

Newsletter May 2017

VAO News & Services



If volunteers make a difference to your charity, community or organisation then make sure you've got Volunteers' Week 1-7 June in your diary! It's the annual campaign to thank your volunteers and celebrate the difference they make.

This national celebration of volunteering provides an opportunity for all organisations who are managed by or whose work is delivered by volunteers to say 'thank you' publicly. It also presents an opportunity to promote the fantastic work of local volunteers,

organisations, charities and community groups here in Orkney.

At VAO we are passionate about how, through volunteering, people can take positive action to make a difference to a cause they care about. Orkney's volunteers are a shining example of how people can make a huge difference to individuals and communities every day; from improving the environment we live in, to spending time with those who may otherwise be lonely and contributing to a range of other essential services and activities.

For many organisations Volunteers' Week is also a chance to recruit new volunteers and to showcase the range of volunteering opportunities on offer here in Orkney. So we also hope that Volunteers Week 2017 helps to inspire people to find out more about these local opportunities, and try volunteering perhaps for the first time.

There's a huge choice of volunteering opportunities in Orkney, but sometimes people aren't aware of them or they may have a particular perception of what volunteering is about. It would be great to get the word out there and to challenge these perceptions. People are increasingly looking for flexibility in their volunteering, so that they can fit it in around work and other commitments and your Volunteers' Week Celebrations may just be the opportunity to attract them. VAO is happy to support your organisation to develop and promote existing and new volunteer roles.

The team at VAO look forward to hearing what ideas and plans you may already have for celebrating Volunteers Week in 2017, but if you'd like some help and support in coming up with ideas, then please do get in touch with Fraser or Rob on 872897 or email enquiries@vaorkney.org.uk. You can also download certificates, logos and fliers from the Volunteers Week [webpage](#). For an up to date list of volunteering opportunities in Orkney, visit the VAO [website](#).

VAO AGM and 50th Anniversary Celebration

At this year's AGM, VAO will begin the celebration of 50 years as a local charity supporting and developing third sector activity. Members, current and past directors, staff and volunteers along with our voluntary and statutory colleagues are welcome to join us at **7.00 pm on Monday 12 June** in the Lifestyles Centre, Pickaquoy Centre, Kirkwall. Come along and take a stroll down memory lane.

Local Third Sector News

Who's behind the Blue Door?



Orkney Traditional Music Project	29 May – 3 June
West Mainland Agricultural Society	5 – 10 June
Good Companions	12 – 17 June
Friends of St. Nicholas, Holm	19 – 24 June
Scottish Autism	26 June - 1 July

Also in the news

Three pupils in every class are affected by a mental health issue before they are 16

Nearly 7,000 children and teenagers didn't get the help they needed for mental health problems last year. The Scottish Association for Mental Health (SAMH) said 19 young people in Scotland are let down by our mental health system every day.

The charity has launched a major new campaign to pressure the government, NHS and councils to improve support and services for under 16s affected by mental health issues. It says currently three pupils in every class are affected by a mental health issue before they are 16. Read more in [Third Force News](#).

Legislation & Guidance

Data Protection: New regulations affecting fundraising, campaigning and volunteer management come into effect in 2018

The general data protection regulation (GDPR) is a new EU law that will come into effect on 25 May 2018 to replace the current Data Protection Act. It's the biggest overhaul of data protection legislation for over 25 years, and will introduce new requirements for how organisations process personal data. And before you wonder what will happen after Brexit, it's been made clear that all businesses and charities will have to comply, which means it is likely we will adopt all or most of GDPR as domestic legislation.

Click [here](#) for a recent article in the Guardian and [here](#) for a leaflet from the Information Commissioner's Office.

Protect your charity against cyber attacks

The vast majority of cyber attacks are not targeted, they are random and third sector organisations are equally at risk. Read this recent article in [Third Force News](#) to see how you can protect your organisation.

Five questions that will make you a smarter trustee of your charity

Whether you're a new or longstanding charity trustee, here are five questions that you should be prepared to ask:

- 1) Please can I have a copy of the governing document?
- 2) Is this within our charitable objects?
- 3) Where's the money going?
- 4) Please can you explain that to me?
- 5) How exactly does this benefit our beneficiaries?

To read more, click [here](#) for a link to the article in The Guardian.

Should charities rely on unconventional income sources?

Most charity trustees have a responsibility to generate funds in order to deliver on the organisation's charitable purpose. Charities therefore undertake a wide range of activities to raise money. Whether through fundraising, investment or commercial undertakings, each choice carries its own limitations, opportunities and risks.

Recent press stories surrounding the Buckfast Abbey Trust provide a good example of the difficulties charities can face when trying to generate income through trading. Read more in [Third Force News](#)

Matters of Material Significance reportable to UK charity regulators: A guide for auditors and independent examiners

Any person appointed as an independent examiner or auditor for a charity has a duty to report matters of material significance to their respective charity regulator. This [guidance](#) explains what the matters of material significance are and provides some further explanation of each of the matters.

The Charity Digital Toolkit

Digital is a growing area for many charities, from strategy, to fundraising, to communications. Yet, Skillsplatform learned from their work on [The Charity Digital Report](#) that digital skills across the sector must be raised if the sector is to become more sustainable and stay relevant to its audience.

This [guide](#) is for everyone, from frontline staff at small charities to experienced digital managers and leaders wondering how to take their charity's use of digital up to the next level.

Why charities need evidence

This month's PQASSO blog considers the role of evidence; both as part of working through PQASSO and framed in a wider context of how charities need evidence. Click [here](#) to read more. If you are interesting in learning more about PQASSO please contact [Edwina](#) on 872897.

Equally Safe – consultation on a draft Delivery Plan

In 2016 Scottish Government published a revised version of Equally Safe, Scotland's strategy to eradicate violence against women and girls. The strategy envisions a Scotland where all individuals are equally safe and respected, and where women and girls live free from all forms of violence and abuse - and the attitudes that help perpetuate it.

This consultation is on the delivery plan, which sets out the actions undertaken by Scottish Government, COSLA and key partners to make Equally Safe a reality. The consultation can be accessed [here](#) and closes on 30 June 2017

Funding & Finance



Repsol Sinopec Small Grants Scheme (incorporating Liam McArthur Awards)

The VAO Board has awarded the following grants from the Repsol Sinopec Small Grants Scheme (incorporating the Liam McArthur Awards):

- Arthritis Care Orkney:** an annual members' outing
- Craffhub CIC:** to provide a weekly arts club for children
- Flotta Day Club:** a members' summer outing
- Friends of Happy Valley:** to create a surfaced path to improve access
- Orkney Amateur Swimming Club:** a coach training course for volunteers
- Orkney Creative Hub:** to expand access to workshops
- Orkney ViQueens Roller Derby:** to hold a midsummer boot camp
- Orkney Youth Café:** sail training for 10 young people
- Sanday Afternoon Club:** members' outing to Mainland Orkney
- Shapinsay Church of Scotland:** extension to car park to improve access
- Stromness Golf Club- Junior Section:** hold a series of coaching events
- Stromness Flower Club:** to extend their flower exhibitions
- The Cromarty Hall:** to purchase 2 table tennis tables
- Westray Heritage Trust:** to set up an internet café
- Youth Workers' Forum:** towards the cost of hosting the Annual Youth Award

Orkney Employability Pipeline: Employer Recruitment Incentive Grant Guidance

The Employer Recruitment Incentive Grant is administered by Orkney Islands Council and is part-funded by the European Social Fund. It provides grants to support employers to recruit out-of-work residents. Businesses in all sectors of industry, including the third sector, located in Orkney are eligible. Please click [here](#) for more information.

NCVO relaunch the Good Finance website

Good Finance, a website to help charities & social enterprises navigate the often complex world of social investment, has just launched. It was designed by charities & social enterprises and developed in collaboration with NCVO, Big Society Capital, Access, Government and key sector partners.

The new website provides organisations with: Educational content, resources and case studies; A new tool to help decide if it's right for you; Sources of investment from a directory of investors and advisers. Visit the [website](#) to find out more.

Latest awards from The Robertson Trust

A total of £3,049,750 was awarded to 88 organisations across Scotland at The Robertson Trust's latest Giving Committee. You can view these awards in full [here](#).

You can also view their [infographic](#) which provides a visual breakdown of the distribution of their latest awards by funding strand and theme. Please feel free to share this with anyone you think may be interested or on your own social media channels.

For more information on what they fund and their processes, please click [here](#) or view their latest [funding stories](#). The Robertson Trust pride themselves on being an open and accessible funder and would encourage any groups who may fit with their funding strands to get in touch, either via funding@therobertsontrust.org.uk or on 0141 353 7300.



Investment will help develop new approaches for employment services

Around £1 million will be used to develop new ways of integrating and supporting the Scottish Government's new devolved employment services to help disabled people and individuals at risk of long-term unemployment.

The investment through the 2017 Draft Budget, will look at ways of using new and innovative approaches to join up employability services with other key areas such as health services, and to improve the support that is available to individuals who are out of work.

From 1 April 2017, the Scottish Government will deliver devolved employment support to up to 3,300 disabled people through Work First Scotland, and help up to 1,500 people with a disability or health condition and who are at risk of long term unemployment through Work Able Scotland. Click [here](#) to read more.

M&S Community Energy Fund



The [Community Energy Fund Competition](#) is open to applications for 2017. M&S Energy, which is owned by the retailer Marks & Spencer, is providing a total funding pot of £300,000 for 2017.

The Fund aims to enable more communities to generate renewable energy and become environmentally and financially sustainable.

Not-for-profit organisations in Great Britain can apply for funding for renewable energy projects that can demonstrate they have the support of their local community. Grants can be used for all capital costs relating to the installation of the specified technology.

Shortlisted applicants will need to organise support from their community to vote for their campaign on the competition website. The deadline for applications is 23 June 2017.

Volunteering opportunities

Help for Heroes Need Local Heroes

Help for Heroes supports those with injuries and illnesses sustained while serving in the British Armed Forces. No matter when someone served, H4H give them the support they need to lead active, independent and fulfilling lives.

Their specialist teams focus on the five key areas of an individual's life: medical, mind, body, spirit and family. They provide support to the whole family to help them all cope with the challenges they face. Long-term recovery is more than repairing damaged bodies and minds; it's about rebuilding lives. To help H4H achieve this they need volunteers to: Help out at events; Run merchandise stalls; Provide talks at schools, etc; Hold bucket collections; Promote National campaigns.

Training will take place at events in Scotland throughout the year. Two regional gatherings per year are also held where all volunteers are invited to go along, learn more about the charity/meet other volunteers and take part in further training.

If you feel you can help out with Help for Heroes or would like some more information on the role please contact [Yvonne Beattie](#) on 01980 840220.



Ness of Brodgar Visitor Team needs volunteers

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 872897

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

Have your say.....

Sexual Health Training Needs Analysis

The Orkney Sexual Health Strategy Group is assessing the training provision and needs across Orkney in relation to sexual health. They would be very grateful if you would take five minutes of your time to complete this short [Survey](#) to inform this work. If you have any issues with this or any other comments you wish to make in relation to this, please contact [Hannah Casey](#) on 01856 888272.

Health and Social Care Academy Creative Competition 2017



The Health and Social Care Academy have recently announced the launch of the 2017 Creative Competition in partnership with Scottish Recovery Network, Write to Recovery, Reachout with Arts in Mind and Mind Waves. This year the competition is centred around the theme of 'Change'.

Share your ideas, thoughts, vision and experiences by entering into the categories: Poetry; Short Story; Photography; Film; Arts and Crafts.

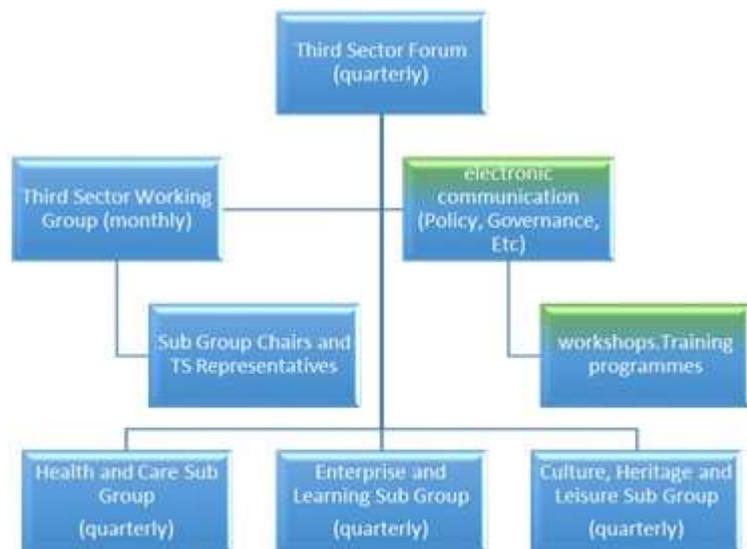
The closing date is Wednesday 19 July 2017. To find out more, please visit the Academy [website](#).

Third Sector Forum

Following a lengthy period of consultation and reflection Third Sector Forum members, new and longstanding, attended a workshop in May to finalise plans to restructure the Forum.

The change is being made to meet the varying needs of members, promote the diversity of the third sector in Orkney and to reflect the greater emphasis on specific areas of work such as health and care, enterprise and culture etc. We also wish to establish a stronger platform for the sector to engage with and influence statutory sector partnerships such as community planning and Orkney Health and Care.

Members worked in small groups according to their particular interest to agree how the new structure should be implemented and the work generated a great deal of interest and enthusiasm for the change. More information will be available when all the suggestions produced by the discussions have been collated and reviewed but anyone who would like to find out more should contact [Caron Jenkins](#).



Proposed Third Sector Forum structure

Education & Training

Asset Ownership: Opportunities for communities

15 June 2017, 11.00-3.00, St Magnus Centre, Kirkwall

This session, hosted by Orkney Blide Trust and funded by Highlands and Islands Enterprise, will provide support, advice and guidance for community groups looking to acquire land and buildings. The session is free to all local community organisations and lunch will be provided. For more information or to book a place, please contact [Sandra](#) or [Annie](#) at the Blide on 874874.

SafeTalk training

27 June 2017, 10.00-12.00, VAO, Kirkwall

SafeTalk is intended as “suicide alertness” training and teaches you to recognise persons with thoughts of suicide and to connect them to suicide intervention resources. It is designed for communities or organisations that already have ASIST trained helpers in place to maximise intervention as the main suicide prevention focus. Participants learn how to provide practical help to persons with thoughts of suicide by activating a suicide alert following the TALK (Tell, Ask, Listen and KeepSafe) steps.

This half-day session is run by Suzy Fraser (Orkney Blide Trust). For more information or to book a place please contact [VAO](#) on 872897.

Interested in Computer Hacking?

Orkney College have launched a new course in Computer Technologies with Games Design. The course covers a wealth of topics including: Computer hardware and systems; Ethical hacking; Computer Forensics; Computer Games design and development.

Interested? Contact [Magnus Tullock](#) or [AJ Seatter](#) for more information.

Basic Reception Skills Training

VAO are thinking of delivering a half day training session on basic reception and administration skills and we would like to know if there is demand for this type of training to be delivered. The training would be geared towards people who would like to volunteer/work in this area but who do not feel they have the skills or the confidence to take the first steps toward this.

Areas of training would include telephone skills, greeting and determining visitor needs, document handling.

We would welcome some feedback on this so would be delighted if you could get back to us at enquiries@vaorkney.org.uk or 872897 and let us know if you think this is an area of training that would meet a need in Orkney.

Dates for your Diary

Dementia Awareness Week

29 May - 3 June

Dementia Awareness Week runs from 29 May to 3 June and there are lots of events taking place in Orkney to mark the occasion. From guided walks to Calamity Jane and from Bingo to a purple Cathedral, there's something for everyone to get involved in. Please click [here](#) for a full programme of events.

Orkney Men's Shed – Social meeting

19 June, 7-9pm, St Colms, Kirkwall

Are you interested in finding out more about Orkney Men's Shed? Then come along to their next social evening on 19 June for a cuppa and a chat. Please call Andy on 850218 for more information.



Focus on.....Orkney's Volunteers

To celebrate Volunteers' Week, we are focussing on two local volunteers: Megan Cumming a 5th year pupil at KGS who volunteers at St Peter's Residential Home and Marissa Velazquez who volunteers as a befriender with the two Syrian families who have recently moved to Kirkwall.

Megan Cumming

When did you start volunteering?

I started volunteering at the Red Cross almost three years ago, then began to coach my old primary school's netball team. I then got into going to St Peter's through Voluntary Action Orkney with my friends for a weekly visit on Thursday afternoons.

What would be a typical session – what would you be doing?

St Peter's is a residential home for the elderly. Once we arrive, we plan what we're going to do. It can be anything; painting nails, playing a game of bingo, decorating buns, playing music or just having a chat. The old folk really appreciate us going up to talk to them, and always ask when they'll see us again.



Tell us about a memorable moment



I remember asking one of the newcomers what she got up to when she was my age. She remembered growing up during WWII and took great delight in recounting all the mischief she and her friends got up to. It turns out her best friend was my Great Granny back in the day! I always look forward to going up and catching up with Betty, and often take messages back and forth to my Great Granny, exchanging greetings and sharing memories. The residents have so much to tell us, they know so much about the place where I live and the stories are great.

How has volunteering benefited you?

I've gained more confidence and independence in social situations. It's helped me find a voice and be able to start a conversation with anyone, anywhere. Going up and talking to people who have experienced the world has taught me far more than sitting at home. I feel great after doing it and helping out the community, as well as getting to take away new knowledge and memories which are so personal and unique.

Marissa Velazquez

Why did you want to get involved in volunteering?

I've been actually brought up volunteering as my parents are part of Lions Club International in my community back in Mexico. It's something I have always enjoyed, it's rewarding and you always meet nice, interesting and diverse people while you contribute to a greater cause. What's not to like.

What and where do you volunteer?

I volunteer befriending the two Syrian families in Kirkwall.

What made you chose that volunteering opportunity?

As a migrant myself I felt that perhaps we could identify at least a bit, share things and costumes we have and are different from living in the UK. Basically support each other in our new community. I've always been very interested in meeting people from around the world and love the idea that we could become friends. I guess the hope that my experience in teaching English as a second language could be of use to the families, for example if they would like to practice what they have learnt in their intensive classes. I could go on and on...

How did you go about finding out about how to get involved?

It came up on one of the Council updates email.

What training and induction did you receive?

I went to a training session at VAO. It was about an hour and a half and they gave us all the information we could need.

What would be a typical session – what would you be doing?

Interacting with the families, visiting somewhere of interest or going to a café, having a cuppa at theirs, pointing out and saying names of things in English and then in Arabic. I've only been once but I'm very much looking forward to the next time.

What's your favourite part of what you do?

Seeing how happy the families seem in Kirkwall. Seeing the children running around and playing. Experiencing the interest they have in adapting. Seeing the families being keen on exploring/going 'oot'. Their interest in getting to know us (volunteers) despite the language barrier. Knowing how keen they are to learn the language. Getting to know them. Learning about their culture and traditions. Exchanging new words in English-Arabic. Meeting other fellow volunteers.

Why do you do it?

It's hard to think of a reason, it's something I felt as soon as I read the email with the Council updates.

How has volunteering benefited you?

I am absolutely delighted I have met the families. Both families are lovely so spending time with them and/or being able to support them in any way, that's my benefit.

Would you recommend volunteering to others and what would you say to them?

Definitely! To give it a chance. To join a volunteering programme, as much or as little as they can contribute matters, it makes a difference to yourself and more importantly to others.

How does volunteering make you feel?

Happy!

