

# Newsletter June 2016

## VAO News & Services

### Get involved in health and social care services in your area

Orkney's Integration Joint Board, Orkney Health and Care, is looking to get people in the community involved in planning and designing health and social care services.

Orkney Health and Care is looking for people who are users of health and social services, those who are carers for others, and representatives of third sector groups, to take part in discussion along with people who work in health and social care services around the county, in what is described as 'localities'.

The newly formed board will be planning at a locality level, speaking to people on the mainland of Orkney, both east and the linked south isles, and west, and also on the isles, and is looking for people who are willing to be representatives of their 'locality'.

Caroline Sinclair, Chief Officer for Orkney Health and Care, said: 'We are keen to get people involved in the decisions that are made for health and social care services in Orkney.'

*'Our vision for integration is to 'provide better health and social care for all people in Orkney. We want to listen to people, involve them in deciding what care they receive, and invite them to become an active partner in the delivery of care. We firmly believe that this will lead to better outcomes for people, so that they can enjoy better health and wellbeing in their own homes and communities for longer.'*

*'We would encourage people from across Orkney to apply to become a representative so that they can share what issues matter to them, their families and their communities, and so we can find out what residents think services and support could look like, and communities, working with health and care services, can contribute to providing this.'*

The representative would work with a range of partners within the locality group and provide valuable local information and insight for the Strategic Planning Group, the key planning group that feeds into the Integration Joint Board.

The role of a representative is voluntary with reasonable travel costs available. Individuals must complete a nomination form by the specified closing date of July 31. Where more than one person stands for a representative role a ballot will be held and those expressing an interest will be asked to vote.

Third Sector and service user representatives have been appointed to the Strategic Planning Group and the Integration Joint Board but carer representatives for both these groups are also being sought. For more information on that role, please email [Olivia Tait](mailto:Olivia.Tait@crossroadsorkney.org.uk) at Crossroads Orkney.

If you would like to have a chat about a role, get more information or apply, please get in touch by emailing [Voluntary Action Orkney](mailto:Voluntary.Action.Orkney@crossroadsorkney.org.uk) or telephone 872897. Or call in for an application form at Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR.

## Youth and Philanthropy Initiative



Youth Development Workers at Voluntary Action Orkney worked in partnership with local charities and schools to help deliver the Youth and Philanthropy Initiative (YPI) programme locally in Orkney.

YPI is an active citizenship programme that raises awareness amongst young people about philanthropy and their local community. Each participating school, each year, is responsible for directing a £3000 YPI Grant to

a local charity through a programme of team work, research and competition.

Kirkwall Grammar School and Stromness Academy approached VAO to help identify charities that may be eligible - this resulted in a Charity Fair being held at each school where around 25 local charities were in attendance.

The process for the project involved groups from S3 identifying their chosen charity, researching and creating a presentation focusing on the social issue including how £3000 would be spent to help address the issue.

All the groups pitched their excellent presentations to compete for a place in the final and a chance to win the money. KGS welcomed 6 groups onto the stage for the finals resulting in Ypeople winning and Stromness Academy had 3 finalists giving excellent presentations with MS Society winning.

Laura Leonard, YDW from VAO said: *'The awareness of the third sector and engagement from young people and charities that has been created throughout the YPI has been amazing and completely invaluable – young people have become more aware of what social issues people in Orkney may face, friendships have been made and there is a real sense of community and involvement.'*



If you would like to find out more about YPI please visit their [website](#).

## NHS Feedback volunteers receive 10 hour Saltire Award

The project was set up in partnership with NHS Orkney and Voluntary Action Orkney to encourage young people to volunteer in their community and to give the opportunity to be involved in a hospital setting. The project has successfully run since 2014 and has involved 4 groups of young people. Full training, an induction and support has been given to all 21 young people.

Volunteers are tasked with gathering real time feedback from patients in wards at the Balfour Hospital about their hospital experience. A questionnaire including direct questions as well as multiple choice are asked with all feedback gathered monitored and actions taken when required.

Julie Tait, NHS Orkney Patient Experience Officer, said, *'We really value the support and interest of volunteers at the Balfour and all young people do an excellent job, using the software on our*

*Feedback iPads to gather feedback from inpatients over two months. Staff greatly appreciated the time the volunteers gave up to carry out the project. Patients were glad to help and told us they also enjoyed chatting to the young volunteers!*

*Gathering patients' views helps us understand what we are doing right and what we can look to improve. The feedback was generally extremely positive and was welcomed by the staff caring for the patients.'*

All the young volunteers enjoyed their experience and felt that it gave them a real insight into the hospital setup. They all commented that it has increased their confidence and communication skills as well helping to make a positive difference. Pictured here are Phoebe, Zoe and Emma with their 10 hour Saltire Awards.



## Transition Sports Days

Youth Development Workers, Brian and Laura, were invited by Active Schools to attend the annual Transition Sports Days at Stromness Academy and Kirkwall Grammar School. Delivering an activity to encourage young people to think how they may volunteer in sport resulted in 2 large, colourful drawings showcasing various volunteering roles. The event was a great way to meet the next generation of volunteers.



## Local Third Sector News

### Free CPR training



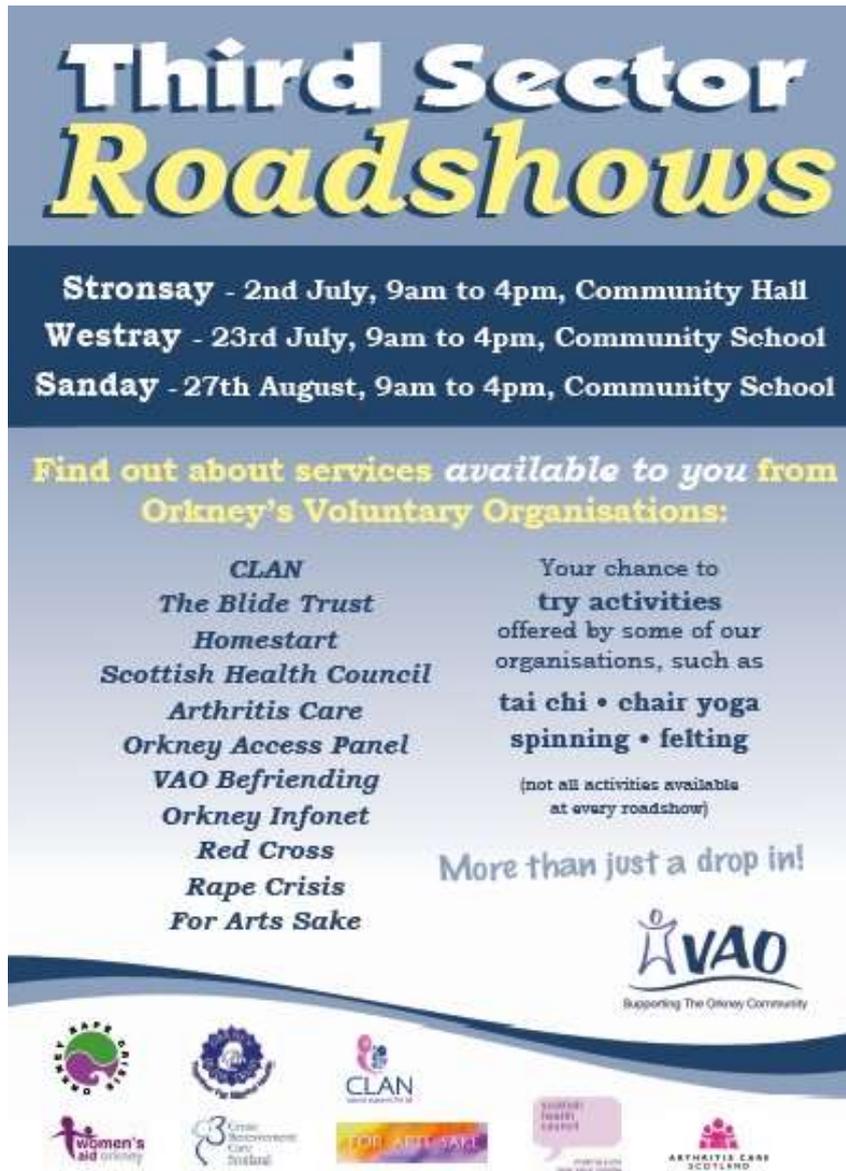
All 356 of Scottish Fire and Rescue Service's fire stations recently took delivery of a British Heart Foundation-donated Call Push Rescue training kit and each station will now act as a base for local people to learn vital cardiopulmonary resuscitation (CPR) skills and potentially save someone's life if they go into cardiac arrest.

Clearly, as Orkney and the surrounding islands are remote, any form of early intervention could potentially be a life saver and as such, the Fire and Rescue Service are hoping to attract as many organisations or individuals to take up the simple, yet effective, training.

When someone goes into cardiac arrest their heart is not pumping properly and every second counts. But performing immediate CPR, as part of the chain of survival, can keep oxygen circulating around the body until the arrival of medical professionals or a defibrillator. The training will empower people and give them the skills they need to deliver life-saving assistance to anyone suffering from cardiac arrest, training can be delivered to up to ten people at a time and takes approximately 45 minutes to complete. If your organisation is interested in receiving CPR training, please contact the Scottish Fire and Rescue Service at the Orkney District Office on 01856 875428, or go to the contact page on the Scottish Fire and Rescue Service [website](#).

The training can be carried out at the local fire station (if suitable) or at any other suitable venue provided. The Fire and Rescue Service are extremely grateful to the British Heart Foundation for providing the CPR kits and hope this initiative will save hundreds of lives in the weeks, months and years to come.

## Third Sector Isles Roadshows



**Third Sector Roadshows**

**Stromsay - 2nd July, 9am to 4pm, Community Hall**  
**Westray - 23rd July, 9am to 4pm, Community School**  
**Sanday - 27th August, 9am to 4pm, Community School**

**Find out about services available to you from Orkney's Voluntary Organisations:**

**CLAN**  
**The Blide Trust**  
**Homestart**  
**Scottish Health Council**  
**Arthritis Care**  
**Orkney Access Panel**  
**VAO Befriending**  
**Orkney Infonet**  
**Red Cross**  
**Rape Crisis**  
**For Arts Sake**

Your chance to **try activities** offered by some of our organisations, such as **tai chi • chair yoga spinning • felting**

(not all activities available at every roadshow)

More than just a drop in!

**VAO**  
Supporting The Orkney Community

Logos for: Women's Aid Orkney, Crime Recovery Care Institute, CLAN, For Arts Sake, Rape Crisis, Arthritis Care Scotland.

A collaboration of third sector organisations in Orkney are going out to three north isles, Stromsay, Westray and Sanday this month to promote their services to residents. A number of organisations are going out to speak with residents and explain what they can offer to folk living in the isles.

Along with banners, leaflets and people we are also going to have some fun workshops and taster sessions! These include (but are not limited to) Tai Chi, Chair Yoga, needle felting, and spinning.

Please come along to find out what services are available to you.

## CRAFT (Community Reinforcement and Family Training) intervention programme

Relationships Scotland Orkney (RSO) are pleased to announce that they now offer a support service for family members and carers affected by someone else's substance misuse. Hannah Stanger, Substance Misuse worker at RSO said: *'Early on in my role as substance misuse worker I recognised the need for support for family members affected by a loved one's substance misuse. Often family members reported feeling like they had nowhere to turn for help and felt hopeless with their efforts to get their loved ones into treatment. Understandably this often impacted on their own mental and physical wellbeing. I got in touch with the [Scottish Families Affected by Drugs](#) (SFAD) about setting up a support group for family members. We both agreed that we needed to offer something educational and structured to encourage local people to attend and they strongly recommended CRAFT.'*

Hannah, now a CRAFT trained Recovery and Support Coordinator, is running an eight week course for family members and carers who have a drug or alcohol misusing person within their family. Normally delivered for two hours per week, either on a one-to-one basis or in a group, the programme has three main goals: Reduce the family member's substance use; Get the substance user into treatment, sustain them in treatment and support long term recovery; and increase the carer's own happiness, independent of the substance user's treatment and/or recovery status.

Hannah tells us that 'In the UK, new evidence just released supports the anecdotal evidence that 70% of substance users supported by families employing CRAFT skills enter and remain in treatment 6 to 7 times longer than people not supported.

In addition to the effects CRAFT has been demonstrated to have on the user, there is evidence of positive impacts experienced by the carer. Studies have shown that regardless of whether the substance user engaged in treatment, carers reported significant psychosocial and physical improvements.'

To find out more about CRAFT, or to make a referral, please contact [Hannah Stanger](#), Substance Misuse Worker at Relationships Scotland Orkney on 877750.



## AGMs

### Relationships Scotland Orkney

Tuesday 5 July, 5.15 for 5.30, St Magnus Centre, Kirkwall  
For more information please contact [RSO](#) on 877750

## Who's behind the Blue Door?



<b>Kayak Club</b>	<b>4 July – 9 July</b>
<b>RVS</b>	<b>11 July – 16 July</b>
<b>Orkney Youth Development Group</b>	<b>18 July – 23 July</b>
<b>Burray Playgroup</b>	<b>25 July – 30 July</b>

## Looking for a printer?

OHAL have a Konika Bizhub 20 black & white printer/copier (with colour scanning) for sale. If you're interested, please contact [Rachel Bannerman](#) on 875253.

## Legislation & Guidance

### OSCR's visit to the County (7-8 June), with the pensions regulator

Did you manage to meet OSCR whilst they were in the county? If you did or if you didn't - the slides from the Meet the Regulator events are available [here](#) (feel free to share far and wide).

Take a look at what OSCR are planning in the form of new guidance this year and check out what the Pensions Regulator has to say about:

- Why automatic enrolment is being introduced?
- What employers need to do
- Staging dates and overall timetable

## Annual returns to OSCR

92% of charities engage with OSCR online now and this number they hope to increase. From April 2016, no further paper returns will have been, nor will be, sent out from OSCR. This means that you need to:

- a) Contact OSCR to register to make your annual returns online
- Or
- b) If this is not possible, contact them to get a paper copy of the return sent to you. You will need to be proactive in this. Check your end of financial year date, contact OSCR and ask for a paper copy in good time.

For more information, please contact [OCSR](#) on 01382 220446

## Charity trustee duties guidance update

OSCR has updated this key publication, which sets out the role and responsibilities of those running the country's 24,000 charities, 233 of which are in Orkney.

While the basic principles remain unchanged, *Guidance and good practice for charity trustees* has been extensively rewritten and reformatted for ease of use.

This guidance explains what the law says [charity trustees](#) must do or must not do. The charity trustee duties are set out in [The Charities and Trustee Investment \(Scotland\) Act 2005](#), referred to in this Guidance as the [2005 Act](#).

In this guidance, OSCR explore the [general duties and specific duties](#) of charity trustees in the 2005 Act. They give you examples of how these might work and share good practice from their experience as Regulator and from other organisations in the charity sector.

OSCR, the [Scottish Charity Regulator](#), are responsible for regulating Scottish charities and their charity trustees.

## Important Information – Companies required to produce a register of 'persons with significant control'

Recent changes to company law have imposed new obligations on UK companies, as well as those holding interests in UK companies.

Following the changes, UK companies are now required to produce a 'persons with significant control' (PSC) register, containing details of the ultimate beneficial owners of the company.

This information must be filed with Companies House, where it will be held in a public register, with the stated aim of improving the level of transparency of UK companies.

Please click [here](#) for more information.

## Funding & Finance



### OSCR's "Banking For Charities"

Late last year, The Office of the Scottish Charity Regulator (OSCR) established a group of people from various organisations, including VAO, to come together to discuss what we could do to help the sector improve its banking experience. OSCR had already been in touch with various banks and the British Banking Association (BBA) and it soon became clear that due to heavy regulation,

changes were not going to be quick. So the group decided to focus on making sure third sector organisations can be as informed and prepared as possible when it comes to choosing their bank.

Please click [here](#) for a recent Third Force News article containing more information and five top tips for third sector banking and [here](#) for OSCR's Banking for Charities guide.

## Volunteering opportunities

### Can you help the Orkney Fairtrade Group become more media savvy?

Orkney Fairtrade Group is a small voluntary group that promotes the use of Fairtrade goods in Orkney, and publicises the work of the Fair Trade movement.

They need help with setting up and making the most of social media for publicity and promotion. For example, setting up a Facebook page with links to other relevant pages, and helping them to use it. And a Twitter account. And any other ideas!

This can all be done very flexibly and from home of course, and to suit the volunteer's availability, but updating should happen at least weekly. It needs a commitment for at least six months initially to get processes well established and members trained up to use them. None of the members are regular social media users.

Interested? Please get in touch with [Rob](#) at VAO on 872897.

### Could you be a friend for Aurrida?

Aurrida House is a service which cares for young people while they are staying away from their families for short breaks.

Members of Friends of Aurrida can serve as committee members or help out as fund raisers supporting families of special needs children and raising funds for Aurrida House for extra equipment and outings.



If you think you could spare some time as a committee member or as a fundraiser in such a good cause please contact [Rob](#) at VAO on 872897.

### Will you add your voice to Orkney Voices?

The purpose of Orkney Voices is to champion the voices of people over 50 within Orkney and beyond. Available volunteers would be actively involved with this aim. We are looking for volunteers with good communication skills and being computer literate would be an advantage but is not essential. Volunteers will give 2/3 hours of their time per week and be expected to attend 2 committee meetings per year. Interested? Please contact [Rob](#) on 872897 for further information.

### Orkney Foodbank require a Co-ordinator

A dynamic volunteer is needed to lead a team of volunteers to ensure that all areas of the Orkney Foodbank are run efficiently and to a high standard, in accordance with The Trussell Trust franchise model and statutory requirements. The main areas of responsibility are to:

- Provide the Foodbank Board with regular reports on the activity of the foodbank.
- Bring to the attention of the Foodbank Operational Group, in the first instance, any concerns regarding the day-to-day operation of the Orkney Foodbank.
- Coordinate the volunteer team at the foodbank.

- Organise the volunteer rota and flag up any shortages to the Foodbank Operational Group.
- Train volunteers to undertake responsibilities within the foodbank and to meet the relevant legal requirements.
- Develop and maintain suitable signposting resources in conjunction with the Operational Team to assist foodbank volunteers in pointing clients to other local agencies for further support.
- Ensure that the foodbank is a safe space for all clients and volunteers, that safeguarding procedures are understood and implemented, and client confidentiality respected.

Please contact [Rob](#) on 872897 for further information.

For details of other volunteering opportunities, please visit the [VAO website](#).

## Third Sector Forum

The next meeting of the Third Sector Forum will take place on **Thursday 21 July** 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

### Zero Tolerance – Under Pressure Training: 22 July 2016

This one day course helps build the capacity of youth work staff to prevent abuse and exploitation in teen relationships. The course aims to equip youth work staff with the knowledge, skills and confidence to deliver effective sexualisation awareness, abuse prevention and early intervention initiatives with young people. It also aims to enable youth work staff to incorporate prevention and early intervention strategies into their work and initiate new activities to address abuse in young people's intimate relationships.

The training will take place on 22 July from 9.30-4.30 in the Town Hall, Kirkwall. To book a place please contact [VAO](#) on 872897.

### Child Protection and Adult Protection training, contacts and resources in Orkney

Child Protection is delivered in various ways in the county. Primarily, the CDROM that used to be used for general awareness in child protection (useful for all who work with children from Guides, Scouts and playgroups to drama groups and larger charities working specifically with younger folk), has been superseded by access to online training or Orkney College training. (See VAO's [Briefing note](#) about varying options).

Adult Protection training general awareness raising is still offered via a CDROM and for community groups, Edwina Lloyd can distribute CDROMs to any who request them, free of charge. For more advanced training, then the twice yearly Child Protection/Adult Protection 2 day course is delivered by a partnership of trainers, again free of charge and Edwina can pass on details of the next course.

Please click [here](#) to find out more about local contacts, or if you are concerned about anyone, young or older.

## Dates for your Diary

### Restart Orkney Summer Fair – Saturday 9 July

As well as fun for all the family, Restart Orkney will be unveiling an exciting new project! Pop along to find out more from 10.00-2.00 on Saturday 9 July at 62 Junction Road, Kirkwall

## VAO Service of the month

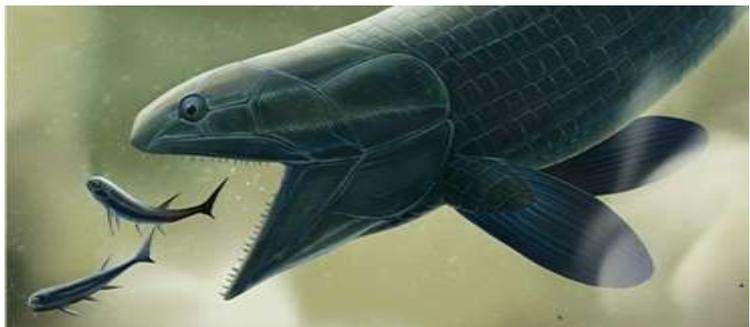
### Payroll Service

Did you know....We offer a payroll service to both voluntary groups and small businesses. You don't need to have a minimum number of employees to take advantage of this service and, with our competitive rates, we can take the stress out of processing payroll. We offer a weekly and monthly payroll service and with the recent change in legislation we can help you set up with a pension provider and process pension payments. Please contact [Hannah](#) on 872897 for more information.

## Focus on.....Orkney Fossil and Heritage Centre

*'A wonderful community resource.....a fun filled day out.....unexpectedly worthwhile.... a hidden gem'* – just some of the comments from visitors to the Orkney Fossil and Heritage Centre left on the Trip Advisor website. The Museum, which gained charity status in 2001, is home to an amazing variety of exhibits, from dinosaur poo to a model of Milan Cathedral made by an Italian Prisoner of War stationed on Burray. The Centre is also home to a Community Café, where over a cup of coffee and freshly baked scone we met with Tamsin Bailey, Director of the Café and Museum, to find out more about this wonderful local resource.

Tamsin tells us that the Museum was set up in 1993 by Burray resident and local builder Leslie Firth to share his extensive collection of fossils with the people of Orkney. Leslie, his father Ernest and brother Eoin, were great collectors, Tamsin explains, whose collections included not just fossils, but wartime artefacts and memorabilia, traditional tools and Orcadian furniture –



all of which can be found displayed in the galleries. The Museum charges a modest entrance fee, but unfortunately this doesn't cover the costs of running and maintaining the Centre. Tamsin explains that *'in 2009 a group of people from Burray got together and proposed to the trustees of the Fossil Centre that we operate the Café at the Centre (which was run at the time under a franchise arrangement) as a trading subsidiary of the charity, so the café generates revenue to help keep the Centre open'*.

Alongside providing much needed income for the Museum, the Café provides jobs and volunteering opportunities for the local community. *'When we took over the Café in 2009 we were keen for it to involve lots of different folk in the Burray community and to give work experience to people, especially young folk who otherwise have to travel to work. Over the last 7 years many of the teenagers in Burray have worked in the Café, which is great to see.'* Over the course of a season

(late April – end September) the Café employs anywhere between 10-15 people on a full and part-time basis, some of whom are former 'local teenagers' now returning home from University for the summer break. The work experience (both paid and voluntary) provided by the Café isn't just for the young, with, for example, the café also providing opportunities for women returning to work after a period of absence. *'One lady who volunteered for us for 6 years while her children were younger now has a full-time waitressing job in town, and others have gone on to permanent employment elsewhere as we can only offer seasonal opportunities'*, Tamsin tells us.

Three staff are on duty in the Café during our morning visit, all of whom kindly take time out from baking, cooking and serving to have a chat. Mag Laughton has been at the Café since last year and when we arrive at 9.30am had already baked 12 sponge cakes and a couple of dozen scones! *'I work in the kitchen, do some baking, some tidying up, wash dishes and have a laugh'*, she tells us. *'It's really good working here with the rest of the staff, we're all friends and it's a happy atmosphere'*. These sentiments are echoed by Maggie Punshon who has been waitressing since May and John Smales, kitchen assistant and waiter, who's now in his third season at the Café. The Community aspect of the Café is very much evident when speaking with the staff, who clearly value working for a local organisation of which they feel very much a part of.

The Café is fortunate to be supported by an army of about 12 loyal volunteers. *'The willingness of people in Orkney to give so much for their local community is fantastic'*, says Tamsin. *'From baking to washing laundry every week, stepping in when we're short staffed, doing shopping for us in town, collecting groceries from Hatston, growing vegetables and salad....I could go on. People contribute in so many ways. A special mention goes to Colin Blake who is now in his 90s and has grown flowers and literally hundreds of pounds of tomatoes for us in his polytunnel every year. Just brilliant!'*

Many of the paid staff also volunteer their time, putting in hours and hours of extra unpaid work to develop both the Museum and Café. This includes Centre Manager, Linda Hamill and Café Manager, Sheila Chapman, both of whom were unfortunately not around on the day of our visit. It was Sheila, Tamsin explains, who took the lead on the recent transformation of the Café, which has been re-decorated and turned into a Heritage Tea room. The décor (which includes pictures and ornaments from the Centre collections) and new staff uniforms have proved a huge hit with visitors. It's important for staff to have the freedom to do things differently and introduce new things, explains Tamsin: *'It's not a profit making business and so people, both staff and volunteers, have got to want to be a part of it. This innovative approach, whether trying out new cakes, or different ways of doing things, also hopefully helps keep things fresh and interesting for our customers.'*

In addition to introducing some novelty to the Café, Tamsin explains that the new Heritage Tearoom is designed to tie in and highlight the fact that the Centre's Heritage Galleries have been upgraded over the winter of 2015-16. She hopes that the heritage pictures and items on display will help entice people from the Café to the Museum. The Café receives around 14,000-15,000 visits each season,



*L-R: John Smales, Maggie Punshon, Tamsin Bailey, Mag Laughton*

of whom a proportion also visit the Museum. After a major project to re-do the downstairs galleries in 2012, the number of visitors going through the Museum increased to around 35% of all visits; but it has proved difficult to sustain that. Upon admitting that as regular visitors to the Café we have never ventured into the Museum, Tamsin hastily whisks us off for a tour.

The first thing that hits us when entering the fossil gallery is how light and airy the space is. Tomena Ward who works in the Museum tells us that *'everyone is so surprised when they come in. They're surprised that it's so bright and modern as it doesn't look very enticing from the road!'* When asked what the Centre would do with a donation of £1,000,000, Tamsin suggested that an extension which transformed the road end of the building and included space for an exhibition of boats reflecting Burray's proud boat building heritage could really transform the Centre's fortunes.

As we move through the downstairs galleries, along with a fascinating display of fossils, both local and from further afield, there is information on the Orkney landscape and geology, an amazing collection of sparkly minerals (some of which are housed in a special chamber where you can see their fluorescent glow) and an exhibition on Building the Barriers which was installed as part of the Scapa Flow Landscape Partnership Scheme.

The newly upgraded Heritage Galleries housed upstairs contain an amazing array of items collected by the Firths, along with items since donated to the Museum. Here we meet Rhona Jenkins who, along with Tamsin, has been instrumental in the recent upgrade. While sorting out and labelling a huge collection of wooden tools which belonged to Leslie Firth's father, she tells us that there is still a very strong family connection to the Museum, with Ernest's granddaughters all on the Board. With the wealth of artifacts on display, which include a traditional Orcadian box bed and a working air raid siren, visitors would be hard pressed not to find something of interest. Rhona explains that anyone interested in local history is welcome to use the recently renovated archive room, which along with census records for Burray and South Ronaldsay and a huge picture library has the most amazing view across Scapa Flow!

Back down in the Café, with the smell of homemade soup now wafting in from the kitchen, we ask Tamsin how the Café and Museum handle the sometimes delicate balance of catering for both locals and visitors, with the Centre being a regular stop off point for tour buses. *'Tour buses tend to be booked ahead of time and have to be precision timed as we can only fit in 2 buses at once. While we welcome tour parties, we have got to be careful that we leave space for independent travelers and our local customers, and we try not to book large coach parties at lunch time, although we do have lots of smaller tour groups who visit regularly.'*

Reinforcing the community side of the Café is the fact that Burray residents receive 10% off in the Café and free entry to the Museum. There is also a small community shop (in addition to the main Museum shop) where locals can sell their wares, which currently include a collection of beautifully hand knitted scarves, homemade jams and some rather cute sock monkeys! What about those of us not fortunate enough to live in Burray we ask? In addition to being presented with a loyalty card for the Café, Tamsin tells us that once they have paid for entry to the Museum, all Orkney visitors are entitled to free visits for the remainder of the season. Having sampled the delights of the Café and had a tour of the galleries, we will definitely be back for seconds.

It is clear that the staff and volunteers at the Fossil and Heritage Centre enjoy their work and they would very much welcome others to join them. *'We are always looking for volunteers'*, says Tamsin. *'Anyone interested in local history could get involved in helping to catalogue and manage the Collection. We need people to help with maintenance, and in particular at the moment it would be great to find a keen gardener to help look after the small but attractive garden beds.'* And you don't have to be from Burray to join the team, Tamsin tells us that they've had volunteers from as far away as Holm and staff from Kirkwall!

Tamsin and colleagues would encourage more local folk to visit the Centre. *'It's easy to drive past and think "oh I must pop in there some time" but I would really urge people to call in.'* she says. *'I'm biased of course, especially having been so closely involved in the development of the galleries,*

*but you don't have to take my word for it - take a look at the visitors' comments on TripAdvisor, or you can do a Google tour on our website to see what you're missing!*



[www.orkneyfossilcentre.co.uk](http://www.orkneyfossilcentre.co.uk)

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