

Newsletter July 2016

VAO News & Services

Saltire success for Devon

Devon Nicholson is pictured receiving her 100 hour Saltire Award for volunteering with Home-start Orkney.

Devon is joined by Douglas and Shannon, who she helps access the pool, and Erika Copland from Home-start. Douglas and Shannon's mum says *'She's made a big difference, both of them are much more confident, particularly Douglas'*. Well done Devon!

Funding & Finance

The funders are coming!

Save the date! On the **6 September** the Big Lottery, Scottish Land Fund and LEADER will all be in one place. To find out more please contact [Meghan](#) our Funding and Development Worker. There will be more information soon, but for now put the date in your diary!

Changes to fundraising regulation in Scotland

An enhanced model for charity fundraising regulation in Scotland will see more responsibility placed on charities and the Scottish charity regulator, OSCR, to encourage good practice. The move follows an extensive period of consultation with the third sector and the public, led by the Scottish Fundraising Working Group which was convened by the Scottish Council for Voluntary Organisations (SCVO).

The vision is to create a fundraising regulatory system for Scotland which commands confidence in charity fundraising, inspires public trust and promotes good fundraising.

A new independent panel comprising members of the public, donors, charities, fundraisers, OSCR and the Scottish Government, will be convened to develop a robust set of standards for all charities, setting a high bar for fundraising in Scotland.

In addition, a new free phone fundraising complaints line and website has been launched to provide guidance to members of the public on how to raise complaints. Click [here](#) for more information.



Legislation & Guidance

OSCR social enterprise guidance

Scotland's Charity Regulator, OSCR, has published [new guidance](#) for Social Enterprises thinking about becoming a charity in Scotland.

The Social Enterprise in Scotland Census 2015 found that there are around 3,500 Social Enterprises registered as charities in Scotland.

The new guidance, set out in the form of FAQs, addresses some of the questions applicants have about becoming a charity, as well as some of the issues OSCR frequently sees in applications from Social Enterprises.

If you're thinking about setting up a social enterprise or a charity, please contact [Meghan](#) at VAO for advice and support.

Local Third Sector News

Who's behind the Blue Door?



Rendal Kirk

1 – 6 August

John Rae Society

8 – 13 August

Good Companions

15 – 20 August

Orkney Diabetes Group

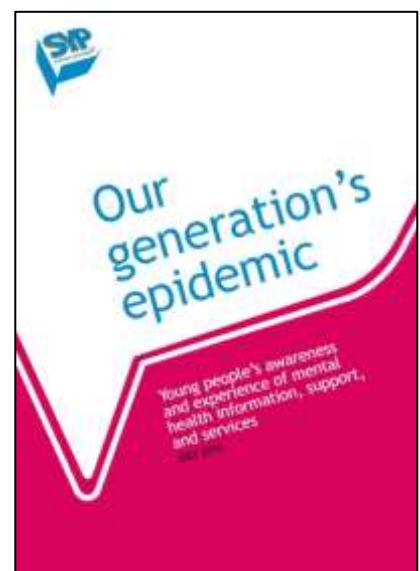
22 – 27 August

Also in the news

Our Generation's Epidemic

The Scottish Youth Parliament (SYP) has released one of the largest research reports specifically looking at young people's mental health in Scotland. Titled Our Generation's Epidemic, the research comprises of 1,483 responses from young people aged 12 to 25, and captures their experience and awareness of mental health services and information. The report has found that 74% of young people surveyed did not know what mental health information, support, and services were available in their local areas.

Please click [here](#) for the full report.



Development Trust reviews

Education Scotland, in partnership with Development Trust Association Scotland (DTAS), undertook three reviews of Development Trusts in early 2016. Development Trusts are community owned and led organisations that deliver services to local communities across Scotland. There are over 400 Development Trusts in existence.

Three Development Trusts volunteered to be part of a review process with HM Inspectors, Inverclyde, Huntly and Mull and Iona. Each organisation produced a self-evaluation and engaged in dialogue with HM Inspectors. In each of the reviews, inspection teams visited a wide range of provision. At the end of the review week, HM Inspectors reported the findings to those involved.

The reviews can be found on the Education Scotland [website](#).

People Connect

Do you work in Health and Social Care? Would you like to connect with colleagues across Scotland? If yes, then check out [People Connect](#). People Connect is a social networking directory for health and social care staff working in Scotland which can be joined by both non-NHS staff and NHS staff. So this means you can connect with colleagues across Scotland in the NHS, healthcare, social care and the third sector.

Volunteering opportunities

Marie Curie need volunteers for the shows

Marie Curie have been in touch to see if anyone would be interested in helping out at any of the agricultural shows in August. They need volunteers to help out on the stands for a couple of hours. The dates of the shows are:

- East Mainland Show – 6 August
- South Ronaldsay and Burray – 10 August
- West Mainland Show (Dounby) – 11 August

This is a great chance to help out with a fantastic organisation at one of Orkney's famous agricultural shows. If you are interested please contact [Rob](#) at VAO or [Sara Duncan](#) at Marie Curie.

Police Scotland Youth Volunteers need Adult Volunteers

Police Scotland Youth Volunteers (PSYV) is a uniformed youth organisation designed to provide a safe environment in which young people can learn as individuals, develop positive relationships with the police and actively support their local community.

PSYV aims to prepare young people for their future by providing varied activities and opportunities to develop qualifications, enhance inter-personal skills and confidence and achieve a sense of pride through supporting opportunity policing.



Adult Volunteers are needed to support and supervise the young people on the programme. Adult Volunteers have various delegated functions/roles including but not limited to: Chairperson; Treasurer; Secretary; Child Protection Officer; Media Officer; Events Officer; Awards & Accreditation Officer; Drill Instructor; Fitness Instructor ; Fundraising Officer.

If you are interested in taking part in this fantastic and worthwhile programme please contact [Rob](#) at VAO on 872 897 or [PC Joanna Murray](#) at Kirkwall Police Station.

Help others with your computer skills!

Are you computer savvy? Would you like to help older folk develop and improve their computer skills?

The Learning Link will be running a Senior Computer Club from 6 October 2016 to 30 March 2017 on Thursday afternoons between 1.30pm and 3pm.

We need helpers to come along and pass on their experience and skills to the club members. If you think this is something you would like to be involved in please contact [Rob](#) at VAO on 872 897.

Secretary needed by Stroke Support Group Orkney

A secretary is needed to attend three meetings a year to take minutes, notify members of meetings and venue and carry out other admin tasks. The ability to access and send emails and some basic IT skills and good concentration levels would be an advantage. Training will be provided by the outgoing secretary and other committee members. Interested? Please contact [Rob](#) at VAO.

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

Have your say.....



Orkney – Community Learning and Development – Training needs survey

Are you involved in Learning and Development within the community here in Orkney? For example, do you volunteer at your local Guide or Scout group, run the local Playgroup, are involved with music, arts, sports or drama groups, or work in training in any organisation or support body in Orkney?

If YES, then you are involved in community learning and development and your training needs are very important to the Strategic Community Learning Group.

We have compiled a short Survey Monkey (only 8 questions and 1 comment) for you to complete to detail the learning you feel you would like to have or the learning you would feel able to share with others.

Please take this [link](#) to the survey, complete the 8 questions and press done - job done!

Anonymised information will be collated and presented in a report (this will be available on the VAO website) to inform future training courses, workshops or eLearning throughout the county, for community learning and development volunteers and workers.

Survey closes Friday August 26 2016.

National Training Framework for Trauma and Complex Trauma

The Scottish Government has commissioned NHS Education for Scotland to develop a National Training Framework for Trauma and Complex Trauma.

The purpose of this Framework is to support staff and organisations in all sectors of care (including health, social care, statutory, independent and third sector services) to provide effective and accessible services to adults and children affected by abuse, neglect and other forms of trauma through training and learning opportunities.

The first stage in the process is to understand the current training and qualifications of the workforce relevant to working with survivors. If you work with people affected by trauma, please take a few minutes to complete the [survey on trauma training](#).

The results of this survey will be collated and analysed, and used to inform the development of the National Training Framework for Trauma. NHS Education for Scotland will not publish information which identifies specific services, department or agencies.

If you would like to complete the survey by telephone or another format, please contact [Sandra Ferguson](#) on 07792 651309

Strategic Police Priorities Consultation

Following their initial programme of engagement centred on the question 'What are your priorities for your police service?' the Scottish Government has this month launched its formal consultation on draft Strategic Police Priorities. Please follow the links for the [press release](#) and to [respond to the consultation](#).

The consultation will be open for responses until 16 August 2016

Scottish Fire and Rescue Service Strategic Plan 2016-19 – Consultation

The Scottish Fire and Rescue Service has published its draft Strategic Plan; 2016-19 and invite you to review the Scottish Fire and Rescue Service draft Strategic Plan 2016-19.

They would like to hear your views to help them to critically assess their performance and continuously develop and improve the services provided.

Please click [here](#) to complete the consultation which is open until 9 August 2016.



Self Management Scotland Network: Self Management Awards 2016

The annual Self Management Awards will be held on Tuesday 4 October 2016 at the Garden Lobby, Scottish Parliament, Edinburgh.

Has a truly powerful partnership helped you to self manage? Nominate them today to recognise their excellent work and share the good practice throughout Scotland.

You can submit a nomination to the following categories:

- Self Management Supporting Health and Social Care Partnership of the Year
- Self Management Project of the Year
- Self Management Supporting Community of the Year
- Best Self Management Resource
- Individual Transformational Story of the Year
- Innovative Partnership Idea of the Year

For more information or to download a nomination form, please click [here](#). The closing date for nominations is 5 August 2016.

Third Sector Forum

The Third Sector Forum met this month. Members discussed the ongoing review of the structure and remit of the Third Sector Forum and Third Sector Working Group and received a presentation from Gillian Learmonth (Planning, Performance and Information Office, Community Justice) on the Orkney Community Justice Partnership along with an update from Rosemary Colsell (Acting Procurement Management, Orkney Islands Council) on OIC's Meet the Buyer event on 25 August.

The next meeting of the Third Sector Forum will take place on **Thursday 22 September** at 11am in the McGillivray Room, Kirkwall Library and Archive. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

Education & Training



Adult and Child Protection in Orkney

Child and Adult Protection are areas that we are all aware of in our community. The Adult and Child Protection Committee intends that all staff and volunteers who work for partner agencies should be aware of issues around adult protection and understand what action to take if adults are at risk of harm. They have produced a training CD Rom with the aim of providing this information in a format which is accessible in the workplace and for individuals or groups in the community. It is hoped that as many staff/volunteers as possible will be given the opportunity to work through the CD Rom and subsequently to discuss any questions or concerns with a line manager, fellow committee member or Service Manager (Adult Social Work Team). Copies of this CD Rom are available for voluntary organisations from [Edwina](#) at VAO.

A CD Rom was previously used for step 1 Child Protection training (Awareness) but has been superseded. Please see VAO's [Briefing Note](#) for full details of options available for this awareness training (Step 1).

Dates for your Diary



Self Management Network Scotland Roadshow 2016: First Meeting of the Orkney Self Management Network?

Wednesday 24 August 2016: 1.30pm-5pm

Garden Room, King Street Hall, East Church, King Street, Kirkwall KW15 1JF

Self-managing a long term condition does not mean being left to manage on your own. Being supported to self-manage by health workers, carers and by other people living with long term conditions can be key to helping you live a better life on your own terms. We can work together to make sure that everyone living with a long term condition in Orkney is supported to self-manage.

Join us at this free event to discuss with others how a Self-Management Network in Orkney can benefit people living with long term conditions. Lunch will be provided.

Who is this event for?

- People living with one or more long term condition/s
- Carers
- Health professionals
- Social care professionals
- Third sector workers
- Anyone interested in promoting the self-management of long term conditions

What will be expected of me?

We hope everyone will be happy to participate in the event but you only need to contribute where you feel comfortable. There is no need to share any personal information about yourself or your health condition- we will be talking generally about approaches to self-managing long term conditions and how people can be supported.

Let us know you're coming!

If you would like to attend or have any questions, please get in touch with [Lara Murray](#) on 0141 404 0231 or 07701 289 590 providing your name, e-mail address and/ or contact telephone number and any diet or access requirements.

ROAR: 19 August 2016

The third Loud n Live concert organised by VAO's ROAR group will be held on 19 August in Matchmakers. Come along to hear music performed by Orkney acts old and new with proceeds going to Women's Aid Orkney. For more information or to book at ticket please contact [Brian](#) on 872897.

VAO Service of the month

Funding Advisory Service

The Funding Advisory Service can offer you tailored and ongoing support for your project or organisation. Whether it is looking for funders, helping to shape and develop your outcomes or just looking over an application, the service is here for you and free of charge. Our Funding and Development worker, [Meghan](#), is also happy to look over funding applications if you would like someone to read them before you send them. Whether you are an established group or looking to get started, we would love to hear from you.

ROAR
LOUD N' LIVE 3
Matchmakers - 19th August
Doors 7:00pm - Music 7:30pm - £10

Bad Apple The Chair Cosmic Soup Valhalla
The Eastie Boys Rysa Maggie & James
Camron & Aaron The Aims Stella & Connor

Charity Auction hosted by Graham Low
Proceeds to Women's Aid Orkney

For reservations contact: Brian Comarty on Facebook
Email: brian.comarty@orkney.vao.org.uk
or call 872897

Focus on.....Papay Lunch Club

Lunch Clubs are a familiar feature of the social landscape of Orkney, with most local communities hosting a regular get together for their older residents. The majority of Orkney's lunch clubs are well established but the lunch Club in Papay (or Papa Westray to use the island's official title) is a mere spring chicken, having been set up just six months ago thanks to funding from the Orkney Partnership Board's Positive Ageing Delivery Group. To find out more about the club and its impact on life in Papay, we met with lunch club coordinator, Lynda Sharp, and members Elizabeth Hourston and Jim Rendall in the Island's recently renovated Kelp Store Heritage Centre.

With a population, at the most recent count, of just 77, Papay is one of Orkney's smaller and more geographically isolated communities. Spending the day with a number of Papay's residents it soon becomes clear that it is also one of Orkney's most inclusive and resilient communities. Lynda, who along with being the lunch club coordinator is also the OIC link officer on Papay, tells us that when she became aware that the provision for older folks on Papay was minimal, she and other members of the community, including Elizabeth and Jim, set about changing that and established a lunch club which would suit the unique setting of the island.

The Positive Aging Delivery Group, was responsible for allocating small grants from the Orkney Integration Care Fund Community Development and Capacity Building Fund. The funding was available to support the establishment and/or development of new and innovative activities in local communities that would help to keep local people with long term health conditions, including older

people, active and socially engaged. These outcomes seemed to fit perfectly with the plans for Papay's new lunch club and Lynda put in a successful application. The grant, which covered wages for the cook, ingredients and room hire for three months, *'allowed us to test whether the lunch club was going to work or not'*, Lynda tells us. *'We wouldn't have been able to do it without it. Having been able to run the lunch club and show that it was successful, we put a bid into the Council for this financial year and were successful, so the Council grant will now allow us to keep going.'*



There was, and still is, an older peoples' club on the island called the Thursday Club. Lynda tells us that the club, which meets weekly on, you guessed it, a Thursday, has experienced a decline in numbers in recent years. Jim, who is Chair of the Thursday Club, and Elizabeth, who is Vice Chair, tell us that the number of regular attendees is now down to 5 or 6, all of whom are over 70. Officially the Thursday club is open to all over the age of 50, but, Jim says, *'we'd take anyone with open arms'*. He tells us that while members enjoy the Thursday Club they felt that with the declining numbers of the group they would *'like to get more of the younger folk involved to extend the group of folk to socialise with'*.

The aim of the new lunch club was to have something for the whole community, Lynda tells us, a regular event (the club is held fortnightly) at which people of all ages could meet and, by doing so, provide a larger social network for the Thursday Club members. The lunch club has clearly been successful in this aim with the average attendance, at 14, being much higher than Thursday Club. The record attendance so far is 28, *'which involved a lot of cooking'*, Lynda adds. By not putting an age restriction on attendance and making it clear that the club is for the whole community, the demographics are very different to those of the Thursday Club: 20% of those attending the lunch club are under 50; 28% between 50-60; 15% between 60-70; and 37% are over 70. They've even had visitors to the island coming along too. *'We've had to limit it a bit in the summer time. If two people turn up it would be fine but we had a fright when we were expecting 11 for lunch and 19 turned up. That was a bit of a loaf and fishes moment! So during the summer we say that the club is open to members and their guests, so if Papay folk have friends staying they can come along, but people can't just pitch up.'*

So what's the secret to the obvious success of the Club? Firstly, there's the food. Lynda tells us that Beth Heatley, the cook, puts her heart and soul into the Lunch Club. *'I know that Beth enjoys it'*, says Jim, *'I don't think we've had a duplication in food in the 6 months'*. *'She always makes us try to guess the ingredients'*, adds Elizabeth, *'and we've never been right yet!'* Lynda explains that Beth likes to encourage people to try new things and always includes a vegan, vegetarian and carnivorous option to cater for all members of the community. The lunches are generally soup and sandwiches followed by a sweet, but Elizabeth tells us that last week was her favourite; a lovely tomato and pepper quiche accompanied by salad. Jim wasn't so keen, feeling *'too much like a rabbit when eating all those greens. But I did eat it all!'* *'And you had two slices of the cake'*, adds Elizabeth, *'beetroot, walnut and chocolate cake, really delicious'* (Jim hadn't realised there was beetroot in it).

Later in the day at Beltane, Papay's hostel and community centre, we bump into Beth. It's clear that she relishes her role at the lunch club, from planning the meals to sitting down and sharing them with members. When we mention last week's quiche, several people around the room join the conversation in high praise of the dish! Unexpectedly meeting more members of the lunch club highlights just how much a part of community life the club has become and just how diverse the membership is.

The second secret to the club's success is the post-lunch entertainment, with a huge variety of talks and activities put on after lunch. *'We started off with i-pad tutorials'*, explains Lynda. *'Quite a few folk had i-pads and weren't that au fait with them and one of the ladies on Papay, who is a retired school teacher, said she'd be willing to put a few tutorials together.'* There have also been weaving and poetry activities and a number of heritage related sessions based on the archive that the community are setting up. *'We've been taking a theme and taking out some of the old photos and working out who's who, where they were and trying to get some stories'*, Lynda explains. *'And interestingly it's not just the older generation that have been coming to those, there's quite a few younger folk who are interested in hearing the stories about the photographs.'* Elizabeth tells us that the number of folk who come along often depends on the after lunch activity, which is always advertised so people know what's on. The record attendance of 28 was for a talk on local shipwrecks. While members are clearly interested in Papay related activities, they are open to stories from further afield.



We ask if Lynda has a list of planned topics and events for the lunch club. *'No'*, she laughs, *'most of it gets made up the week before'*. She is, however, keen to encourage more people from the mainland to come and speak at the lunch club. Lunch club members are interested in hearing from anyone with a story to tell (perhaps slides and tales from an exciting holiday) or skills or knowledge to share. So if you fancy visiting this unique island and tasting Beth's fantastic cooking, please get in touch with Lynda. They really are open to all topics (though unfortunately didn't seem terribly interested in the offer of a talk on administrative duties at VAO!).

In addition to the Papay lunch club, a small grant was allocated to the St Andrews Community Association who used the funds to set up a gentle exercise class for their Senior Citizens' Club, which has also been very successful. Gail Anderson, Chief Executive at VAO, tells us that *'the Positive Ageing Delivery Group is delighted that the small grants awarded have enabled these very successful activities for older people to be established. Funding is still available and I would encourage any organisation that has an idea that would benefit older people in their community, to get in touch with me.'*

The fortnightly lunches and events are clearly valued by the members of the Papay community, both young and old, lifelong island residents and recent arrivals. The combination of good food, good company and interesting post-lunch activities is clearly a winner. *'It does us all good'*, says Jim. *'I put a great emphasis on food, it's one of life's necessities but variety makes it much more enjoyable. We all get to meet other folk and the after lunch activities keep us all interested, keep the brain cells working'*. Elizabeth agrees, adding how amazed she is at the amount they have learned in the last six months, *'it's just a pity it didn't happen long ago'*, she says.

For more information about the Papay lunch club please contact Lynda Sharp: ilopapay@gmail.com

For more information on the Positive Ageing small grants scheme please contact Gail Anderson: gail.anderson@vaorkney.org.uk