

Newsletter January 2018

VAO News

Do you have a one off project?

Many organisations in Orkney have outstanding jobs/tasks that need to be done but have neither the staff nor the resources to carry them out. This could include one-off gardening projects, the repair and painting of summer houses/sheds etc., or an outstanding admin job.

Typically this could be any project that could be completed in a day or two with the help of some willing volunteers. Here at VAO we are putting together a register of one off projects to match with a register of local organisations/employers who can spare staff or members to undertake these one-off projects. If your organisation has suitable projects we would like to hear from you - we can't promise to be able to definitely match you up to a team of volunteers but we will certainly try!

If you would like to be included on the register please let us have the details of your project along with any other relevant information. Please contact [Rob Mcgregor](#) at VAO on 872897.



Local Third Sector News

Stress Control Training – coming your way soon!



In Britain, around 1 in 5 people say that stress is a problem right now. Recent research suggests that, across Europe, 38% of adults will suffer from a mental health problem over the course of a year. And about half of us can expect to suffer from stress over the course of our lifetime. Of these problems, a combination of anxiety and depression is the most common.

So stress problems are very common. Mind and body are inextricably mixed and it has been known for many years that stress not only makes us feel miserable but it can, especially if it lasts for some time, have a significant negative effect on our physical health. Stress can often be a contributory factor in headaches, migraine, irritable bowel syndrome, chronic fatigue, high blood pressure, heart disease, ulcers, rheumatoid arthritis, diabetes, muscle pain, asthma, pre-menstrual tension and many others. Many so-called 'medically-unexplained symptoms' may be related to stress.

Following two days of train the trainer training, there are a number of folk ready and willing to deliver Stress Control training in the county at various venues.

Do you want to learn to become your own therapist? Then watch local advertising for a free to attend, 6 week course on Stress Control. The first one is to take place at the Picky from 21 February 2018. No booking, no evaluation, no names, no sharing of personal information. Just turn up for the 6 sessions of 1 ½ hours each week and become your own first, best solution.

Who's behind the Blue Door?



St. Johns Trust	29 January – 3 February
Celtic Supporters Club	5 - 10 February
Loving Homes Dog Rescue	12 – 17 February
Orkney Volleyball Association	19 – 24 February
Aurrida House	26 February - 3 March

Also in the news

Half of charities unaware of GDPR

The new General Data Protection Regulation (GDPR) legislation will come into force in May, but smaller organisations have low awareness of the changes

Fewer than half of charities are prepared for the new data protection laws, just four months before they come into force, according to a recent survey. A cyber security survey carried out by the Westminster government has revealed that only 44% of charities have heard of the GDPR.

The legislation – which will come into force on 25 May - will strengthen the rules around personal data and requires organisations to be more accountable and transparent, with potentially harsher penalties for those who do not comply. It also gives people greater control over their own personal data.

Information commissioner Elizabeth Denham said charities must act now to ensure they are ready for the new rules.

She said: “Data protection law reforms put consumers and citizens first. People will have greater control over how their data is used and organisations will have to be transparent and account for their actions. This is a step change in the law; charities need to take steps now to ensure they are ready.”

Read more in [Third Force News](#). Click [here](#) for a GDPR guide for charities and [here](#) for a general guide to the regulations.

Facebook rule changes have resulted in digital uncertainty for charities

Last month, Facebook announced that it would be going back to its roots of focusing on personal rather than public content. This has left many publishers and companies fearing the new policy could result in a major drop in their online audiences, with the third sector fearful about how the new rules will affect publicity for campaigns and other news.

Click [here](#) for more information about how this may affect your organisation.

Latte levy could provide massive windfall for charities

Takeaway coffee cup charge could provide same benefits as plastic bag scheme. The introduction of a “latte levy” has the potential to build on the huge success of the plastic bag charge and raise huge sums for good causes, according to the Charities Aid Foundation (CAF).

MPs on Westminster’s Environmental Audit Committee have argued that a 25p levy on the price of a takeaway coffee could lead to a 30% reduction in the use of disposable cups and generate £438 million in revenue which they say could be used to fund better recycling facilities.

But the impact of the scheme could be increased by applying some of the proceeds to support charities with experience of recycling, environmental protection and consumer advice, harnessing their expertise in recycling and their work changing consumer behaviour.

CAF, which works with thousands of companies, is calling on the government to look at how charges and levies could support charities working for the public good, building on the huge success of the 5p-a-bag plastic bag levy.



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

Scottish social enterprises flourished in 2017

Scottish social enterprises flourished last year - delivering a boost worth billions to the economy. Since a social enterprise strategy was launched by the Scottish Government in December 2016, more than £7 million has been invested in supporting initiatives.

The strategy is Scotland’s first long-term plan for the sector and is set to run over 10 years. As part of the strategy, a census of the sector will be carried out every two years. A study carried out in 2017 found that 5,600 social enterprises are operating across Scotland, an increase of 8% since 2015, with around 300 new social enterprises start-ups each and every year.

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

Safer Internet Day free education packs

Safer Internet Day is celebrated globally in February each year to empower children and young people to use technology responsibly, respectfully, critically and creatively. Co-ordinated in the UK by the [UK Safer Internet Centre](#), SID achieves a huge impact because of the collective activities of people right across the UK. Schools and youth work teams run sessions for students, parents and staff; companies engage with employees, customers and partners; police services, charities, government and wider reach out through their networks; celebrities add their voice; and individuals across the UK connect with their families and friends. For more information about Safer Internet Day in Scotland, contact [Jess McBeath](#).

To help schools, charities, youth groups, police services, libraries and wider run activities for [Safer Internet Day](#) (SID) on 6 February 2018, organisers have created Education Packs and complementary SID TV films. These FREE packs include lesson plans, posters, presentations, activities and more!

Last year’s campaign reached 42% of children (aged 8-17) and 23% of parents in the UK. There were over 500,000 downloads of the education packs and other resources. 48% of teachers who participated in SID said it led to disclosures of potential safeguarding issues online.

The education packs are tailored by age group. You can download the packs [here](#).

Please also take 2 minutes to: [Register](#) as a Safer Internet Day supporter; Sign up to the [Thunderclap](#) – an automated social media message sent out at 8am on Safer Internet Day.

Funding & Finance

Thrive Renewables Community Benefit Programme- calling all Community Halls and Centres!

Community buildings, like village halls and community centres, can apply for grants of up to £4,000 from a fund set up by Thrive Renewables. Grants can cover improvements such as insulation, draught-proofing, LED lighting or improved heating controls. The building must be close to one of the wind, hydro or solar sites in which Thrive Renewables is invested - which the whole of the KW17 postcode is. Click [here](#) for more information.

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 Grant 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, etc.

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.

Application forms are available by contacting VAO on
Tel: (01856) 872897 or at enquiries@vaorkney.org.uk



Deadline: Completed forms must be returned by 2 March 2018.

HMRC clarifies Gift Aid rules

Following the announcement of changes to income tax in Scotland, HM Revenue & Customs has now clarified that this will mean more people can claim back tax on donations to charities, but charities should claim as normal - read more [here](#).

Future Routes Fund

The Future Routes Fund offers funding of between £500 and £5,000 to groups of young people and individuals aged 11 to 26 to run events and projects during the Year of Young People 2018 that promote young people's interest in Scotland's nature, wildlife and biodiversity.

The deadline for applications is 15 February 2018. For more information click [here](#) or contact [Young Scot](#) on 0808 810 0338.

Museums Galleries Scotland Museum Development Fund – 2018–19 Round Open

The Museums Galleries Scotland Museum Development Fund is designed to support museums to make strategic steps towards becoming more resilient organisations, in line with the aims of the funder's National Strategy.

Projects must demonstrate one of the following:

- An enterprising approach – either with an innovative way of solving a problem or involving income generation.
- Skills development (for staff and or volunteers).
- Advocacy – helping to raise the museum's profile.

Museums can apply for between £5,000 and £40,000 and up to 75% of the total project costs. Those that care for Recognised Collections can apply for up to £60,000 for projects relating to those collections, and for up to 100% of the total project costs.

Any organisation that runs an Accredited Museum in Scotland can apply. Click [here](#) for more information.

Volunteering opportunities

St Magnus Centre Volunteers



The St Magnus Centre would love to recruit more volunteers. The volunteers' role is to welcome visitors to the centre, explain about the 15 minute film which highlights the life of St Magnus and the history of the cathedral. Assist all other users of the centre, take cash for souvenir items and generally help visitors with information and keeping the centre tidy.

If you are enthusiastic and approachable and enjoy meeting members of the public from all over the world then this is the role for you.

All volunteers receive an induction and ongoing support. Volunteering shifts are done in pairs and the volunteering shifts are 10am to 1pm and 1pm to 4pm Monday to Saturday. The Centre opens for visitors during the season which runs from April to October.

If this is an opportunity you would like to know more about please contact [Denise Brown](#) on 741 336 for an informal chat, or [Rob](#) at VAO on 872 897.

The Young Archaeologists' Club

The Young Archaeologists' Club (YAC) in Orkney are recruiting a team of volunteers, so that they can offer young people (aged 8-15) in Orkney more opportunities to get involved in the fascinating archaeology in the county. They are currently looking for people to help in the following roles:

Treasurer

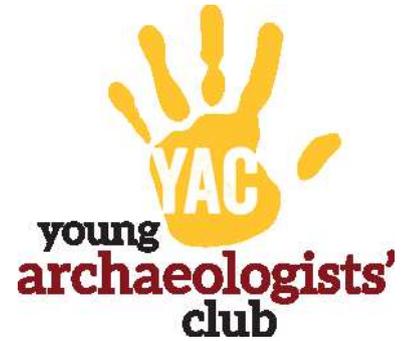
The role would take roughly 2-4 hours per month and would involve the following:

- Keep records of all membership fees paid annually
- Keep records of a small amount of expenses for running YAC sessions
- Being responsible for the Club bank account (pay in & writing cheques/internet banking)
- Submit a simple 'finance form' to YAC UK once a year to show the club's income & expenditure
- Be responsible for monitoring the use of any grant funding the club receives.

Session Coordinator

The role of the Session Coordinator will be to:

- Coordinate Branch volunteers— in attending sessions and keeping note for YAC UK, who requires training/PVG checks etc.
- Coordinate booking session venue(s)
- Ensure Orkney YAC meets YAC UK's policies and procedures at all times (e.g. insurance)
- Oversee annual Orkney YAC session schedule and provide information for Membership secretary to send out to members.
- Keep in regular contact with YAC UK



Branch Assistants

Volunteers will be expected to have an enthusiasm for archaeology, be good at working with children, and have excellent communications and organisational skills. YAC sessions will be held one weekend a month (branch assistants won't have to attend every session) and the branch assistants would volunteer for a minimum of 6 hours per month.

The role of Branch Assistants will be to:

- Develop, plan and deliver fun and educational sessions for young people, themed on archaeology.
- Supervise young people during sessions
- Work with the team to create an annual programme of sessions
- Risk assess activities during planning
- Work within a team of volunteers

If you are interested in any of these opportunities please contact [Rob](#) at VAO on 872897 for more information.

Public Partners Volunteer Project to Improve Healthcare

Healthcare Improvement Scotland (HIS) has an exciting volunteering opportunity for anyone passionate about making care better in Scotland. They are looking for volunteers, known as 'public partners', to help ensure that people's experiences of care are used to improve Scottish healthcare services. Volunteers can be involved in lots of ways, such as:

- Helping HIS to make sure that people who are affected by decisions are involved in those decisions
- Collecting feedback about people's care in various settings
- Reading public-facing publications to make sure they are accessible and easy to understand.

Training and support will be provided and expenses paid. You must be over 18 and live in Scotland to be eligible for this opportunity. For an application pack, [email](#) or phone 0131 314 1292. For an informal chat about what is involved, contact the [Public Involvement Advisor](#) on 0131 623 4606. Closing date: Monday 5 February 2018 at 12pm.

The Prince's Trust launches 'Don't Give Up – Give Back' campaign

This January, The Prince's Trust is urging people across the UK to give something back as part of their 2018 New Year's resolutions by volunteering as an e-mentor for Prince's Trust Online. This campaign follows research carried out by The Prince's Trust which shows that more than two thirds of people in the UK admit to having made a New Year's resolution they haven't kept.

The findings, based on a nationwide survey of 2,237 adults, highlight a tendency for people to give things up in January, with 62% of respondents claiming that they have tried to give something up before. However, despite their good intentions, most people who try to give things up say they usually don't get through the month without cheating or going back to their old ways.

The results also show that although people in the UK are much more likely to try and give something up than they are to take up a new interest in the New Year, those who take something up are more likely to feel happier about their experience.

So, instead of giving something up, The Prince's Trust is urging people to give back by volunteering as an e-mentor to support young people who have signed up to its online learning platform, Prince's Trust Online. The initiative, which launched in July 2017, enables young people to benefit from The Prince's Trust Enterprise programme, even if they can't attend in person because of where they live, or their personal circumstances.

Click [here](#) to find out more.

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

Have your say.....

Social Isolation and Loneliness Strategy – Kirkwall consultation event **10.00-12.30, 28 February 2018, Albert Hotel, Kirkwall**

In the last Parliamentary term, the Scottish Government welcomed The Equal Opportunities Committee report on Social Isolation which was the first of its kind anywhere in the world. The committee found that social isolation and loneliness was a problem in Scotland, and recommended that the Government developed a national strategy to tackle it. This consultation is an important part of the process.

The Scottish Government will be holding a consultation event in Kirkwall on 28 February to which everyone is invited. Please click [here](#) to find out more or book your place. The consultation document is available to view online [here](#).

Shape Scotland's approach to mental health services for young people

The Scottish Association for Mental Health (SAMH) are working with the Scottish Government to gather evidence from young people, families and carers who have been referred to but not accepted by a Child and Adolescent Mental Health Service (CAMHS). The work will help to improve young people's experiences. If you are a young person whose referral to CAMHS was not accepted in the last two years, or a parent, carer or family member of someone who was not accepted SAMH would like you to fill out a short survey. If you are a teacher or GP who has made a referral on behalf of a young person which was not accepted please also fill in the [survey](#).

Sanitary items in Scottish schools, colleges and universities



Students and young people are being asked for their views on the best way to access free sanitary products in schools, colleges and universities in Scotland.

The Scottish Government is working with Young Scot – Scotland's national youth information and citizenship charity – to gather insight into perceptions and experiences of periods and accessing sanitary products.

Young Scot have created a short survey and online activity asking respondents to write an anonymous letter about their periods and experiences accessing sanitary products. The online activities are open to all students across Scotland, not just young people.

The Scottish Government has committed to introducing a scheme to fund access to free sanitary products in schools, colleges and universities in Scotland. "Sanitary products" include tampons,

sanitary pads or towels, and panty liners, as well as reusable products such as menstrual cups and reusable towels or pads.

The survey and letter activities are asking students about their past experiences accessing products and how they want to access free sanitary products in the future.

The Scottish Government will use the findings to support the development of a national programme to help end period poverty by providing access to free sanitary products in all schools, universities and colleges. The policy was announced by the First Minister, as part of the Programme for Government, in September.

Young Scot Rewards users will also gain Rewards points for taking part that can be exchanged for exciting opportunities and experiences.

People can access the survey [here](#).

Social Enterprise UK survey – EU Exit

If you work for, run, or are involved with a social enterprise, Social Enterprise UK are keen to hear your views on the UK's decision to leave the European Union.

Their survey prior to the EU exit referendum received an excellent number of responses and they would like to know how opinions have changed, if at all, since the referendum result was announced.

In order to continue to support social enterprises, and the sector more widely, it would be greatly appreciated if you completed the survey below; the survey should take no more than 5 minutes to complete. Your feedback would be invaluable in helping to collate evidence to inform their political influencing, campaigning and communications work.

Click [here](#) to take part in the survey.

Annual Police Plan 2018/19

Police Scotland is currently developing the 2018/19 Annual Police Plan which will be laid before the Scottish Parliament at the end of March.

The plan has been shaped around the areas of focus within the Policing 2026 strategy 'Serving a Changing Scotland' of prevention, protection, communities, knowledge and innovation. It sets out the policing priorities for 2018/19 and summarises the planned activities to address these priorities.

They are keen to engage with you as partners and offer you the opportunity to comment on extracts from the draft plan via Citizen Space [survey](#):

They would appreciate if you could consider the information within the survey and provide feedback by 21 February 2018. Your feedback will be very useful as they develop the final version of the plan in March 2018. If you have any queries regarding this engagement phase, please contact Sergeant Keith Forrester via strategicplanningdevelopment@scotland.pnn.police.uk.

Electoral Reform in Scotland – Public Consultation

The Scottish Government has launched a public consultation to explore electoral reform. They are keen to elicit views on a number of issues related to Local Government and Scottish Parliament elections, including: how often these elections should be held; who runs these and how they are run; who can register and vote; and who may stand for election.

The consultation paper and online response system can be accessed [here](#). The consultation is open until 12 March 2018 and further information is available from the [Elections Policy Team](#).

Scottish Parliament Local Government and Communities Committee – Opportunity for Young People (12–25)

Youth workers across Scotland are being invited to support the young people that they work with to complete a short online survey about proposed changes to the Scottish Planning System. The survey has been designed by the Scottish Parliament’s Local Government and Communities Committee. The survey is for young people aged 12-25 and is available to complete until 12 noon on Monday 5 February.

Decisions on where to build new homes, offices, factories and what parks and green spaces to protect from development are all made through the planning system. Therefore it impacts on everyone. The proposed changes would seek to give young people and communities more say in the planning system. The questions in the survey will help the Scottish Parliament to better understand young people’s views and experiences. Access to the survey is available [here](#).

Education & Training



Attracting & Supporting Your Volunteers training

28 February or 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.

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

Orkney Islands Council, School Place

20 February 2018	2.30pm – 4.00pm
19 April 2018	10.00am -11,30am
13 June 2018	10.30am – 12 noon

NHS Orkney, Balfour Hospital

25 January 2018	11.30 am – 1.00pm
6 February 2018	12.30pm – 2.00pm
15 February 2018	11.30am – 1.00pm
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](#).

FREE training for committees/Boards who are HIE account managed

Do you need any training for your committee/Board, delivered in your parish or island in these areas: Financial understanding; managing staff; knowing your trustee responsibilities and liabilities; understanding different legal structures; demonstrating your successes; or managing volunteers?

VAO have been contracted by Highlands and Islands Enterprise to deliver a suite of training courses to enhance the skills of their account managed organisations. We have a whole year to run under this contract, so do take the opportunity of the free training whilst it is available!

Go on, you know it will be worth it! Take a look at this [leaflet](#) and if there are any questions or concerns, then pick up the phone or the mouse and speak to [Edwina](#) at VAO on 872897.

Business Gateway free workshop programme Jan – Mar 2018

Business Gateway are running a number of free [training sessions](#) in early 2018. Sessions include:

- New business start-up (2 days)

- Record Keeping
- Cloud for business essentials - DigitalBoost
- Paid for advertising (Intermediate) - DigitalBoost
- Keep your business safe online (Cyber security essentials) - DigitalBoost
- Getting started with your business plan
- Facebook for business (Intermediate) - DigitalBoost
- Producing engaging online content (Intermediate) - DigitalBoost
- Digital marketing strategy - DigitalBoost
- Improving your negotiating skills
- Marketing
- New business essentials
- Becoming an employer

Please contact Business Gateway by [email](#), phone on 01856 898595 or visit the office at 14 Queen Street, Kirkwall, to book your place. Please note booking in advance is essential due to limited capacity. Click here to book [direct](#).

Dates for your Diary

Thursdays at the Stromness Eventide Club

Come along to the Thursday Club from 3.45-4.45 at the Eventide Club, Stromness for.....

Board games, skittles & quizzes galore,
Come along have a cuppa and find out more!
Beetle drives & Countdown, to name but a few,
Of the numerous laughs we have for you!



Please contact Brian or Arlene at [VAO](#) on 872897 for more information.

Focus on.....Marie Curie Care

This month, Linda Lennie, Chair of the Orkney Fund Raising Group for Marie Curie Care, tells us about the vital work of her organisation.

Please sum up the main role of your organisation.

Marie Curie Care provides nursing and emotional support for terminally ill people to enable them to remain at home with their loved ones until the natural end of life.

Now sum up in three words.

Care Compassion Support

What are you working on just now?

The work of Marie Curie and Marie Curie Nurses is ongoing, the main hub of which is providing care at home. In a recent survey 97% of people asked said that when their life drew to a natural end they would like it to be at home in their own bed and surrounded by their family. Everyone who needs it has the right to palliative care. Death and illness is not a subject we like to talk about but it is inevitable and it is a comfort to know support is there.

How many staff and volunteers does your organisation have?

We have 3 Marie Curie Staff Nurses and 2 Health Care Assistants working in Orkney who are paid staff. We also have 10 dedicated members of the Fund Raising Group who are volunteers.

Are you looking for volunteers? If so, who are you looking for?

Yes we are. Our Treasurer is resigning in May due to ill health so we are desperately in need of a replacement. Training will be given in the use of the online recording system, being a small group it is not a difficult role.

We are also looking for people to help with fund raising, we would like to have a bank of volunteers we can call on when needed. If anyone would like to help but feel they do not have to commit on a regular basis but who could help occasionally we would be delighted to hear from them.

Roughly how many people use your service annually?

During 2016/17 the nurses supported 9 patients providing over 1200 hours of care, that does not include the support given to immediate and extended family. A terminal diagnosis not only affects the person and immediate family but also the extended family, friends and the community in which they live and work. If they all know that the person is being given the best possible care it makes it slightly easier to deal with. Anyone who has had to deal with a terminal diagnosis knows the shattering impact it has on family and friends.

How long have you been operating in Orkney?

In 2013 Dr Trevett from Stromness Surgery arranged for the services of Marie Curie to be used in Orkney, he provided half the cost of the service and Marie Curie provided the other, in order for this to happen we have to fund raise.

Please give an example of how your organisation has helped an individual service user.

The easiest is to quote a family member of a patient:- *'The work of Marie Curie Nurses is indescribable, knowing that my loved one was being taken care of at night meant I could have a sleep and then I could cope with the days. The emotional support we all received helped us through some very dark times.'*

How do you think people perceive your organisation? If you think they have the wrong perception, now's your chance to put them right.

The change of name and services provided. Marie Curie has been associated with Cancer Care since 1948 and they were world leaders in that field. In 2015 they moved from only cancer care to all terminal illness and changed the name to Marie Curie Care, it is taking time for people to grasp the wider remit.

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

Spread the word that we are in Orkney and what we do.
HELP BRING LIGHT INTO DARKNESS.

Where would you like to see your organisation in 5 years' time?

Providing care and support in all of Orkney, no matter where you live if you need the service it will be provided.



Linda raising funds at the 2017 Charities Christmas Bazaar

What would you do with a donation of £1,000,000?

Provide nursing hours to all who need it no matter the location. I would use some of the money to provide memory boxes and pamper boxes to families who use the service.

What's the best thing about working for your organisation?

Knowing that the work we do helps so many at a stressful time.

What's surprised you most while working for your organisation?

How wonderful people are at time of crisis.

What's the most important thing you've learnt while working in your organisation?

That people's generosity never ceases to amaze me.



Linda Lennie: dancer@tesco.net

Facebook: Marie Curie Orkney

National Website: www.mariecurie.org.uk