

# Newsletter July 2015

## VAO News & Services

### Saltire Award Congratulations

Aaron Scott recently received his 500 hour Saltire Award for volunteering at the Youth Café, Sea Cadets and OYDG (Orkney Youth Development Group). Aaron is pictured alongside Gemma Gunn and Carrie Rendall, staff from the Youth Café.

Voluntary Action Orkney is pleased to support young people to get involved in the Saltire Awards. Laura Leonard, Youth Development Worker said,

*"A growing commitment from young people in Orkney to volunteer in their communities is resulting in skills being shared, friends being made and great experiences being gained. Aaron has showed enthusiasm and motivation when volunteering with various organisations and gaining his 500 hour Saltire Ascent Award is a token of thanks and recognition of his achievement. I look forward to keeping in touch with Aaron to see what he achieves next."*



### Young Orkney Volunteer Wins a National Award



Julia Thain has won the Generations Working Together Intergenerational Young Volunteer Award. She was presented with her award at Eunson Kloss by Councillor John Richards who congratulated her on her achievement. The residents of Eunson Kloss also presented Julia with chocolates and flowers to show their appreciation for all she does for them.

Julia attends the VAO Connect project and volunteers with two Intergenerational Befriending Projects, 'Friday Friends' and 'Tuesday Folk', at Eunson Kloss very sheltered housing complex. Julia was nominated for the Generations Working Together Recognition Awards 2015 for the Young Intergenerational Volunteer Award as she has proven to be a valuable contributor to both projects. During the sessions Julia has demonstrated a natural ability to engage with the residents and has a caring and empathetic nature. She has worked

with both staff and other volunteers to ensure that the activities are fun and engaging for the residents and as her confidence has grown she has taken the lead in delivering some of the reminiscence sessions. Not only is Julia giving her time and engaging positively within her local community but she is gaining knowledge about local history and heritage that she will be able to pass on to others whilst ensuring that resident's memories are preserved for the future.

Linsey Drever Adult Befriending Service Co-Ordinator said... "Julia has effortlessly overcome any perceived barriers between the generations and is continuing to have a very positive impact in the groups she volunteers for. This award is well deserved..."

For information on the Connect Project, Befriending or Youth Development Work, please contact [VAO](#) on 872897.

[Generations Working Together](#) provides information, delivers support and encourages involvement to benefit all of Scotland's generations, by working, learning, volunteering and living together.

## Office space available

Are you looking for office space that's flexible, at competitive third sector rates?

Space has become available in our shared buildings for voluntary or community groups or social enterprises. You'll benefit from working alongside other voluntary organisations on a daily basis as well as a range of other benefits including:

- a reception service
- access to meeting rooms free of charge
- access to window display space free of charge
- the use of office equipment including colour photocopier, laminator, shredder and binder etc
- access to a franking service offering reduced postage costs
- a contact point and mailing address for your service



Whether you need a permanent office or a space to work from on an ad hoc basis, we can help. Contact us to discuss your requirements – 01856 872897, email [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk)

## Have your say....

### Fulfilling the dreams of life limited and seriously ill children

Dreams Come True Scotland fulfil the dreams of life limited and seriously ill children and young people between the ages of 2-21. A dream can be anything from swimming with dolphins, special family days out, meeting favourite celebrities or specialised equipment such as wheelchairs or eye gaze units. Fulfilling a dream can help a child or young person to think beyond their illness or disability and focus on something highly positive and empowering. The experience can create amazing memories for entire families and friends. Dreams Come True Scotland are looking to help life limited and seriously ill children in Orkney.

Anyone can nominate a child or young person for a dream. Dream children are nominated by parents, extended family, medical professionals, social workers and friends or they can nominate themselves. Click [here](#) for details on how to nominate a child. If you are an individual or organisation that could volunteer or work with us, please contact [Claire](#) at Dreams Come True Scotland.



## Creating a Fairer Scotland: Employability support – A discussion paper

From 1 April 2017, Scotland will have the power to design and deliver its own employability services for disabled people and those at risk of long-term unemployment. This paper seeks the views of those with an interest in employability services in Scotland, and everyone who has an interest in building a Fairer Scotland.

The Discussion paper and Respondent Information Form and Consultation Questions can be accessed from the Scottish Government [website](#).

## Do you work in a Third Sector Interface or run a village hall?

The Office of the Scottish Charity Regulator (OSCR) are looking for help in improving their understanding of the issues facing village halls. This is with a view to OSCR producing guidance for the several hundred such charities on their Register, many of whom are seeking to make changes, either to their legal structures or constitutions, only to discover that they don't have the power to do so.

To make sure that their guidance covers the important and most common issues faced by village hall trustees, they are conducting a survey to seek your views. Please click [here](#) for more information and [here](#) to complete the survey.

## Orkney Health and Care Survey – Suicide Prevention and Awareness in Orkney

Orkney Health and Care is seeking views on suicide prevention and awareness in Orkney and has developed an online survey which can be accessed [here](#). More information can be found in their recent press [release](#). The survey closes on 17 August.

The survey itself contains information about the services and helplines that can help with the immediate risk of suicide, or with the sort of issues that may have led to the thoughts of suicide. The helplines include:

Breathing Space: 0800 83 85 87  
Samaritans: 08457 90 90 90  
Orkney Blide Trust: 01856 874874  
Childline: 0800 11 11 ([www.childline.org.uk](http://www.childline.org.uk))

More information, including downloadable booklets outlining sources of local and national support, can be found at [www.orkney.gov.uk/chooselife](http://www.orkney.gov.uk/chooselife)

## Orkney Local Development Plan

Orkney Islands Council's Development and Infrastructure team have recently published a Main Issues Report, a Monitoring Statement and an Environmental Report which are available to view [here](#).

The Main Issues Report (MIR) sets out the planning issues facing the County for 2016 to 2021 and looks at a number of policy and allocation options that could be taken forward in a new Local Development Plan. The Monitoring Statement is the main evidence base for the Local Development Plan review process and includes early consultation, changes to national policy and guidance as well as social, economic and environmental changes in Orkney since the last Local Development Plan was prepared. It also examines the impact that the policies and proposal of the existing Plan have had. The Environmental Report identifies, describes and evaluates the likely significant effects of implementing the various options which are presented in the MIR and has informed the drafting of the MIR.

The consultation commenced on the 8 July 2015 and will run until 5pm on 16 September 2015. Comments should be made in writing to Mr Stuart West, Planning Manager, Development and Marine Planning Team, Orkney Islands Council, School Place, Kirkwall, KW15 1NY or by [email](#).

## Education & Training Opportunities

### Child Protection Training

Please see the [Briefing Paper](#) on Child Protection Training Circulated with this month's newsletter. The document provides information on local and national training opportunities.

### Legal Management Structures

SEGO (Social Enterprise Group Orkney) are considering holding a training session on Legal Management Structures for Social Enterprises. This would potentially cover the following:

- Overview of legal forms of constitution - e.g. CICs, SCIOs, Co Ltd by Guarantee, Charity, etc
- What each of the above can and cannot do, particularly in terms of trading
- Directors' responsibilities
- Staff responsibilities

Interested? Please let [Hannah Ker](#) know by 5 August on 872879.

## Volunteering Opportunities



### Home-Start Orkney Family Support Volunteers

Home-Start is the UK's leading family support charity and Home-Start Orkney has been on the go for over 14 years. The scheme was recently awarded a grant from the Big Lottery Fund to develop the service to the isles; previously most of their voluntary work was on the mainland.

To provide the service Home-Start will train volunteers who then offer support in the family home to parents of young children who are experiencing difficulties. Some parents struggle with isolation, post-natal depression, or just the general demands of coping with young children and would benefit from a couple of hours of practical or emotional support once a week to assist with parenting skills or to improve their confidence and well-being.

Families can self-refer, but many of our referrals come through Health Visitors, nurseries, Home-Link, etc.

Volunteers should have parenting experience and will be provided with training before being matched with a family. Home-Start co-ordinators offer on-going support and supervision to the volunteers.

For more information on volunteering with Home-Start please contact [Erika Copland](#)

## Dates for your Diary

### Artistic not just Autistic: 15 August, St Magnus Centre

The Aspergers and Autism Support Group are holding an event in the St Magnus Centre from 1.00 to 5.00 on Saturday 15 August. There will be jewellery, cards, carvings and other art works on display, along with bric-a-brac tables and a raffle. You will be able to enjoy a cuppa and cake while listening to some great music and browsing the art work.

For more information please contact [Chris Mighall](#) on 07502 093367.

### Touched by Suicide: 14 September, Orkney Blide Trust

There have been a number of requests to VAO and the Blide Trust recently for help to set up a support group for those bereaved by suicide. To explore this further, Orkney Blide Trust have been in touch with a Glasgow based organisation, "Touched by Suicide" <http://touchedbysuicidescotland.org> and they are able to visit Orkney in September.

They exist to meet the needs and break the isolation of those bereaved by the suicide of a close friend or relative. They will be at the Orkney Blide Trust on Monday 14 September at 6.30pm for an open meeting for anyone interested in the concept of starting a similar self-help group in Orkney.

To indicate your interest in this open meeting, please contact [Edwina Lloyd](#) at Voluntary Action Orkney on 872892.