

Newsletter July 2019

Local News

Highland Park 'Give more' to the community

Highland Park got together with 20 of Orkney's registered charities on 11 July at the Ayre Hotel to showcase their 'Giving more' scheme. The event was organised in conjunction with Voluntary Action Orkney to allow local charities to promote their organisations to Highland Park's employees.



Highland park is owned by Edrington – one of Scotland's largest private companies and owner of several well-known whisky brands. Edrington in turn are owned by the Robertson Trust. The Trust uses the dividends from its controlling shareholding in Edrington for the benefit of Scotland's people and communities. This unique business model provides the scheme 'Giving More' to its employees.

Each one of the fulltime employees within Edrington are encouraged to get involved in their local community with registered Scottish charities either through fundraising activities or through time given and are supported up to £5,000 per employee. Edrington and the Robertson Trust also match fund any fundraising activity that the employee takes part in/organises for any registered charity.

The event was a great success with lots of networking, enthusiastic conversations and pledging of support from the employees!

After all this hard work some of the Highland Park employees found the time to nip down to the Clan gardens and help them out with painting the fencing!



Fantastic volunteering offer from Kyleo Partners of Orkney

On 25 September, 50 employees of Kyleo Partners (HQ in Orkney) will be available to help out on one-off volunteering projects in Orkney.

These projects can include environmental or conservation projects or any other enterprise that contributes to community wellbeing. So, whether you need help to paint a community hall or local amenity, clear up community woodland, improve a community garden or local playground or have any other projects you think will fit the bill – please get in touch! For more details contact [Rob](#) on 872897.

Who's behind the Blue Door?



Samaritans	29 July – 3 August
Ladies Darts	5 – 10 August
Marengo Centre	12 – 17 August
East United FC	19 – 24 August
Carriage Driving Group	26 – 31 August

Legislation & Guidance

OSCR no longer receiving paper applications

Just a reminder that from May this year OSCR no longer accept paper-based applications to become a charity.

Anyone who wishes to apply to become a charity must do so using the online application process. The [Thinking of becoming a charity](#) section of their website will explain the steps you need to take before applying and provide links to the online application.

Funding & Finance

Thrive Renewables Community Benefit Programme

Thrive Renewables has launched the fourth round of its Community Benefit Programme. The renewable energy company will award grants of up to £4,000 to local groups for simple and effective energy efficiency improvements to community buildings and offer free expert advice for zero-cost solutions.

The scheme is offering funding to community buildings local to Thrive's seven renewable energy projects in Scotland, which includes the Sigurd wind farm on Burgar Hill, Orkney Mainland.

Click [here](#) for more information.

Hard Edges Scotland

New research highlighting the complexity of the lives of people facing multiple disadvantage in Scotland was launched earlier this month.

Commissioned by Lankelly Chase and The Robertson Trust and authored by Heriot-Watt University, Hard Edges Scotland also details the challenges that charitable services and the public sector are facing. In particular, the report illustrates the mismatch between the multiple disadvantages people face and the fact that services are often set up to address 'single issues'.

While Hard Edges Scotland does not attempt to provide answers, it does highlight the opportunities and need to engage in conversations which can lead to system and structural change. With this in mind, Lankelly Chase is making £80,000 available to communities and organisations across

Scotland to encourage new conversations about severe and multiple disadvantage. This is a chance for people to connect and reflect on what the findings are telling them about inequality, service responses and policy.

There are also a range of resources available in this [Dropbox folder](#), including infographics, photos and highlighted quotes.

View the report [here](#).

The Robertson Trust's new pilot micro grants programme, Wee Grants for Wee Groups, is now open for applications

Constituted community groups and small registered charities with an annual income of £100K or less can apply for funding of £500-£2,000, to fully or part-fund work which fits with one of the Robertson Trust's funding strands. They intend to run the pilot for a period of six months, until 20 December 2019 and organisations can apply at any time, however, they anticipate demand will be high so there is some chance the fund will close early.

Full details of the programme, including the application form and guidance, can be found [here](#).

RS MacDonald Charitable Trust accepting main grant applications

The Trust is currently accepting applications to its Main Grants programme for charitable work that support its principal areas of interest:

- Tackling child abuse
- Visual impairment
- Neurological conditions
- Medical research (into the causation, prevention, or treatment of neurological conditions, visual impairment or sight loss)

Registered charities that are based in or operating in Scotland and whose main focus is aligned with the Trust's charitable objects may apply. There are no restrictions on the size of the charity that can apply for funding but the Trust will take account of a charity's level of reserves when assessing applications.

Approximately £3 million is awarded in grants every year as:

- Small Grants - up to £15,000 available throughout the year.
- Main Grants - grants of more than £15,000, with an average award of around £30,000 for the lifetime of the award. These are awarded twice a year.

Click [here](#) for more information.

Social and Sustainable Housing Fund

Social and Sustainable Housing (SASH) was launched in May 2019. SASH provides loans of £2 - £5 million to small - medium sized charities, who provide accommodation and support to vulnerable people. The purpose of the loan is to fund the purchase of safe, stable and appropriate housing for those vulnerable people

SASH has two aims:

- To improve the lives of vulnerable individuals by increasing their access to safe, stable and appropriate housing.
- To make small to medium sized charitable organisations financially stronger, by allowing them to buy housing in a low risk way.

Click [here](#) for more information

The Social Innovation Competition 2019 is open for applications

Now in its fourth year, the Social Innovation Competition is looking to discover and support ground breaking ideas that tackle Scotland's most pressing social and environmental issues.

The theme of this year's competition is Individuals affected by disability. They are looking for innovative ideas and solutions that support individuals directly affected by disability, as well as those indirectly affected, such as carers and family members.

The Social Innovation Competition offers three £5000 awards - including the Young Social Innovator category open to applicants aged 16 to 30 - combined with tailored support to refine and develop these ideas.

Click [here](#) to find out more.

Have your say



Orkney Health and Care – Consultation on the Draft Strategic Plan

Feedback is invited on a plan setting out ambitions for health and social care services in Orkney.

An updated version of Orkney Health and Care's Strategic Plan has been published in draft form – with people across the islands being asked for their views and ideas.

Sally Shaw, Chief Officer of OHAC, said: *“The plan sets out the principles and approaches which will shape all that we do in delivering services that are of huge importance to people throughout our community.”*

“It describes new approaches to health and social care we are keen to develop with support from people, groups and organisations in Orkney.”

“We need to develop different ways of working, with demand for our services continually increasing – and this just one area we are keen to gather feedback on.”

“We'd also like to know what folk think of the vision, values and priorities we set out in the plan. I would encourage you to take a look and get in touch with us with your comments. You will be helping us make a difference to people's lives.”

'Planning for our Future', OHAC's draft strategic plan, is available [here](#). Paper copies are available from OIC customer services in Kirkwall and Stromness. The team involved will also be gathering views and ideas at various venues and at Orkney's agricultural shows this summer.

Feedback can be provided until the consultation period ends on 9 August 2019. This can be sent by email to OHACfeedback@orkney.gov.uk or by post to: Draft Strategic Plan Feedback, Orkney Health and Care, Council Offices, School Place, Kirkwall, Orkney KW15 1NY.

Disclosure Scotland Bill – Consultation

The Disclosure Scotland Bill has recently been published and the Education & Skills Committee at the Parliament is seeking views on it.

Disclosure Scotland and the processes around Protection of Vulnerable Groups (PVG) will be familiar to most people in the third/public sector. The Disclosure (Scotland) Bill will make changes to the system of criminal record checks which is administered by Disclosure Scotland.

The Education and Skills Committee are scrutinising this Bill and wants to hear from anyone who has experience of the PVG scheme and the disclosure system in general.

The Online Call for Views can be found [here](#) and is open for responses until 20 August 2019. More information on the Bill itself can be found [here](#).

More information on this and other inquiries can be found by subscribing to the Community Outreach [Newsletter](#) (click “subscribe” at the top right) or by following the Community Outreach Team on [Twitter](#).

Scottish Government Draft Budget — Equalities and Human Rights Committee call for views

On 21 June, the Equalities and Human Rights Committee launched its call for views ahead of scrutiny of the Scottish Government’s draft budget 2020/21. This focuses on public sector funding to third sector organisations that deliver national equalities and human rights priorities, and the accountability of public bodies partnering with the third sector in achieving better outcomes for those groups who have equality needs or require support to access their rights. The deadline for views is Friday 23 August. Click [here](#) for more information.

Legal Aid Reform in Scotland - Consultation

The Legal Aid Reform in Scotland—Consultation was published on the Scottish Government [website](#) last month and will be open for responses until 19 September 2019:

Responses may also be provided through the Scottish Government [Consultation Hub](#):

For further information please contact legallaidreform@gov.scot

Parliamentary Inquiry into Social Prescribing

The Health and Sport Committee of the Scottish Parliament has launched an inquiry into social prescribing. ‘Social prescribing’ is when GPs and other healthcare professionals prescribe sport, exercise and other recreational activities as a way to improve patients’ health and wellbeing.

MSPs on the Committee want to hear from people across Scotland on the following issues:

- Is social prescribing a suitable and appropriate alternative to traditional medicine orientated prescribing?
- Can social prescribing for sport and physical activity lead to sustained participation in sporting activities?
- Who should decide whether social prescribing is the best, most appropriate prescription for a patient?
- What are the barriers to social prescribing? How can these be overcome?
- How can we monitor and evaluate the effectiveness of social prescribing?

Anyone with an opinion, insight or experience of social prescribing, is encouraged to contact the Committee directly to let them know their views.

More information about the inquiry can be found [here](#). To discuss this further contact the [Committee](#) directly on 0131 348 5224. The closing date for the Inquiry is 30 August.

Social Security Scotland — Experience Panels

More than 2,400 volunteers from across Scotland signed up to work with Scottish Government as part of the Experience Panels. Now at the mid-point of the Experience Panels, Scottish Government are re-opening recruitment to allow more people to become volunteer panel members.

The Experience Panels involve people with direct, personal experience of the benefits that will be devolved to the Scottish Government. People who are acting as a parent/guardian, appointee or power of attorney for someone with experience of any of the above benefits are also welcome to register to join the Panels.

Experience Panels members will have a choice of activities that they can take part in. Some will be about the social security system in general and others will be more specific to certain experiences (e.g. focusing on an individual benefit). Taking part might include completing short surveys, or taking part in interviews and workshops. Activities can be carried out face-to-face, on the phone and online. No matter where people live in Scotland, there will be opportunities to take part.

Click [here](#) to find out more.

Volunteering opportunities

Birsay Heritage Trust are looking for Barony Mill Guides

The Mill Guide welcomes visitors to the premises, introduces him or herself and the purpose of their role, and informs them as to the safety aspects of moving around in the Mill. He or she then gives a scripted guided tour of the Mill which lasts approximately one hour, answering questions, if asked, to the best of their understanding. Visitors are given a good history of the business and are shown the workings of the machinery and the production process of making bere meal. They are given an understanding of the significance and uniqueness of this historically important cereal, grown only here in Orkney and milled only here in Birsay.

When no visitors are present at the Mill, Guides make up bags of bere and oatmeal for sale, and keep the property tidy and clean.



Guides work by rota, the Mill being open daily between 10am and 5pm. It may be possible to volunteer half days if there are sufficient volunteers and to take into account the needs of volunteers to work flexibly.

Full training and an induction are given to all volunteers and expenses are paid.

If you are interested in having a chat about this role please contact [Rob](#) at VAO on 872 897 or Susan Tyzack at Barony Mill on 721 439.

Dementia Friendly Orkney need new volunteers for their singing group sessions

Dementia Friendly Orkney (DFO) is looking for more volunteers to help at their regular singing group sessions, organised outings and fundraising events.

The relaxed, friendly singing groups with musical accompaniment are held every Monday 2.30 - 4.00 pm at Eunson Kloss, Kirkwall and ad hoc at other venues such as St Peter's, Stromness and Smiddybrae, Dounby

Volunteers at all sessions assist with songbooks and at Eunson Kloss also help with refreshments after singing and help with setting up and tidying the room.



Currently due to a shortage of available volunteers they are having to take a break from their once monthly session, last Friday in the month 1.30 - 3.00 pm at Gilbertson Day Centre.

It would be fantastic if DFO could recruit some new volunteers to help them continue to provide this wonderful service to our vulnerable older folk. See the Dementia Friendly Orkney Facebook page for past activities and more.

For further information about volunteering please contact dfosecretary@gmail.com or [Rob](#) on 872 897

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

Education & Training

Orkney Walking Groups Walk Leader Training **26 August 2019**

Rob McGregor from Orkney Walking Groups will be delivering Paths for All accredited Walk leader Training on Monday 26 August

The training will run from 10.00am to 4pm at the VAO offices.

After attending this course participants will be able to:

- Outline the main benefits to be gained from becoming more active
- Recognise moderate intensity physical activity
- Be able to describe a Health Walk and know what makes a suitable route for a Health Walk
- Understand risk assessment and recognise potential hazards on a Health Walk.
- Outline the roles and responsibilities of a Walk Leader

Please note: Training includes a demonstration health walk so please come wearing flat supportive footwear and loose, comfortable, weather appropriate clothing. Please bring anything else you may need with you.

Refreshments will be provided but you will need to make provision for lunch.

If you would like to book on this training or know more about Orkney Walking Groups please contact [VAO](#) on 872897.



Open University Roadshow — Upskilling your workforce and preparing for the future

3 October, 9.30 – 12.30, Pickaquoy Centre, Kirkwall

The Open University is the leading university for flexible in-work learning. They are holding a free informative skills session where employers can learn how to achieve a thriving workforce fit for the future. The session is open to all types of employers from the Third, Private and Public sectors.

Click [here](#) for more information or to book your place.

Orkney Alcohol and Drugs Partnership (ADP) Training Courses delivered by Scottish Drugs Forum

These free training sessions are being run for Orkney ADP by Scottish Drugs Forum (SDF). You will have to register with the SDF training website to book on to these sessions. Spaces are limited.

Introduction to trauma

3 September 2019, 9.30 to 4.30

This training will allow support workers, project workers and other staff to become trauma-informed within their practice. Click [here](#) for more information.

Understanding Stigma: Promoting inclusive attitudes and practice

4 September 2019, 9.30 to 4.30

This one-day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma. Click [here](#) for more information.

Drug Awareness

23 September 2019, 9.30 to 4.30

The training aims to increase workers' drug awareness knowledge and provide an opportunity to explore current and emerging trends with substance use. Click [here](#) for more information.

Engagement Skills

24 September 2019, 9.30 to 4.30

This one day learning and development opportunity is designed to describe the process of engaging and the skills for promoting it with individual clients. Click [here](#) for more information.

Sex, Drugs & Vulnerable Young People

30 September 2019 to 1 October 2019, 9.30 to 4.30

This two-day interactive course will use different techniques to cover issues that vulnerable young people face in relation to sex and drug use, including sexual orientation and gender identity. It aims to help workers to recognise the importance of their role in delivering key messages to promote healthy relationships and harm reduction. Click [here](#) for more information.

Sex, Drugs & Blood Borne Viruses

15 October 2019, 9.30 to 4.30

This training aims to increase workers' understanding and knowledge of key issues related to blood borne viruses (BBVs - Hep B, Hep C, and HIV) with a particular emphasis on risks associated with drug use and sexual health. Click [here](#) for more information.

Listening & responding to children Affected by Parental Substance Use

22 October 2019, 9.30 to 4.30

The aim of this course is to support practitioners in adult substance use and children's services to listen and respond effectively and appropriately to children affected by parental substance use. Click [here](#) for more information

For further information on all courses please contact [Matthew Thomas](#) on 886127 or 873535 ext 2608.

Businessgateway Orkney – DigitalBoost Courses

Businessgateway Orkney are holding a number of courses this autumn, including:

LinkedIn for Business (Intermediate) - DigitalBoost

17 September 2019, 18:00 - 21:00

Want to boost your business with LinkedIn? We'll take you beyond networking by showing you how it can market your products and promote your brand.

GDPR & Keep Your Business Safe Online - DigitalBoost

18 September 2019, 13:30 - 16:30

Find out the simple steps you can take to keep your business and its information safe. Safe from hackers, safe from cyber attack and safe from infringing the new General Data Protection Regulation.

Pinterest, Instagram and Photography for Business - DigitalBoost

18 September 2019, 18:00 - 21:00

Find out how to use image sharing apps Pinterest and Instagram to grow your business. Learn how to shoot, process and upload photos.

All three sessions will be held at The Orkney Distillery, Ayre Road, Kirkwall, KW15 1QX

Click [here](#) for details of the above and additional sessions.

First Aid Training

6 September 2019, 10.00-4.00, VAO, Kirkwall

The Emergency First Aid at work course includes child and baby CPR. Cost is £30 per person.

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

Finland study visit: an exploration of education, society, policy and culture

Tuesday, 17 September – Saturday, 21 September (4 nights)

After popular and successful study visits in 2017 & 2018, [Children in Scotland](#) are delighted to announce a further visit to Helsinki to learn about education, society and life in Finland from a variety of organisations and professionals in the sector.

Scandinavian countries have long been a focus for Scotland and other UK nations, held in high esteem for their approach to – and successes in – education and childcare. Most recently, Finland has emerged as a leader on the world stage, ranking in the top ten in a recent OECD study of education systems. This study trip will focus on sharing best practice in education and learning, as well as covering other fascinating projects, policies and interventions that support children and young people in their everyday lives.

Delegates are welcome from across sectors and disciplines, and the study visit is open to anyone working with children and young people.

The visit costs £1250 for Children in Scotland members; £1350 for non-members and flexible payment plans are available. The cost includes: return flights, four nights' accommodation (private room with en suite), airport transfers in Helsinki, travel in and around Helsinki via public transport, Children in Scotland staff members to accompany the group, as well as speaker fees and visits to organisations.

Click [here](#) for more information or to book a space. Or contact [Children in Scotland](#) on 0131 313 8828.

Focus on.... **Orkney's** volunteers

During Volunteers' Week we shared stories from some of Orkney's volunteers. Here, Carrie Dodge tells us about volunteering at Orkney Citizens Advice Bureau.

Why did you want to get involved in volunteering?

Apart from wanting to give something back to the community here, it seemed to be a good way to get out and meet more people.

What and where do you volunteer?

I'm training to be an adviser with the Citizen's Advice Bureau in Kirkwall

What made you chose that volunteering opportunity?

It seemed help was needed and I had relevant experience from my previous working life in a charity. It was also an opportunity to develop my skills in a slightly different area.

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

I went into the VAO office to ask what opportunities were available.

What training and induction did you receive?

I'm still in training, most of which is done online. There are also sessions in house when guest speakers give talks about specific issues relevant to CAB. This is a good opportunity to meet the other staff and volunteers at the Bureau.

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

The online sessions involve working through modules on a wide range of areas on which CAB advise, and then answering quiz questions at the end of each module. The training sessions in-house involve attending talks.

What's your favourite part of what you do?

I haven't yet reached the stage of advising clients, which I'm hoping I will find really rewarding in terms of providing help to people. At present I am enjoying learning about a wide range of subjects, which are also helpful when applying them to my own life!

Why do you do it?

It's a two-way street. I like to be able to help people if I can, and I also benefit from meeting the folk at the CAB who are a very friendly and supportive group.

How has volunteering benefited you?

It has expanded my horizons and knowledge - it also helps keep my brain active.

Would you recommend volunteering to others?

Definitely.

What would you say to them?

I feel it's important to identify an activity that suits you. For example, for some it may be working with children or the elderly, for others they may be happier working outside and be out and about with wildlife/conservation work.

How does volunteering make you feel?

Hopeful that I can do something to contribute and help the community here in Orkney.