post on 25 January 2016. The service will provide support for women and men, girls and boys from 13 upwards, who live in Orkney and are survivors of rape and sexual assault.

Initially, Zelda will be undergoing induction training and concentrating on promoting the new service. Contact from agencies is welcomed and Zelda can be reached on 872298 or by email orkneyrapecrisis@outlook.com.

Information will follow shortly about when the service will be open for referrals.

What a Relief! A Guide to Orkney Public Loos

Orkney Voices has carried out research into the availability of public toilets across Orkney and have now produced an on-line guide. To find a loo near you just click [here](#)!

The group, Orkney Voices, aim to inform, discuss, consult, co-ordinate, campaign and represent the view of anyone aged 50 and over. For more information contact [Kasha](#) on 872897.



Who's behind the Blue Door?



Rendall FC	1 Feb – 6 Feb
debra	8 Feb – 13 Feb
West Mainland Strathspey & Reel Society	15 Feb – 20 Feb
Stenness FC	22 Feb – 27 Feb
South Ronaldsay & Burray Guides	29 Feb – 5 March

Focus on.....Orkney Charitable Trust

Established in June 2014, the Orkney Charitable Trust is one of the youngest charities in Orkney. Despite its youth, the Trust has already succeeded in making a huge difference to the lives of some of Orkney's children and young people. In the third of our member interviews we met with Lynne Spence, Trustee and founder member, to find out more about the work of this fledgling local charity.

The Orkney Charitable Trust is a local charity for local people, explains Lynne, designed to help young people (under 25 years) living in Orkney in times of ill health, disability, hardship or disadvantage. The Trust was formed following a catalogue of events which brought the founder members and their ideas together driven by a desire to form a new local charity, one that would be truly responsive to local needs. At the same time, Lynne explains, people wished to donate money to Emily Findlay and her family to help support them through Emily's cancer treatment, and a vehicle to channel these funds, along with the considerable money raised from Sheila Fleet's 'Daisies for Emily' range of jewellery, was needed. After the lengthy process of applying for official charity status the Orkney Charitable Trust was born.

The strapline of the Orkney Charitable Trust is 'Making a difference' and it was when thinking about how they could make a difference that the Trustees came up with the idea for 'Every Child Deserves a Christmas'. 'Every Child Deserves a Christmas' provides £50 grants to children for whom it will make a real difference. The application process, explains Lynne, is kept as simple and straightforward as possible: *'We have one form which is countersigned by a professional and we trust their judgement that there is a need. We also trust that the money will be put to good use and don't ask for receipts'*. This trust, she says, is very important to both the families and the professionals. The £50 is paid straight to the family by cheque or bank transfer or cash to their referring professional.

When 'Every Child Deserves a Christmas' was launched in 2014, Lynne and her fellow Trustees had no idea what was going to happen, they could only hope that the Orkney community would take the scheme on board. They certainly did and through the huge generosity of individuals and businesses the Orkney Charitable Trust was able to provide grants to 120 children that Christmas. This Christmas, 2015, the Trust provided 164 grants. When we ask if this was due to rising need or increased awareness, Lynne replies that *'it's probably a bit of both. But the key issue is that there is a need, for whatever reason, and our role is to try and meet that need.'*

Responsiveness and simplicity are key to the ethos of the Trust. *'If money is available'*, explains Lynne, *'and there is a need, we want to be able to meet that need here and now. Sometimes people can't wait and we don't want to make them, we want to be able to really make a difference when people need it.'* Lynne highlights the importance of being non-judgemental and trusting - *'often through no fault of their own people find themselves in a position of difficulties. We make it very clear that we're not here to judge, we're just here to try and make a difference and if a professional says there is a need, then there must be.'*

'It is also important that agencies and families are able to trust us and know that we won't break confidentiality', explains Lynne. When we ask for examples of how the Orkney Charitable Trust have helped families through their general grant scheme (which operates under the same principles as 'Every Child Deserves a Christmas') it's difficult for Lynne to provide specific details, given that Orkney is such a small place. All she feels able to tell us is that they have supported many local families in hardship or disadvantage right across the islands.

Partnership working has developed as a key to the Orkney Charitable Trust – *'we can't do what we do in isolation'*, explains Lynne, *'we have to work with other agencies and professionals as we don't have direct contact with the families'*. The Trust have built very positive relationships with a number of different agencies in Orkney, from both the third and statutory sectors, including the Citizens Advice Bureau, HomeStart, YPeople,



Founder members and Trustees. Clockwise from bottom left: Rita Jamieson, Craig Spence, Mairi Fleet, Lynne Spence

Women's Aid Orkney, the Foodbank, Health Visitors, Social Work....the list goes on. This has been a really enjoyable part of the work says Lynne.

So how would Lynne like the Orkney Charitable Trust to develop? A core part of their work will likely be 'Every Child Deserves a Christmas'. *'Having seen how important the scheme has been to people we wouldn't want to stop it now'*, Lynne explains. She hopes that the Trust will be in a position to help other families like the Findlays and will continue to be able to support children and young people through the general grant scheme. In addition they have lots of ideas along the theme of 'every child deserves a...'. But of course it always comes down to money.

The Orkney Charitable Trust has little money left in the pot – most of the funds were used to provide grants this Christmas – and so are keen to raise funds so that they can continue to be there for people in times of need. Lynne explains that they don't receive funding and rely entirely on the generosity of local people and businesses. As they have no staff costs or overheads, every penny they receive goes straight back out to help the community. But they need those pennies to come in. They're currently looking to set up a fundraising committee and would love to hear from anyone interested in getting involved.

'Sometimes there's the perception in Orkney that everyone's alright', says Lynne. *'But they're not. It's unfortunately the reality of the world we live in and it can be very hard to break the cycles of hardship and disadvantage. Sometimes people just need a break, a little bit of help'*. It is clear that Lynne and her fellow trustees are passionate about providing that help, quietly working away in the background to make a real difference to people in Orkney.

Please click [here](#) for a pdf version of the article.



www.octrust.org.uk

info@octrust.org.uk

www.facebook.com/pages/Orkney-Charitable-Trust

www.twitter.com/OrkneyCharTrust

Funding & Finance

LAST MINUTE CALL FOR PROJECTS FOR CHILDREN UNDER 8

Last minute grants of between £250 and £10,000 are available to voluntary and community organisations, community councils and statutory bodies in Scotland for projects that meet at least one of the following outcomes:

- Improve the quality of life of children (pre-birth to eight years old) through greater access to early learning, play and child and maternal health support.
- Enable communities to shape and deliver support for families.



Funding is concentrated on projects that benefit children, or parents and families of children, who are eight years and under. Examples of the types of local projects that funding is available for include the following:

- Parenting support and development projects that:
 - Provide sessions for parents to promote confidence and a healthier and more active lifestyle.
 - Promote IT to parents as a way to spend good quality, educational time with their children.
- Community play projects that:

- Develop or refurbish play areas for local children and families.
- Deliver a community fun day to engage children and families in community play.
- Projects that support better nutrition for young children through:
 - Healthy breakfast clubs for children.
 - A community garden that promotes healthy eating and encourages families to grow fresh produce.
- Community-based family support and childcare projects that:
 - Develop community-led playgroups and crèches or improve the services they currently offer.
 - Deliver services to help families through challenging times, for example therapeutic family play.

Since opening, the programme has awarded over £5.4 million to groups working with children across Scotland.

Applicants have until 29 February 2016 (12pm) to submit their proposals before the fund closes. Please click [here](#) for more information.

Government water scheme saves charities money

Applications are now open for the 2016-17 Water Exemption Scheme that enables charities to keep more of the money they raise in 2016 and pay less on their water bills. In 2015-16 the scheme helped over 7,400 charities and sports clubs. Detailed information about the scheme is available [here](#).

If you haven't yet applied for the scheme, we would encourage you to do so now, as these must be submitted to your water Licensed Provider by 31 March 2016. Charities and Community Amateur Sports Clubs must reapply each year to the Scheme to retain exemption.



The Scheme exempts, subject to certain conditions, charities with an annual income of less than £200,000 from water and sewerage charges, and those with an income between £200,000 and £300,000 pay a reduced rate.

Please note that the exemption scheme is not administered by the Scottish Charity Regulator. However to confirm that your charity is eligible, your Licensed Provider will check your charity's entry on the Scottish Charity Register to ensure it is within the income threshold and that the applicable accounts have been submitted and checked.

For further information, or if you have a query, please click [here](#).

The Scottish Power Energy People Trust

Grants of up to £50,000 are available to registered charities in Great Britain for projects that address fuel poverty explicitly and as the primary purpose and include the provision of energy efficiency advice.

Organisations can apply for funding to support projects or schemes covering the following:

- Energy efficiency measures improving home energy efficiency through draught proofing, insulating and or other practical measures.
- Income maximisation providing funding to front line charities who carry out benefits advice to households missing out on financial help that they are entitled to through welfare benefits and tax credits.
- Fuel debt assistance - providing assistance, or funding the provision by other persons of assistance, to reduce or cancel debts for household electricity or gas supply, where such assistance is provided as part of a package of measures aimed at providing customers with long-term relief from fuel poverty.
- Any combination of the above.

The next deadline for applications is 17 May 2016. There will be a further deadline later in the year for the meeting in November 2016.

A maximum of 30 fully completed applications will be presented to the Trustees at any one meeting and applications are considered on a first come, first served basis. Any eligible and complete applications not dealt with will be carried forward to the next meeting. Please click [here](#) for more information.

Legislation, Guidance & Support



Gift Aid changes in 2016

HMRC has recently published new model gift aid declarations for [single](#) and [multiple](#) donations. While there's been some significant and welcome simplification of the forms, there's also a new information requirement that's less positive. Charities will need to update the declarations they use by 5 April 2016 to reflect the new requirement and ensure that declarations they receive continue to be valid. For more information click on the links for information from [NCVO](#) and the [Government](#).

Publication of Scottish Government response to the Consultation on Complaints Concerning Functions Relating to the Named Person and Child's Plan

The Scottish Government has published its [response](#) to the public consultation on complaints concerning functions relating to the Named Person and Child's Plan:

'We have worked closely with public and third sector partners to develop the complaints process and welcomed the range of opinions on how to develop the process. We have considered all the responses carefully. As a listening government, we will continue to consult and engage with the public and professionals working with children and families, to make sure we get this important aspect of the Children and Young People Act right.' – Scottish Government

An analysis of the consultation responses is also available [here](#).

For more information on the Getting it right for every child approach and the Children and Young People Act visit the Scottish Government [website](#).

Response to Consultation on Procurement Rules

The Scottish Government's formal response to the consultation on 'Changes to the public procurement rules in Scotland' was published this month. It outlines their intended approach, for improving public procurement, by simplifying the process further, supporting wider public policy aims and improving supplier access to public contracts. The response is available [here](#).

Advocacy critical to social security say third sector organisations

The ALLIANCE and Scottish Independent Advocacy Alliance (SIAA) wrote to MSPs this month calling for a greater role for advocacy in the future delivery of social security.

This followed a report from the Scottish Parliament's Welfare Reform Committee which concluded that a person-centred, human rights based system should be set up on devolution of certain welfare benefits to Scotland. However, they noted a growing need for advocacy services with concern, stating: "ultimately we would like to see a system where the need for advocacy and support disappears for the vast majority of claimants."

In their letter the Alliance and SIAA recognise that accessibility of social security is critical, but that advocacy still has a vital role to play. Please click [here](#) for the full article.

Volunteering Opportunities

Dreams Come True Scotland



Dreams Come True Scotland is working in Orkney to raise awareness of the charity and gain new dream referrals. They are looking for development team leader who will play a key role in raising awareness of the charity, create new events, support existing events and help gain more dream referrals. The team leader will lead a team of development assistants on different projects and events which will help Dreams Come True Scotland fulfil the dreams of local life limited and seriously ill children. For more information please contact [Rob](#) on 872897.

Third Sector Jobs

Adult Befriending Development Worker

VAO's Adult Befriending Service has received funding from the Big Lottery to allow it to continue to deliver its vital work. The aim is to enable older people in Orkney to maintain their independence and remain living in their own homes for longer. The newly funded service began in January 2016 and we are now recruiting two part time Development Workers to assist in the delivery and development of services.

If you would be interested in this position or would like more information please visit the VAO [website](#) or contact [Linsey Drever](#) on 872897.

Have your say

Orkney Voices, a forum for over 50's

Orkney Voices' goal is to inform, discuss, consult, co-ordinate, campaign and represent the view of anyone aged 50 or over in Orkney. This is a new initiative open both to individuals and community groups. So, if your group or any individual member of it would like to join OV, just send an email to [Kasha](#) or contact Orkney Voices spokesperson [Mike Lynch](#). You can find more information about OV on their [website](#).

Nesta-NCVO Crowdfunding for Community and Voluntary Sector Organisations Survey

[Nesta](#) (the UK's innovation foundation) and [NCVO](#) (National Council for Voluntary Organisations) are conducting research on charities, social enterprises & community groups' awareness and usage of innovative fundraising methods such as crowdfunding. The research will try to understand innovation in fundraising, through looking at the current state of crowdfunding for charities, social enterprises and community groups in the UK and how these organisations can be better supported to use crowdfunding. The aim is to publish insights from the study in a free to the public report later in the year.

You can take part in their short survey by clicking [here](#). All respondents enter the draw to win a £250 donation to a charity of their choice.

Developing Communities Through Learning: Evidencing Impact – Call for Case Studies for a new Book

Do you have good practice and wish to tell the world about it? An international book is being written and the authors are seeking case studies for publication. They are looking for exemplars of good

practice in adult learning, work with young people, community development, health and well-being and other disciplines where learning for the individual, group, family or community is foregrounded. Interested? Please click [here](#) for more information.

The Sustainable Energy Europe Awards (SEE Awards) are now open to entries for 2016

The SEE Awards recognise the best sustainable energy projects taking place across Europe.

A wide range of organisations are eligible to apply including businesses, non-profit organisations and public sector organisations.

There are three categories for the 2016 awards:

- Consumers - rewarding actions leading to the behavioural change of individual energy users.
- Public Sector - rewarding public and non-profit organisations taking exemplary initiatives in energy efficiency or use of renewables.
- Businesses - rewarding forward-thinking businesses which are exemplary in their production or use of energy.
-

There will also be a Citizens' Award to reward the nominee which best captures the public imagination.

For more information please click [here](#).

Third Sector Forum

The Third Sector Forum took place this month, with members getting together for a coffee and a catch up on all things Third Sector. Updates were provided on the Community Planning and Integrated Joint Board elections and the inter-agency working group on refugees. Members were also treated to presentations on the Kirkwall Townscape Heritage Initiative and the Orkney LEADER programme.



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

The 2016 TSF dates are as follows:

24 March	11am, McGillivray Room, Kirkwall Library & Archive
19 May	11am, VAO Board Room
21 July	11am, McGillivray Room, Kirkwall Library & Archive
22 September	11am, McGillivray Room, Kirkwall Library & Archive
17 November	11am, VAO Board Room

Education & Training Opportunities

One Digital – FREE training!

There's lots of digital participation work taking place across Scotland and you or your organisation may have already benefited from this. A lot of this work has focused on specific Digital Skills training for end-users or staff. So how is One Digital different?

One Digital is aiming to develop the Basic Digital Skills of third sector organisations through Digital Champions. There are two types of support available, and you can choose the one that is most relevant to you:

1. Making Digital Work – this is designed to help you change the way your organisation uses digital
2. Making Digital Everyday – this will help you to support your end users to change their behaviour and start using digital as part of their day to day

One Digital aims to create a model of continuous Basic Digital Skill sharing that will reach far and wide across the sector, will be driven from within and will help to improve your services longer-term. You can find out more about their definition of Basic Digital Skills [here](#).

Both opportunities will involve:

- A one day face-to-face FREE training session (expected to be from 9.30am until 4.30pm and in April/May in Kirkwall). As part of this training you will develop an action plan for applying your Basic Digital Skills training back into your organisation or with your clients as a Digital Champion.
- You'll then undertake an online training module to build on your face-to-face training and have access to a digital community with further support and resources.



Please click [here](#) for more information or contact [Edwina](#) on 872897.

Intergenerational Training Course for Trainers and Practitioners

Thursday 17 March 2016, 10:00am - 4:00pm at King Street Halls, Kirkwall

Generations Working Together are excited to be visiting Orkney to deliver their newly updated intergenerational training course which is open to anyone who would like to learn more about intergenerational work and how to use an intergenerational approach.

The training is split into three sections:

1. An introduction to Intergenerational Practice
2. Bringing generations together
3. Planning and evaluating Intergenerational Practice



Over the past four years training has been provided free of charge, however unfortunately due to funding cutbacks this year a modest fee of £30 per person to cover costs has been introduced.

Please click [here](#) for more information or to book your place. If you have any questions regarding the training course please get in touch with [Fraser](#) on 872897.

Compassionate Connections Training

NHS Education for Scotland have developed a training resource called Compassionate Connections which has largely been used by health staff to date. It uses storyworlds which are focused on ante-natal and post-natal care as a way of exploring organisational cultures and values, use of self and how this can impact on outcomes.

It would benefit staff who are involved in family casework and those who are part of multi-agency 'team around a child' work but the learning is definitely transferable to other contexts.

In partnership with Aberlour and GCVS, Barnado's are putting on a taster day on 3 February in Glasgow for third sector organisations to explore whether this is something that could be used to support practice development. Please click [here](#) for more information and [here](#) to book a place.