



Voluntary Action Orkney

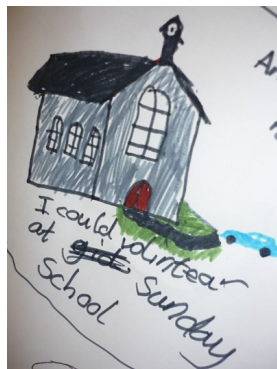
MAY 2014

NEWSLETTER

Local News and Events

Future Volunteers

VAO had a table at the recent Active Schools Primary Seven sports transition day. We asked them to think about how they could get involved with volunteering, and draw us a picture.



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Amnesty International Day of Events

The local branch of Amnesty International held a day of events on Saturday 17 May to highlight the organisation's work and the plight of

individuals in various countries across the world.

cristineforkney@aol.com.



A very public event had several local people serving time in prison, handcuffed, boiler suited and monitored by rather fierce 'guards'. Each of the 'prisoners' highlighted an individual at risk. The various events were very successful and anyone interested in finding out more about the organisation's work should contact:
Cristine Ferguson

Prisoners: Gail Anderson, Alistair Carmichael, MP and Secretary of State for Scotland, Liam MacArthur, MSP and George Lyon, MEP



VAO News and Services

Growing Older in Orkney

The Growing Older in Orkney website has got a new address! If you are looking for information about activities

and services that are available to older adults just type www.goio.co.uk and you will be taken to the home page of this website. In there you can find:

If you have any suggestions or something interesting that should be added to this website, please contact Kasha Jarosz at kasha.jarosz@vaorkney.org.uk.

DISCOVER

Search options using either Community Directory or Orkney InfoNet, Directory of Services as a pdf file or a flip book, and Useful Links

STAY SAFE

Links to information about safety on the Internet, how to stay warm at home, falls prevention and some tips about your finances

STAY HEALTHY

Some tips about Healthy Eating, Healthy Body and Healthy Lifestyle

GET INSPIRED

Interesting stories and video clips that can inspire your thinking

RESOURCES

Living with Dementia, Chronic Pain Management, Self Directed Support and some national news

Attention all dog owners and lovers!

Sometimes, through no fault of their own, dog owners find themselves in a situation where they are unable to give their dogs the exercise they need. Voluntary Action Orkney has recently had several requests from people who are unable to walk their dogs due to factors beyond their control to see if we could assist in the short term by providing a volunteer to help out.

As we normally place volunteers with voluntary organisations and charities not

with individuals, it leaves us in a slightly difficult position. However, we have said we would see if there



is any interest in setting up a "Dog Walkers Register" of volunteers who would be willing to undertake some dog walking duties for people who are unable to exer-

cise their dogs due to illness, disability or other reasons. This could be short term or longer term depending on what people want to commit to.

VAO's role would be to help put interested parties together on an informal basis to agree arrangements with each other. If you think this is a good idea, want to find out more or would be interested in putting your name down please contact Rob McGregor at Robert.McGregor@vaorkney.org.uk.

*Dog walkers
wanted*

*Toolkit for Child
Protection &
Disability
professionals*

Legislation & Guidance Update

Child Protection and Disability Toolkit - Ministerial Launch

The 'Child Protection and Disability Toolkit' has been produced in partnership by the Scottish Government's Ministerial Working Group on Child Protection and Disability and WithScotland. It is aimed at practitioners and managers in child and family and disability services and

it's the only toolkit of its kind available to practitioners in Scotland.

It includes information on research, a set of training and resource materials designed to help professionals understand the issues and good practice guidance to supplement the Scottish Government National Guidance for Child Protection in Scot-

land 2014. It also contains sections such as 'myth busters', case studies as well as a DVD in which disabled parents speak of their experiences.

[Download the toolkit](#)
[Public Awareness Information](#)
[National Guidance for Child Protection in Scotland 2014](#)

*From WithScotland e-newsletter/
May 2014*

Child Poverty Action Group

The Child Poverty Action Group have issued a Policy Bulletin looking at the impact of the increasing use of sanctions (a reduction in benefit if conditions attached to jobseekers, income support or employment and support allowance are not met) on the health and wellbeing of Children in Scotland. The Bulletin can be viewed [here](#) and more information can be found on the CPAG [website](#).

Have your say....

Honouring Volunteers – A Message from Martyn Lewis CBE.

The people who run our national honours system didn't get nearly enough nominations from our sector as they would like, so I thought I'd ask if you can help.

'We know that there are many unsung individuals who have been beavering away tirelessly to help maintain and enhance the fabric of our society. Honouring their achievements is not only a just reward for them – it can be a great hook

Funding & Finance

Tax Relief

Charities across the UK benefitted from £3.25 billion in tax relief last year according to the latest figures from HM Revenue and Customs (HMRC).

[HMRC's UK Charity Tax Relief Statistics](#) show an 8% growth in tax relief in 2013/14. Business rate relief was the biggest single area of rebate at £1.59bn, followed by Gift Aid, which generated £1.06bn for UK charities last year.

[Stamp Duty Land Tax](#) relief provided £310m in income to charities and VAT relief amounted to £300m.

Individuals who gave to charities also benefited from over £1bn in tax relief, an increase in 5% on the previous year. This came mostly through inheritance tax relief and Gift Aid higher-rate relief.

The [Gift Aid Small Donations Scheme](#), which was launched last year to help smaller charities more easily claim Gift Aid on small donations brought in just £7m to the whole UK sector, according to the figures. Chancellor George Osborne has claimed the scheme generates as much as £150m a year to charities. Read more [here](#).

for the local media to showcase the contribution their organisation makes to the



life of your community, and this enhances the reputation of the voluntary sector

in general.

So if there's somebody you work with whose dedication you think is worthy of recognition, please do nominate them. The application process is very straightforward. You can find full details and step-by-step instructions to making a nomination on the [gov.uk website](#):

All you need to do is explain what makes someone's contribution special, and the honours committee take it from there'

Job Opportunities

Relationships Scotland Orkney are seeing to recruit two individuals to join their growing team. **Family Link Worker** (24 hours/week) will work with parent/separated parents, children and other family members both individually and in groups providing an intensive package of outcome focussed support for families with com-

plex or longer term needs.

Substance Misuse Support Worker (10 hours/week) will work with individuals and families affected by substance misuse issues providing support through a range of interventions and therapeutic approaches to minimise the harmful effects of substance misuse on children and families.

For more information please contact Helen Moss on 877750 or email hel-en@rsorkney.org.uk. For an application pack please contact Hannah Ker on 872897 or email Hannah.ker@vaorkney.org.uk. The closing date for both posts is 5 June 2014.

Nominate a
volunteer for
CBE

Relationships
Scotland
Orkney

Education & Training Opportunities

Scottish Crofting Federation courses



The second Scottish Crofting Federation course (Propagation and Poly-tunnel Management), took place on 3 May 2014 at St. Colms Day Centre, Kirkwall. Tutor Dave Sneesby had devised an interesting day for the 10 par-



ticipants, as well as tasty soup, sandwiches and cake!

The group learnt about poly-tunnel construction and usage and the theory of propagation, as well as a talk by



visiting author Caroline Beaton on her own experience of growing and her involvement with [Trellis](#).

After lunch, they had a hands on planting session, getting hands dirty in the compost in

the raised planting beds, by planting tomatoes and courgettes.

As one attendee said "This was an excellent day's course. Things I already had experience of/know, have been reinforced and added to in a most accessible way, I have had a thoroughly enjoyable and informative day."



We have three more courses planned:

July (date TBC) 2014
Conservation and Environment, delivered by the RSPB

13 September 2014
Dry Stone Walling, delivered by Kevin Critchlow

20-21 September 2014
Entry Level Crofting Course

For more information or to book a place, please contact enquiries@VAO.org.uk



PhD Opportunity

The University of Aberdeen are currently recruiting someone to receive a scholarship (fees only) to study a PhD on the use and potential of Massive Open Online Courses (MOOCs) and other

Open Learning Environments (OLEs) for community learning and development practitioners. For further information please visit their [website](#).



July 2014
Conservation &
Environment

13 September
Dry Stone Walling

21-22 Sept
Entry Level
Crofting Course

Dates for your diary

VAO AGM

The VAO AGM will be held at 7.00 pm on Monday 16 June 2014 in Pickaquoy Centre, Kirkwall.

We are keen to receive nominations from members who would like to join our busy and productive board. Nominations should be submitted by Friday 6 June.

Following the business meeting we shall have an open discussion forum so please suggest topics that would be of interest to you by contacting Cath at cath.russell@vaorkney.org.uk

All are welcome and we look forward to seeing you on the 16th.

Scottish Rural Parliament

November 6 – 8, Oban

Around 400 people will gather in Oban for the three day event which will develop and agree a way forward for rural Scotland as well as celebrating the strengths and achievements of rural communities. For more information please click [here](#).

Volunteers' Week

Volunteers' Week is an annual event which takes place from the 1st to the 7th June. It celebrates the contribution made by the millions of volunteers across the UK.

2014 marks the 30th anniversary of "Volunteers' Week" and the week provides a chance for all organisations, Voluntary or Statutory, large or small to say "thank you" to their volun-

teers, where they can publicly recognise the services and contribution made by them.



We hope that Volunteers' Week 2014 is going to be bigger and better than ever, and VAO would love to hear about any plans you may have to

celebrate the week. Everyone is invited to join this national celebration of volunteers and volunteering, it's up to you to decide exactly how you join in.

We'd love to hear from you if you have any plans for the celebrating the event, or if you'd like some idea's then get in touch with Fraser Devine at the office in Bridge Street or on 01856 872897 or enquiries@VAO.org.uk

Voluntary Action Orkney

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