

Newsletter November 2016

VAO News & Services

Charities Christmas Bazaar 2016

The Christmas season got off to a great start with the Charities Bazaar on Saturday 12 November. The Kirkwall Town Hall was filled with festive cheer, chat and cakes as 20 charities manned stalls selling everything from home bakes to hats, and lollies to lampshades! Congratulations to Orkney Rape Crisis and Advocacy Orkney who won the titles of most festive and most innovative stall. We're still counting up the final amount raised so watch this space. In the meantime here are a few pics from the day.





Adult Befriending Service Befriending Week



1st to 7th November was Befriending Week. To thank their volunteers, the Adult Befriending Service hosted a lunch. Everyone enjoyed a lovely lunch, a cuppa and some delicious cake! All the Befrienders were presented with a certificate to thank them for the time they give freely to helping tackle loneliness locally.

CPR training

Some of the VAO team undertook CPR training this month, delivered by the Scottish Fire Service's very own Mick Marcus, working in partnership with the British Heart Foundation! Our dummies have well and truly recovered and very nearly, so have we. Watch out Kirkwall, Westray, South Ronaldsay, Deerness and Rendall, we are fully trained and ready to act!

If you too would like a session of CPR training delivered free of charge to your group, then contact [Edwina](#) at VAO and she will pass on your details to the Scottish Fire Service to arrange in your local area.



Go on, be ready to save a life.

Local Third Sector News

Orkney Blide Trust receives Community Medal

By Frazer Campbell



It is always great when you receive a surprise and being nominated for the Faculty of Public Health in Scotland Community Award for 2016 was no exception. Dr Louise Wilson, Director of Public Health in Orkney had put Orkney Blide Trust forward for the award for our work in promoting public health issues alongside our partners at Health Promotion and others.

Our members play a very important role by speaking out about their experiences of mental health to a variety of groups and at public events and their contributions are always well received. (If you would like someone to talk at your group contact us on 01856 874 874.)

Orkney Blide Trust has been very involved with the work of the Choose Life Group and with the Orkney Alcohol and Drugs Partnership, for example, we recently highlighted a trend we had noticed in the use of Valium imported to Orkney from overseas via online sites.

Faculty Public Health in Scotland Convenor Dr Julie Cavanagh said: *'This illustrates how individuals and communities can work together to maintain and improve our own health and wellbeing. They make a significant contribution to the health of the Scottish public by working with local people and drawing on the strengths of the community and the Faculty of Public Health in Scotland is delighted to recognise their efforts.'*

The award will be put on display in our reception so everyone can see that Orkney Blide Trust is a champion for public health.



One Digital Meet Up in Orkney

Local Digital Champions and those working in the third sector sought some digital inspiration by turning out for the first One Digital Meetup in Orkney held in September. Click [here](#) for information and pictures from the day.

Who's behind the Blue Door?



Orkney Simba

28 November – 3 December

Starter Packs Orkney

5 – 10 December

RNLI Orkney

12 – 17 December

Legislation & Guidance

Asset Transfer under the Community Empowerment (Scotland) Act 2015

Regulations and guidance have now been published to implement asset transfer under the Community Empowerment Act. Subject to the approval of the Scottish Parliament, the legislation will come into force on 23 January 2017.

Guidance for relevant authorities and for community transfer bodies has been published on the Scottish Government [website](#).

NHS Health Scotland Briefings

NHS Health Scotland have produced briefings to provide evidence-informed recommendations for tackling inequalities in our society and their impact on people's health.

The first briefing, '[Health and Homelessness](#)', addresses the impact that homelessness can have on health and wellbeing and suggests opportunities for early intervention and prevention.

The second, '[Housing and health inequalities](#)', looks at the role of good-quality housing in improving health and wellbeing. Both briefings focus on the impact these areas can have in reducing health inequalities.

The briefings are available on the new NHS Health Scotland [website](#).

Looked After Children and Young People

The Scottish Government have recently produced new guidance on Looked After Children and Young People

[Guidance on Part 10 \(Aftercare\) of the Children and Young People \(Scotland\) Act 2014](#) provides managers and practitioners working with looked after children and care leavers with information about the changes to Aftercare advice, guidance and assistance as introduced by Part 10 (Aftercare) of the 2014 Act and how these duties should be delivered. These duties came into force on 1 April 2015. This guidance should be read alongside other relevant legislation and guidance including for the Children and Young People (Scotland) Act 2014: Part 9 (Corporate Parenting); Part 11 (Continuing Care); section 96 (Assessment of wellbeing); and other relevant parts as these are commenced.

[Guidance on Part 11 \(Continuing Care\) of the Children and Young People \(Scotland\) Act 2014](#) provides corporate parents, managers, practitioners and carers who support looked after children and care leavers with information advice about Continuing Care, which is a new status established by the 2014 Act and is a significant change to both legislation and policy in Scotland. Continuing Care duties came into force on 1 April 2015.

The UN Convention on the Rights of the Child: A Guide for Children & Young People

The UN Convention on the Rights of the Child: A Guide for Children & Young People provides details of the 42 Articles of the United Nations Convention on the Rights of the Child (UNCRC) in a child and young people friendly manner.

The [booklet](#) is specifically aimed at children and young people with the intention of informing them of the UNCRC and the rights they are entitled to under the Convention.

The booklet also contains a statement by Scotland's Children's Commissioner about listening to children's views and ensuring their rights are looked after.

The new route to incorporating your charity

OSCR are changing the process through which Scottish charities can become incorporated to make it clearer and more certain. If your organisation is thinking of becoming incorporated, click [here](#) for details of the new process.

Funding & Finance



Bank of Scotland fund announces 2017 deadlines

The Bank of Scotland Foundation is an independent charity supporting local, regional and national charities working with communities across Scotland.

Charities registered in Scotland can apply to the small and medium grants programmes once every 12 months and to the large grants programme after a one-year gap or a two-year gap depending on whether or not they were successful in their bid.

Applications are currently being accepted to: The Medium Grants Programme which offers grants of between £10,000 and £25,000 for projects that address developing and improving local communities and financial literacy and financial inclusion; The Small Grants Programme which offers grants of between £1,000 and £10,000 for projects that address social inclusion and life-long learning. The Large Grants programme with grants of between £50,000 and £100,000 is expected to open again in 2017. Details will be provided when the programme opens.

The 2017 deadlines for all applications are 6 January 2017, 7 April 2017, 7 July 2017, and 6 October 2017.

Click [here](#) for more details.

Volunteering opportunities

Help with Orkney's Heritage



UHI Archaeology Institute has two new volunteering opportunities available. The first is for a Cataloguing and Archiving Volunteer who will Work with the Regional Archaeologist to improve cataloguing and searchability of records, number shelves and box files, create a catalogue of box file contents in an Access database and order and sort other records held.

The other opportunity is for a Post Excavation Finds Volunteer. This post involves handling finds, familiarisation with artefacts, careful cleaning in water, air drying, re-bagging and labelling. This opportunity is ideal if you want to get some hands on experience with archaeological material.

Both posts require basic numeracy and IT skills (Word, Excel, Access), but not essential for finds washing alone.

If you are interested in either of these fascinating and unique posts please contact [Rob](#) on 872 897.

'Friends' Need a Minute Secretary



The Friends of the Neuro Ward ARI need an enthusiastic and committed person to act as minute secretary to this popular and hardworking organisation. The secretary's role will be to prepare and circulate the agenda for meetings. To take minutes at meetings (approx. four per year). Send thank you letters for donations. Update the newsletter and deal with any other correspondence that is needed.

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

Have your say.....



Commission on Parliamentary Reform

The Commission will shortly be considering its engagement programme and if you are holding an event, meeting or gathering between January and mid-March 2017, and would like to invite members of the Commission to take part, they would like to hear from you. They want to meet people who have not been involved with the Scottish Parliament previously, as well as those who have and, depending upon the event, they can engage in a number of ways. The important thing is that they hear from as many people as possible who want to speak to them. Visit their [website](#) for more information.

Work & Health Green Paper

The UK Government's Work and Health Unit (WHU), a partnership between DWP and the (English) Department of Health and other partners including the Scottish and Welsh Governments is consulting on a paper to address the problems of alignment between the work and health agendas. The WHU is working to improve work and health outcomes for people with disabilities or long term health conditions by improving service integration.

The 'Improving Lives – the Work, Health and Disability Green Paper' was published on 31 October and can be viewed [here](#). The publication also marks the start of a public consultation, which runs until 17 February 2017. They want to spark a far-reaching, national debate on the issues and the proposals set out in the Green Paper, ensuring that they listen to others so that they can develop their programme of work and understand the role others have to play in driving action forward. To take part in the consultation please click [here](#).

Oral Health Consultation

CDO and Dentistry Division launched a consultation on the future of oral health in Scotland. The consultation focuses on proposals that take NHS dentistry forward over the next 10 – 15 years and attempt to address the challenges of the future. The consultation can be found [here](#) and is open until 8 December 2016.

Also in the news



88% Rise in Childline Counselling sessions about Cyberbullying

The number of children and young people experiencing online bullying has increased by 88% in 5 years, according to NSPCC research.

Figures from their new report, "What children are telling us about bullying" show that Childline counselled 4,541 children about cyber-bullying in 2015/16 compared to 2,410 in 2011/12.

In a quarter of counselling sessions, children and young people were also counselled for a mental health and wellbeing issue. These included low self-esteem, self-harm, suicidal thoughts and depression.

Read more [here](#).

Action on Elder Abuse launch Scottish Helpline

Building on the success of the well-established UK-wide Helpline, Action on Elder Abuse have announced that their Scottish Helpline launched this week. They now have a team of dedicated staff and volunteers based in Scotland, who can offer information, advice or emotional support to any older person, or anyone else concerned about the harm or abuse of an older person.

For more information please visit their [website](#).

If you're experiencing harm or abuse, or you know an older person who is, call the free and confidential Helpline. Action on Elder Abuse can offer advice, support or just a listening ear. The Helpline is entirely confidential, free to use, and won't show up on your phone bill. Experienced Helpline operators can help you make the best choices to keep safe, and put you in touch with appropriate local agencies. Helpline: 080 8808 8141

Volunteering Facts & Figures

nfpSynergy have been tracking the proportion of the UK public that volunteer for over ten years. Some key facts from their recently published report include:

- Over 21 million people formally volunteer in the UK at least once a year.
- 9% of the adult population account for 51% of all volunteer hours.
- Students in higher education are the most likely group to volunteer and are twice as likely to have volunteered for a charity in the last four weeks compared to other groups.
- Young people aged 16-34 and over 65s are more likely to have volunteered over a three month period than other age groups.

Read more [here](#).

The Little Book of Big Scams

The Metropolitan Police have recently produced the third edition of their handbook: [The Little Book of Big Scams](#). The book provides information and advice on a variety of scams from identity fraud to ticketing scams.

New Research Finds Scouts and Guides Have Better Mental Health



A new study has found a strong link between participating in Scouting and Guiding as a young person, and having significantly better mental health.

The data, from almost 10,000 individuals, came from a lifelong UK-wide study of people born in November 1958, known as the National Child Development Study. 28% had been members of Scouting or Guiding as young people. The major finding of the study was that, at the age of 50, this group were around 15% less likely to suffer from mood disorders (including depression and anxiety) than adults who had not been members of Scouting or Guiding. Click [here](#) to read more.

Third Sector Forum

The dates for 2017 have been set, so put them in your diary. For more information about the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

19 January 2017	VAO Board Room, Anchor Buildings, Kirkwall
23 March 2017	MacGillivray Room, Kirkwall Library
18 May 2017	VAO Board Room, Anchor Buildings, Kirkwall
20 July 2017	MacGillivray Room, Kirkwall Library
21 September 2017	VAO Board Room, Anchor Buildings, Kirkwall
23 November 2017	MacGillivray Room, Kirkwall Library

Education & Training

Consent and Alcohol Training

Thursday 15 December, 9.30–12.30 Pickyaquoy centre

Find out about sexual consent, particularly in relation to alcohol consumption. This course features local Orkney speakers from Orkney Alcohol and Drugs Partnership, Sexual health Promotion, Orkney's new Rape Crisis Service and Police Scotland.

By the end of the training participants will be able to:

- Describe the local picture in relation to alcohol consumption.
- Identify the effects alcohol has on sexual activity.
- Know the definition of consent in Scottish law.
- Understand the local provision of support services for victims of rape and sexual assault.

This course is open to everyone but it may be particularly suited to those who work with vulnerable groups, such as young people's services, education, housing, emergency services, healthcare and social work.

Please note that spaces are limited therefore booking is essential to ensure your place is secured. Please contact [Hannah Casey](#) to book your place.



Final One Digital eBulletin

The One Digital project is still alive and well, but the next time you hear from them they will have merged with the SCVO digital enewsletter. Click [here](#) to see what the One Digital team have been up to in Orkney recently, and [here](#) to read Eilidh's blog. If you are interested in joining SCVO at the next round of meetups, find out more and register your interest [here](#).

Effective Leadership in Volunteering

1 and 2 February 2017, Stirling

This two day course for volunteer managers and volunteer leaders explores the importance of effective leadership in volunteering and will give you the tools to implement this for your own organisation. Click [here](#) for more information.

Recognising & Realising & Children's Rights

RRCR is a FREE train the trainer programme provided by Education Scotland and YouthLink Scotland which aims to increase the skills and capacity of the youth work sector to:

- Raise awareness and develop knowledge/understanding of the UNCRC.
- Allow individuals and teams to evaluate their practice and work-streams in light of the UNCRC.
- Support rights-based practice across their organisations.
- Support partners & stakeholders to recognise and realise Children's Rights.

They welcome applications from those interested in acquiring these skills and resources who will be able to in turn to deliver the training programme to other members of staff/partners in their local area. Find out more [here](#).

Dates for your Diary

Growing up in Orkney

10 February 2017, Kirkwall

A one-day conference for anyone working with children and young people. Click [here](#) for more information or email education.leisure@orkney.gov.uk to register an interest.

VAO service of the month

Local Information Directories

Do you want to know who to contact for the Cromarty Hall in the Hope? Where to access Health and Wellbeing Services for adults? To find out about creative opportunities for young people?

Look no further than the Local Information icon on our [website](#) homepage.

VAO host the Community Directory and the Directories for Adult Services and for Young People on their website. These are currently being updated and all will soon be in an online format, making updating faster and the information bang up to date. Take a look next time you need to contact someone, or need to find out what's available in our flourishing third sector and statutory community!

If your group should be listed but you can't find it, please contact us on 872897 and we'll add your details.



Focus on.....Sanday Development Trust

In the second of our new style 'Focus on' articles, Imogen Sawyer tells us in her own words about her role at Sandy Development Trust.

Please sum up the main role of your organisation

The Trust has a combined vision and mission statement: to create an economically prosperous, sustainable community that is connected to the wider world, whilst remaining a safe, un-spoilt environment where people are proud to live, able to work, to bring up and educate their children,

to fulfil their own hopes and ambitions, and to grow old gracefully, enjoying a quality of life that is second to none.

However, this can be separated out into its two key elements...

Our vision: an island offering a quality of life that is second to none

Our mission: to create an economically prosperous and sustainable community

On Sanday, we primarily provide services and facilities – Heilsa Fjold (youth and community centre), heritage centre, ranger service, family drop-in sessions, a reuse centre and adult education (although this project is currently on hold whilst further funding is sought). Through the Trust's trading subsidiary, we also offer public transport.

Now sum up in three words

Community

Facilities

Development

What are you working on just now?

I'm primarily working on a project to regenerate the village of Kettletoft. The intention is to purchase a number of buildings for community ownership and use these building as the catalyst for driving forward a regeneration scheme. The feasibility element of this work has been completed and the business planning stage is currently being finalised. Whilst this work was contracted out, it still takes a lot of time organising community involvement, providing information to the consultants, managing the contract etc, whilst preparing a grant application for purchase costs. Alongside this, I'm also working with the Trust on other islands to investigate options for providing additional care for elderly residents to enable them to remain within their community, rather than have to move away when they need more day-to-day support. Plus the day-to-day work that's always there.

How many staff and volunteers does your organisation have?

Sanday Development Trust has 6 staff members – all work part time. We have about 40 volunteers that enable the Trust to deliver much more for the community than it could with paid staff alone. Volunteer roles are varied and currently include Trust directors, heritage group, recycling group, website and the Soulka group.

Are you looking for volunteers? If so, who are you looking for?

Always! In particular I'm looking for a second volunteer for the website as I'd like to carry out a bit of an update on the content and appearance. More volunteers would also be appreciated to help man the Heritage Centre over the busy summer season. We've a new project that will be announced shortly and we'll be looking for volunteers with green fingers for that – sorry I can't say more than that just yet!



Roughly how many people use your service annually?

That's a difficult one – we have visitor books in the Heritage Centre and in Heilsa Fjold (our youth and community building) but not everyone signs them and lots of people use a service more than once. The Heritage Centre and Heilsa Fjold sees approximately 4,500 visitors between them during the course of the year, whilst the Ranger has had over 100 people attending an event in the last 6 weeks alone. I'd estimate about 7,000 uses (rather than individuals) of our services in the last 12 months – excluding online usage.

How long have you been operating in Orkney?

Sanday Development Trust officially came into operation in 2004.

What one thing would you ask people to do that would have a positive impact on the work your organisation is involved with?

Become a member. Sanday's population is approximately 500; just over 400 of these are over 16 and therefore eligible to become a member (which is free!). Yet our membership figures sit at around 120. Becoming a member not only demonstrates to funders that we have community support but it also helps to ensure that the decisions the Trust makes truly reflect the wishes of our community.

Where would you like to see your organisation in 5 years' time?

I'd like to see the Kettletoft regeneration scheme delivering benefits to the village and island, I'd like to see increased membership numbers, I'd like to see more collaborative projects with neighbouring islands (with the transport in place that allows that to happen). However, I'm not the person to ask – the Trust's directors are the ones that decide on the direction of the Trust's work.

What's your role at your organisation?

Projects and Grants Officer – which is pretty much what it sounds like but my role also includes line management for the team of staff and much of the day-to-day management of the organisation.

Are you a paid staff member or a volunteer?

I'm fortunate to be paid – I couldn't afford to volunteer the hours the job needs as I have a family. However, I volunteer for the Trust on an informal basis and I volunteer for THAW Orkney as a Trustee.

How long have you worked at your organisation?

I've worked for Sanday Development Trust for just over 2 years now – and lived on Sanday for just 3 days longer!

How did you end up in your job?

I visited on holiday in 2010 and again in 2014. When I was here in 2014 I saw the job advertised. So I returned home from holiday, submitted an application and a month later started work. It was all very sudden but having seen the advert, knew that it fitted well with my skills and previous experience and that a chance like this wouldn't come along again anytime soon.

What's the best thing about working for your organisation?

Knowing that everything I do benefits my community. I'm a big believer in civic responsibility and no matter where I've lived or worked in the past, I've always done 'my bit'.

What's the worst?

When someone asks for assistance, advice or help but it's not the remit of the Trust to deliver that support and I have to signpost them to another organisation. It's sometimes taken a lot of courage to come in and ask, particularly about a grant, and to then send them to someone else is hard.

What does a typical day in the office involve?

I normally have a specific project or grant application that I'm working on and sometimes this is the priority, other times I'm fitting that around everything else. Reports to funders, supporting existing projects, developing new projects, personnel matters, media work, ordering chalk for pool cues – it's varied to say the least. Just this week I was involved in rescuing an unwell seal that needed to

go to Orkney Seal Rescue (although I did this with my volunteer hat on). Think I can confidently say that I don't really have a typical day.



01857 600 359

pgo@sandaydevelopmenttrust.org.uk

www.sanday.co.uk