



Newsletter May 2019

Local News

Young people awarded funding for creative skills workshops

Orkney's Connect Project has been awarded funding through the Cash Back for Creativity Open Fund. The funding will enable the young people from across Orkney to work alongside some of Orkney's best-known artists and makers, allowing them to explore their creative interests and develop a range of skills.



Orkney Furniture Maker Kevin Gauld, visual artist Sheena Graham George, photographer Rebecca Marr and ceramicist Robin Palmer will all spend time with the group, together generating ideas and getting hands-on with materials and processes.

Jenny Mottershead, Connect Project Support Worker said; "Over the past 12 months we've seen the direct benefits that working creatively can bring to young people. We've run a very successful Forum Theatre project, exploring issues that young people in Orkney can face. Similarly, we've taken part in the Lifestyles Community Art Project and the group are currently working with the Scottish Book Trust's Digital Storytelling Project.

"We want to continue building on this creativity and this funding will provide young people more opportunities to understand themselves and their experiences whilst developing their skills and growing in confidence."

The first set of workshops has already begun, ceramicist Robin Palmer is working with a group of young people from Connect, VAO's Youth Development team and the Lifestyles Centre over four weeks. It is hoped that pieces from all the workshops across the 12-month project will culminate with an exhibition showcasing some of the work that's been created.

To find out more about the workshops taking place through the year please contact the Connect Project on 01856 872897, PM Connect on Facebook or ask at the group or service you attend.



Caity gets first Picky Reward



Well done to Caity Wright, pictured receiving her 100-hour Saltire Award from Councillor John Richards at the recent Dementia Conference. Caity volunteers every Thursday doing activities with the elderly in Stromness, and also helps out at the Folk Festival and Shopping Week. She is the first recipient of a Saltire Picky Reward, a new initiative created by VAO in partnership with the Pickaquoy Centre, as an additional celebration for the difference young volunteers make in the community. Caity received vouchers for two trips to the cinema and two to the swimming pool.

Young People's Befriending Project are calling out for votes to bag a share of Tesco's community fund.

VAO's Young People's Befriending Project is bidding to bag a cash boost from the Tesco Bags of Help initiative. Voting is open in the Tesco store from Wednesday 1 May to Sunday 30 June 2019.

Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of £4,000, £2,000 and £1,000 awarded to local community projects.



Customers will cast their vote using a token given to them at the check-out in store each time they shop. We have asked that people who shop online can also vote and you can now let your delivery driver know what organisation you wish to put your token to. We would be so grateful if you could take the time to vote for us, every little helps!

YPI Winners 2019

Congratulations to the MS Society and Advocacy Orkney, who have both won £3000 thanks to the efforts of young philanthropists at KGS and Stromness Academy respectively.



Be Active Live Longer (BALL) Groups update

Burray BALL Group held a Big Lunch on Wednesday 29 May which was enjoyed by all (pictured below left). The Holm group will be holding a Big Lunch this Sunday from 12-2pm in the holm Hall. It is open to anyone who lives in Holm. It is a FREE community event and everyone is asked to take a dish of food to share. Tesco Community Champion is providing the teas and coffees and paint and chalk for the children's activities which will also be free.



Holm Ball Group recently had a visit to Sheila Fleet jewellery cafe and tour of the workshop which they really enjoyed (pictured above right). They were very interested in how the jewellery was made and enjoyed trying on some of the clothes upstairs and having a fashion show and a few items were purchased! For more information about the groups please contact [Susan Wishart](#).

Town Centre Office available to rent

We have a roomy office available to rent in Anchor Buildings. Affordable rent, cleaning costs included, shared facilities, access to the Board Room and front window display, and reception services provided during working hours. Charities and not for profit organisations only. Please contact [Ingrid Berry](#) on 872897 for further details.

Who's behind the Blue Door?



Orkney Traditional Music Project	27 May – 1 June
MS Association	3 – 8 June
EPAP	10 – 15 June
Rovers FC	17 – 22 June
Stromness Community Gardens	24 – 29 June

Also in the news

Good Life Good Death Good Grief launches new Compassionate Communities Initiative, The Truacanta Project

A new compassionate communities project was launched this month by Good Life Good Death Good Grief. The Truacanta Project is about helping communities unleash their compassion and find ways to help each other with death, dying, loss and care.

The Truacanta Project is an initiative of the Scottish Partnership for Palliative Care (SPPC), and funded by Macmillan Cancer Support. The project is part of the SPPC's ongoing Good Life, Good Death, Good Grief initiative, which promotes more open and supportive attitudes and behaviours relating to death, dying and bereavement in Scotland.

The Truacanta Project will support local communities across Scotland who are interested in taking community action to improve people's experiences of death, dying, loss and care. It will take a community development approach, supporting communities to make the most of their existing enthusiasm, strengths, skills and resources and take practical actions that improve experiences for local people.

Communities are invited to express an interest in being part of the project by 15 June. Details are available [here](#).



Legislation & Guidance

Devolved Social Security Powers – Audit Scotland Report and Scottish Government Toolkit

The latest report on the implementation of the devolved social security powers was published this month by Audit Scotland.

Audit Scotland has concluded the Scottish Government has 'done well' to deliver the first phase of Scotland's new social security service, and that the right things are being done in the face of significant complexities.

Their report says that delivery is happening as quickly as possible to provide benefits safely and securely and highlights what needs to be done to support the next phase of benefits roll-out, which includes the more complex disability and carer benefits.

You can read the report [here](#) and you can find the Scottish Government media release [here](#).

The Scottish Government has published a stakeholder toolkit on the delivery of devolved social security benefits. It is available [here](#).

It is for all public, third sector and charitable organisations who are involved in the delivery of, or providing advice on, the new social security benefits which are being devolved to the Scottish Government under the Scotland Act 2016. These include a range of powers over disability and carers, as well as powers to make administrative changes to Universal Credit and vary the housing costs element.

The toolkit has been produced by the Scottish Government and provides resources and information to help you to communicate with your staff and clients about the significant changes happening in the field of social security in Scotland.

You can use the information and facts in this toolkit on your organisation's intranet to inform your employees about the changes. You could also use it on your external website, newsletters and social media to let your clients and local partners know about the new social security benefits being introduced and how they might affect them.

National Cyber Security Centre – Launch of Exercise in a Box

The National Cyber Security Centre have launched a brand new and unique online cyber exercising tool called 'Exercise in a Box' which has been designed to enable organisations to understand their preparedness in managing and responding to cyber-attacks. The tool provides exercises based on

common cyber threats which your organisation can practise as many times as you want. It brings together everything you need for set up, planning, delivery and post-exercise activity, all in one place. You sign on, set your profile, pick your exercise (two types: discussion and a technical simulator), download the materials, and then do it in your own time, in a safe environment. There is a help facility should you need it, but the tool is designed to be a self-help product and you don't need to be an expert to use it. Best of all, it's FREE. Click [here](#) for more information.

Volunteering for All: Volunteering Outcomes Framework launched

The Scottish Government has launched 'Volunteering for All' their Volunteering Outcomes Framework. Click on the links below for the news release and the Framework documents:

[SG News Release](#)

[Volunteering for All: National Framework](#)

[Literature Review](#)

[Research Summary](#)

Have your say



Online Blackmail survey

[Thinkuknow](#) are developing new resources for 16-18 year olds to help safeguard them from the threat of online blackmail.

Complete their short survey to help gather information which will help them create engaging learning resources for this age group.

The survey should take no more than 15 minutes to complete and is comprised of 14 questions. You can take the survey [here](#).

Scottish Government: Short Term Lets - Consultation

The consultation asks for your views on the regulation of short-term lets in Scotland. There has clearly been a significant growth in short-term lets in a small timescale and the consultation sets out the factual background, describes the issues arising, outlines local authorities' current powers to address them and presents an overview of regulatory approaches elsewhere in the world. Your views will help the Scottish Government find the right approach for Scotland.

The consultation will run until 19 July 2019, and can be accessed [here](#).

Social Enterprise Census 2019

Every two years this official study helps make the case for continuing policy and funding support. It's also information that you can use to lobby and convince others about the impact of the sector in your area. Click [here](#) to see what was found last time.

If your organisation has social or environmental goals, and generates income through contracts or fees of any kind, then this survey is for you. You could be doing anything from running a village hall, to providing arts activities, transport, or care services.

Click [here](#) to take the survey.

Volunteering opportunities

Van Assistant Opportunity at Restart

Restart are looking for volunteer van assistants. This role will involve lifting items off and on the van and will require the volunteer to have a manual lifting certificate, be physical fit and enjoy working with others. The hours are 9 – 5. There is a 30 minute break for lunch and also a 15 minute break in the morning and afternoon. Volunteers are also given £3 expenses for lunch.

This is a great opportunity for real hands on experience and also to develop customer facing skills and to gain experience with a busy retail business. If you are interested in this opportunity please contact me or Ian Robertson at Restart on 876 605.



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

Dates for your Diary

VAO AGM - Monday 10 June

7pm at the Lifestyles Centre, Pickaquoy Centre, Kirkwall

The VAO AGM will be held on 10 June and all are welcome to attend.

Lindsey Johnson, Connect Co-ordinator, will give a talk on “Empowering Young People – the Role of Youth Work”

Please contact [VAO](#) on 872897 for further information.

Community Led Support Workshops – 11 and 13 June

Orkney Health and Care, in partnership with Healthcare Improvement Scotland’s ihub are running three workshops in June on Community Led Support.

The three sessions will be held in the Kirkwall and St Ola Town Hall and Community Centre, Broad Street, Kirkwall. Places are free, but booking is essential. Lunch will be provided on each day.

Please click [here](#) for a flyer or contact des.mccart@nhs.net for further information.

Let’s talk about co-production - 11 June 10am-1pm

It is widely recognized that communities need to be at the heart of the solutions to supporting health and wellbeing. The statutory sector has an important role in empowering community development and encouraging and supporting innovative solutions.

Aims: to explore the role of communities and community organisations in Orkney and how this can be further supported and developed to enable decision making to be grounded in local needs that promote co-produced solutions.

This workshop will be of particular interest for:

- Staff with a role in community development
- Third sector organisations
- Members of community groups and organisations

To register or to find out more please visit: <https://www.eventbrite.co.uk/e/lets-talk-about-co-production-tickets-61798341503>

Let's talk about regulation - 11 June 2pm-5pm

In recent years several new innovative models of care have been developed in Scotland, often as local responses to the needs of rural communities. Collaboration with regulatory bodies is important to ensure sustainability and opportunities for commissioning.

Aims: to explore how workforce regulation can support flexible care models in Orkney and the role of the Care Inspectorate and Scottish Social Services Council in testing these models

This workshop will be of particular interest for:

- Service providers
- Third sector organisations
- Members of community groups and organisations
- Community health and social care staff
- Primary Care
- Allied Health Professionals
- Home Care

To register or to find out more please visit: <https://www.eventbrite.co.uk/e/lets-talk-about-regulation-tickets-61799575193>

Let's talk about workforce - 13 June 9:30am-12pm

It is challenging to recruit and retain social care staff in rural communities with current processes and procedures limiting flexibility to do things differently.

Aims: to focus on workforce across Orkney's public, third and independent sectors within health and social care. This will be an opportunity to explore potential solutions to recruitment, retention and training of the care workforce.

This workshop might be of particular interest for:

- Service providers
- Education services
- Staff with a role in training the care workforce

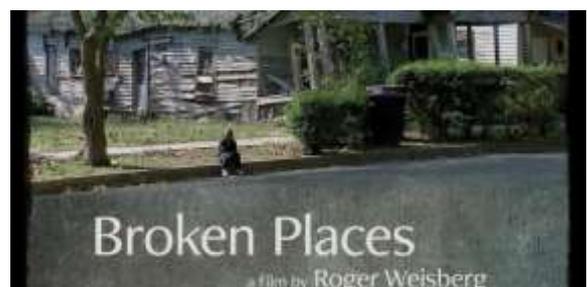
To register or to find out more please visit: <https://www.eventbrite.co.uk/e/lets-talk-about-workforce-tickets-61861751163>

For more information on the events, please contact des.mccart@nhs.net

Orkney College hosts the Scottish Film Premier of the Documentary - Broken Places

Wednesday 19 June 2019, 6.30-9pm

Orkney ACE's Hub are promoting the Scottish Film Premier of the Documentary - Broken Places. The film offers the audience a chance to deepen their understanding of the imperative nature of supportive relationships in building resilience and creating the best possible outcomes for the children and families in our communities. Tickets cost £7.50 and can be purchased [here](#).



Following the film, Louise Smith, developer and director of the [Do-Be Mindful Initiative](#) will talk about her inspirational work and assist the audience reflect on the key messages from "Broken Places".

Focus on....Orkney's young volunteers

We are taking this opportunity during Volunteers' Week to highlight some of the truly inspiring work being done by some of Orkney's young volunteers. Please read on to see how Kayla, Finn, Ingrid and David are making a difference in their community.

Kayla Bruce

How long have I been involved?

My name is Kayla Bruce and I have been volunteering for around 5 years now. I started volunteering when I was in 3rd year of Kirkwall Grammar School and have carried on ever since. I have been involved with the ROAR group all of this time.

Why did I start volunteering?

I initially got into volunteering when I started my Bronze Duke of Edinburgh award and volunteered in St. Colm's day centre for an afternoon a week. Building trusting and positive relationships with the service users when interacting with them was extremely rewarding and to be able to give something back to the community while doing so. My interest for volunteering spiralled from there and led me to find more ways to get involved in the community.



What role have I played in the group so far?

The bonus of being in such a diverse group like ROAR allowed me to play multiple roles. I have been involved with the advertising of events by contacting local businesses for donations and support and helped to create and distribute posters. I have also coordinated raffle and auction prizes and taken part in concerts which has improved my self-confidence.

What difference have me/the group made?

This group had made a great difference to many charities over the years including the Orkney MS Society, the Samaritans and Macmillan. The ROAR group has raised a huge amount of money as well as raising awareness of these charities.

Memorable moment?

A memorable moment for me was securing some great prizes for auction at the most recent ROAR event we organised and raising a lot of money through putting on a concert and having an auction for the MS Society, as it has close personal meaning to me.

How has volunteering benefitted me?

Volunteering has benefited me in many ways, by getting out into the community it allowed me to be involved in a group of my peers and meeting a range of people from different groups and organisations and be able to help make a difference to others lives by raising money in many different ways. Any difference I can make to people's lives by raising money for charity is tremendously rewarding.

It has provided me with transferable skills such as communication, team work, problem solving, planning and prioritising work. I have used all these skills in the transition from school to university, university life and working. Working with people of different age ranges has improved my ability to

work in a group and gain confidence in myself and my own abilities. I have also had a lot of fun along the way!

Have you done any other volunteering?

Yes, as well as St Colm's I have done volunteering in the local CLAN charity shop and at a primary school netball training which allowed me to work on my role as a leader whilst getting to know the children and help them improve which was great to see. I have recently received my 50 hours Saltire Award which is great to know my hard work has been recognised and appreciated.

Finn McGill

Volunteering appeared somewhat by accident. One of my friends mentioned an event called skyranMOON happening out in Stromness, and although I wasn't able to make the main training session, I popped along to a quick brief and it seemed interesting enough to give a shot at helping with it.

Over a 20-hour weekend, I was involved in a wide variety of tasks as a host at the event. At the back end, I helped manufacture badges, set up seating and organised other spaces at the venue. I operated the sound system in the exhibition and set up audio-visuals for multiple presentations. At the front end I sold raffle tickets, went on a couple of walks around the town, and used my initiative to actively sell badges to the public and give visitors guided tours of the exhibition (a 7m inflatable moon) leveraging my historical and scientific knowledge.



The team really made the event special. A certain buzz surrounding the moon was created not only in Stromness, but around the Orkney community as a whole. People in attendance were clearly quite touched by the rather surreal nature of seeing the moon at such a scale right in front of them – and they made sure to tell others!

On my second day, one of the visitors from the night before whom I had given a tour to lent me an amazing book of lunar photography from the Apollo missions. I didn't really get a chance to look at it until some weeks later, but my mind was blown at truly how different an environment the moon is to Earth, and how it changed those who went there.

Although I only did a weekend, the experience was frankly brilliant. The human-facing roles I performed markedly boosted my confidence as a result. Meeting other young people from the opposite side of the county was great. On-the-job learning improved my knowledge too – not just about lunar history and the space programs, but also the organisation and management of public events.

Ingrid Gauld

Fern Valley is an animal rescue centre in Rendall, Orkney that gives a really good loving long-term home to animals that have been abandoned or have needed rescuing. It also takes animals that have needed to leave zoos or wildlife centres for different reasons. There are meerkats, geckos, parrots, raccoon dogs, snakes and spinney mice to name a few of the animals that are kept there.

I started volunteering at Fern Valley on 31 /12/17 and have been going there from 9am - 3pm almost every weekend since. I love animals so working at Fern Valley is a dream volunteering job. Many of the animals have come from really awful homes so it is good to be able to help them. I also help with the education sessions.



A typical day is as follows -

- Cleaning animal cages and enclosures and removing uneaten food
- Handling the animals and checking they are healthy
- Helping with the talks and animal handling sessions at 11.30 and 1 30
- Make up new feeds and give these to the animals

I am kept very busy (which I like) and there is something new to see and do every week. I get to wash snakes and weigh terrapins.

David Bird

How long have you been involved?

I started volunteering at Friday Friends in April and at the Weekly games Group in May.

Why did you start volunteering?

I started volunteering to help people, participate in new activities and meet new people. I've tried to attend every session since, since I enjoy most of my time there. I go after school on Fridays instead of hanging round the Shapinsay boat waiting room with my mates and the other Shapinsay residents, school kids.



What role have you played in the group so far?

I have been one of the many young adults who join Arlene or Anna in accompanying the old folk at Friday Friends. We join in with the activities and help the old folk if they are having difficulty and are in need of assistance as well as give them some younger faces to talk and interact to.

What difference have you/the group made?

I usually am, along with the other volunteers, a smiling face that accompanies the elderly folk as well as participates in the activities and games set out, I am a rather quiet person so I don't usually engage in conversation, but I do sometimes talk with the other people in the group.

Tell us about a memorable moment

A memorable moment for me is when there was just one of the elderly women there. Arlene had brought a game she found on the internet, penny ante. We, me, about four other volunteers, Arlene and Peggy, played the game, as well as start engaging conversations mid-way, and had a good laugh but the fact that there were about six of us and only one of the old folk there that was benefitting made it feel special.

How has volunteering benefitted you?

Volunteering is always a highlight in my week; it gets me out and doing new stuff as well as gives me time off of video games and gets me out of the house. I enjoy spending time with the old folks doing activities, especially when I get something physical to take home, but if not the joy and experience is what I gain.

Have you done any other volunteering?

Yes, I have volunteered at a Lego and Minecraft club at the local library, a local club for disabled people as part of a school project, I am currently volunteering at a similar adult befriending club after school.

David has achieved his 50-hour Saltire Award.