

# Newsletter July 2017

## Local Third Sector News

### New all-weather green for Kirkwall Bowling Club

VAO were delighted to be invited to the opening of Kirkwall Bowling Club's new all-weather green this month. Over 100 people gathered in the sunshine to mark the occasion, including Club members, families, funders, planning officials, builders and the local MSP – pretty much everyone who had been involved in the long, but ultimately very successful planning and development process.

In his speech, Jim Heddle, Vice-President of the Club, took us on a journey through the planning and installation of the green, from the initial discussions in 2013 to the preparations for that day's opening party. Following a particularly wet summer in 2015, when the green was closed for many days in what is already a relatively short season, the Club decided to forge ahead with creating the all-weather green. Funding was sought from the Community Development Fund and LEADER and Jim expressed his gratitude for their support and guidance in navigating his way through the new and sometimes frustrating territory of funding applications.



*Club Presidents, past and present*

Once funding was secured, the Club moved to the next hurdle of planning permission. A detailed report was submitted to the OIC planning department, accompanied Jim explained, by letters of support from Liam McArthur MSP and the Kirkwall Community Council highlighting the benefits that



*Ella Glue throwing the Silver Jack to officially open the new green*

the new green would bring not just to the club, but the wider community. Jim explained that the green would benefit local community groups and organisations, mentioning VAO's Adult Befriending Service and Connect Project as examples of groups who would soon be using the new green (previously with just one green it was difficult for the Club to welcome as many outside groups as they would have liked given the use of the green by members). Jim and former President, Freda Swanney, highlighted that the new green will be far easier for club members and visitors with mobility issues to play on – making what is already an incredibly inclusive sport and venue, even more so.

Alongside the consultations with the OIC planning department, consent also had to be obtained from Historic Scotland. Once this was in place, the physical work started. Jim told of the fear that excavations, albeit only 10 inches deep, might unearth a hoard of Viking treasures - with the new green sitting directly behind the Earl's Palace this seemed a distinct possibility. Thankfully, none were found and the bright green all-weather carpet was laid in place.

In addition to the contractors, an army of volunteers, both from within and outside the club, helped with the work - from renovating the old club house to felling trees and foliage to make way for the heavy machinery. In a characteristically warm and funny speech, Jim paid tribute to everyone involved in the process, highlighting the fact that it was a real team effort: from the Club members involved in initial discussions to the members responsible for organising and baking the (most amazing) buffet lunch for the opening ceremony. Summing up Jim noted that *'our Club has enjoyed success over the years because of the members who give happily of their time and this shone through again'*. Typically Jim forgot to mention one person key to the entire process and it was left to Club President, Clinton Rendall, to highlight the huge contribution made by Jim himself!



*Members and guests enjoying the sunshine*

If your community group is interested in using the new green, the [Kirkwall Bowling Club](#) would love to hear from you.

## Who's behind the Blue Door?



<b>Friends of St Ninian's</b>	<b>31 July – 5 August</b>
<b>Orkney Rowing Club</b>	<b>7 – 12 August</b>
<b>Orkney Kidney Patient Association</b>	<b>14 – 19 August</b>
<b>MS Orkney</b>	<b>21 – 26 August</b>
<b>South Ronaldsay Football Club</b>	<b>28 August – 2 September</b>

## Also in the news

### Trustees running scared of chief executives, claims sector leader

Trustees are too scared of challenging charity executives, the chair of RNIB has claimed. In a no-holds-barred critique of charity governance, Kevin Carey has called for radical changes to how charities are structured and regulated.

According to Carey, the sector needs brave, in-your-face, hard-headed governance. Divisions between boards and senior staff are outdated said Carey. Instead, he said the sector needs more unitary boards that are made up of both senior executive staff and trustees.

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

### Almost two thirds of local authorities said they do not employ a mental health link worker, or hold no information on the role

Around two thirds of Scottish local authorities have not hired staff to provide school pupils with mental health support. A total of 14 of Scotland's councils do not employ a mental health link worker in schools, and a further 12 did not hold any information on the role. Six out of 14 regional health boards also confirmed that they do not hold the position.

The Scottish Children's Services Coalition – an alliance of leading independent and third sector service providers that care for and support vulnerable children – said that the workers are key to addressing mental health issues at an early stage.

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

### The Big Listen

Samaritans have enlisted the nation's hairdressers to help promote their latest campaign. The Big Listen aims to highlight the support Samaritans offer around the clock to anyone feeling overwhelmed with life.

People are also being encouraged to download the charity's [Shush Listening Tips](#) – a guide on how to be a better listener to friends or family members undergoing tough times.

With hairdressers accustomed to listening to their clients talk about their lives, the charity has opened a pop-up barbers shop at London's King Cross Station as part of the campaign.

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



## The Orkney Partnership – Community Planning News July 2017

Click [here](#) to read the July edition of The Orkney Partnership's Community Planning newsletter.

### Legislation & Guidance



#### Important Changes to Data Protection Legislation

The General Data Protection Regulation is a new EU law that will come into effect on 25 May 2018 to replace the current Data Protection Act. It's the biggest overhaul of data protection legislation for over 25 years, and will introduce new requirements for organisations that process personal data.

The regulations will affect all organisations holding personal data and new processes and procedures must be in place and evidenced by the May implementation date. We will keep you up to date with developments and encourage you to read the [document](#) from the Information Commissioner's Office which details 12 steps that you can take now to get ready for the changes.

Further information on the Data Protection reform can be found on the Information Commissioner's Office [website](#).

This topic will be the main agenda item at the next meeting of the Third Sector Forum, which will be held on 21 September.

#### Scottish Fundraising Standards Panel Website Launched

The Scottish Fundraising Standards Panel oversees enhanced self-regulation of fundraising in Scotland, and is responsible for fundraising standards in Scotland and the handling of fundraising complaints related to Scottish registered charities.

The Panel has launched 'Good Fundraising' its new [website](#) which has information on:

- Good fundraising standards;
- How the public can make a complaint about a Scottish charity's fundraising; and
- How Scottish charities should manage fundraising complaints.

'Good Fundraising' has been designed to be easy to navigate, with clear language used throughout. It also contains useful case studies to encourage best practice. The Panel hope the website will be a hub of useful information for both charities and members of the public. In addition to the new website, the Panel has launched a new logo and a [Twitter](#) account.

#### The Small Charities Guide to Preventing Fraud

[Charity Finance Group](#) (CFG) has launched a [guide](#) to help small charities counter fraud. The guide looks at measures that charities can put into place to help them stop fraud. It is hoped that this Guide will help small charities to understand what fraud is, outline the steps they need to protect themselves against fraud, and highlight the tell-tale signs to look out for to detect fraud, know what to do once they have detected fraud and where to report fraud when it has occurred. CFG has also produced The Charities Counter Fraud [Checklist](#), designed to help charities to establish (or strengthen) their counter-fraud policy. The checklist asks ten essential questions that all charities should be thinking about when working to tackle fraud.

## Funding & Finance



### Comic Relief Launch New Active Ageing Grants Programme

Comic Relief's Active Ageing: Creating Change in Communities initiative is providing £1.5 million of funding in order to engage older people aged 65 and over from 'harder to reach' groups to get involved in opportunities which use their skills, knowledge and experience to contribute to their communities.

Registered and un-registered community based organisations and partnerships across the UK, the Channel Islands and the Isle of Man can apply for grants of between £40,000 and £80,000 to support projects, initiatives and activities which primarily focus on benefitting older people, specifically those older people who do not usually participate in volunteering or social activities because they are from a disadvantaged community, or face barriers to participation. Comic Relief is also interested in supporting activities which will have a wider benefit for the community in which they are taking place.

Click [here](#) for more information. The deadline for applications is 29 August.

## OSCR updates



### Personalised Registration Logos now Available from OSCR

Scottish charities can now publicise their charitable status by using a personalised registration logo designed by the Official Scottish Charity Regulator (OSCR). This updated logo replaces the logo released in February 2016. The logo can be used on websites, email signatures and publications, including hard copy.

To get the logo, all you need to do is visit your charity's entry in the Scottish Charity Register on OSCR's [website](#); under your 'Charity Details' section there will be a link to download the logo.

## Job opportunities



### Call for an Artist

Orkney Islands Council were recently successful in a LEADER application to support a new project with the Lifestyles Service. Through the project they will commission an artist to work with users of the service, encouraging them to explore a range of creative skills and working over the course of the project towards a collaborative work of art for permanent display at the Lifestyles Centre. The full Artists Brief can be viewed [here](#). They are open to proposals from across art forms.

## Volunteering opportunities



### Administrator at Orkney Heritage Society

Orkney Heritage Society (OHS) promotes the heritage of Orkney by publishing journals and organising prizes such as the Fereday Prize and recently completed the refurbishment of the Kitchener Memorial.

OHS require a volunteer to maintain a computer database of members, respond to membership enquiries, welcome new members, send out newsletters and minutes by email and allocate an action list which is part of the minutes. The board of OHS meets about 8 times per year, including the AGM. The volunteer would need to have some experience of taking minutes and have an interest in the heritage of Orkney. For further information please contact [Rob](#) at VAO on 872897.

## Orkney Library and Archive – Wartime Service Personnel Database Volunteer

Every year Orkney Library has visitors to the archive who ask about relatives or ancestors who they know have been stationed in Orkney during a war. The library has not always been able to help them with any information. However they are now putting together a database of wartime service personnel from the library archives. This will be an important historical archive and resource which will help relatives to make a connection to their family's wartime service. The library is looking for a volunteer who can help with this fascinating and important role.



The role will involve searching the archive computer database for archive items, making database entries of all service personnel mentioned in the item and including the archive references. Ideally the volunteer will have an interest in history, can read copperplate writing (or have a go at least), and won't mind some repetitive work. Training will include an induction to the library archive and training in the use of Microsoft Access if needed.

If you are interested in this opportunity please contact Lucy Gibbon at Orkney Library and Archive on 873166 extension 3023/4 or [Rob](#) at VAO on 872897.

## Contact the Elderly wants to expand its service across Scotland to reach 1,000 older Scots at risk of loneliness

A charity wants to offer a "friendship lifeline" to 1,000 older people who live alone in Scotland within the next year. Contact the Elderly organises free monthly Sunday afternoon tea parties in cities, towns and villages across Scotland.

It currently has 126 groups serving 860 older people but now wants to increase this to 890 groups serving 1,000. For this the charity requires 250 additional volunteers.

Morna O' May, head of service at Contact the Elderly, said: *'In the past year, we have welcomed more than 20 tea parties and while we are immensely proud of what we, and our volunteers, have achieved we know there are so many more people who would benefit from an afternoon of baking and a blether once a month.'*

If you are interested in getting involved and hosting a tea party, visit the [Contact the Elderly](#) website or click here for a recent article in [Third Force News](#).



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

## Have your say.....

### Out of Hours Services – consultation

NHS Orkney staff who deliver out of hours unplanned services / emergency response health and social care services have been working together to look at how these services can be organised and delivered to provide the best possible service in Orkney. As part of this work the involved staff would like to gather views from people who have experienced these services. If you would like to share your views, please complete this short [survey](#) and return to [ork-hb.primarycare@nhs.net](mailto:ork-hb.primarycare@nhs.net) by 25 August 2017.

### Third Sector Forum

The next meeting of the Third Sector Forum will take place on **Thursday 21 September** at 11am in the VAO Board Room. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

### Education & Training

#### Scotland's Mental Health First Aid: Young People

**7 August, Life Centre, Kirkwall, 9.15-4.45**

The course is aimed at adults working or living with young people aged between 11 and 18 years old who may be at risk of developing mental health problems. The course is for teachers, youth workers, sports coaches, support workers, parents and others assisting young people in a variety of settings.

The aim of the course is to better understand mental health, how it affects young people, and to learn mental health first aid skills.

The whole course should take up to 14 hours and is divided into 3 parts. The NHS Virtual Learning Environment is used for the online parts of the training course (parts 1 and 3) which complement the one day face-to-face session known as Part 2. To obtain a certificate of completion and to be able to successfully use the intervention skills learnt, participants will be required to complete all 3 parts of the course.

This course will help participants: Preserve life; Provide a listening ear; Pass on useful resources.

If you would like more information or to book a place on the course please contact [VAO](#) on 872897

#### PVG (Protection of Vulnerable Groups) Training

**13 September, VAO, Kirkwall, 1.30-4.30**

Do you know what 'regulated work is'? Do your staff or volunteers deliver regulated work, in regard to working with children or protected adults? Do you know how to join Volunteer Scotland Disclosure Services (VSDS)? Do you know how and where to access PVG membership for your staff and volunteers? Do you know how to complete a PVG membership application form?

If any of the above, leaves you scratching your head, then come along our bespoke training session and find out everything you need to know about the PVG scheme.



This course is aimed particularly at board members and line managers, who manage staff that deliver regulated work.

The training costs £10 per person and a cancellation fee will apply if cancelled with less than 48 hours' notice.

For more details, please contact [Fraser](#) at VAO on 872897.

## **Volunteer Management Training – The Essentials!**

**26 September, VAO, Kirkwall, 1.00-4.00**

Are you responsible for managing volunteers within your organisation? Are you new to managing volunteers or would like a refresher?

This workshop will provide an introduction to the basic skills and knowledge required to attract, recruit, develop, support and manage volunteers. Topics will include attracting young volunteers, ensuring that all volunteers feel valued and will include an introduction to VAO's Quality Volunteering Standard.

For more information or to book a place, please contact [VAO](#) on 872897.

## **Free domestic abuse awareness training from Women's Aid Orkney**

Women's Aid Orkney are offering monthly training sessions on domestic abuse awareness. The training lasts 3 hours and can be held within Phoenix House or at another venue if more suitable

The aims and objectives of the training are:

- To understand current research findings in relation to the prevalence and nature of domestic abuse
- To consider commonly held attitudes held by people towards domestic abuse and how to challenge it
- To explore some of the reasons why people might find it difficult to recognise and disclose abuse
- To understand some of the ways people may behave in response to abuse
- To understand the importance of risk assessment & safety planning
- To understand the importance of child/vulnerable person protection measures & working with other agencies to improve current responses

The training also covers how to refer and provides information on the local MARAC (Multi Agency Risk Assessment Conferences).

For more information please contact [Michelle](#) at Women's Aid Orkney on 871311.

## **SafeLives – Domestic Abuse Training**

SafeLives are a national charity dedicated to ending domestic abuse, for good. They combine insight from services, survivors and statistics to support people to become safe, well and rebuild their lives. Since 2005, SafeLives has worked with organisations across the country to transform the response to domestic abuse, with over 60,000 victims at highest risk of murder or serious harm now receiving co-ordinated support annually.

They offer various training programmes for people working in a variety of fields, from those working directly with victims of domestic abuse to those in the wider fields of education, housing and health.

Visit their [website](#) to find out more.

## Dates for your Diary

### The Scottish Parliament – Rural Affairs Committee – Outreach Visit to Orkney 2 - 3 August

Ewan Masson, Outreach Officer with the Scottish Parliament, will be in Orkney on 2 and 3 August to meet with stakeholders ahead of the Rural Economy & Connectivity Committee's visit to Orkney later in the year, as part of their Islands Bill engagement.

If you are interested in meeting with Ewan, please click [here](#) for further information.

### Walking Football – fun tournament 5 August, Pickaquoy Centre, Kirkwall, 9am

Unfortunately the tournament planned for 5 August has had to be postponed until the autumn. Watch this space for an update and keep practising!

### Stitch n' Blether & Learn a Craft 5 August, Finstown Church Hall, 2.00-4.00



Come along to learn or share skills old and new. Bring your own handicrafts or use resources provided. All ages are welcome. Please contact Arlene or [Anna](#) on 872897.

## Focus on.....YPeople Orkney

This month Gillian Learmonth tells us what's going on at YPeople Orkney.

### Please sum up the main role of your organisation.

Ypeople is a registered charity offering support to vulnerable groups and individuals currently through 4 services in Orkney and 19 services throughout Scotland, soon to be 22 services.

Our services include mentoring, counselling supported accommodation and a criminal justice service. The Youthworks Mentoring project offers young people, aged 16 – 25 currently engaged in short term employment or training programmes, support as they transition into permanent employment or further education. We provide a youth counselling service, Y-Talk, which offers support to students, young people and children on all aspects which might be causing distress, for example, stress, anxiety, feeling alone, low self-confidence, self-harm and eating disorders. Our ORCA service helps to support people of all ages to minimise the harm which substance misuse may be having on them and others and reduce the risk of associated offending. Our final service, Young Persons' Supported Accommodation Service, support to young people affected by homelessness.

**Now sum up in three words.**

Helpful support service.

**What are you working on just now?**

I am new in post, so right now I am doing more reading than anything else and writing this is a welcomed distraction!

**How many staff and volunteers does your organisation have?**

We currently have 4 mentors who volunteer as part of our Youthworks Mentoring project, and our contracted staff volunteer their time to help with activities, such as walking, and fundraising.

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

We would love for people to help us fundraise – our young people benefit so much from our fundraising. The money helps provide everything from groceries to do cooking/baking sessions to counselling and activities at the Pickaquoy centre. This would be a good opportunity to tell you about our next fundraising event – Prize Bingo, 15th September at the Masonic Hall.



*Weekly walks with Ian*

**Roughly how many people use your service annually?**

In 2016, we supported roughly 182 people in total across our four services,

**How long have you been operating in Orkney?**

Since August 2013.

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

One of our service users recently told me that we have helped them to get a job, make a home for themselves and source things for their next home when they leave us, as well as helping them with skills such as budgeting. These all seem very basic things to help someone do, but to them it was the continuous “encouragement” through support provided that was so valuable to them and has helped them get to where they are now.

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

Hopefully in a good light. Our staff are really dedicated to doing all that they can for the young people we support and they genuinely care. We provide 4 services, but I am not sure that people are as aware of our newer services. The services we offer very much complement each other, offering a much more holistic approach to the support we provide.

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

Many of the young people we work with have had adverse experiences in life, on occasions involving some form of trauma. It leaves them in a position, through no fault of their own, where it

can be difficult to learn to cope with and deal with everyday situations that most of us take for granted. I would ask for patience, understanding and encouragement.

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

I'd like to think we will still be here! There are a lot of great services available to help and support people in Orkney, the demand is high for these services and I feel Ypeople is flexible enough to diversify to these needs as they change over time.

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

We currently have a waiting list for our services, therefore £1m would help reduce that waiting list. It would also allow us to provide support throughout the day to our supported accommodation service users, currently we only provide overnight support. We have a Criminal Justice worker who supports people with substance misuse - I would use the additional funding to broaden the scope of this service in order to support more people. My list is endless.



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