



Voluntary Action Orkney

MARCH 2015

NEWSLETTER

VAO News & Services

Third Sector Forum Community Planning Workshop

About 25 people from third sector organisations, both large and small, gathered in the Pickaquoy Centre this week for the Third Sector Forum Community Planning Workshop. Following presentations on the recent restructure of the Orkney CPP and the role of VAO and the Community Planning Improvement Programme, the real work began with small groups working together to try to identify the best way forward for third sector contribution to community planning.

Groups were tasked with exploring the values, principles and priorities for the third sector in relation to community planning in Orkney. Long lists and colourful arrangements of



post-it notes were produced, highlighting both the wide and varied roles of third sector groups in our community and their common values and principles.

Following a fantastic lunch from the Blide Trust, work resumed exploring the role for third sector representatives to the CPP and looking at possible processes for nomination and election.

Lively discussion and debate could be heard on each table as ideas were bounced around on how best to ensure full and fair representa-

tion for the sector.

A great deal of useful information and ideas were generated thanks to the attendance and hard work from a wide variety of organisations across Orkney. Once the post-its and posters have been collated a report will be circulated.

If you would like further information on third sector involvement in community planning, please contact [Caron](#) on 872897. If you would like to join the Third Sector Forum, please contact [Cecily](#) on 873937.



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Generations Working Together Award



Generations Working Together

A big congratulations to Julia Thain who this month received the Younger Volunteers Award in the [Generations Working Together Annual Recognition Awards 2015](#). She received the award for her hard work and commitment to both Friday Friends and Tuesday Folk. Julia is pictured with the letter she received from Alistair Carmichael congratulating her. She will receive her award at the Inverness Generations Working Together conference on Wednesday 29 April.



Connect Project success



The Young People from VAO's Connect Project have made it through to the national finals of the Lloyds Banking Group [Money for Life Challenge](#). The group designed and printed an informative and easy to use leaflet for users of the Orkney Foodbank. The leaflet contains recipes for low cost, nutritious meals using commonly donated foods, along with budgeting tips and useful contact num-

bers. The team are pictured here at last month's launch of the leaflet at the Foodbank.



The Money for Life Challenge is a national competition which provides grants for 16 to 24 year olds to run a project to improve money management skills in their communities. The young people from Connect will be travelling to Edinburgh on 30 April for the national final. We wish them luck!

Get Ready to Volunteer

Three young men have recently achieved Saltire Awards for completing the Get Ready to Volunteer Course delivered by Voluntary Action Orkney. They all achieved their Team volunteering certificate along with their 10 hour Award for their involvement.

The eight week course was designed to support and encourage young people aged 16-25 to get involved with their community as volunteers. During each two hour session the group worked as a team to identify, plan and deliver a volunteering opportunity. Methods of learning included a power-point presentation, group discussion, craft and individual contributions.

The chosen volunteering activity was gardening at Eunson Kloss where the group worked together to fix planters, plant summer bulbs and tidy up the area. Hopefully by summer the garden will be full of colour for the residents to enjoy.

Everyone involved contributed in a positive manner, showed enthusiasm for the project, gained confidence, made new friends and would like to continue to volunteer.



Laura Leonard, Youth Development Worker said

"I am very proud of the group and enjoyed working with them. It was great to see how the group engaged with each other and worked hard to develop their ideas. I am very pleased that they want to continue to volunteer and look forward to working with them all in the future."

The course will be running again later in the year (date to be confirmed) so if you are keen to find out more about volunteering and how you might get involved, please get in touch with [Laura Leonard](#) on 872897.

Young Volunteers at St Peters House

Residents at St Peters House have had a change to their Thursday routine recently, with a group of young volunteers taking part in planned activity sessions. The group started in January and recently collected their 10 hour Saltire Awards. Activities so far have included bingo, flower arranging, show and tell and cake decorating.



Bingo and baking with the residents of St Peters House

People Management: VAO'S HR Service

We provide HR guidance on a full range of matters, every step of the way. Some HR issues may only require a brief discussion to resolve, whilst others might be more complex than you initially thought.

We can help share 'best practice' with you and let you know where you stand within employment law.

For guidance on employment law, please contact [Hannah Ker](#) on 872897.



Legislation & Guidance

Charities must adapt to ageing population – or miss out



A recent article in the Guardian highlights a new report by the Commission on Voluntary Sector and Aging and offers some key insights into how charities can benefit from the skills and experience of older volunteers in a changing society.

Reflecting on the report, the article outlines some thought-provoking challenges for the third sector "Our population is getting older — within two decades, one in four of us will be over 65 — and the voluntary sector, from community charities to multi-million pound national funders, has some serious thinking to do."

Follow the links for the full [article](#) and [report](#).

An aging
population & the
voluntary sector

Tax Help for Older People

Could you or your clients benefit from Tax help and tips? If so, please check out the Tax Help for Older People [website](#). There you will find a wealth of information on all things tax related, including their latest two newsletters on [penalties for late returns](#) and [understanding tax codes](#).



Have your say....



Open Mic Event 7 May 2015

Where?	Orkney Library and Archive
When?	Thursday May 7 2015
Time?	9.30am to 4pm (lunch and refreshments provided!)

Time to share! You know what your voluntary service delivers, what your statutory department is doing – but do others?

This is a time for members of the Orkney and Learning Guidance Forum to tell other members about their service, about their activities and the potential to avoid duplication and develop partnerships!

If you would like to book a 15 minute slot to tell others about your work, or if you just want to create a table of information for folk to gather, then please contact [Edwina Lloyd](#) or [Gary Amos](#) to book your place or for more information.

Opportunity to
showcase your
service

Learning Events

Mental Health First Aid in the Orkney Community

Self Harm Workshops - Thursday **23 April** 12.00 till 5pm or Friday **24 April** 10am till 4pm 2015. The Life Centre, Kirkwall.

ChooseLife

Suicide prevention in Scotland

The workshop will explore issues such as: What is self-harming?; Why do people do it?; What do people who self-harm say about it?; What are their needs?; What issues does self-harming raise for workers and agencies?; Reviewing own practice, skills and further training needs; Exploring alternatives.

Feedback: *'I just wanted to let you know how much I enjoyed the training. Not only did my knowledge and understanding of self harm increase 100% but it also changed my perception of selfharm.'*

For more information or to book a place on any of the above sessions, please contact [VAO](mailto:VAO@orkney.gov.uk) on 872897.

If you, or someone you know, is having thoughts of suicide - or if you have been bereaved or affected in any way by suicide sources of information and support can be found at www.orkney.gov.uk/ChooseLife. Or talk to someone at one of these numbers:

- Samaritans 08457 90 90 90
- Breathing Space 0800 83 85 87
- Childline 080011 11
- Orkney Blide Trust 01856 874874



You don't need to cope alone.

Mental Health
first aid—
helping yourself
and helping others

Connected Baby Film night – 27 April

connected baby
Film Nights
in Orkney
presents

£3.00
charitable
donation



The 1952 classic
by James Robertson

**A Two Year Old
Goes to Hospital**

5.00-7.00pm

Monday 27th April 2015

The Pickaquoy Centre
Muddisdale Road • Kirkwall KW15 1LR

Bookings: <http://tinyurl.com/o5xtyre>
Contact: Kevin Denvir 01856 877750
kevin@rsorkney.org.uk
Info: connectedbaby.net/events/film-nights/



As part of Suzanne Zeedyk's "Connected Baby" film night series the Pickaquoy Centre are hosting the second in the series about parent child separation and the effect on young children. This can be a sensitive and controversial subject for many, yet so many are affected in some form. The evening will discuss a film tracking the effect of hospitalisation on a toddler back in 1952 and discuss its relevance within child settings today.

The screening and discussion will be held at the Pickaquoy Cinema on 27 April from 5-7pm.

For more information on the film night series please click [here](#) or contact [Kevin Denvir](mailto:Kevin.Denvir@relationships.org.uk) at Relationships Scotland Orkney on 877750.

Early Years Toolkit

An [early years toolkit](#) has been recently published by the Education Endowment Foundation (EEF). It reveals that a child's progress can be boosted by five months over a year if their parents get involved in their education – by reading and talking with them at home, for example.

The toolkit analyses evidence about methods of boosting achievement among young children in a bid to help nurseries and preschools improve the learning of disadvantaged three- and four-year-olds.

The full article can be found [here](#) and the toolkit [here](#).

Encouraging
parental
involvement in
education

Scottish Learning Festival Orkney Event – 1 May 2015

A free Regional Development Day is being run by Children in Scotland as part of the Scottish Learning Festival Extra in Orkney on 1 May 2015. The event is aimed at anyone involved in education.

Two sessions are being held on:

[Parental Engagement: Ensuring Best Practice](#) (am)

[Enhancing Learning through Pupil Participation & Engagement](#) (pm)

Don't miss this one off professional development opportunity! For more information or to book a place, please click on the links above or contact lhunter@childreninScotland.org.uk on 0131 313 8828.



Children in Scotland
every child - every childhood

Postgraduate Diploma in CLD: School of Education, University of Aberdeen

Application Deadline: 30th April 2015



**UNIVERSITY
OF ABERDEEN**

This part-time, work based programme, which is run in partnership with Community Learning and Development (CLD) and creative learning agencies, will be relevant to practitioners using community learning and development approaches in a variety of contexts, including community arts, youth work and family learning. A distinctive feature of the programme is the focus on creativity, both in learning and teaching approaches and in ideas for practice, in particular, arts for social transformation. The blended learning programme uses innovative technology to nurture a learning community of practitioners in a range of contexts across Scotland.

For further information, please contact [Aileen Ackland](#) on 01224 274875, or click here for more [details](#).

Volunteering opportunities

Counselling Centre Reception Volunteers

VAO wishes to recruit volunteer receptionists for the Orkney Counselling and Support Centre. The Counselling Centre is home to Relationships Scotland Orkney, Advocacy Orkney, Cruse Bereavement Care, Samaritans and Enable. Receptionists are responsible for greeting clients, making them feel welcome and comfortable and assisting the counsellors with various administrative tasks.

We are looking for people to provide reception cover for out-of-hours appointments, primarily early evenings and Saturdays. There is also opportunity to provide more extensive cover for staff annual leave. For more information please contact [Rob](#) at VAO on 872897 or [Cecily](#) on 873937.

Dates for your diary

Dementia Friendly Orkney

Dementia Friendly Orkney are planning a number of events for the spring and summer. The first will be a Pampering session on Monday 27 April from 11.00-4.00. Salon 7 will provide the pampering for and activities will be organised for the people with dementia. For more information or to book a place, please contact [Marilyn Buchan](#) on 874093.



Pampering

sessions for carers

Orkney Social Enterprise Networking Lunch - Automatic Enrolment & Workplace Pensions – 17 April 2015

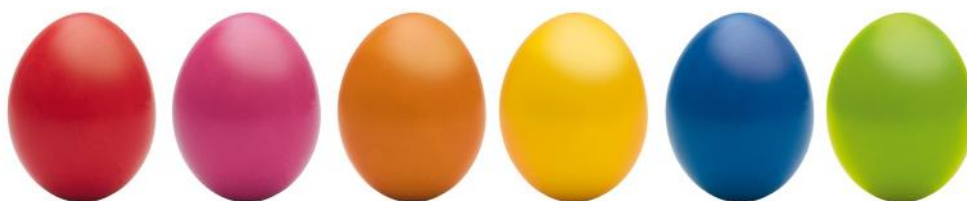
A networking lunch for enterprising organisations in Orkney looking to learn more about work place pensions, the Government's auto enrolment scheme and the implications it has for organisations is being held in the Town Hall, Supper Room on Friday 17 April. Soup and Sandwiches will be provided!

To book your place or learn more about the event please contact [Hannah Ker](#) on 01856 872897.



VAO Easter Closure

VAO offices will be closed on Friday 3rd and Monday 6th April for the Easter weekend.



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