

Newsletter June 2017

VAO News & Services

VAO Celebrates its 50th Anniversary



At the AGM held on 12 June, staff, volunteers, members and guests gathered to hear about the year's work and to celebrate VAO's 50 years of supporting the Orkney community.



After the formal business session, Sheila Garson, Chairperson, gave an entertaining and informative description of some of the issues that were priorities for Orkney during VAO's early years. She then cut a splendid cake, decorated to represent the organisation's current logo, which was followed by refreshments and entertainment from the Aim Family.

Youth and Philanthropy Initiative finals

The Youth and Philanthropy Initiative (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 unique programme of team work, research and competition.



Kirkwall Grammar School were first on 25 May. A good turnout of parents, school staff and fellow S3 pupils saw presentations on MS Society, Ypeople, Orkney Blide Trust, Orkney Rape Crisis, RNLI and Arthritis Care. All presentations were well researched and made good use of audience participation and props. After careful deliberation, the panel of judges chose the presentation on

the RNLI as their favourite. The group are pictured below receiving the cheque on behalf of their chosen charity.

Stromness Academy had their event the following week, in the afternoon of the school day. This meant there were no parents present, but there was a representation from the charities involved, and as well as the S3 pupils, those from S2 were present too, picking up good tips for the year ahead when their turn will come.



The Stromness final saw presentations on behalf of four charities - CLAN, Women's Aid, Orkney Men's Shed and Samaritans. The group presentation on behalf of Women's Aid prevailed who were presented with a cheque for £3000.

Volunteers' Week Celebrations

As part of Volunteers' Week VAO's **Youth Development Workers**, Brian and Laura, invited young people to a Quiz and Pizza night to say a BIG THANKYOU for their involvement in the community.

The young people who came along give their time freely to volunteer in the community and commit their time to help at places like St Peters, Eunson Kloss and the Foodbank. Fundraising, organising events and Bag the Bruck as well as Charity Shop placements and dog walking are some of the ways the young folk get involved as volunteers.

There was a really good turnout for a most enjoyable evening. Seven teams took part in the quiz which included a local knowledge round and a 'guess the next line' song lyrics game. Everyone had a plate of pizza and a mini-raffle raised £20 for local charity.



The **Young People's Befriending Project** organised a window display in the old Hydro window, promoting Befriending and Volunteers Week. They treated their Befrienders to a marvellous lunch at the Kirkwall Hotel and sent out thank you cards, telling all their volunteers how fabulous they are.



VAO's **Adult Befriending Service** celebrated Volunteer's Week by taking some of their volunteers to the Fossil Centre in Burray for afternoon tea and a look around the fossil museum.

Certificates were presented to the volunteers who attended. It was an extremely enjoyable outing with lovely cakes!



Local Third Sector News

Scottish Water Employer Supported Volunteering

Scottish Water have been in touch with VAO to offer the services of their local staff, to volunteer and help deliver a short community volunteering project in Orkney.



Scottish Water's employee volunteering programme was launched in spring 2011, and in the last year alone more than 500 Scottish Water employees have taken part in their volunteering programme.

Employees are supported to carry out volunteering on week days and during office hours. Unfortunately they don't have a budget but they do have enthusiastic employees who love to make a difference for others.

If you have an idea for a practical, non-fund raising activity that Scottish Water could complete in one day, please contact [Fiona Burley](#) at Scottish Water with as much detail as possible. Fiona will be happy to answer any questions you have and would love to have a chat with you about your proposal.

If you've any questions please get in touch with [Rob](#) or [Fraser](#) at VAO on 872897.

Who's behind the Blue Door?



South Ronaldsay Golf Club

3 – 8 July

Selkies

10 – 15 July

2nd Orkney Scouts

17 – 22 July

Home Start Orkney

24 – 29 July

Also in the news

Street Soccer Scotland named charity of the year 2017

Street Soccer Scotland, a unique project to combat social exclusion through football, has been named Scottish charity of the year.

The charity picked up the gong at the Scottish Council for Voluntary Organisations (SCVO) annual Scottish Charity Awards, in recognition of a range of activities including organising 2016's hugely successful Homeless World Cup in Glasgow. Click [here](#) for more.



Young Scots reveal challenges to their rights online

A new report presented to the Scottish Government finds that more than half (59%) of young people have experienced or know someone who has been effected by bullying online. Two in five (41%) young people have admitted they don't know if their rights are being observed in the digital world.

The report was developed and delivered by a group of young people called the Young Scot 5Rights Youth Commission and asks the Scottish Government to engage with young people in all decision-making processes about the digital world. It emphasises the need for the rights of young people to be promoted across the tech world and to be made a top priority in the design, provision and consumption of digital technology.



Read more and download the report [here](#).

Scottish Drugs Forum Report – Older People with Drug Problems in Scotland: Addressing the needs of an ageing population

This month the Scottish Drugs Forum launched the final report of an expert group on the challenges Scotland faces in responding to the needs of some of its most vulnerable citizens – the growing population of older people who have drug problems.

The report, entitled ‘Older People with Drug Problems in Scotland: Addressing the Needs of an Ageing Population’ looks at the needs of people with drug problems who are 35 years and over and highlights the increasing number in their 50s and 60s.

The report’s key findings include:

- That older people with drug problems will increasingly become the norm within services and services need to adapt to better meet the needs of this population – both specialist and non-specialist
- This group have a range of complex needs, including being very isolated and experience significant underlying physical and mental health problems
- They are not engaging well with existing services and tend to drop out of services on a regular basis
- This group is at high risk of fatal overdose and dying of other causes if they are not retained in care
- There is significant and increasing cost to the health service.

Click [here](#) for a copy of the report.

Legislation & Guidance

Gender Based Violence – Explanatory booklets

Gender-based violence is a major public health issue which causes immense pain, injury and suffering, particularly to women and children.

The Scottish Government Health Directorate has issued guidance to health boards on identifying and responding to gender-based violence as part of its commitment to improving the health and healthcare of those who have experience of such abuse.

The following booklets explain the nature of gender-based violence and its impact on health, and outlines how to respond.

- Domestic abuse
- Rape and sexual assault
- Childhood sexual abuse
- Commercial sexual exploitation
- Stalking and harassment
- Harmful traditional practices (for example female genital mutilation, ‘honour’ crimes and forced marriage).

The booklets can be downloaded from www.gbv.scot.nhs.uk



Charting the waters: A guide for the third sector on how to evaluate policy influencing work

Evaluation Support Scotland have produced a new guide, Charting the Waters, for people in third sector organisations that want to understand and evaluate the difference their policy influencing work makes.

The guide aims to help Third sector, funders and policy-makers have a better understanding of how to evaluate policy-influence. This in turn will lead to more effective policy influence and better

reporting about policy influence by third sector, and ultimately, better outcomes for people and communities.

Click [here](#) to download a copy of the guide.

OSCR and sector partners work together to help unincorporated charities that want to become SCIOs or companies

Incorporation is when an unincorporated charity (an unincorporated association or trust) wants to change their structure to a Scottish Charitable Incorporated Organisation (SCIO) or a Company. There are many reasons why a charity might want to do this; the charity may want legal personality, employ staff or they may be looking to secure funding streams. A charity seeking to incorporate must apply to OSCR to create a new charity and apply for consent to wind up the existing charity. Once status and consent is granted, the 'old charity' can then transfer the assets and liabilities to the 'new charity'.

In A Guide to Incorporation, OSCR has expanded its guidance on the incorporation process in an easy-to-digest format and is signposting charities to factsheets containing expert information from a range of organisations covering:

- Accounting requirements
- Pension fund considerations
- Early Years Charities
- Care Inspectorate requirements
- Transferring assets and liabilities
- Banks, Investments, Insurance and Licenses
- Tax matters

Click [here](#) to download the guidance.

Funding & Finance

Active Spaces call for nomination



Active Spaces is a new national programme which will create activity programmes to inspire the most inactive communities to get active and use their local outdoor spaces. The programme will secure 50 new Fields in Trust protected sites across the UK and help increase participation in many different physical activities on local parks, playing fields and green spaces which will be protected for future generations to use and enjoy.

Parks and informal green spaces have an important role to play in helping deliver this activity agenda being the settings for entry-level activity. Inactive people don't suddenly start playing sport in a formal setting, they walk, jog, cycle or play – and they need safe local green spaces to do this.

The Active Spaces programme combines the protection in perpetuity of green spaces, together with revenue funding to engage inactive people on those spaces. Each site will be offered delivery of a physical activity project on-site to the value of £5,000 to serve local needs and target identified groups of inactive people.

Please visit the Fields in Trust [website](#) or contact [Meghan](#) at VAO for an application form and guidance notes.

Climate Challenge Fund open for applications

Community-led organisations from across Scotland are invited to apply to the Scottish Government's Climate Challenge Fund (CCF) for funding to support local projects that tackle climate change.

To date, the CCF has awarded grants totalling £85.8 million - supporting a range of successful projects, including energy efficiency improvements to community-owned buildings, home energy efficiency advice, lower carbon travel options and community growing initiatives, plus schemes that help reduce waste and move Scotland further towards a more circular economy.

Interested? Then visit the Climate Challenge Fund [website](#) to find out more. The deadline for applications is 28 August 2017.

Volunteering opportunities

Volunteer receptionist at the Orkney Counselling and Support Centre

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

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

If you would like to find out more, please contact [Cecily Cromby](#) on 873937.

Ness of Brodgar Visitor Team

The Ness of Brodgar welcomes many visitors on-site during July & August. Following the BBC series earlier this year, the archaeology team expect 2017 to be particularly busy. This year's dig will take place from Wednesday 5 July to Wednesday 23 August.

An important part of the visitor experience is the team who meet and greet visitors, letting them know when tours are, where to go on-site, how to help support the dig and generally give visitors a warm welcome to the Ness.

Volunteers are wanted to be part of the team. No experience is necessary as full training will be given. However enthusiasm, confidence in working with the public and a love of Orkney's rich heritage is definitely an asset!

The working day is 10.00 to 17.00 but the team are very flexible and are happy to discuss what hours folk can do across a week and the 8 weeks of the dig.

This is a great opportunity to be involved in one of Orkney's great experiences and to be part of discovering the rich layers of history in Orkney. If you would like to be involved please contact [Anne Mitchell](#) at the UHI Archaeology Institute on 569 340 (after 1pm) or [Rob](#) at VAO on 872 897



Red Cross Retail Assistants Required

The Red Cross are looking for volunteers to join the staff at their shop in Stromness as retail assistants. This is an ideal opportunity for people who want to give something back to the community and who also want to develop their retail and shop work experience.

The shop is open from 10am to 4pm Monday to Saturday and the Red Cross are very flexible as to the hours people would like to work.

No previous experience is needed as full training and support will be provided by the friendly staff. So if you would like to spend some quality time developing your retail and people skills please contact Wendy Moar or Ken Whyte on 850 913 to have a chat about the opportunity.



St Magnus Centre Volunteers

The St Magnus Centre would love to recruit more volunteers. The volunteers role is to welcome visitors to the centre, explain about the 15 minute film which highlights the life of St Magnus and the history of the cathedral. Assist all other users of the centre, take cash for souvenir items and generally help visitors with information and keeping the centre tidy.

If you are enthusiastic and approachable and enjoy meeting members of the public from all over the world then this is the role for you. All volunteers receive an induction and ongoing support. Volunteering shifts are done in pairs and the volunteering shifts are 10am to 1pm and 1pm to 4pm Monday to Saturday.

If this is an opportunity you would like to know more about please contact [Denise Brown](#) on 741 336 for an informal chat.



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

Have your say.....

Help to map awareness and use of participation requests among community organisations

Have you heard of participation requests, and are you thinking about making one?

Participation requests are a new way for community organisations to have their voices heard in the planning and delivery of services. The right to make a participation request to a public body was introduced as part of the [Community Empowerment \(Scotland\) Act](#), and came into effect on 1 April 2017.

[Scottish Community Development Centre](#) would like community organisations to tell them about their experience of participation requests so far, even if, before reading this, you had never heard of them! There are two ways for you to give your thoughts... 1) Get in touch directly by contacting [Colette McLure](#), and/or... 2) Answer a quick 5 minute [survey](#) which will help to build a picture of how participation requests are being used across Scotland and provide information on what else might be needed to ensure that the legislation works as intended.

Social Enterprise Census 2017 now open

This is the second official count of enterprising charities and social enterprises - organisations operating for the public good and generating income from trading activities. The project is being carried out on behalf of the Scottish Government, Highlands and Islands Enterprise, Scottish Enterprise, Big Lottery Fund, and others.

The aim is to ensure that the work of organisations like yours is better understood and better supported. The findings from the earlier 2015 Social Enterprise Census have already been widely used and made a huge difference. For example, they have been used to lobby on important issues for the sector, informed the Scottish Parliament's first debate on social enterprise, and informed Scotland's bold new strategy to support social enterprises. See the results of the 2015 Census [here](#).

If you can answer 'yes' to the following questions they want to hear from you:

- Does your organisation have social or environmental goals?
- Are you earning income from selling goods, charging for services, or delivering contracts?
- Do you aspire to greater financial independence through earned income (reducing reliance on grants)?
- Do you reinvest your surpluses and retain assets to further your social/environmental goals?
- Are you operating independently (not as a public body)?

You may generate income from fees or contracts, doing anything from running a village hall, to providing arts activities, to delivering a care service. Whatever the case, the survey is for you.

Please take just 15 minutes to register some basic information about your organisation and its work. While you don't need to answer every question it will be very helpful if you could.

Respond soon to enter the FREE PRIZE DRAW, and you could be the lucky recipient of one of three iPads up for grabs. Respondents will also be the first to receive a copy of the published findings. Click [here](#) to complete the survey.

2017 UK Social Enterprise Awards

Applications are open for the 2017 UK Social Enterprise Awards, The Awards recognise business excellence and significant contributions to society and winning an award raises your profile, strengthens your brand and brings you new business.

Interested? Then click [here](#) for more information. Applications close on 7 July.

Third Sector Forum

The next meeting of the Third Sector Forum will take place on **Thursday 20 July** at 11am in the McGillivray Room, Kirkwall Library. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

Education & Training

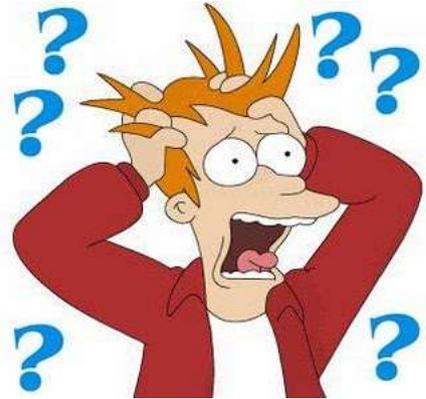
PVG training

When you see the letters PVG does it sent you into a panic? Do you know what PVG stands for? Do you know what it means? Do you know what you have to do? Don't Panic! VAO are here to help!

The Protection of Vulnerable Groups Scheme (PVG) was introduced on Feb 28 2011, to ensure that those who have regular contact with vulnerable groups (children and protected adults) through the workplace do not have a history of harmful behaviour. The scheme aims to deliver a fair and consistent system that will be quick and easy for people to use, ending the need for multiple written disclosure applications. The legislation applies to a wide and diverse range of organisations and groups across the statutory, voluntary and private sector that provide services, activities and amenities for children and protected adults.

Did you know that VAO delivers training around the PVG Scheme including:

- What is and what isn't regulated work
- How to join Volunteer Scotland Disclosure Services
- How to complete and process the application forms
- How to manage the scheme on an ongoing basis for your organisation.



If you would like to find out more about PVG or register for the next training session, please contact enquiries@vaorkney.org.uk or call 872897

Voluntary Arts Scotland's new project: Putting the social into social media

Are you 50+ and involved in a creative group or project? Are you keen to learn new digital skills you can use to help run your group?

Then [register](#) for Voluntary Arts Scotland's new project, Putting the social into social media, to take part in FREE digital training. Deadline for expressions of interest: 7 August 2017.

Erasmus+ training opportunities for the youth sector



Every year Erasmus+ UK funds a number of training opportunities for the youth sector under so called Transnational Cooperation Activities (TCA). Such activities are directed at staff of organisations, youth workers, trainers, managers, administrators and others who wish to further develop their competences in working with young people through non-formal learning.

For more information click [here](#).

Open Learn – free Open University short courses

Want to learn more about the voluntary sector in just 3 hours (or less) a week for 8 weeks? Then take a look at these short, free online courses:

[Introducing the voluntary sector](#)

[Working in the voluntary sector](#)

Dates for your Diary

North Alliance Conference 4 October 2017

The annual North Alliance Conference will be held in Nairn under the theme 'Influencing Change in the North'. Speakers will include Professor John Field (University of Stirling) and Dave Simmers (Community Food Initiatives North East). Please visit the North Alliance [website](#) for more information or email northalliance@vaorkney.org.uk

Focus on.....For Arts Sake

This month Jan Judge tells us about the latest developments at For Arts Sake.

I hope you have all seen the shop that is now downstairs at VAO. We have been in existence in our current format as a Community Interest Company for over 8 years now, and wouldn't be here if it weren't for the opportunity to be in Anchor Buildings that VAO offered all those years ago. As a Social Enterprise we are always looking at creating a business out of the needs of the community. So from our first days as a wee shop tucked in the corner upstairs in 2009 we have been continually growing.

Summer Open Exhibition 2017



June 5th - July 23rd

We added the gallery in 2011, turning the bleak storage shelves into a spacious and well-lit area to display works from the Orkney community. We pride ourselves on not judging who should display their work, but believe that everyone should be encouraged to develop their creativity; and by displaying their work we acknowledge their achievements, as well as brightening the days of all the folk that view our exhibitions whether they are staff or visitors to VAO, or customers who come to enjoy the latest pieces.

We have been running our workshops for a wee while now— first utilising the quiet space on Saturdays when VAO staff are not at their desks, and moving to weekday workshops. These workshops have featured the arts and crafts that are part of the talent of the staff team at For Arts Sake (FAS), and are designed to help everyone find and develop their own creative wellbeing

which is so important in these stressful times. We would love to develop more workshops but time and space are against us at present. We have some wonderful stories of folk who have been helped by attending our workshops, through difficult emotional times and varying health issues. It is a great sense of achievement and pride that we can provide this level of support with over 1000 workshop spaces being taken up last year, and we would love to be able to offer more.

In 2013 we joined with Orkney Crafts Association and Orkney Arts & Crafts to form the Orkney Creative Hub. Our aims are to pool the resources of our organisations and move forward to create the widest possible access to arts and crafts training and development for all the folk of Orkney whatever their skill levels, from the new beginner through to the hard working professionals that are the backbone of the Made in Orkney brand.

We have been focussing on obtaining premises in which to hold a wider range of workshops, including a much needed 'messy space', and to offer artists studio space to develop their business at the embryo stage. To date this has been very frustrating, but we continue on and are ever hopeful. The most recent exciting development is the acquisition of the Orkney Advertiser, and whilst we are all on a steep learning curve for the production and distribution of the booklets, we see this as a welcome opportunity to strengthen the communication routes available for many of the small businesses that are key to the quality of life in Orkney.



FAS workshop on Stronsay

In the meantime FAS has continued to extend the range of workshops that they offer, within the current space limitations, and have become an active player in the BID activities encouraging local folk to support the town centre businesses. We have enjoyed travelling to the outer isles with the VAO Roadshows so that we can extend our reach a wider audience and look forward to doing more of this as our resources will allow. We are delighted to be recognised by our customers as offering a good range of reasonable priced art and craft materials which are generally only available on line these days, whether these are local folk or visitors.

We have enjoyed our journey of growth and development over the years at Bridge Street and cannot express enough thanks for the efforts of VAO that have made it all possible.



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www.fasorkney.co.uk