

Newsletter January 2019

VAO News

Enhancing Wellbeing in Our Island Communities

This month we are excited to announce the start of the Enhancing Wellbeing in our Islands Project, funded by the Aspiring Communities Fund. This innovative project aims to support the Development Trusts on the islands of Hoy, Rousay, Egilsay and Wyre, Sanday, Shapinsay and Stronsay, to help these communities to access activities and services designed to enhance older people's health and well-being.

You may have seen the recent adverts for Wellbeing Co-ordinator roles for these Islands. These posts will be key going forward, and we are looking forward to increasing residents' access to existing services, and identifying and addressing gaps in service provision in these isles through these roles.

By encouraging the development of new initiatives by community groups and businesses, and assessing and creating capacity for service users to influence and develop those services, we aim to begin to address some of the concerns raised by local residents as part of recent research into Community-led care in the non-linked Isles.



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future

Youth and Philanthropy Initiative 2019 – Charity involvement

Voluntary Action Orkney have been approached by local secondary schools to help identify 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 among young people about philanthropy.

S3 pupils from secondary schools throughout Orkney will be involved in the project to consider the needs of their local community and identify a grassroots social service charity, (registered with OSCR*) they believe make a positive contribution.

Participating students will work in small teams and learn how to study the 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.

Following KGS YPI's success, Relationship Scotland Orkney, commented: *"We are so incredibly proud and chuffed with how well our YPI team did. It was brilliant to see how they had taken the information we gave them and turned it into an outstanding presentation... The skills and enthusiasm the team demonstrated was beyond our expectations and wowed the audience and judges. The money they won for us will make a huge difference to the families we are working with."*

Awards received to date are as follows

2016	Kirkwall Grammar School	YPeople
	Stromness Academy	MS Society
	Westray Junior High	MS Society
2017	Kirkwall Grammar School	RNLI
	Stromness Academy	Women's Aid
2018	Kirkwall Grammar School	Relationships Scotland Orkney (pictured below left)
	Stromness Academy	Vital Talk Orkney (pictured below right)



2019 Charity Fair Dates

Stromness Academy: Wednesday 27 February 10.30-12.30

Kirkwall Grammar School: Friday 22 March 9.35-12.20

If you would like to register your organisation to be involved please contact [Laura](#) at VAO on 872897.

*(*Please note: 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.)*

Local News

Who's behind the Blue Door?



Mixed Hockey

4 – 9 February

ASHA

11 – 16 February

Orkney Sub Aqua Club

18 – 23 February

Smiddy Brae

25 February – 2 March

Also in the News

CyberFirst Girls Competition 2019 – a chance to shine

A new [blog post](#) has been published on the NCSC London (National Cyber Security Centre) website ahead of the CyberFirst Girls competition online round later this month. The blog post also

discusses an extra incentive for teams to get involved with 600 free spaces up for grabs at a tailored CyberFirst course later in the year. Visit the CyberFirst [website](#) for more information.

Have your say



Suicide prevention training needs

The members of Choose Life want Orkney to be a place where help and support is available to anyone experiencing poor mental health/wellbeing and contemplating suicide. To this end they are looking to assess the suicide prevention training needs across Orkney and would be very grateful if you could please take a few minutes to complete their short online survey which you can access [here](#).

All responses are anonymous and the information gathered will be used to help develop the local Choose Life suicide prevention programme. Please answer the questions as honestly as you can. By completing this survey you are giving consent to your responses to be analysed. The results will be included in publically available local and national evaluation reports.

Please feel free to share this survey link as widely as possible as the more responses we receive the better.

Please note completed surveys need to be returned by 7 February.

Charity Law Consultation

The Scottish Government made a commitment in the 2018-19 Programme for Government to consult on updating charity law to promote transparency and accountability, to ensure the public continue to have confidence in charities and the Scottish Charity Regulator.

The consultation is now live on the online consultation hub and can be accessed [here](#): Click [here](#) for a press release.

The consultation is open until 1 April.

Scottish Psychological Trauma and Adversity Training Plan Consultation Launch

On 25 May 2017 the Scottish Government/NHS Education Scotland (NES) published 'Transforming Psychological Trauma: A Knowledge and Skills Framework for The Scottish Workforce'.

This work was commissioned to support the development of a trauma-informed workforce and services in line with priorities to support survivors of childhood abuse. The framework also has wider applications for people affected by all forms of psychological trauma at any stage in life, and is aligned with the Scottish Government Programme for Government commitment to prevent and address adverse childhood experiences.

The Transforming Psychological Trauma Framework is designed to increase understanding of trauma and its impact across the broad Scottish workforce. It lays out the essential and core knowledge and skills needed by all tiers of the Scottish workforce to ensure that the needs of children and adults who are affected by trauma are recognised, understood and responded to in a way which recognises individual strengths, acknowledges rights and ensures timely access to effective care, support and interventions for those who need it.

After publication of the Framework, the Scottish Government commissioned NES to develop and design a Trauma Training Plan in collaboration with a range of key partners to guide implementation of training for the Scottish workforce.

The [Scottish Psychological Trauma and Adversity Training Plan](#) is a companion document to the [Transforming Psychological Trauma Framework](#). It has the goal of providing guidance and outlining the steps that can be undertaken within and across organisations, services and agencies to develop, commission and embed the use of high quality trauma training.

The Trauma Training Plan also proposes organisational and leadership structures which are likely to support the development of a trauma-informed workforce.

The Training Plan is currently at the consultation stage. The Scottish Government and NES would therefore welcome hearing your view on a number of aspects of the plan.

To submit feedback, please follow the link to the [consultation document](#). The closing date for feedback is 22 February.

If you require further information please contact the project lead, [Sandra Ferguson](#), or visit the [webpage](#) for further information.

Volunteering opportunities



VAO are looking for Reception Volunteers to Join the Administration Team.

Voluntary Action Orkney is looking for committed volunteers who would like to develop and enhance their administration and reception duty skills. The volunteer receptionist will welcome all visitors to Anchor Buildings, answer and transfer telephone calls to VAO staff, keep the reception area tidy, ensure publications are displayed effectively and kept up to date, and assist the administrative team as required, including the circulation of in-coming mail and posting of out-going mail, photocopying, laminating , binding etc.

The available sessions are Tuesday, Wednesday and Thursday from 1 to 5pm, although we can be flexible on this. Reasonable out of pocket expenses will be reimbursed.

If you are a good communicator, reliable, have a mature and responsible attitude and are keen to develop your skills in a busy but friendly business environment, whilst receiving excellent training and support then this is the role you are looking for!

For further information please contact [Ingrid](#) on 872897.

OHAL seek new management committee members

Orkney Housing Association Limited are looking for new management committee members. Committee members are responsible for determining strategy, developing policies and for the overall management of the Association but are not involved in day to day operations.

If you are interested in social housing and would like to make a difference in your local community contact [Mhairi Hughes](#) on 875253.

For details of other volunteering opportunities, please visit the VAO website or contact Rob on 872897.

Education & Training



Cyber Sense Training

12 February 12.30-1.30 or 3.30-4.30, Orkney Library and Archive, Kirkwall

13 February 12.30-1.30 Northlink Ferry Terminal, Stromness

Cyber Sense Training consists of a 1-hour interactive session designed to provide fun and memorable training on how to our everyday actions help protect our organisation (and ourselves) from cyber threats. The training is free and open to all.

Please click on the links to register online:

[Kirkwall](#)

[Stromness](#)

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 15 February

Friday 17 May

Friday 13 September

Friday 22 November

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

Safer Internet Day: Tuesday 5 February 2019



Safer Internet Day 2019

Tuesday 5 February

Together for a better internet

To help schools, youth groups, police services, libraries and wider run activities for Safer Internet Day, Saferinternet have created Education Packs, with complementary SID TV films out now.

These are tailored for 3-7s, 7-11s, 11-14s, 14-18s and parents and carers, along with some guidance for educators.

These [free packs](#) include lesson plans, posters, presentations, activities and more!

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

HomeStart Fundraisers

Charity Dance - 16 February at the Standing Stones Hotel, Stenness

Featuring a beginners jive class from 7-8pm and music from The Polkadots from 8pm-11pm

Door Entry £5 (kids go free)

For further details contact [Steve](#) on 07840 090038



Bingo night 22 February at the Harray Hall.
Doors open at 7pm ready for 7:30pm start
Everyone welcome!

Focus on.... Orcadian Story Trust trustee Fran Flett Hollinrake

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 Orcadian Story Trust trustee Fran Flett Hollinrake.

Please sum up the main role of your organisation.

The Orcadian Story Trust aims to promote, support and develop storytelling in Orkney through events and the annual Storytelling Festival.

Now sum up in three words.

Supporting Orkney storytelling.

How long have you been a trustee?

We have just had our ninth festival, so about 10 years. Our latest festival was a great success and we even had people travelling up from London to attend! We have built up a wider appreciation of what we do, so as a trustee that is very good news.

What made you become a trustee?

First and foremost it was purely selfish! I wanted to do more storytelling and there wasn't an active, existing organisation in Orkney that I could do that with. So along with a group of like-minded people I helped to revive the Orcadian Story Trust to put on events, and also to contribute something to Orkney culture and the community.

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

I think the most satisfying thing is seeing the work you do come to fruition. Seeing the reaction of the audiences to the storytelling is really satisfying.

What's the worst?

It can be a lot of work, especially if you have a full-time job, and sometimes feels like a thankless task. Trying to keep people motivated and keeping them engaged can be a bit of a big load, but we have a good committee who engage fully with what we do, so that makes things a lot easier.

What's surprised you most about being a trustee?

Actually that I am considered one! Originally I was a storyteller who wanted to get things done and now I am a committee person as well!

What's the most important thing you've learnt while being a trustee?

Delegate. That was hard at first but it has to be done so the tasks get spread about, and the committee can progress. Developing good systems is really important as they make things much easier - it means you don't have to reinvent the wheel for every event.

How do you think people perceive your organisation?

I'm not sure people realise what we are and what we do. They are probably aware of the Storytelling Festival but not of the other events we organise and work we do. Hopefully this may go a little way in addressing that.

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

Come to storytelling events! From that will come the enthusiasm to be involved in what we do and a recognition that it is important to Orkney culture.

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

At the moment we are lucky enough to have a full complement of board members, but please get in touch with us if you want to know more about us.

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

It's a really good way of giving back and contributing to your community. It is also very satisfying and you get a feeling of achieving something that is slightly out of the normal run of things you do in everyday life. You feel that you are making a small impact on the world.