

Newsletter July 2018

VAO News

Young People Connect with North Walls Community Centre!

6 Young people from the Connect Project recently travelled to Hoy to help with an important maintenance job.

The play equipment in the children's play area at the North Walls Community Centre was looking a bit worse for wear and in need of a bit of TLC. Moira Groat, the Chair of the Centre asked VAO if we could think of an organisation who could help paint and brighten up the equipment. After some discussions the Connect team said they could send over a crack team of painters to take on the job and on the 3rd July six young people and two of the Connect support team sailed over to Hoy and got stuck in.

After lots of hard work (and fun), the team made great progress and hope to make another journey soon to complete the job and help make the play area an even more pleasant place for children to play in.



Couch to 5K with Connect – Young People Rise to the Challenge!

Couch to 5K is designed to get you off the couch and running 5K (3.1 miles) in just 9 weeks. The plan involves three runs a week with a rest day in between and a different running schedule each week.

The Connect Young people have risen to the challenge and are currently on week three! There is an ultimate end for completing this, quite apart from getting fit, and that is a trip to 'Gung Ho' in Aberdeen. This is a 5K course that includes ten of the greatest inflatable obstacles on the planet; it is the world's largest inflatable obstacle course with a finale of Europe's biggest ever inflatable

slide! Each team competes to be the fastest team around the course and entry criteria is the ability to run 5K.

The young people will also be carrying on with the challenge and keeping fit and running after the Gung Ho event. We also hope to take part in one of the Kirkwall Parkrun's in late August.



Young Volunteersat Eunson Kloss!



Volunteers from the Police Scotland Youth Volunteers (PSYV) programme in Orkney were in action at the end of July. The young people were asked to help with a one off volunteering project to clear and tidy up the communal garden at the Sunnybrae Very Sheltered Housing scheme on Eunson Kloss. The garden hasn't been getting the attention it needs in recent times and had become overgrown and weed infested, which detracted from the residents enjoyment of the garden. VAO was asked if we could find a group of volunteers who would be able to help out.

VAO asked PC Joanna Murray, the PSYV group coordinator in Orkney, if the group would be interested in going along and lending a hand. This request was greeted with enthusiasm, volunteers were organised and a date was set. The young volunteers were so enthusiastic about their task that they put in 2 days hard work and

will be going back to do another to finish off!

The volunteers had a great time digging out weeds, cutting back overgrown bushes and tidying up the communal areas and were encouraged in their efforts by copious amounts of sandwiches, biscuits and refreshments provided by the Eunson Kloss kitchen staff.

This was a great effort from a grand bunch of young people and has really made a difference to the residents' enjoyment of the garden.

VAO is always on the lookout for volunteers who can participate in one off volunteering projects such as this so if you are minded to take part in a similar project contact [Rob McGregor](#) on 872 897.



Community Directories

Don't forget that VAO have printed Service Directories for Children and Young People and Adult Services available free of charge. If you would like a copy for yourself or a bundle of copies for your organisation, please just pop along to VAO, Anchor Buildings, Bridge Street, Kirkwall. Both directories also can be downloaded from the VAO website.

The website also hosts an [online Community Directory](#) which includes contact details for third sector and statutory organisations. This is a really useful resource both for organisations and individuals. If your group or organisation isn't listed and you would like it to be, please let us know at enquiries@vaorkney.org.uk



Local News

Who's behind the Blue Door?



Burray FC

30 July – 4 August

Enable

6 – 11 August

Stromness Kirk

13 – 18 August

Hope Playgroup

20 – 25 August

Orkney Men's Shed

27 August – 1 September

Also in the News

Free Fringe tickets for disabled reviewers

Edinburgh Festival Fringe has joined up with disability access charity [Euan's Guide](#) in a bid to improve the festival for disabled people.

The Fringe is offering free tickets to Euan's Guide reviewers in exchange for a review on the accessibility of the venue.

Described by author Ian Rankin as "Trip Advisor with wheels on!", Edinburgh-based Euan's Guide is used by thousands of disabled people, their families and friends to rate the accessibility of the places they visit across the UK.

Local and visiting disabled people can request free tickets to a show of their choice in return for submitting a disabled access review of their experience. Click [here](#) to find out more in Third Force News.



Funding & Finance



Do you have a £1 million dream? Now's your chance to turn it into a reality with People's Postcode Lottery Dream Fund

Charities with a vision for a dream project could get up to £1 million to turn it into reality thanks to the People's Postcode Lottery.

The funder is making £3m available in this year's Dream Fund, which gives large grants to charities working in partnership to create something innovative and life changing. Click [here](#) to find out more.

The NTSG Project is looking to sponsor two third sector colleagues on a study visit to Finland

Are you interested in finding out more about practice and policy in another country which could be used to inform your work back in Scotland? Have you ever considered a study visit abroad but have been worried about the costs involved? If yes, you might be interested in a supported opportunity to attend the next Children in Scotland study trip to Finland.

To help promote the sharing of good practice and further build the capacity of the workforce, the National Third Sector GIRFEC (NTSG) Project has offered to sponsor two third sector delegate places on this year's visit. This would cover the main costs of the trip. The offer aims to support those delegates/organisations who may otherwise not be able to take part.

The visit will build on strong and established links between Children in Scotland and the city of Helsinki, allowing a detailed insight into education, society and life in Finland. Previous participants have found the trip a valuable opportunity to network, learn and improve practice.

This opportunity is open to any third sector organisations who work with children, young people and families in Scotland (including Third Sector Interfaces). Successful delegates must be able to commit to sharing their learning from the trip, using different networks.

To find out more about this offer including criteria, expectations and how to apply, please read the full information pack [here](#). If you have any queries, please e-mail grifec@childreninscotland.org.uk

Volunteering opportunities



Out of hours Volunteer Receptionist needed at the Orkney Counselling and Support Centre

The Orkney Counselling and Support Centre is looking for a volunteer receptionist to provide cover for out of hours appointments.

The main role of the receptionist is to greet clients, making them feel welcome and comfortable when they arrive for their appointment.

No previous experience is necessary and training will be provided. Given the nature of the work, an understanding of data protection and client confidentiality is essential.

For more information please contact [Rob](#) at VAO on 872897 or [Cecily](#) at the Counselling and Support Centre on 873937.

Afternoon volunteer vacancy at Restart reception

An enthusiastic volunteer is required at Restart Orkney. Their duties will include: answering phone calls from the public; arranging delivery and collection of furniture and goods; inputting details of sold items into a stock database; creating posters and updating social media pages, especially Facebook; taking photos of stock new into the shop and uploading on to Facebook page; answering emails and other admin duties as directed.

Restart is looking for a volunteer with excellent customer service skills, a good phone manner and social media knowledge, especially Facebook as a lot of sales are generated through this. Some IT knowledge is required for Word and emailing.

This is a great opportunity for a volunteer who would like to develop and refresh their retail, admin and customer facing skills in a busy but friendly environment. All volunteers will receive a full induction, on the job training and support.

If you are interested in this opportunity and would like to know more please contact Rob McGregor at VAO on 872 897 or Gill Wigley at Restart on 879 777.

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

Job Opportunities



Victim Support Scotland: Assistant Service Delivery Officer, Level 2

16 hours per week. Starting salary £19,740 (full time equivalent) plus contributory pension and life cover. Fixed term contract for 12 months.



Providing administrative support and assisting in the delivery of services to victims and witnesses, you will be tactful, diplomatic and able to work as part of a team. As well as establishing and maintaining working relations with relevant agencies, you will support the recruitment and selection of volunteers. You must have good PC and administration skills, together with demonstrable experience. There will be some travel requirements within the area including travel to mainland for training from time to time.

This post will be subject to a PVG check.

This is a great opportunity to develop your skills in an organisation committed to helping and supporting victims and witnesses of crime.

To download an application pack, please visit their website: www.victimsupportsco.org.uk and click on the Get Involved button. The Current Vacancies page can be found in the Work For Us section.

Completed applications should be returned by 5pm on Friday, 7 September 2018

Interviews to be held on 20 or 21 September 2018. Please ensure that you are able to attend the interview before applying for the position.

Have your say



Community wide survey on social safety, venues and transport in Orkney

In collaboration with The Community Alcohol Project, Orkney Rape and Sexual Assault Service have designed a [survey](#) that seeks community wide observations about socialising, with a focus on social safety, venues and transport. This survey will give an accurate representation of people across the community. Please take a few minutes to have your say.

Please contact [Alana Bell](#), Community Justice Coordinator, Orkney Health and Care, on 873535 ext 2697 if there is anything that you would like to discuss.

Scotland's Third Sector Governance Forum – Governance Code

Scotland's Third Sector Governance Forum is consulting on their new draft version of the Scottish Governance Code for the Third Sector.

It is designed to be read online alongside various resources documents, templates and guidance and used to have practical discussions around governance. The Code sets out the core principles and key elements of good governance for the boards of charities, voluntary organisations and social enterprises in Scotland and is for the boards and trustees of these different types of organisations.

It is hoped that the Code reflects and celebrates the wealth of good practice that exists in our sector and provides a standard for all to aspire to. A copy of the draft Code can be found [here](#).

The Forum is running a consultation on The Code, which you are invited to take part in [here](#).

Democracy Matters – Your Community. Your Ideas. Your Future

Scottish Government want to hear your voice and the voices of your friends and neighbours in a discussion about local communities deciding their own future.

'We think communities being more in control will create exciting opportunities. If you agree, does this mean communities having a stronger voice when decisions about them are taken? Is it about having the powers and resources to use as they think best?

How could any of this be made to work in your local area or community? And how can we ensure that any changes promote equality and reflect Scotland's rich diversity?

The questions are designed to help begin a conversation in communities about the kind of changes they want to see happen. We want to hear as many voices as possible, and in particular those who are all too often under represented. Visit our [webpage](#) to find information about how decisions about Scotland's public services are currently taken, and the different ways you can join the conversation.'

Good practice of promoting gender equality in the early years needed

It's never too early to question what is seen as 'normal' or what is traditionally expected of boys and girls in our society. Learning that everyone is equal at a young age helps to protect children from the negative consequences of inequality and discrimination as they grow into adults and is absolutely crucial to [Zero Tolerance](#) efforts to end violence against women.

That is why they are working with the Care Inspectorate, in collaboration with Early Years Forum, Children in Scotland, Play Scotland, Education Scotland and NHS Glasgow Health Improvement Team to produce a new resource which promotes gender equality in early learning and childcare. The resource aims to improve practice surrounding gender equal play/activities, interaction and environments and contribute to better outcomes for children in ELC settings in respect of gender

equality and tackling stereotypes. The main target audience is childcare practitioners, although the resource will be relevant to all professionals and organisations across the ELC sector. The resource will include links and references to practical resources available, such as children's books, toys and activities, training and further reading.

If you work in the early years sector and have some good practice examples of how you have promoted gender equality in your work, they would like to hear from you! Please get in touch with [Jo Zawadzka](#) to find out how you can contribute.

Education & Training

Universal Credit Full Service Awareness Events – DWP Orkney 15 and 17 August

Universal Credit full service is due to be rolled out on 26 September 2018, The Department of Work and Pensions (DWP) are looking to deliver several 'Universal Credit Full Service Awareness Events' within Orkney in advance of this date.

Before launching the full service in these areas they will be raising the awareness for claimants through Jobcentres and Local Authorities. They have organised a number of 'Universal Credit full service Awareness Events' aimed at organisations operating in Orkney. The events will provide you (and your organisation) with an opportunity to learn about Universal Credit full service and how it will be implemented in Orkney, as well as offering you the chance to raise any questions.

These changes are significant and we want as many people as possible to understand them and be able to signpost to sources of support.

Please click on the links to book your session:

[15 August - 1.30-4.00](#)

[17 August - 10.00-12.30](#)

Universal Credit Training – Orkney Citizens Advice Bureau 23 or 24 August

Orkney CAB are offering a one day Universal Credit Training session before the introduction of full service in September. It is designed for front-line staff who would like to know more about the process in order to correctly advise their clients or to know when to signpost them on for help.

The course will cost £25 per head and this will include lunch and refreshments. The course will be held on the following dates (please note that attendance is only required on one day):-

Thursday 23 August 2018 – 9.30 to 3.30 or

Friday 24 August 2018 – 9.30 to 3.30

If you would like to reserve your space please contact [Orkney CAB](#) on 01856 875266. Places will be allocated on a first come, first served basis and the closing date for bookings is 5pm on Friday 10 August. Please notify us of any special dietary requirements or access needs at the time of booking.



VAO offering FREE twilight training sessions on a host of topics

Fancy a taster session on Gift Aid or running a committee meeting? Maybe looking for funding and needing a bit of advice for the form filling? Organisational employment issues or Safeguarding training? Then take a look at these FREE twilight sessions on offer this autumn and winter 2018.

We have included many interesting and varied training sessions to fit in with a busy lifestyle. Twilight sessions running from 6pm to 7pm every Wednesday through from September 5 to December 5 2018. The first 7 are listed here:

Disciplinary and Grievance

5 September

This workshop provides you with an insight to the skills, knowledge and techniques required to deal with employee discipline and grievance procedures.

Gift Aid

12 September

Gift Aid can be an important source of income for charities, this workshop will cover what you can and can't claim, procedures and timescales. We can walk you through the entire process.

Funding

19 September

If you are looking for funding for a specific project or equipment, you will know how tricky that can be. Come along for a few tips on a successful search and be "application form fit"!

Effective Consultation

26 September

A 'How-to' guide to effective consultation. Discover key principles and good practice as well as the pitfalls of a process that is easy to get wrong but highly valuable if done right!

Recruitment: Finding the right person

3 October

Finding the right person can be difficult. We will look at how to attract the right candidates and the most effective selection criteria and interview techniques to help you find the best candidate for the job.

Safeguarding Training

10 October

Are you involved in any way with a community group and may therefore be working with children or adults? For example, do you volunteer at your local playgroup, direct or produce local drama, co-ordinate sports groups, deliver lunch club or tutor a class? If so, then this one hour introductory session may be for you.

Chairing a Meeting

31 October

Not sure of your role and meetings go on too long? Come along to a short session and share your views and gather some useful tips for managing the meeting.

All sessions will take place in the Boardroom at VAO, Bridge Street, Kirkwall.

Please contact [VAO](mailto:VAO@orkney.gov.uk) on 872897 to book your place.

Women's Aid Orkney Domestic Abuse Training

Women's Aid Orkney will be running a number of Domestic Abuse training sessions this autumn. They can provide in house training for organisations or at Women's Aid Orkney. Dates are as follows:

In house training from 13.00 – 17.00 on:

4, 18 September

2, 16, 30 October

13, 27 November

11 December

At WAO from 13.00 – 17.00 on:

14, 28 September

12, 26 October

9, 23 November
7, 21 December

Please contact info@womensaid.org.uk to book. The sessions are free until end of 2018 and can be tailored to your needs.

Bookbug Shared Practice Event

19 September 2018, 10:00am - 1:45pm, Kirkwall & St Ola Community Centre, Kirkwall

The Bookbug Shared Practice Event in Kirkwall is open to everyone who includes Bookbug in their work or are interested in hearing more about how they can be involved in Bookbug in their local area, whether you gift the Bookbug bags, lead Bookbug Sessions, use Bookbug for the Home, or have attended a Bookbug training course in the past.



Come along and find out more about how Bookbug is being used by a whole range of practitioners in communities and family homes throughout Orkney and beyond. Share ideas, hear about innovative projects, get inspired and recharge your Bookbug battery!

After the shared practice, there will also be an opportunity to attend a Bringing Picture Book To Life Bookbug training course in the afternoon, suitable for people who would like to improve their picture books sharing skills with children aged 3 to 5 years old. If you would like to attend, please add an additional ticket for this when you register.

Places at this event are FREE. Please click [here](#) to register. Scottish Book Trust may be able to assist with travel costs for delegates who would otherwise find it difficult to attend. If this applies to you, please let us know when completing your registration and we will be in touch to arrange this.

For more information please contact Celia Richards on 0131 541 2349 or email bookbug@scottishbooktrust.com

Dates for your diary

Loud n Live 5

Join us for our summer fundraiser in **Matchmakers on August 18th**. Loads of great bands and a charity auction, all to raise funds for Orkney MS Society.

The line up so far includes Bad Apple, The Chair, Razormouth, Stella K, Kayla & Samantha, Jenny & Brian, and the Aim Family.

Auction items include a fantastic selection of collectables and rarities from Highland Park, 2 x complementary flights with Loganair, a handmade Orkney Creepie, Westray Hamper, 30 buns by George Hannah, Vouchers for Leigh's, an Aurora pendant, a Kirkness and Gorie cookbook, a bottle of Orkney gin, a Hume Sweet Hume poncho, a personalised composition from award winning musician Gareth Flett.

Tickets can be purchased from Hume Sweet Hume or brian.cromarty@vaorkney.org.uk



Orkney's Got Young Talent

30 August 2018, Orkney Theatre, Kirkwall

Orkney's Year of Young People Ambassadors are holding a concert to showcase the talents of children and young people (aged 8-25) from across the county, through music, song, dance, poetry, storytelling, etc.

If you are interested in performing, helping at the event or know young people who may be interested, please contact [Cheryl Rafferty](#) or [Walter Gorman](#) before 16 July on 873535.

BBC Children in Need visit Orkney, August 2018

BBC Children in Need are coming to see you in Orkney this summer! BBC Children in Need awards grants each year to organisations supporting disadvantaged children and young people in the UK. If you are needing funds for working with children and young people, come and talk to them. Visit the [website](#) for more information on the funding streams – better still, make an appointment to speak to them face to face!

Tuesday 28 August, VAO Board Room, Kirkwall
2pm to 2.45pm presentation and Q&A
3pm to 5pm one to one meetings with Janet Morton

7pm to 7.45pm, presentation and Q &A
8pm to 9pm one to one meetings with Janet Morton /
Florence Burke



Thursday 30 August, Stromness Library, Stromness
2pm to 2.45pm presentation and Q&A
3pm to 5pm one to one meetings with Janet Morton / Florence Burke

Please contact [VAO](#) on 872897 to register your attendance at one of the information sessions and/or a one to one session.

There will be a short presentation by the funder, followed by an opportunity for general questions and answers. Following that will be an opportunity for individual appointments. If you would like to know more, or to book a place at a session please get in [touch!](#)

If you would like to meet/get in touch with Children in Need but are unable to attend the session above, please let us know and we can make additional arrangements outwith those times. They can even come to see you!

OIC Meet the Buyer Event – 10 October 2018

Orkney Islands Council and Business Gateway Orkney are holding a Meet the Buyer event on 10 October 2018. This is following on from the successful event in October 2017 where there were over 50 attendees.

The purpose of this event will be to offer an opportunity for suppliers or aspiring suppliers to meet the Council and its public Authority partner organisations, to

- learn more about how to do business with us
- the Changes to Scotland's Public Procurement Legislation
- the Council's contracts register and forward plan detailing future contract opportunities, use of lots to improve accessibility for SMEs
- How to register with Public Contracts Scotland and to explore potential framework agreement opportunities.

A representative from Scotland Excel, the leading framework provider for Scottish Local Authorities will be in attendance, as well as representatives from Business Gateway Orkney and other speakers to be confirmed. Following feedback from the last event there will be an increased focus

on meeting with specific service areas to discuss the forward plan of anticipated developments and contracts to be let over the next two years.

The event will take place on the 10 October 2018 at the Orkney Library and Archive, Kirkwall for the full day including a programme of focused workshops.

In the meantime OIC welcome suggestions from local suppliers as to information or subject matter which could be made available at this event which would assist organisations to do business with the Council. Please contact OIC by [email](#) or phone on 01856 873535 ext 2640.

Please click [here](#) to access a list of the Council's contract award notices on the Public Contracts Scotland portal to see the wide range of supplies, services and works contracts awarded by the Council and the current list of future contracts/forward plan available on the [Council Website](#).

What Volunteering Means to Me



We had such a great response from volunteers to our request for interviews for Volunteers' Week, it would be a shame not to share them all in the newsletter. Here we have Stephanie Johnston and Phyllis Towrie telling us about their involvement with VAO's Young Persons Befriending Project.

Why did you want to get involved in volunteering?

SJ: I was covering some Looked After Children reviews for a colleague and I seen what a difference the befriending service made to their lives.

PT: To hopefully make a difference.

What and where do you volunteer?

SJ: For a couple of hours every two weeks I meet with my young person, and we go and do really fun things around the mainland.

PT: Young Person Befriending Project in Orkney

What made you chose that volunteering opportunity?

SJ:As previously said I seen the impact this had on some of the children and young people and the benefits this could bring to their lives, and mine.

PT: I love working with children and it seemed like a fantastic project.

How did you go about finding out about how to get involved?

SJ: I phoned VAO, and went and meet with one of the previous young people coordinators who spoke to me to see if it really was something that I was interested in.

PT: I saw a poster in my work asking for volunteers to take part in the project. I asked to meet with the co-ordinator to find out more.

What training and induction did you receive?

SJ: I got an initial two day training which covered the dos and don'ts, CPC training. I've also had safeguarding training.

PT: They did 5 evening introductory sessions. Since then I have received lots of training opportunities relating to the project.



Pictured L-R: Phyllis and Stephanie

What would be a typical session – what would you be doing?

SJ: Oh, generally, if I get my own way, food is involved in one way or another! We've done lots of fun things, like go to the cinema, go for walks, go to the gym, go for drives, baking. We've also done lots of cool group activities such as going to the falconry!

PT: We do lots of different things. Swimming, baking, crafts, cinema, knitting, scrapbooking, Horse-riding, meals, pizza making and many more

What's your favourite part of what you do?

SJ: Getting out and meeting new people.

PT: Watching children grow in confidence doing activities they have not tried before or improving at activities they already do.

Why do you do it?

SJ: Because it's such a good project. It gives someone the opportunity to have someone they can talk to, share things with, almost test ideas out on that they might not have. It's maybe the one chance the young person has of getting out and seeing new things, meeting new people.

PT: The sheer joy of watching children have fun and the chance to be a child.

How has volunteering benefited you?

SJ: It's definitely got me thinking about things from a different perspective.

PT: I love to see other people happy and carefree. I have also done activities I have never done before. Volunteering gives such a nice feeling. I can't really describe it.

Would you recommend volunteering to others?

SJ: Absolutely.

PT: Absolutely.

What would you say to them?

SJ: It's so worthwhile, you get to try new activities that you possibly never thought about before. You get to meet a group of completely amazing people and at the end of the day you are, in however small or big way, making a difference to someone's life. I really enjoy doing it – it costs you nothing but your time.

PT: I frequently tell people what it is like to volunteer and encourage them to give it a try.

How does volunteering make you feel?

SJ: It makes me feel really grateful for the way I was brought up and the people I had around me. It also makes me laugh quite a lot – it's such a laid back thing and you just meet such awesome people!

PT: Happy and very proud of any small achievements made by the young people I have spent time with.