

# Newsletter March 2018

## VAO News

### Spotlight on Orkney Volunteering!

The Health and Social Care Alliance has over 2,200 members including large, national support providers as well as small, local volunteer-led groups and people who are disabled, living with long term conditions or providing unpaid care. Part of their role is champion and support the third sector as a vital strategic and delivery partner and foster better cross-sector understanding and partnership.



**ALLIANCE**

The Alliance puts out a quarterly membership bulletin which goes out to all their members. This quarter the focus is on Volunteering and VAO was asked if we could provide an article about our work in supporting and promoting volunteering in rural areas. The article is now on the Alliance website and can be read [here](#).

### General Data Protection Regulations and VAO Volunteers

VAO is currently reviewing and updating privacy statements for all services. As a first step we will be sending out a Privacy Statement to all our registered volunteers in the very near future. This is to comply with the General Data Protection Regulations (GDPR), which come into force on 25 May 2018. The GDPR will replace the old data protection regulations and is intended to harmonise data privacy laws across Europe as well as give greater protection and rights to individuals. The Privacy Statement will explain your rights over how your personal data is used.

VAO also see this as an ideal opportunity to update our database of volunteers and make sure that our volunteer records are up to date and accurate. To ensure that we get the right information we will be sending out new registration forms with the Privacy Statement for our volunteers to complete.

We are also asking people to provide new references where their existing references are over two years old. This will enable us to provide up to date and accurate information to volunteer placement providers when volunteers take on new volunteering roles.

For more information please contact [Rob](#) at VAO on 872897.

### VAO Services Survey

The time has come again where we ask you all to take a few minutes to evaluate VAO's work. Let us know what has worked well, what could be better, and any suggestions you have for future work. This annual survey is vital to our work plan, so the more you tell us, the better we can shape our services to meet your needs. Please click [here](#) to complete the survey.

Your responses are anonymous and will be collated into a report with no comments directly attributed to you.

## Local News

### Lifetime Achievement Awards and Fellowship of YouthLink Scotland

Forty-six outstanding youth workers and youth work projects were celebrated at this year's National Youth Work Awards at the Crowne Plaza Glasgow, with 14 winners crowned and another seven long-serving youth workers inducted to YouthLink Scotland's Lifetime Achievement community.

Big congratulations to Maureen Herdman, Orkney Islands Council, who was one of the 7 long serving youth workers awarded a Lifetime Achievement Award and Fellowship of YouthLink Scotland.

### Who's behind the Blue Door?



<b>Orkney Badminton</b>	<b>2 – 7 April</b>
<b>K9 Angels</b>	<b>9 – 14 April</b>
<b>Longhope Lifeboat Museum</b>	<b>16 – 21 April</b>
<b>Orkney Talking Newspaper</b>	<b>23 – 28 April</b>
<b>Thorfinn FC</b>	<b>30 April – 5 May</b>

## Also in the news

### Online support for eating disorders

Young people struggling with eating disorders are being provided with peer support and advice through new online resources. An online peer support tool allows young people to pair with a trained volunteer who has recovered from an eating disorder such as anorexia and bulimia. To register for the peer support service, email [teced@beateatingdisorders.org.uk](mailto:teced@beateatingdisorders.org.uk)

This is alongside a new [website](#), the CarED platform, which hosts video tutorials and links for parents and carers, and a database of services across the country. The Scottish Government funded NHS Lothian to build the site, and the health board has worked with eating disorders charity Beat and young people who have recovered from eating disorders to develop the resources.

### Social Enterprise: Trading for Good

[Trading for Good](#) was commissioned by Lloyds Bank Foundation for England and Wales to provide a greater depth of understanding into the work of social enterprises, particularly small and medium-sized social enterprises. Their latest report shows the important impact social enterprises are having on some of the poorest communities in the UK and calls for more to be done to encourage Government, funders and the public to ensure social enterprises are supported. Focusing on small-medium sized social enterprises it demonstrates that start up rates are high, that they are more diverse in their leadership than traditional SMEs, and that they are working directly in the communities that need them most. Download the report [here](#).

# Legislation & Guidance



## Lobbying Act now in force

On 12 March 2018 the Lobbying (Scotland) Act 2016 came into force. The Act will have implications for charities and third sector organisations, such as attendance at cross-party groups and any face-to-face interactions the secretariat and group members may have with MSPs. An [Information Leaflet](#) has been produced to provide a brief overview of the requirements of the Act. You can also find further information in the [Parliamentary Guidance](#). If you have any questions about the requirements of the Act, you can contact the Lobbying Register Team at [lobbying@parliament.scot](mailto:lobbying@parliament.scot) or phone 0131 348 5408.

## General Data Protection Regulation (GDPR) resources

Marketing is a crucial element to many charities' operations - it can help to raise your charity's profile, engage with your audience and attract donations. Lots of marketing activities use information about individuals (including names, addresses and email addresses) and so must be carried out in compliance with data protection laws. Click [here](#) to read an article in Third Force News to help ensure that your organisation will be GDPR compliant!

## OSCR Fundraising Guidance for Charity Trustees

OSCR have recently published new guidance on fundraising aimed at charity trustees. Click [here](#) to read.

## Guide on acquiring and redeveloping community facilities

The [guide](#) (from The CADISPA Trust and Drennan Watson, formerly of Landwise Scotland) is designed to help local people assess the risks of ownership of community facilities and to help make the path to ownership as smooth as possible. It includes information on strengthening your management committee, consulting with the local community, getting planning permission, building warrant and much more.

Community volunteers on committees are also invited to send their suggestions for improvement to the guide which will be reviewed in the light of these contributions. Please email your suggestions to [rdw@ontel.com](mailto:rdw@ontel.com)

## Minimum age of criminal responsibility

The age of criminal responsibility is set to rise from eight to 12, under legislation introduced to the Scottish Parliament.

The new law will see Scotland lead the way in the UK, ensuring no child under 12 will receive a criminal record. It has been introduced following a consultation in which 95% of respondents supported an increase to 12 or above. Click [here](#) for more information.

## 'No One Left Behind – Next Steps for the Integration and Alignment of Employability Support in Scotland'

The 'No One Left Behind – Next Steps for the Integration and Alignment of Employability Support in Scotland' was launched this month by the Minister for Employability and Training. The plan sets

out the next steps to deliver more effective and joined-up employability support across Scotland, with a specific focus on integrating employability support with health, justice, and housing services as these areas are critical to those facing the most severe labour market inequalities. Click [here](#) to read more.

## Funding & Finance

### 2018 Postcode Lottery Green Challenge Launched for Entrepreneurs with Ideas to Tackle Climate Change



The Postcode Lottery Green Challenge is a contest that rewards inventions that successfully combine sustainability, entrepreneurship and creativity. The jury looks for products and services that contribute to an eco-friendly

lifestyle, directly reduce greenhouse gas emissions and score highly on convenience, quality and design.

The prizes (a total of €1 million in combined prize money available for the five best start-ups), together with the assistance from leading professionals, will enable the winners to develop their inventions and present them to the world within the next two years.

Would-be entrepreneurs aged 18 years or older with a well-thought-out idea are invited to participate in the Green Challenge, which is open worldwide. The deadline for the 2018 competition is 1 June. Click [here](#) for more information.

### Year of Young People National Lottery Fund

To mark the 2018 Year of Young People in Scotland, the National Lottery have launched the Year of Young People National Lottery Fund to inspire young people to lead active lives and encourage positive mental health.

The Heritage Lottery Fund, Big Lottery Fund and Sport Scotland, along with Spirit of 2012 Trust have created this fund to award grants for heritage, community and sports projects focusing on young people in Scotland.

Grants of between £3,000 and £10,000 to heritage, arts and community and sports projects that focus on young people in Scotland are available.

Deadlines for applications are 30 April and 18 June 2018. Click [here](#) for more information.

## Volunteering opportunities

### Volunteer Guides at the Barony Mill

Summer is approaching and the Birsay Heritage Trust are looking for volunteers to take on the role of Barony Mill Guides.

The Mill Guide welcomes visitors to the premises, introduces him or herself and the purpose of their role, and informs them as to the safety aspects of moving around in the Mill. He or she then gives a scripted guided tour of the Mill which lasts approximately one hour, answering questions, if



asked, to the best of their understanding. Visitors are given a good history of the business and are shown the workings of the machinery and the production process of making bere meal. They are given an understanding of the significance and uniqueness of this historically important cereal, grown only here in Orkney and milled only here in Birsay.

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

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

If you are interested in having a chat about this role please contact [Rob](#) at VAO or Susan Tyzack at Barony Mill on 721439.

## The John Rae Society needs a Membership Secretary



The secretary will: receive memberships and enroll new members; send reminders to those who have fallen behind; answer membership enquiries; check and reconcile membership with the bank.

The volunteer should be computer literate, have some literary skills and an interest in the Society and its aims and be willing to attend the occasional board meeting.

The current membership secretary will give full information, support and advice.

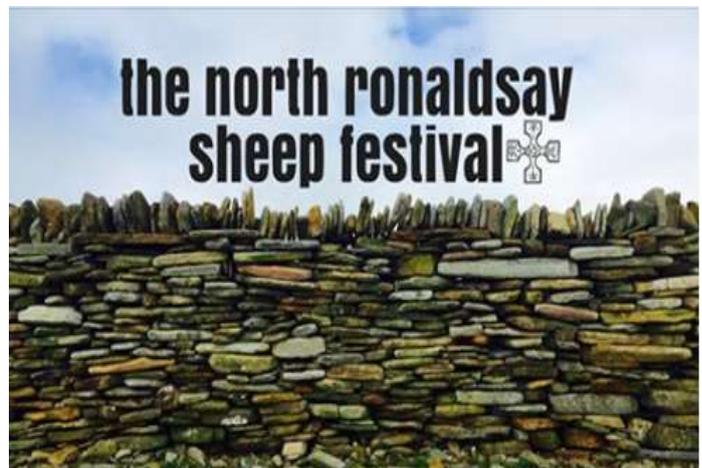
If you are interested in this opportunity please contact [Rob](#) at VAO.

## The North Ronaldsay Sheep Festival are looking for dyking volunteers

The North Ronaldsay Sheep Festival are looking for dyking volunteers for this year's festival: 29 July -10 Aug. They are looking to attract more local people as well as a younger demographic.

Subsidised places are available with breakfast, evening meals and hostel accommodation provided for those awarded a place (the committee are keen to award this younger folk).

There will also be a range of events including trad music sessions, dances, felting workshops and plenty more will take place during the festival.



If you are interested in this exciting opportunity please click [here](#) to apply. Apply by 30 April 2018 for a subsidised place. Volunteers can still sign up after this date.

## The Orcadian Story Trust Need a Treasurer



The Orcadian Story Trust is a heritage group whose aim is to preserve, promote and develop the tradition of storytelling in Orkney. The trust offers events throughout the year for all ages, culminating in the annual Orkney Story Telling Festival in October. The trust is an all-volunteer organisation and are looking for a new volunteer who can take on the role of treasurer. They are looking for someone who is interested in helping to preserve the stories and the traditional art form of storytelling.

The trust require an organised person with some experience of balancing the books and completing forms and who can complete tasks in a timely manner. Training will be provided for as long as necessary and there will be ongoing support.

If you are interested in this opportunity please contact [Rob](#) on 872897.

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

## Have your say.....

### A Connected Scotland: Tackling social isolation and loneliness and building stronger social connections

A new national strategy, one of the first in the world, is being developed to tackle loneliness and isolation. The draft plan, now open for consultation, will look at the causes of social isolation and loneliness and how they can be addressed.

Views are also being sought on how communities can build on the work of the Scottish Government, and lead on ensuring those at risk of becoming lonely or isolated have access to the right support networks.

Click [here](#) to give your views. The deadline for responses is 30 April 2018.

## Education & Training

### Universal Credit – Free training event

11 April, 9.00-3.00

Orkney Housing Association are hosting a free training event on Universal Credit on Wednesday 11 April 2018. The session, facilitated by Bill Irvine, UC Advice and Advocacy, will run from 9.00 to 3.00 and will cover advice and assistance to clients.

For more information please contact Liz Melvin, Orkney Housing Association Ltd, on 875253 ext 501.

### Workshop 'Preparing for Investment' delivered by Social Investment Scotland

17 April, Kirkwall

This event, sponsored by HIE, and delivered in conjunction with Firstport and Community Shares Scotland, will guide attendees through social investment and provide them with a greater

understanding on what it means to be investment ready. Click [here](#) for more information and booking.

## Workshops to Raise Awareness of Prevent (WRAP)

Are you a front line service who accesses people's homes or meets them face to face? Do you have an SLA with OIC? Then this training is for you. The session takes about 1 1/2 hours and dates and booking information are available below.

These sessions cover the Counter-Terrorism and security Act 2015, which places a statutory duty on "Authorities" defined under the Act, of which OIC are one, to carry out functions with regard to the Strategy, particularly the PREVENT work stream. Prevent is part of the government counter-terrorism strategy, it's designed to tackle the problem of terrorism at its roots, preventing people from supporting terrorism or becoming involved in terrorism themselves. This workshop will provide you with:

- an understanding of the Prevent strategy and your role within it;
- the ability to use existing expertise and professional judgment to recognise the vulnerable individuals who may need support;
- develop your existing expertise and professional judgement to recognise individuals who may be vulnerable to radicalisation;
- and you will receive a clear picture of the risks and threats both nationally and at a local level.

It will also explain the local safeguarding and referral mechanisms and people to contact for further help and advice.

OIC are working jointly with NHS Orkney to ensure that employees and the voluntary sector can access this training and it is possible to book onto a session at NHS Orkney or OIC. For training held at OIC and Orkney College please contact [learn.develop@orkney.gov.uk](mailto:learn.develop@orkney.gov.uk) to book your place. For training held at NHS Orkney please contact [ork-HB.Learning@nhs.net](mailto:ork-HB.Learning@nhs.net)

More information on Prevent can be found [here](#).

### Orkney Islands Council, School Place

19 April 2018	10.00am -11,30am
13 June 2018	10.30am – 12 noon

### NHS Orkney, Balfour Hospital

3 April 2018	12.30pm – 2.00pm
19 April 2018	11.30am – 1.00pm
8 May 2018	12.30pm – 2.00pm
17 May 2018	11.30am – 1.00pm
5 June 2018	12.30pm – 2.00pm
21 June 2018	11.30am – 1.00pm

### Orkney College

23 April 2018	11.00am – 12.00 noon
25 April 2018	5.30pm – 6.30pm
9 May 2018	5.30pm – 6.30pm
14 May 2018	5.30pm – 6.30pm
14 May 2018	7.00pm – 8.00pm
6 June 2018	5.30pm – 6.30pm

## CONTEST training

The aim of CONTEST is to reduce the risk to the UK and its interests overseas from terrorism, so that people can go about their lives freely and with confidence. Les Donaldson from OIC has offered to make himself available to introduce CONTEST to any community organisation. So why not invite him to your next committee meeting for a 30 minute presentation. The CONTEST presentation is

aimed at Governance arrangements for committees or Boards and will take about 30 minutes including questions.

For more information on CONTEST please click [here](#). For more information or to arrange a presentation please contact [Les](#) on 01856 873535 extension 2119

## Dates for your Diary

### New Stress Control dates

**Wednesday 18 April - Wednesday 23 May**

Stress Control is for men and women who want to learn some great ways to deal with common problems such as low mood, anxiety, panic, poor sleep, burnout, loss of confidence or low self-esteem (in other words, 'stress'). You do not talk about your problems in the course (not many people want to talk in front of others) and there is no writing to be done in the class. The six sessions will cover:

1. Introduction to stress
2. Controlling your body
3. Controlling your thoughts
4. Controlling your actions
5. Controlling panicky feelings & getting a good night's sleep
6. Wellbeing - Pulling it all together and Controlling your future

Evening classes will run from 6.30-8.00 at the Picky Centre and day time classes in the Kirkwall Town Hall from 1.30-3.00.

## What Volunteering Means to Me

Have you ever thought what Orkney would look like without volunteers? To begin the work to celebrate Volunteers Week in June (1 to 7 June 2018) VAO is running a series of articles, featuring a different volunteer each month, which will highlight the immense and varied contribution volunteers make to the Orkney community. This month's featured volunteer is Katherine Diaper.



### How long have you been volunteering?

I have been volunteering since I moved to Orkney about two and a half years ago. I used to regularly come on holiday to Orkney and always found the Pier Arts Centre such an inspiring place to visit, so I knew I wanted to volunteer there. I also volunteered for the Weeping Windows Poppies Sculpture at the St Magnus Cathedral in 2016, which was a fantastic experience!

### Who do you volunteer for? What do they do?

I volunteer for the Pier Arts Centre in Stromness. The Pier Arts Centre was established in 1979 to provide a home for an important collection of British fine art donated by the author, peace activist and philanthropist Margaret Gardiner but it also curates a year round programme of changing exhibitions and events with local and international artists. My role is doing a bit of everything! I welcome people to the centre, help with events and workshops. I have even done some storytelling during Stromness Shopping Week! I love the variety of tasks and my volunteering times are pretty flexible, I help out when they ask me and that really suits me.

### What do you enjoy most about volunteering?

Being part of such an amazing team at the centre. Being able to welcome people to such a fantastic collection in a wonderful building. I love learning about all that is involved with putting together an

exhibition. I also go along to the study group now called Pier Closer to learn more about the works on display. Being able to be a small part of all the work that goes on behind the scenes is lovely and the team make me feel very welcomed and valued. It's also a way of giving something back to the local community and those from further afield.

### **What do you enjoy least?**

I honestly don't think there is anything I do not enjoy about volunteering.

### **What advice would you give to anyone thinking of volunteering?**

Give it a go! Definitely give it a try. Volunteering has opened my eyes to what you can learn and experience. You make friends and it really does help you to feel part of the community. Like the Poppies. I had no idea what it was going to be like and it was brilliant, meeting lots of different people and sharing their stories was a fantastic experience. If you aren't sure what you would like to do, go along and have a chat with the people at VAO.

### **What has surprised you most whilst volunteering for your organisation?**

Understanding what goes on behind the scenes at the Pier Arts Centre, how they maintain the quality of what they do and share it widely, how the works are looked after, how works of art need to be rested! All the links that are maintained with the community and many different organisations for example being a venue for Orkney Science Week events, a hub for the folk festival, hosting book launches, workshops. The whole breadth of what they do is really fascinating.

### **What is the most important thing you have learned whilst volunteering for your organisation?**

Be open and curious. It is amazing what you can learn from visitors, staff and the works of art themselves.

### **What do you think Orkney would be like if there were no volunteers?**

Orkney would be a shadow of itself without its amazing voluntary culture. Whether it is formally recognised (through VAO or other charities) or not there is a wonderfully ingrained nature of giving here that is very precious.