

Local News & Events

Charities Christmas Bazaar

The 2014 Charities Christmas Bazaar took place on Saturday 8 November. This year saw 24 local groups taking part, with some groups attending for the first time. By all accounts everyone had a great time with **£5486.79** being raised on the day.

Everyone was helped into the festive spirit with music from some young volunteers and members of the Orkney Traditional Music Project.

VAO raffled a festive gingerbread house, the lucky winner being Sonia Eunson (pictured right). The competition for the Most Festive and the Best Overall Stall were won by Orkney Zerowaste (pictured bottom left) and The Youth Café (bottom right), respectively. The stallholders were delighted.

Thanks to everyone who took part and made the day such a success. We look forward to seeing you all again next year!



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*Orkney Youth
raise £80 for the
Archie Foundation*

*New OADP
website*



Orkney Youth Awards

Young people were heavily involved in organising this year's Orkney Youth Awards which were held on November 4 at King St Hall. Saltire volunteer, Katell Roche, hosted the evening alongside MSYP Iona Torbet. Entertainment was provided by the VAO ROAR group and a fantastic array of sandwiches and goodies were on offer from the Connect project. A variety of Awards including this year's Saltire Summit Awards were handed out, with Gail Anderson there to present the awards alongside new Director of Education Wilfred Weir and Paul MacIlvenny from YouthScotland. Cheques totalling over £1000 were presented to various local charities by young volunteers on the night. The event was organised by VAO Youth Development workers and partners from Community Learning and Development at OIC.



Clockwise from top left: Hosts Iona Torbet and Katell Roche, pictured with Paul MacIlvenny from Youth Scotland; Wilfred Weir presenting Jenny Meek's Special Award for her effort with the Brownies; King Street Hall; Rachel Hirst presents Lee Thompson with a cheque for Orkney Island Games Association (money raised by ROAR); Emma Nicholson and Julia Thain receive their Saltire Summit Awards from Gail Anderson.

2014 Orkney Youth Conference

Around 50 folk turned out for the 2014 Orkney Youth Conference in Kirkwall Community Centre on November 6th. The day was divided into workshops, with various Youth workers from different organisations leading on a range of subjects. At the VAO workshop we aimed to show that by giving a little time, everyone can make a difference. Everybody who attended the conference took about 15 minutes to make a marshmallow snowman drink kit. The combined efforts were put on sale at the Christmas Charities Bazaar on Saturday. Every last one was sold, raising £80 for the Archie Foundation.



New Website for Orkney Alcohol and Drugs Partnership

The Orkney ADP has launched a new website to promote the work of the ADP and its partners in a modern and interactive way. The new website can be found [here](#).

If you would like to have information about your service, training opportunities, etc advertised on the website, please contact [Derek Curtis](#).

A message from the Orkney Foodbank

In our first year we have been surprised and saddened by the demand for the Foodbank in Orkney. We always knew there was a need but we had no idea just how great that need was. Since we opened 8.4 tonnes of food, toiletries and other household essentials has been donated. This has come in all different amounts from one child bringing us a tin of spaghetti hoops bought from her own pocket money, the Tesco permanent collection point and schools, brownies and churches undertaking Harvest Collections being a few of the examples of the amazing generosity from the people of Orkney.

Over the last 12 months 267 vouchers have been redeemed and we have redistributed 5.7 tonnes of donations to 473 people. The main reason for



food poverty with our clients is low income.

We offer a service throughout Orkney, islands included! All we ask is that representatives of the mainland clients collect the allocation from the Foodbank at 18 Junction Road, Kirkwall. Any clients on the isles who require our help can have their boxes delivered via the local Foodbank co-ordinator on the island. Age Concern is a registered voucher issuer and should be

the first point of contact for people needing our assistance.

The Foodbank is open Tuesday and Friday 10am and 4pm. We have our new baked tattie wagon serving hot baked potatoes between 12 and 2pm on the days we are open. Our friendly volunteers also enjoy a cuppa and a chat with anyone popping in whether to bring in a voucher or just have a bit of company! Contact us on 07719 293378.



New Victim Support Service Delivery Officer for Orkney

Angela Green has recently taken up the post of Victim Support Service Delivery Officer in Orkney. Victim Support Scotland is a charity supporting witnesses and victims of crime, as well as their friends and family members.

Angela and colleagues are able to offer a range of free and confidential support including:

Emotional support – a friendly, empathetic listener.
Practical help – including how to keep safe, assisting complete insurance or Criminal Injuries Compensation claims, showing witnesses around court before trial.
Information - compensation,

the legal system and court process.

Court Support - showing witnesses around court before their trial and providing support in the Witness Room, supporting Special Measures.

Signposting to appropriate agencies

Victim Support Orkney are based at Kirkwall Police Station, Burgh Rd, Kirkwall, KW15 1AH. Although based at the Police Station, Victim Support are INDEPENDENT of the police.

For more information, please contact [Angela](#) on 884547



Children's Services Directory

The Children and Young People's Development Group is producing a Children's Services Directory for children and their families in Orkney. This is part of the work being carried out by the Orkney Community Planning Partnership in their Integrated Children's Services Plan.

The Children's Services Directory aims to include details of all services for children and families in Orkney, from local youth and sports clubs to counselling services and support groups. Once completed it will provide a useful resource for both children and their families, and for organisations.

If you are involved in running a group or providing a service for children in Orkney and would like to be included in the directory, please contact [Cecily Cromby](#) on 873937.

Get ready for winter

The Red Cross have some Get Ready for Winter bags and blankets available. For more information, please contact [Lorraine Sharpe](#).

*One child brought
in a tin of
spaghetti hoops
bought from her
own pocket
money... just one
example of the
amazing
generosity from
the people of
Orkney*

*Do you run a
group or provide
a service for
children in
Orkney?*

Friends of Happy Valley

Saturday 8th November saw a gathering in the Stenness Hall celebrating the official launch of the Friends of Happy Valley, who have recently, successfully registered as a Charity.

Chair of the Board of Trustees, Louis Kerr, referred to the importance of Happy Valley to the wider community and expressed the Friend's desire to keep alive the spirit of the place. They want to make sure that Edwin Harrold's amazing legacy of the natural habitat was kept for future generations to enjoy.

Alistair Buchan, Gavin Barr and Karen Greaves, representing OIC, entrusted by the landowners to

care for the land and property, stressed the importance of community initiatives such as these and looked forward to working in partnership with the charity for the benefit of the area. A stable basis for future cooperation is therefore well on the way to becoming established.

The group contacted VAO in 2013 and we worked with the unincorporated association to write the founding document and assisted them to apply to the Office of the Scottish Charity Regulator to become a Scottish Charitable Incorporated

Organisation in 2014. A great outcome and a great future for the group, now with the benefits of charitable status and incorporation. Best of luck to them, and they know where we are!

If you, or any other group you know, want to know more about becoming a Charity, becoming incorporated, or wonder what all these terms actually mean – then don't hesitate, pop along to our offices in Bridge Street and speak to us! You will be made most welcome – and best of all – our support is free!



VAO News & Services

Growing Older in Orkney

If you are slowly but surely growing older (which is good, considering the alternative) you might be interested in visiting a website with some useful tips and information about this exciting phase in your life. One of the goals for having yet another Orkney website is to

encourage you to share your experience and insights. Please, go to www.goio.co.uk, check it out

and if you have any suggestions or a story that you would like to share with others contact [Kasha](#) at VAO.



You can also share your ideas on the 'Growing Older in Orkney' Facebook Page where you also will find some stories and humour shared from other sources.

Getting it Right for Every Child (GIRFEC)

An extended case study describing Voluntary Action Orkney's involvement in the national GIRFEC project is now up on the [VAS website](#). It can be accessed by clicking on the link and then opening the 'in-depth case studies' at the bottom of the page.

National News & Events

Scottish Rural Parliament call for action

Scotland's first Rural Parliament closed with a call for action to achieve a more empowered, connected and sustainable rural Scotland. Over 400 delegates gathered in Oban for the three-day event, discussing a range of rural issues with local democracy and a need to bring power closer to the communities emerging as a strong theme throughout. An overwhelming majority of participants agreed in the final session that the Rural Parliament should continue. Find out more, and get links to a draft workshop report and videos from the event [here](#).

Growing older in Orkney? Please share your suggestions or stories with others

Bringing power closer to the communities—an emerging theme of the Scottish Rural Parliament

Funding & Finance

Applications to The Culture Fund 2015-16

The Culture Fund is managed on behalf of Orkney Islands Council by the Arts, Museums and Heritage Service within Education, Leisure & Housing.

Cultural activity, including the delivery of festivals, museums, heritage centres and arts projects, brings significant publicity and additional visitors to Orkney, as well as enabling residents to access the highest quality cultural events and activities.

Funding from the Culture Fund is allocated by the Council on an annual basis, via an open application process. This fund will support cultural organisations for their general running costs

as well as specific elements, e.g. educational or community based activities. The fund will also support non-cultural organisations for cultural elements of their programmes or activities.

If you already deliver cultural activities for which you would like to apply for Council funding, or if you have an idea for a new cultural project please contact [Pam Beasant](#), Arts Officer, Education, Leisure & Housing, Orkney Islands Council, on 01856 873535 ext 2406 for more details.

All applications must be received by 5pm on Monday 19 January 2015, for activities taking place between 1 April 2015 and 31 March 2016.

Funding boost for Mental Health

It was announced this month that Mental Health Services will receive a £15 million funding boost over the next three years. Michael Matheson, Minister for Public Health, said: 'I'm pleased to be able to announce this significant extra investment of £15 million that will help us to continue to drive up standards right across Scotland. Demand for mental health services has increased in recent years, and we must ensure that they continue to be effective and that people are getting the help they need.'

Please click [here](#) for further information.

**£15 million
funding boost for
Mental Health
Services**

Top ten financial issues facing charities

The Community Toolkit this month highlighted the top ten financial issues currently facing charities. Jandy Stevenson, partner with Henderson Loggie, said: "Those in the third sector are continuing to face mounting challenges as they strive to do their very best to assist the causes they support. The word austerity is still very prevalent when matters concerning the charity sector are raised and the likelihood of ongoing restrictions being imposed on public sector spending means that the burden being borne by many charities will probably in-

crease rather than decrease. However, by recognising where the key challenges lie it is possible to prioritise actions and optimise available resources."

The top ten issues identified are: New SORPS (Statement of Recommended Practice); Operating a charity trading subsidiary; Managing risk; Avoiding conflict of interest; Ensuring delegation processes are fit for purpose; Determining the appropriate level of reserves; Fraud; Auto-enrolment; Gift Aid; VAT.

Please click [here](#) for more information.

Funding Scotland: A new online database

A new online funding database with information on over 800 funds has been launched this month by the Scottish Council for Voluntary Organisations. [Funding Scotland](#) is a free online resource that anyone can use.

SCVO say that their long-term aspiration is to include all Scottish funders and UK funders providing at least £25,000 per year to Scotland. The launch of the new resource is the first stage in achieving that ambition.

*Is your charity
facing financial
issues? You're
probably not
alone...*

Legislation & Guidance

Digital marketing for small charities

Are you a small charity looking to market your services? If so, this [free video](#) about digital marketing may be helpful. The video is produced by Charity Digital News and gives an overview of the main digital tools available for small charities.



Shared parental leave and pay

Shared parental leave will enable eligible mothers, fathers, partners and adopters to choose how to share time off work after their child is born or placed for adoption. This could mean that the mother or adopter shares some of their leave with their partner, perhaps returning to work for part of the time and then resuming leave at a later date.

It is designed to give parents more flexibility in how to care for their child in the first year following birth or adoption. Parents will be able to share a pot of leave and can decide to be off work at the same time and/or take it in turns to have periods of leave to look after the child.

The regulations are due to come into force on 1 Decem-

ber 2014. The options to use the new Shared Parental Leave rights will apply for parents who meet the eligibility criteria, where a baby is due to be born on or after 5 April 2015.

For more information please contact [Hannah](#) at VAO.

Have your say....

European Antibiotic Awareness Day— message from NHS Orkney Antimicrobial Management Team

European Antibiotic Awareness Day was held this month. This year in addition to campaign materials being sent to community pharmacies and GP surgeries, materials were also sent to dental practices highlighting that antibiotics for dental abscesses are not always the best treatment.

The NHS Orkney Antimicrobial Management Team are asking people to sign up to become an Antibiotic Guardian, to encourage others to join you in protecting antibiotics against the growing threat of antibiotic resistance and make your pledge at www.antibioticguardian.com.

Click [here](#) for a short video on antibiotic resistance and for more information please contact [Catriona Innes](#).

Education & Training

Responding to child protection and domestic abuse—Women's Aid Orkney

9 December 9.30-12.30, King Street Halls, Kirkwall

This free study session, facilitated by Dr Mairead Tagg, will focus on child protection risk indicators of domestic abuse, the resulting pressures practitioners face and consider effective agency responses that protect vulnerability.

For more information or to reserve a place, please contact zelda@womensaidorkney.org.uk

Domestic abuse and trauma seminar—Women's Aid Orkney

10 December 9.30-13.00, The Cinema, Pickaquoy Centre, Kirkwall

This seminar will focus on the psychological impact of domestic abuse on women's mental health and ability to function. It will briefly examine how best to support women at different stages in the recovery process and will look at how domestic abuse affects attachment and child development.

The seminar will be led by Dr Mairead Tagg and costs £10 per head. For more information or to book a place (booking essential), please contact sandra@womensaidorkney.org.uk

Nationwide Christ- mas charity appeal

Nationwide in Kirkwall are looking to help a local charity this Christmas. Nationwide as a company put citizenship and volunteering high on the agenda and the staff are encouraged to help many fantastic charities. Nationwide are running an appeal this Christmas to help Shelter but staff in the Kirkwall branch would like to help something a little closer to home. They are looking for something they could help with either giving some of their time for volunteering or through an appeal of some sort that they can run from the branch to get customers involved in too. Please get in touch with the branch on 0800 554 1500 (straight into the branch) if you have any ideas.

*Nationwide
Building Society
are looking for a
charity to support
this Christmas*

*Women's Aid
study session and
seminar*

First Aid

Two First Aid courses are being held at VAO in December and January. The first will be held on **22 December** from 10.00 till 2.30 and the second on either **5 or 6 January (TBC)**.

Please contact [Edwina](#) for more details or to book a place.

Postgraduate Diploma in Community Learning & Development—University of Aberdeen

There are still places available on this work based route to a Professional Qualification in Community Learning and Development starting in January 2015. The programme fee is £2,080. For further information please click [here](#) or contact [Aileen Ackland](#).



Project Ginsberg: New tool to help people improve mental wellbeing

An innovative new online tool has been launched by the Scottish Government to help people improve their mental wellbeing.

Ginsberg is a free website which allows people to track their mood and find out how it is affected by their physical actions. This could be how much alcohol they have drunk, how much exercise they've taken, or whether they have spent time with their friends.

For more information visit the [Scottish Government](#) website, or to sign up for Ginsberg, visit: <http://www.ginsberg.io>

Dates for your diary

Orkney Mental Health Event—5 December 2014

Anyone who feels passionate about Mental Health provision in Orkney is invited to help shape an Orkney approach to the National Mental Health Strategy at an event on **Friday 5 December**. The event, supported by Orkney Health and Care, the Blide Trust, the Orkney Carers Centre and the Scottish Health Council, will be held in The St Magnus Centre from 9am until mid-afternoon.

For more information or to book a place, please contact Frazer at Orkney Blide Trust on 874874.

*Help shape an
Orkney approach
to the National
Mental Health
Strategy*

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