

Newsletter March 2017

VAO News & Services

Your Islands Your Choice

Saturday 25 March saw the final event in the Your Island Your Choice Programme. Island representatives gathered in the Lifestyle Centre, Kirkwall, to hear presentations from the three applications to the Inter Island Fund and to cast their island's votes.

This event was the culmination of several months' work to introduce and deliver participatory budgeting (PB) in the isles. In October we received confirmation that funding had been awarded from the Community Choices Fund to pilot a small grants PB programme in Orkney. The Orkney Partnership (TOP) contributed to the Fund and the programme was introduced at the same time as the TOP and Orkney Health and Care localities consultation.



The first step in October, was to establish a Steering Group with representation from as many islands as possible. The Group met to learn more about PB and to decide how the programme would be delivered. So by the end of February steering groups had been established in each island, the fund promoted, applications sought, and local voting events held.

The important difference in how PB funds are allocated is that residents of each island attended a voting event where they heard presentations from each of the applicants and then decided who should receive funding. Overall, 34 diverse projects were successful.

The Group also had decided to allocate a proportion of the funding to projects that would support more than one island. The final event of the programme, the Inter-Island Fund voting event held in Kirkwall was attended by representatives from 10 islands. Each island had been allocated four votes and those unable to attend submitted their votes before the event. Also attending were Alan Budge, PB Partners, and Paul Nelis from Scottish Community Development Centre, along with other guests.

The session was enjoyed by all and two of the three applicants were awarded funding. More information about these projects is available [here](#).

Participatory budgeting is a process of democratic deliberation and decision-making, and a type of participatory democracy, in which ordinary people decide how to allocate part of a municipal or public budget. Participatory budgeting allows citizens to identify, discuss, and prioritize public spending projects, and gives them the power to make real decisions about how money is spent.

Feedback from the programme has been very positive: ***'Nice to have a fund that accepts ideas from folk rather than just committees as it lets different ideas emerge.'***



'As a very small community this sort of funding process allows us to put money where it is really needed - for us.'

'Good opportunity to support little things that make a big difference.'

'Do it again! Brilliant to way to engage folk.'

Overall the programme has been very successful, if not without challenges. In addition to disbursement of funds, the objective of the pilot was to test PB principles and processes. Scottish Government would

like all local authorities to spend 1% of their service budget using this method so we hope that PB phase two will happen in Orkney.

Orkney Community Directory – are you part of it?

VAO are currently producing an updated edition of the Orkney Community Directory. The Directory includes information on local services and groups and will be available both online and in print. We are keen to include as many local services and organisations as possible from both the statutory and third sectors. We've had a great response so far, but are still waiting to hear back from some local organisations. If you've not already done so, please get in touch to secure your entry before 14 April. You can let us know your details via [survey monkey](#) or by contacting [Cecily](#) on 873937.



Local Third Sector News

Donation Boxes Needed

Rackwick Museums are looking for a couple of donation boxes which can be fixed/screwed to the doors of the museum buildings so visitors can make donations. If anybody has any spare boxes that they no longer use and would like to see go to a good home please let [Rob](#) at VAO know on 872897.

Who's behind the Blue Door?



Blue Door Team	26 March – 1 April
Hope Community Playpark	3 – 8 April
Hotspurs FC	17 – 22 April
Orkney Island Games Association	24 – 29 April

Legislation & Guidance

Dementia Friends Scotland resource



Dementia Friends Scotland have produced a series of short films to help people get a better understanding of dementia and the small things they can do to help people with the condition. Do you work in retail or public transport, do you speak with clients/customers over the phone or ask them to complete forms? If so, please click [here](#) to watch a short film on how you can help.

Funding & Finance

Increase in National Minimal Wage

From 1 April 2017, there will be an increase in the national minimum wage hourly rates. The new rates are:

- £7.50 per hour - 25 yrs old and over
- £7.05 per hour - 21-24 yrs old
- £5.60 per hour - 18-20 yrs old
- £4.05 per hour - 16-17 yrs old
- £3.50 for apprentices under 19 or 19 or over who are in the first year of apprenticeship.

If you have any questions about how this may affect you or your organisation please contact [Hannah](#) at VAO on 872897.

Cashback for Communities Youth Work Fund

YouthLink Scotland administers the CashBack for Communities Youth Work Fund to build the capacity of young people and the youth work organisations who work to support them.

The Programme will support the Scottish Government's aim to tackle inequalities by having a greater focus on young people from areas of deprivation.

They welcome proposals for the delivery of targeted youth work activity programmes which provide diversionary youth work activities for young people aged 10 to 24 who face one or more forms of disadvantage as listed below:

- Living in areas of deprivation (priority will be given to projects working in communities within the top 20% SIMD)
- Being unemployed, not in education or training;
- Being excluded, or at risk of exclusion from school;
- Being at risk of being involved in antisocial behaviour, offending/re-offending.

Click [here](#) for more information. Deadline for Applications: Friday 28 April, 13:00.

Bags of Help

Could your charity or community organisation use a grant of up to £4,000? If so, please click [here](#) to see if you would be eligible for Tesco's Bags of Help local community grant scheme.



Volunteering opportunities

Help Look after Orkney's Heritage



Orkney Heritage Society (OHS) was founded in 1968 and is involved in heritage conservation throughout Orkney, assisting other organisations and running educational competitions.

The society is looking for two new volunteers who will help with their important conservation work. One volunteer is needed to fulfil the role as trustee secretary, looking after the administration of the society's administration functions. The other volunteer will fulfil the role of trustee membership secretary and their role will be to look after all functions relating

to membership and members.

If you would like to know more about OHS and the volunteer roles described please contact [Rob](#) at VAO on 872 897 or Spencer Rosie at OHS on 875 342.

Barony Mill Guide

Summer is around the corner and Birsay Heritage Trust are looking for volunteers to become Barony Mill Tour 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 the mill. He or she then gives a semi-scripted guided tour of the mill which lasts approximately one hour, answering questions, if asked, to the best of their ability. Visitors are given a 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 uniqueness of bere, this historically important cereal grown only here in Orkney and milled only in Birsay. Guides work by rota, the Mill being open daily between 11am and 5pm. It may be possible to work half days if there are sufficient volunteers, and to take into account the needs of volunteers to work flexibly.

Volunteers should enjoy dealing with members of the public and be good communicators. They should be fit enough for getting up and down stairs (three levels) and comfortable with occasional lone working. An interest in local history and social history is desirable. They must be trustworthy with money handling and reliable.

For more information please contact [Rob](#) at VAO on 872 897.



Salvation Army Shop Volunteers Wanted!

The Salvation Army shop have some vacancies they would like to fill. They would like to hear from volunteers who would be able to cover the following shifts:

Alternate Thursdays: 10am to 1pm and 1pm to 4pm
Alternate Fridays: 10am to 1pm and 1pm to 4pm
Occasional Saturdays: 10am to 1pm and 1pm to 4pm

If you would like to volunteer in a warm and friendly retail environment then this would be the post for you. If you are interested please contact [Rob](#) at VAO on 872 897.

Saturday volunteer at For Art's Sake

Orkney's premier arts supplies shop is looking for a new volunteer to help out on Saturdays. The volunteer should be customer focused and like working with people. Duties will include stock taking, cash handling, helping with workshops and making tea!

Working in a retail position you will learn about customer service, cash handling procedures and stock control as well as the technical knowledge of the stock.

Do you have good communication skills? A good sense of humour? Can you learn new tasks? If so this might be the ideal opportunity for you! For more information please contact [Rob](#) on 872897.

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



Have your say.....

Entries for the National Lottery Awards 2017 are now open

Do you know an outstanding organisation that deserves recognition? You have until 7 April to nominate your favourite Lottery-funded project. Find out more [here](#).

PVG Review Survey

It's now five years since the launch of the PVG scheme and there are currently over one million members of the PVG scheme.

Disclosure Scotland are now undertaking a review of the PVG scheme to ensure that going forward it still provides the appropriate levels of protection. This review will look at how the scheme is currently running and what changes can be made to provide a better service and enhance the protection of children and protected adults.

To ensure that the review of the scheme is run properly and, crucially, they need to involve as many groups, organisations and people as possible. We are therefore sending the following link for all organisations enrolled with Volunteer Scotland Disclosure Services to give you the opportunity to feedback directly to Disclosure Scotland on what areas you think are working well and what areas need improvement.

This is your opportunity to feed into the future direction of disclosure checking in Scotland as both an individual PVG scheme member and as an organisation that is working with children and/or protected adults.

The survey should only take around 10 minutes to complete and can be completed [here](#).

Police Scotland Consultation

Police Scotland have jointly developed a 10 year strategy which seeks to promote continued service improvement and delivery.

They are consulting on the strategy to ensure that their workforce, partners and the public are meaningfully involved in the future delivery of policing services. Your comments will assist and inform the final strategy, due for publication in June 2017, and they encourage you to take part in this important process.

It is their intention to publish responses to the consultation, if you do not wish your response to be seen publically, you will be given the opportunity to opt out when completing the online consultation. They will also be publishing information on how the feedback has influenced the strategy, so it will be clear how they have adapted the strategy based upon the responses received.

The Strategy and consultation can be found online [here](#).

The consultation will close at 12 noon on 8 May 2017.

Scottish Local Government Election Campaign 2017: Alzheimer Scotland would like your help

Alzheimer Scotland would like your help to encourage candidates in your area who are standing in the upcoming Scottish Local Government Election 2017 to sign our pledge to support the 93,000 people in Scotland living with dementia, their families and carers. To find out more about the campaign, please visit their [website](#).

Third Sector Forum

The next meeting of the Third Sector Forum will take place on **Thursday 18 May** at 11am in the VAO Board Room, Anchor Buildings, Kirkwall. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

Education & Training

Next Digital Meetup in Orkney! Tuesday 4 April, 11.00 – 3.00, Kirkwall

Please do consider coming along to this session if you have an interest in anything digital for your organisation! This FREE session will be held from 11.00-3.00 at the Kirkwall & St Ola Community Centre and lunch will be provided.

You will hear about the use of Facebook and Twitter as a communication channel for your organisation and its members, live streaming of events and a fun look at some digital tools to enhance the work you do. The RNIB will also be along to describe some of the digital work that they do too and the equipment that they use.

For more information or to book your place please contact [VAO](#) on 872897 or click [here](#).

Online Today – helping people with sensory loss to get online 5 April, Kirkwall Town Hall

People with sight loss and their friends and family are invited to a session from **10.00 - 12.00** to try out the accessibility features that come built in to tablets and smartphones. If you already have a touchscreen device then feel free to bring it along.

This will be followed by a structured session on accessibility in smartphones and tablets from **1.00-3.30**. Places must be booked for this event. Please contact [Online Today Scotland](#) on 0131 657 8204 for more information or to book your place.

From **3.30pm** onwards, Ian Stevenson from Online Today Scotland will be available for 1-1 consultations. Please email or call on the above number to arrange.

For more information on Online Today, please click [here](#).

First Aid

Friday 7 April, 2 - 5pm

This half day First Aid training course will be held at VAO, Anchor Buildings, Kirkwall. For more information or to book a place please contact [VAO](#) on 872897.

Children's First Aid

Saturday April 8, 2 – 5pm

This half day Children's First Aid training course will be held at VAO, Anchor Buildings, Kirkwall. For more information or to book a place please contact [VAO](#) on 872897.

Recognising and Realising Children's Rights training

Monday 15 May, 2.00 – 5.00, Kirkwall

The Recognising and Realising Children's Rights resource supports the development of rights-based values, attitudes, skills and practices among those adults working with young people in Youth Work.

The training is free but places are limit. For more information or to book a place please contact [Sarah Robertson](#) on 0131 313 2488.

Healthy Young Lives – Training for Trainers course

Tuesday 16th May, 10.00 - 3.30, Kirkwall

Healthy Young Lives is a half-day foundation workshop which aims to increase the knowledge and skills of youth work, social care and CLD staff around how they can promote healthy behaviours, encourage healthy lifestyles and help address the physical, social and emotional factors which impact on the health and wellbeing of young people with whom they work.

This Training for Trainers course will be of interest to youth work, social care, and CLD staff who have a training remit within their sector or organisation and who wish to deliver 'Healthy Young Lives' to others.

The course costs £35 (plus VAT) for YouthLink Scotland members and £50 (plus VAT) for non-members. Lunch is provided.

For more information or to book a place click [here](#) or contact [Sarah Robertson](#) on 0131 313 2488.

Orkney Knowledge Share Seminars

May 2017 – February 2018

Scottish Autism are holding three Knowledge Share Seminars in Orkney over the coming months. The events will be of interest to parents, carers, individuals with autism and all professionals working in the field of autism. The booking fee for each seminar is £20, or book all three for £55. For more information please contact [Kerry-Ann McDonald](#) on 01259 7200444 or click [here](#) to book your place.

Personal Coping Skills & Strategies - 30 May 2017

9.30am – 12.30pm, Kirkwall

For many people on the autism spectrum, anxiety can be a barrier to learning and to enjoying every day experiences. This seminar will support parents, carers and professionals to understand the issues relating to anxiety and anxiety management.

Voice, Participation & Involvement - 31 October 2017

9.30am – 12.30pm, venue TBC

This seminar will share some of the ways in which Scottish Autism is actively involving people with a variety of communication needs and preferences in determining the services that they receive. By focusing on the idea of 'voice' both as a way of recognising individual means of communication and the right to have a say in service provision, we look at a range of organisational initiatives from creative projects to formal mechanisms for individual involvement.

Relationships & Sexual Health - 27 February 2018

9.30am – 12.30pm, venue TBC

Relationships of all kinds can be fraught with complexity for people on the spectrum. Friendships, working and intimate relationships all demand an understanding of yourself as well as the potential impact you may have on another person. This seminar will explore this most fundamental but highly challenging aspect of human development considering the key issues for individuals across the spectrum and at various ages and stages of development.

Focus on.....Girlguiding Orkney

This month **Eilidh Ross** tells us about her involvement with Girlguiding Orkney and the 1st Kirkwall Rainbows

Please sum up the main role of your organisation

Girlguiding is the UK's leading charity for girls and young women, helping over 400 young members in Orkney grow in confidence, reach for the stars, have fun and be a powerful force for good. Our programme is all about inspiring the girls to be the best they can by providing role models they can look up to and teach them life skills in fun and creative ways. We have four sections for girls:

Rainbows – aged 5-7

Brownies – aged 7-10

Guides – aged 10-14

Senior Section (Rangers) – aged 14-25

Now sum up in three words

Inspiring. Happy. Community.



What are you working on just now?

As a leader at our Kirkwall Rainbows unit we are getting ready to celebrate the 30th birthday of the Rainbows. We're organising a special trip!

In Orkney we have been looking at how we support our leaders to deliver our fantastic programme to the girls and young women here, through training, mentoring and support.

We are listening to the girls in our organisation and promoting their voice, empowering them to take action in their community and helping them build their leadership and decision making skills.

How many staff and volunteers does your organisation have?

In Orkney, we have over 70 adults involved in all sorts of volunteering roles from administration to being part of a unit leadership team, supporting leaders and leading teams! We have no paid members of staff – we are a volunteer led organisation.

Are you looking for volunteers? If so, who are you looking for?

Girlguiding Orkney is always looking for more volunteers to join this amazing organisation! Whether it is young volunteers interested in doing their own leadership qualification or anyone that has an hour or so to spare in the week! We have something for everyone!

Roughly how many people use your service annually?

We have more than 400 girls in Girlguiding Orkney. Throughout Scotland we have more than 50,000 girls and young women members and 10 million throughout the world!

How long have you been operating in Orkney?

Girlguiding has been a part of Orkney for almost 100 years! We have an amazing history here that we are happy to share with anyone who would be interested!

Please give an example of how your organisation has helped an individual service user

Girlguiding is all about inspiring girls to strive for greatness even in situations where the potential of girls is overlooked. I joined the organisation as a rainbow when I was 5 and continued through to brownies and guides. Being a part of Girlguiding improved my confidence throughout my years at school, and now in my adult years it has improved my employability.

How do you think people perceive your organisation? If you think they have the wrong perception, now's your chance to put them right

I think a lot of people have a very 'old' perception of Girl Guides. It's not all about learning to tie knots and build tents anymore! Through Girlguiding we give girls amazing opportunities to do fantastic things, including International Travel! This year girls from Orkney are travelling to Glasgow for the Tartan Gig, a pop concert at the Hydro Arena especially for Girlguiding, camping in Ross-shire, camping at a large International Jamboree in the Netherlands, visiting a Guiding World Centre in Mexico, and taking parts in service projects in Lesotho in Africa and in Cambodia – amazing things and there is more!



Here in Orkney, each week, our leaders offer excellent opportunities to our girls to learn new skills, try new things and expand their horizons. Girlguiding is girl-led and so the girls in our units have a say in the activities they do! We deliver a fantastic programme of fun and adventure, inspiring and empowering girls across Orkney.

What one thing would you ask people to do that would have a positive impact on the work your organisation is involved with?

Get involved! You can register your interest at <https://www.girlguiding.org.uk/get-involved/> and someone will be in touch with you to discuss what it is you would like to do!

Where would you like to see your organisation in 5 years' time?

I'd love to see more units within Orkney. More units would mean even more girls getting the benefits out of Guiding!

What would you do with a donation of £1,000,000?

Girlguiding is all about pushing limits and a lot of that is done by putting girls out of their comfort zone. When I was a Guide we went on a fantastic trip to London which was my first time far away from home without my parents! Imagine the trip we could take girls on with £1,000,000!

Of course, giving girls opportunities to travel is such a great way to build their confidence, so after we had spent some money ensuring all the units have the best equipment and resources to run their weekly unit meetings for their girls, and we had spent money on our Cottage which we use for our residential experiences for girls it would be lovely to set up a trust fund for girls now and in the future to apply to, to allow them to take part in events in the UK and throughout the world which would inspire and empower them to be a greater force for good.

What's your role at your organisation?

I am a volunteer unit helper and I'm currently going through my leadership qualification.

If you are a volunteer, what's your day job?

I'm training as a conveyancing paralegal with a local law firm.

How long have you worked at your organisation?

Roughly around one year.

How did you end up in your job?

Girlguiding was such a big part of my life growing up, I wanted to be able to give the same experience to other girls.

What's the best thing about working for your organisation?

Knowing you're having an impact of the life and future of girls...and the fun of course!

What's the worst?

Seeing that girls sometimes still don't recognise their potential and everything they can achieve.



What does a typical day in the office involve?

As a Rainbow Unit Helper the girls I work with are still quite young so really a typical meeting is all about providing a safe environment where girls can express themselves and have fun.

What's surprised you most while working for your organisation?

I'm surprised by just how much I enjoy my role as a Unit Helper! Girlguiding isn't just for the Rainbows, Brownies and Guides, as Leaders we get just as much out of it and we have lots of fun!

What's the most important thing you've learnt while working in your organisation?

Orkney is full of brilliant young girls and women – they will do great things in the world and Girlguiding helps them get there.



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