

Newsletter November 2015

VAO News & Services

Charities Christmas Bazaar



Our annual Charities Christmas Bazaar took place on Saturday 7 November, with 21 local charities and groups taking part. There was a huge range of goodies and activities on offer with everything from baking and raffles to bottle stalls and face painting. The most festive stall was awarded to Crossroads while best overall stall was awarded to Orkney Zerowaste (pictures below right).

Although the Bazaar was quieter than it has been in previous years, feedback suggests similar takings. The reported total raised by the groups on the day is

currently sitting at over £3200, with a few groups still to add their totals.

Many thanks to all who took part and came out to support our local charities, we hope to see you again next year!



Orkney Youth Awards

The Orkney Youth Awards, held recently in King St Hall, was a big success. A diverse range of folk gathered to see young folk collect Saltires, Youth Achievements, Dynamic Youth and other awards.

Brian Cromarty, Youth Development Worker at Voluntary Action Orkney said: *'Much of the actual running of the event is down to the young folk. If you look around the room on the night you have young folk hosting the event, preparing the food, on the door, providing the music, operating the PA and more.'*

'The event itself has become an indication of how capable our young folk are. We are very proud of what they've achieved, both in getting their awards and running the event and would like to congratulate them all.'

Liam McArthur, MSP, described it as an *'absolute privilege'* to be involved in the Orkney Youth Awards and noted that *'the amount of time Orkney's young people dedicate to volunteering, fundraising and other activities that support our community is truly phenomenal. In turn, it is great to see them develop self-confidence, leadership and so many other skills that will serve them well in the future.'*



Will you be lonely this Christmas?



Over recent weeks a number of videos and Christmas adverts have begun to appear depicting how lonely many older people are and a recent [report](#) compiled by WRVS has estimated that 250,000 elderly Britons will be alone and lonely this Christmas. This is a staggering and extremely sad number and yes there are folk in Orkney that feel like this too, not just at Christmas but all year round.

So what can we do as a community to help people feel less lonely?

Why not volunteer?

Voluntary Action Orkney's Adult Befriending Service supports elderly people to remain in their own homes independently for longer. After initial training all you need is an hour or two a week to spend some time with someone who would really appreciate a yarn or maybe help with a bit of shopping or go out for a cuppa. For more information contact [Linsey](#) on 872897.

Age Concern is also looking for volunteers. Please contact [Gillian](#) on 872438 if you would like more information.

Age Concern and the Salvation Army hold a Christmas Dinner every year at The Salvation Army Hall. If you would like to volunteer your time or donations of food, please contact [Gillian](#) at Age Concern.

It would be great if we could give people the gift of having a peedie bit of company both over Christmas and all year round.

Blide Trust development day

The Blide Trust utilised the services of VAO's development staff this month, to explore and discuss current activities and services and look to the future. VAO were asked to facilitate a development day at the Blide Trust and Edwina introduced a new way of exploring areas of development – Participatory Drama. [Participatory drama](#) emphasises the small changes that can reap bigger rewards.

'An excellent development day that got everyone involved and created an environment where everyone felt comfortable to express themselves. We all learned something and it gave us direction for the future. I would thoroughly recommend any organisation to go to Voluntary Action Orkney to go through the same process.' - Frazer Campbell, Service Director, Orkney Blide Trust



'Collaborating for Community Impact' – Third Sector Interface Impact Report / Parliamentary Motion

This [report](#) gives an overview of the Third Sector Interface activities from 2014/15 and is based upon annual returns from all 32 TSIs. It paints a strong picture of the TSI network and the great work being undertaken across Scotland. VAO is Orkney's TSI.

We are delighted that Fiona McLeod MSP has lodged a motion in the Scottish Parliament in support of the report and TSIs more generally and that Liam McArthur, Orkney's MSP, has supported the motion. The motion text can be found online [here](#).



Orkney Podcasts take off in December 2015



From Monday 7 December 2015 and every Monday thereafter you will be able to tune in to Orkney Podcasts to hear local news about health, wellbeing and our communities. Please visit www.orkneypodcasts.com on 7 December for more information.

Local Third Sector News

All change at Relationships Scotland Orkney

After 7 years as Service Director at Relationships Scotland Orkney (RSO), Helen Moss retired this month. Under Helen's leadership, RSO has expanded in both size and scope, handling around 50 cases during her first year in post to well over 100 in her last. Helen was instrumental in securing Big Lottery funding (£430,000 over 5 years) for the Family Connections Project which contains the Child Contact Centre and Family Link Worker post, enabling more intensive support for clients and families and acting as a link between all RSO services. Thanks to funding from the Alcohol and Drugs Partnership, RSO now also have a dedicated Substance Misuse Worker. These new posts and projects are in addition to the Mediation and Counselling services provided by RSO.

Helen has been a committed member of the Third Sector Forum and Third Sector Working Group, helping to strengthen the voice of the Third Sector as a whole as well as that of her own organisation. During her time at RSO, Helen has forged strong relationships with other Third Sector organisations as well as statutory partners at Orkney Islands Council and NHS Orkney. She will be greatly missed by colleagues both within and outside RSO.

June Anderson and Renate Andrews have jointly taken on the role of Service Manager at Relationships Scotland Orkney, bringing a wealth of experience in the therapeutic field as well as in business and organisational management. June explains that they are *'looking forward to sustaining and consolidating Helen's tremendous work and to developing the service further in response to community need and in partnership with other local agencies'*.



Pictured left-right: Renate Andrews, Helen Moss and June Anderson

Young People in Orkney Attitudes and Aspirations Research Report September 2015



This report presents the findings of a wide-ranging study to explore the attitudes and aspirations of young people aged 15-30 in relation to the Highlands and Islands of Scotland, with a particular focus on young people in Orkney. Overall, a total of 4,409 young people from within and out with the Highlands and Islands participated in the research, sharing their views on the region as a place to live, work and study. A summary report analyses the views of 216 young people living in Orkney who contributed to the research. Please visit the HIE [website](#) for copies of the reports.

New Newsletter Features

Below are the new features introduced this month to promote the work of VAO members and the wider sector.

AGMs

Orkney Zerowaste

9 December at 7.30 in the St Magnus Centre, Kirkwall

Orkney Alcohol Counselling & Advisory Service (OACAS)

14 December at 6.30 in the OACAS office, 6 Bridge Street Wynd, Kirkwall

Who's behind the Blue Door?



KAOS

30 November – 5 December

Orkney Fencing Club

7 December - 12 December

East Mainland Kirk

14 December – 19 December

The Blue Door Closes for the Christmas break on Saturday 19 December and reopens on Monday 11 January.

Focus on..... Orkney Zerowaste

Many of us are familiar with Orkney Zerowaste (OZ), perhaps as a visitor to Steptoze Yard or as a member of the real nappy network, but fewer are probably aware of the full scope of this local environmental charity. In the first of our interviews with members, we met with OZ Treasurer, Alan Dundas, to find out just what OZ are about and what they're up to.

Reduce, Reuse, Repair – three words that, according to Alan, sum up the ethos and work of Orkney Zerowaste. Is there not an 'R' missing? What about recycling we ask? Alan explains that OZ are about going beyond recycling – *'while it's great to recycle, and we're certainly not knocking it, it's much better to prevent waste in the first place. If we can introduce ways of doing this, either through education or providing facilities for people to reuse items, then it's got to be better than going to the bother of recycling'*. And this, through a wide variety of projects and initiatives, is just what OZ does.





Orkney Zerowaste currently have five main projects on the go - Steptoze Yard (a re-use and recycle centre based in Stromness), Bruckstore, Real Nappy Network, Business Recycling Collection and the Volunteer Community Advocate Programme (funded by Zerowaste Scotland) which covers educational projects such as Love Food Hate Waste.

The project that Alan is most proud of is the Bruckstore, a scheme providing primary schools with a store of scrap items, perfect for creative play at break time. *'It's amazing what the kids can come up with in the playground – and fantastic to see the creativity of a group of kids together'*, explains Alan. The project, a partnership between Orkney Islands Council and OZ, has been incredibly successful – 10 primary schools in Orkney now have a Bruckstore (with more in the pipeline), and the flagship scheme has generated a huge amount of interest from the rest of the UK and beyond.

The charity, established in 2004, now employs 5 part-time staff and has an army of about 25 loyal volunteers, engaged in a wide variety of activities including running workshops, providing advice on food waste, speaking at events, helping at Steptoze Yard, collecting business recycling....the list goes on! Although a member since the very beginning, Alan continues to be amazed by the imagination and creativity of people and inspired by what they can come up with in the re-use of 'waste' – whether it's converting an old palate into a vegetable bed, a compost bin cobbled together out of old pieces of wood, or the amazing art created by the local community over the years.



Orkney Zerowaste have a number of other projects in the pipeline and are currently looking for new members and volunteers. [Please click here to read the full article.](#)

www.orkneycommunities.co.uk/oz/
www.facebook.com/OrkneyZeroWaste
ozmembership@gmail.com



Funding & Finance

Orkney Alcohol and Drugs Partnership – Commissioning for Outcomes 2016–18

orkney alcohol and drugs



The Orkney Alcohol & Drugs Partnership is commencing the next round of commissioning for 2016-18. For this period they are commissioning for outcomes and are looking for services to set their own delivery outcomes

which feed into the ADP's local outcomes.

Please click [here](#) for a copy of the Outcomes Specification and [here](#) for the application form. Further copies of the Outcomes Specification and application forms can be obtained from [Katie Spence](#) or [Carrie Rendall](#).

Completed applications should be sent to ork-hb.ADP@nhs.net by 5pm on Wednesday 27 January 2016.

A short briefing and information session for interested parties will be held on Tuesday 1 December, in the Scapa Room, Balfour Hospital, if you wish to attend, please note your attendance with [Carrie Rendall](#).

Any queries regarding the specification should be directed to [Katie Spence](#)

Tesco Local Community Grant

Tesco will award six grants per year in each of the 428 Tesco regions to make sure the funding is spread evenly across England, Wales and Scotland. In total the community grant scheme will support around 2,500 projects each year.

Because they are expecting a major demand for grants, Groundwork will assess all of the applications received and then provide a shortlist of the applications for a Tesco regional panel to agree three successful projects to go forward to a vote in Tesco stores.

Tesco customers will vote over two weekends in their store for their favourite shortlisted local project. Grants will then be awarded as follows:

1st place in Tesco customer vote: £12,000 grant

2nd place in Tesco customer vote: £10,000 grant

3rd place in Tesco customer vote: £8,000 grant

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

Legislation, Guidance & Support

The effectiveness of the self-regulation of fundraising in Scotland: an informal review (SCVO)

Following the publication of the Etherington Review into charity fundraising in England, SCVO has published an informal review of the effectiveness of self-regulation of fundraising in Scotland. A copy of the review is available from the SCVO [website](#).

British Sign Language video series launched to explain Getting it Right For Every Child (GIRFEC)



A new video series has been launched with the aim of informing children and young people, their parents and carers about the Getting it Right for Every Child (GIRFEC) approach.

Produced by the Health and Social Care Alliance Scotland (the ALLIANCE) in partnership with the Scottish Council on Deafness, People First and the youth theatre company Solar Bear, the BSL format videos are designed to be accessible to a wide range of children and adults, particularly those who are deaf.

The five part series was launched this month by the Minister for Children and Young People, Aileen Campbell MSP, parents and children from the deaf community and by practitioners and teachers from third sector organisations and schools who support them.

The launch showcased the videos and gave young people, parents and carers the opportunity to express their views around key aspects of GIRFEC, including the importance of inclusive communication, the role of the Named Person, and the change in culture needed to make sure the GIRFEC approach is used by everyone. The videos can be viewed [here](#).

Volunteering Opportunities

Volunteering in Orkney

If you are thinking about volunteering there's nowhere better than Orkney to get started. VAO has over 130 different volunteering opportunities on its books and there is something for everyone. We act as the link between organisations and volunteers and we match volunteers with the volunteering opportunity that is right for them.

Volunteers can learn new skills, meet different people, build up their CV and gain invaluable experience. Whether volunteers want to work with animals, children, older folk, do some gardening or even help out with archiving and cataloguing the latest archaeological finds from Orkney's deep past we can help them find their ideal opportunity.

VAO also helps organisations to promote their volunteer opportunities and we regularly meet with organisations to review their volunteering requirements and help them to focus on exactly what type of volunteer they need.

So if you are interested in finding out more about volunteering or if your organisation relies on volunteers and you want us to help you find the right people please contact [Rob](#) or [Fraser](#) and we will do our best to find the people you need. Please click [here](#) for VAO's current volunteering opportunities.

Home-Start Orkney



In 2016 Home-Start will have been supporting families in Orkney for 15 years. Most of these families have been resident on the Mainland, however, following a recent successful bid from the Big Lottery Fund, Home-Start are now in a position to develop and offer the service to the outer isles.

Support and friendship for families

Their volunteers are fully trained and spend 2–3 hours a week offering support to parents of young children who are struggling to cope with the pressures in their lives. Often a parent or parents are suffering from ill-health, isolation or just the general demands of caring for young children and a volunteer prepared to listen and offer assistance and friendship practically and emotionally can make all the difference!

Home-start is keen to recruit new volunteers to join the team so if you have some time to spare and would like to make a positive difference to someone's life then please contact [Home-Start](#) on 870770 or pop into their office at 7 Main Street, Kirkwall for more information.

Marie Curie Fundraising Group Orkney

Marie Curie Fundraising Group is looking for enthusiastic and committed people who will join them in raising funds for the Marie Curie Nurses. Marie Curie Nurses provide care at home for terminally ill people and the more funds raised the better the service that can be provided. All funds raised in Orkney are spent in Orkney so this is a truly local good cause!



The group is looking for people who will serve on the board and meet bi-monthly to discuss ways of raising money. They are also looking for people to get involved in collections and volunteer fundraisers. The group collects outside supermarkets in Stromness and Kirkwall and also have stands at the County and Dounby shows and Christmas bazaars. Volunteers are encouraged to come up with new ideas for fundraising as well. So if you want to contribute to a fantastic cause and have some ideas for raising funds contact [Rob](#) at VAO and he will put you in contact with Marie Curie. Please click [here](#) for the local Marie Curie Facebook page.

Have your say

Epic Awards

Are you part of a cultural group that's doing something new or interesting? Do you know a creative group in your area that deserves recognition?

From singing to knitting, amateur dramatics to painting, across the UK and Republic of Ireland over 60,000 voluntary groups regularly get creative purely for the love of it. The Epic Awards shine a light on their achievements, and the opportunities for creative participation they bring to local communities.



Run by Voluntary Arts, The Epic Awards are an annual celebration of amateur cultural activity. A winner and runner-up is chosen from each of the nations - England, Ireland, Scotland and Wales - as well as specialist awards for those working with young people and disabled people, and a 'People's Choice' award voted for by the public.

Please visit the Epic Awards [website](#) or [Facebook](#) page for more details. Deadline 7 December 2015

OADP survey: New Psychoactive Substances

The Orkney Alcohol & Drugs Partnership (OADP) have launched a survey on the topic of New Psychoactive Substances (NPS) also often referred to as 'Legal Highs'.

At present the ADP has very little information on NPS use locally. The aim of the survey is to gain information to support local service provision for the community, harm reduction campaigns and give a better understanding of the local picture of NPS use and knowledge in Orkney.

The survey is anonymous and open to all, it should take no longer than 10 minutes to complete. The survey will be open until **Friday 4 December**.

Please click [here](#) to complete the survey. Please forward the link to colleagues and service users.

If you have any queries regarding the survey or the topic of NPS, please [Katie Spence](#) or [Carrie Rendall](#).

Draft Charity Trustee Guidance out for consultation



OSCR have updated their guidance to reflect the practical experience of many Scottish charities. The law and charity trustee's duties have not changed. What they are trying to do is set out in a more straightforward way what charity trustees must consider, so that they meet legal requirements, ensure that their charities are well-run, and avoid some of the common problems that can arise.

Please let OSCR know what you think of the new [guidance](#) by giving your responses [here](#).

Calling all Scottish social enterprises – make your voice heard now!

Social Enterprise Scotland invites you to complete the new, short consultation '[For the good of everyone](#) - A Consultation on The Holyrood 2016 Election Manifesto for Social Enterprise' - and help shape the policies of the next Scottish Government and Parliament by filling in their manifesto consultation.

Social Enterprise Scotland asks you to share this with all your social enterprise contacts and on social media with #VoteSocialEnterprise .

Third Sector Forum

The Third Sector Forum took place this month, with members getting together for a coffee and a catch up on all things Third Sector. Along with updates on the progress of the Community Planning delivery groups and the plans for the election of Third Sector representatives, members discussed ideas for innovative activities and projects for the 2016-17 Integrated Care Fund.

If you would like to join the Third Sector Forum please contact [Cecily](#) on 873937 or visit the VAO [website](#) for further information.

The 2016 TSF dates are as follows:

21 January	11am, VAO Board Room
24 March	11am, McGillivray Room, Kirkwall Library & Archive
19 May	11am, VAO Board Room
21 July	11am, McGillivray Room, Kirkwall Library & Archive
22 September	11am, McGillivray Room, Kirkwall Library & Archive
17 November	11am, VAO Board Room

Education & Training Opportunities

Learning opportunities for those working with children and young people



A new guide highlights opportunities for people working with children, young people and families in Orkney to expand their knowledge and skills.

Learning Opportunities for the Children's Workforce in Orkney has been published by the Orkney Childcare Partnership.

Maureen Swannie, the Children's Services Manager for Orkney Health and Care, said: *'Across our community there are many experienced and knowledgeable practitioners who can share their expertise to create interesting opportunities for colleagues to learn and develop.'*

'Our shared aim is to ensure that Orkney is the best place in Scotland to grow up – a place where children, young people and families can get the right help at the right time in the right way.' This new learning prospectus is a fantastic source of opportunities for Orkney's children's workforce to get training and find support where they need it.'

Please click [here](#) to view the document.

If any Third Sector organisations working with Children and Young people have expertise in training that they feel they can deliver to partner organisations, then please contact [Edwina](#) at VAO and they can be submitted to Maureen Swannie to be included in this prospectus.

CPD accredited training courses for LGBT Role Models and non-LGBT Allies

Stonewall Scotland are delighted to be delivering their CPD accredited training courses for LGBT Role Models and non-LGBT Allies, in Edinburgh this December.

These courses offer attendees the opportunity to explore what it means to be themselves in the workplace and how they can be a more effective Role Model and/or Ally for others. Attendees will identify key ways that they can inspire change, help create an inclusive work environment and strengthen their organisations diversity and equality agendas.

They have secured funding to provide a limited number of places on this training for individuals, working within services delivery in the public and third sectors, as well as travel expenses for those traveling significant distances to attend.

If this is something which would interest you then please email [Catherine](#) at Stonewall to register.

Please click [here](#) for more information about the Role Models training and [here](#) for information about the Allies training.