

Newsletter November 2017

Local Third Sector News

2017 Orkney Youth Awards: Our future is bright!

Almost 200 people squeezed into the King St Hall on Tuesday 7 November to attend The Annual Youth Awards. Certificates were presented for a wide range of achievements, including Duke of Edinburgh, Dynamic Youth, Youth Achievement, Police Scotland Youth Volunteers and the Saltire Awards.

On such an occasion it was fitting to see such strong involvement from young folk throughout proceedings. The evening was hosted by Brooke Mitchell, Isla Leslie, Ross Whitehill and Calum McArthur. Supper was prepared by young folk at the Connect project.



Summit Award winners

There was a short film made by Orkney Young Carers, and musical performances from folk involved in the ROAR youth music project as well as volunteers who have played around Orkney's care homes over the summer. There were cheque presentations to Samaritans and the Red Cross, for a combined total of over £3500, raised at events organised by ROAR. Kelsi Taylor gave a fantastic presentation on her experience of the Gold Youth Achievement Award.

The Summit Awards, for outstanding contribution to volunteering, were last to be presented on the night, and the stories of the young folk nominated were all read out. There were a total of 8 Summits given out this year, each one richly deserved. Summarising, Liam MacArthur highlighted the incredible and ongoing volunteering contribution of Orkney's young folk, and gave a huge vote of thanks to those who had taken part in organising and running such a good night.

The awards were delivered in partnership with Community Learning and Development and Voluntary Action Orkney with funding from Repsol Sinopec, VAO and OIC.



Police Scotland Youth Volunteers

Breakdown of Awards:

- Duke of Edinburgh – 1 silver award
- Saltire Award – awards totalling 2082 hours
- Youth Achievement – 3 x Gold, 1 x Silver and 14 x Bronze
- Dynamic Youth – 10 awards
- Summit – 8 awards
- PSYV – 15 awards
- Certificated awards – Youth Café SWAN 9 awards, fixers (Youth Café) 3 awards, Fixers (Young carers) 4 awards
- First Aid ready – 9 awards

Charities Christmas Bazaar

The festive season officially began on Saturday 18 November with the Charities Christmas Bazaar where 19 local groups filled the Kirkwall and St Ola Town Hall with games, cards, crafts, bakes and laughter. This event continues to be popular and in addition to offering an opportunity to raise funds the event enables charitable organisations to promote their work to a wide audience. The total funds raised so far are £3930, but with 8 groups still to let us know their takings this will rise considerably. This year, Orkney Rape Crisis won the prize for the most innovative stall and the Youth Cafe won most festive.



Who's behind the Blue Door?



Cancer Research

27 Nov – 2 December

Hope Bowling Club

4 – 9 December

Employability Orkney

11 – 16 December

Office Space Available

Office space has become available in the Kirkwall Travel Centre. So if you are currently looking for accommodation and you are a voluntary organisation contact [Ingrid](#) on 872897 for more information.

Also in the news

Looking for Christmas gifts with a charitable heart?



If you are looking for gifts that will be special for your loved ones, but can also help others, then there are a variety of great presents available from Scottish charities and social enterprises.

Click [here](#) for a list published in Third Force News.

Click [here](#) for a guide from Social Enterprise UK.

Call for Scottish third sector to show value and support for EU nationals

The Scottish Council for Voluntary Organisations (SCVO) is calling for third sector organisations across the country to put support in place to encourage EU nationals on their staff to remain in Scotland.

According to the Office for National Statistics, 117,000 EU nationals left the UK in 2016 – the year of the referendum – a 36% increase on 2015. Despite not legally being required to leave Scotland, many EU nationals no longer feel welcome or confident enough to stay in Scotland long term.

This is partly due to the outcome of the referendum, the rhetoric used throughout the campaign and the media coverage of it. Worryingly, between May and September 2017 Crimestoppers experienced an 88% increase in all hate crime contacts and a 40% increase on contacts regarding racism, compared to the previous five month period.

John Downie, Director of Public Affairs at SCVO, said: *'Scotland's economy, public services and third sector are strengthened thanks to the contribution made by our valued EU colleagues, and we believe it is crucial that they are supported to continue doing the great work they do, particularly within the third sector. We wish to encourage third sector organisations to make the effort and take the action required to offer at least some certainty and support to friends and colleagues who have come from other EU nations.'*

Read more [here](#).

Disabled people in the UK fear telling an employer about their impairment

Almost half of the disabled people who took part in the study said they felt uncomfortable being honest about their condition to employers in fear of being treated differently.

The survey for disability charity Scope also found more than one in four disabled people believe they have missed out on being offered a job because of their condition or impairment.

Emma Satyamurti, a partner in the employment law team at law firm Leigh Day, which sponsored the research, said: *'This research clearly identifies the need for employers to understand the experiences of their disabled members of staff better and to create a culture where they feel safe to openly discuss their needs. All companies – large and small – should be taking steps to review and build on their practices and policies so disabled people are able to confidently access the right support to carry out their work and thrive in their careers.'*

Read more in [Third Force News](#).

Legislation & Guidance



Eight new priorities for the National Youth Work Strategy published

Youth work has a significant impact on improving the life chances of Scotland's young people. The National Youth Work Strategy 2014-19, developed jointly by YouthLink Scotland, the Scottish Government and Education Scotland, sets out the ambitions for improving outcomes for young people through youth work. Click [here](#) for more information and to download the strategy.

Gambling Education Toolkit

The Gambling Education Toolkit is a new resource from Fast Forward offering information, activities and resources to address gambling and problem gambling, with a harm reduction approach. It can be adapted and used in a variety of formal and informal settings. Click [here](#) to download the toolkit.

New guide from ACAS, Promoting Positive Mental health in the Workplace

The Government's Department of Health advises that one in four of us will experience mental ill health at some point in our lives. It is therefore important that employers and their staff take steps to promote positive mental health and support those experiencing mental ill health. The new [guide](#) from ACAS is designed to help employers provide this support.

Helpline set up to help charities prepare for GDPR

The Information Commissioner's Office (ICO) has launched a dedicated advice line to help small organisations prepare for a new data protection law.

The phone service is aimed at people running small businesses or charities and recognises the particular problems they face getting ready for the new law, called the General Data Protection Regulation (GDPR).

The GDPR replaces the current Data Protection Act and comes into force on 25 May 2018. The legislation will strengthen the rules around personal data and requires organisations to be more accountable and transparent. It also gives people greater control over their own personal data.

People from small organisations should dial the ICO helpline on 0303 123 1113 and select option four to be diverted to staff who can offer support.

The updated 12 step guide to preparing for the GDPR can be found [here](#).

The Third Sector Forum (TSF) and associated Groups have been learning about the new legislation and, with welcome support from OIC's Information Governance Officer, are working together to identify useful resources and the practical steps that they should take to ensure they are compliant before the May deadline. If you are interested in joining these conversations please contact [Cecily](#) at VAO.

SPIRE (Scottish Primary Care Information Resource)

The Scottish Health Council in Orkney has been requested by NHS National Services Scotland to share this [leaflet](#) with their local contacts. The information is important to everyone who accesses primary care services.

This leaflet describes how use of information from GP patient records will be improved to help plan and improve health and care services in Scotland. It tells you about SPIRE (Scottish Primary Care

Information Resource) – a service that has been developed to help GPs, the NHS in Scotland and researchers learn from information held at GP practices.

It explains the benefits of the service and details how your information will be kept secure and confidential. And it explains what choices you have about the way in which your health information can be used.

Supporting Transgender Young People

LGBT Youth Scotland recently released 'Supporting Transgender Young People', comprehensive and easy-to-follow guidance for Scottish schools and teachers.

Developed in partnership with the Scottish Trans Alliance, the resource aims to help primary and secondary education staff support transgender children and young people and is informed by the experiences of young people and teachers.

Click [here](#) for more information and a copy of the guidance.

Funding & Finance

A toolkit to help maximise Gift Aid at your community sports club



Gift Aid enables charities or Community Amateur Sports Clubs to increase the value of monetary gifts from UK taxpayers by claiming back the basic rate of tax paid by the donor which at present equates to 25p in the pound. With more than 12,000 sports clubs in existence in Scotland and many of them unincorporated entities, there are undoubtedly opportunities for more sports clubs in Scotland to benefit from Gift Aid. Click [here](#) to find out how your sports club could benefit.

CashBack for Communities Youth Work Fund – Open for Applications

Groups providing diversionary youth work activities for young people aged 10 to 24 in Scotland are invited to apply for funding for projects taking place in the financial year 2018/19.

A total pot of £700,000 is being made available to groups as part of the Youth Work Fund strand of the Cashback for Communities Fund. The Fund is administered by youth work agency YouthLink Scotland on behalf of the Scottish Government who set it up with the aim of tackling inequalities by focusing more on young people from deprived areas.

Grants of up to £10,000 are available for projects delivered between 1 April 2018 and 31 March 2019.

Click [here](#) for more information. The deadline for applications is 15 December 2017.

Which is the best bank account for your charity?

Many banks and building societies offer special current accounts for voluntary organisations and charities, and most give free banking if the account is in credit.

Conditions and benefits vary, and can change over time, but SCVO have highlighted the main features of current accounts from institutions that have strong links to the third sector, or who have a significant 'high street' presence in Scotland in their bank account comparison table [here](#).



Volunteering opportunities

VAO need a new Receptionist

VAO is looking for a volunteer receptionist to carry out administrative and reception duties on Thursday afternoons between 12.30pm and 5pm. We are looking for someone who has some administrative, IT and customer facing experience. The volunteer will receive an induction and full training in VAO duties and procedures.

This role will suit someone who is looking to develop and build on their existing skills in a busy but friendly workplace environment and will provide invaluable workplace experience for the right volunteer. Please contact [Rob](#) for more info on 872897.

Orkney Talking Newspaper



Orkney Talking Newspaper are looking for volunteers to join a small team of volunteers to assist in recording audio versions of "The Orcadian" which are then sent out to service users in Orkney and beyond. As a recorder you will be required to commit to approx. one session per month, on a Thursday between noon and 3pm. The technical set up is quite simple using a mixer and external sound card connected up to a laptop. The recordings are made using a recording program and burnt to master discs. Orkney Talking Newspaper is based at the Orkney Library and Archive. If you are interested in this opportunity please contact [Rob](#) on 872897.

Trustees

VAO celebrated Trustees Week from the 13 to 17 November. Trustees are the glue that bind community organisations together and enable the fantastic work that charities and voluntary organisations do in Orkney to take place. There are a number of organisations in Orkney who are looking for trustees and board members, including; Relationships Scotland Orkney; Friends of Aurrida House; Orkney Heritage Society; Employability Orkney; Home Start Orkney; OACAS; Diabetes Scotland (Orkney); Marie Curie Fund Raising Group Orkney. If you feel that you would like to know more about the work trustees do and would be interested in having a chat about becoming a trustee please contact [Rob](#) 872897.



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

Local Job Opportunities

Three non-executive directors sought for the board of NHS Orkney

Please click [here](#) for a letter from the Chair of NHS Orkney, Ian Kinniburgh, relating to the forthcoming appointment of three non-executive directors to the board of NHS Orkney. The posts will be advertised by the Public Appointments Unit early in 2018. The NHS Orkney Health Board has made a commitment that by 2020 half of their board members will be women.

If you have questions or wish to enquire further, please contact [Ian](#) on 01856 888271.

Have your say.....

Poverty and Disadvantage in Orkney Survey

Surveys keep telling us that Orkney is the best place to raise a family. While they are right that there is lots of fresh air, wide open spaces and beaches, and low levels of crime...does every child and family in Orkney have the best experience?

The Orkney Childcare and Young People's Partnership is trying to find out just that with the launch of a survey to find out what poverty and disadvantage means for young folk growing up in Orkney; what's working well; and what could be improved in the future.

It's a survey for all parents, not just those that think they might be in poverty, and there are also questions specifically for teachers and those working with and for children and young people at the same survey link. You just need to complete the section that is relevant to you.

People completing the survey can enter themselves into a free prize draw for the chance to win one of two £50 prizes as a thank you for taking part.

You can find the survey [here](#).

Review of protection of German High Seas Fleet in Scapa Flow

Historic Environment Scotland are carrying out a review in relation to the protection of the German High Seas Fleet in Scapa Flow. There are a variety of ways in which the public can offer their views. Click [here](#) for details of drop-in events in Hoy, Kirkwall and Stromness and [here](#) for a survey to record your views.



Film Fortnight Pilot Project – Feedback Sought

The recent Film Fortnight event was a pilot project and a short [survey](#) has been created to gather feedback and thoughts. Your thoughts as an audience member or organiser would be greatly appreciated.

BBC Scotland announce search for panel of young people

Young people across the country have the chance to shape BBC Scotland's future output across TV, radio and online. BBC Scotland are joining forces with Young Scot in the search for 25 young people to help shape output across the corporation's services in a project aimed at attracting the audiences of the future.

As part of Scotland's Year of Young People 2018; the broadcaster is seeking the experiences, insight and creativity of a team of young people who have grown up surrounded by the internet, multichannel and social media.

Called 'BBC Scotland NEXT', the group of volunteers, aged from 14-25, will embark on an 18 month long project.

The closing date for applications is Friday 8 December 2017. For more information click [here](#) or call Young Scot on 0808 801 0338.

Empowering Schools: A consultation on the provisions of the Education (Scotland) Bill

The Education (Scotland) Bill being introduced later this parliamentary year will create a school and teacher-led education system. To find out more about the changes included in the Bill and to give your views please click [here](#). The consultation closes on 30 January 2018.

Museums and Heritage Awards for Excellence Open for 2018 Entries

The annual Museums and Heritage Awards are now open for entries to a total of eleven categories, covering all major aspects of the museums, galleries and heritage attractions sector in the UK. The Awards are also open to operators and suppliers unless otherwise stated. Click [here](#) for more information.



The awards ceremony will take place on 16 May 2018. The deadline for entries is 1 February 2018.

Young people and rural public transport

If you're aged 16-26 and live in rural Scotland, this is your chance to have your say on public transport.

The Scottish Rural Parliament are looking for young Scots to tell them what they think about the cost of public transport in their area. They will use this information to respond to the Scottish Governments consultation on free transport for older people and apprentices.



The [survey](#) only takes a couple of minutes to complete – but it could have a real impact on the future of rural transport. The Scottish Rural Parliament want to hear about young people's experiences and how they impact on their work, studies and social life. Click [here](#) for more information.

Young people's participation in out of school activities

This is a survey aimed at young people aged 8 to 26 about activities outside of school. It is being conducted by the Scottish Government to better understand the activities young people are taking part in and how they can be improved.

The [survey](#) takes approximately 3 minutes to complete and is an opportunity for young people to share their experience and views and to help improve out of school activities for young people.

Survey responses will be fully anonymous and will be stored securely. Individual responses will be accessed only by the relevant Scottish Government research team, and won't be passed on to anyone else. The survey will close on 8 December.

Education & Training



Training for committee/board chairs

12 December, 10.00-12.00, VAO, Kirkwall

An informal session at Voluntary Action Orkney to cover the details of what a chair should consider in their officer role

- Do you feel that you are the referee in a sports match at your meetings?
- Are you sure that your fellow committee members understand the term “collective responsibility”?
- Do you wish you could get home before midnight on committee meeting nights?

Then come and join us, just for 2 hours, for a few pointers and avoid the scenarios above! For more information or book a place please contact [VAO](#) on 872897.

Using PQASSO to improve your governance

PQASSO has good governance at its core. Quality area 1: Governance, sets the standard for an effective Board and well informed trustees who are meeting all of their legal and regulatory requirements.

Ignoring governance or being ignorant of governance responsibilities can cause your organisation a number of problems including operating with unnecessary risk, lack of transparency and even operating illegally.

Using PQASSO gives your organisation a framework within which to review and improve your governance, but you also need to understand your own requirements and responsibilities.

- Read and review your charitable objects (at the top of your governing document), and make sure that all the work you are delivering is still within these.
- Read carefully all rules in your governing document, and make sure you implement them in practice - from electing and resigning trustees, to quorums, eligibility for trusteeship, sub-committees, roles of officers, and so on.
- Make sure all proceedings – meetings, decisions, conflicts, etc – are undertaken in a transparent way.

If you would like to find out more about how PQASSO can help with your governance or any other area of your organisation, please contact [Edwina](#) on 872897.

The Informed Trustee

This is an on-line course, being organised by Youth Scotland as a pilot project for Trustees of voluntary youth work organisations (either national or local) starting in early 2018. The course aims to:

- Build your abilities and confidence in your Charity Trustee Role.
- Develop your understanding of good governance and the key aspects of running a charity effectively.
- Explore the challenges and obligations that come with the role of charity trustee.

Successful applicants will be able to access the course materials through multi-media enabling study at your own pace, in your own home/venue. Participants will be expected to complete by end June 2018.

For more information or to apply for a place please click [here](#). Closing date: Friday 15 December 2017.

Focus on.....Samaritans Orkney



This month, the new publicity officer for the local branch of Samaritans, Manda MacDonald, tells us about this national organisation.

What is the main role of your organisation?

The aim of Samaritans, nationwide, is to provide confidential emotional support for people experiencing feelings of distress or despair, including those which may lead to suicide. We provide such support by telephone, email, letter, SMS and face-to-face.

Our Vision is that fewer people die by suicide. Our mission is to alleviate emotional distress and reduce the incidence of suicide feelings and suicidal behaviour. We firmly believe that suicide is preventable and that by working together, we can give people the support they need before they reach crisis point.

Sum up in three words.

Talk. Text. Email.

What are you working on just now?

Nationwide, Samaritans has just launched the Christmas campaign, Small Talk Saves Lives. We have joined forces with British Transport Police, Network Rail and the wider rail industry to give travellers the confidence to trust their instincts and act if they notice someone who may be at risk of suicide in or around a station. Although the film was made at a train station, it applies to all of us travellers — for those of us who travel by ferries, planes and buses as well. If your gut feeling tells you that someone looks in trouble, do something, don't just turn the other way. Be brave.

The campaign aims to highlight that suicidal thoughts can be temporary and interrupted with something as simple as a question. It aims to give the public the tools to spot a potentially vulnerable person, start a conversation with them, and let them know support is available, including contacting Samaritans.

In Orkney, we are currently training the volunteers who joined us during our recent recruitment drive in October. We are also preparing to be part of a nationwide event planned for January 15th: Brew Monday.

We've all heard of the January blues. Well, we're turning 'the most depressing day of the year' on its head by renaming the third Monday in January 'Brew Monday' and celebrating that great tradition of simply getting together to talk over a cup of tea.

The amazing Garden Centre in Kirkwall is going to be the place to be on Monday 15th January 2018... come for a cuppa, a chat and let's try to banish the winter blues.

How many staff and volunteers does your organisation have?

In Orkney, we do not have any salaried members of staff. We have seven listening volunteers, with five support volunteers. Listening volunteers communicate with anyone who calls, texts or emails

Samaritans; support volunteers deal with administrative tasks like IT, accounts and publicity. We are also lucky to have a volunteer who organises our Orkney Friends of Samaritans group.

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

Yes, we are looking for more people to join the Orkney branch. You can volunteer as a listening volunteer: this involves listening to anyone who may be going through a difficult time or might be struggling to cope. You don't need to have any experience to be a listening volunteer – just be patient, able to listen and open-minded.

Volunteers also help Samaritans in other ways, helping to ensure that the branch run effectively to provide our services.

How many people use your service annually?

Nationwide: In 2016, Samaritans responded to just over 5.7 million contacts. We answered over 4.8 million telephone calls, replied to over 270,000 emails and sent over 400,000 replies to SMS; that is more than 15,000 times each day that we were here for people who needed someone to turn to.



In the Orkney branch, we answered 1,804 telephone calls, sent 324 email replies and replied to 451 SMS messages; the branch responded to 2,579 contacts.

How long have you been operating in Orkney?

For 24 years.

Please give an example of how your organisation has helped an individual service user.

Steven: 'Thanks to Samaritans I am here today. In my late 20s, life became too much to bear as I juggled a new career and studies. I was unable to cope with feelings of anxiety and felt hopeless.

'Every day I'd wake up worrying about the stress and misery I was putting my friends and family through. I felt so weak, like I wasn't 'man' enough. The world needed to stop, so I decided the only option was to end my life.

'I reached out to Samaritans one evening and that first call was hard. Just finding the words was almost impossible, let alone saying them out loud.

'The volunteer at the end of the phone was brilliant, they knew the right questions to ask, were very patient and non-judgemental.

'Samaritans helped open my eyes to the people around me and got me to realise that they wanted me to be well and not gone. As a father now, I'm very open about sharing feelings with my girls and letting them know that not feeling OK is OK.'

How do you think people perceive your organisation?

It is a major concern to us that people think that they should only talk to us when feeling suicidal: we aim to reach out to those who are feeling distress or despair, to those who need to talk about whatever is causing them trouble.

As stated earlier, the big vision of Samaritans is that fewer people die by suicide. Achieving that dream involves a huge array of work, from providing education to lobbying national and local policy-

makers; from conducting research with experts to running peer support in prisons; from working with the rail industry to reduce suicide on the railways to being available round the clock, by phone, SMS or email.

Samaritans aims to reduce the feelings of distress and despair which can lead to suicide.

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

It is perhaps simplistic, but the bottom line is that people need to talk when they are feeling down. If people start to talk, perhaps we might start to address what could be termed a twenty-first century epidemic of isolation and silence. Life is a struggle for so many people in our communities, and one of the most basic of our human needs is the need to talk, to communicate, to be understood.

If people do not talk, problems remain unresolved and they grow and grow.

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

We urgently need more volunteers. Much of the ground-breaking preventative work is done by casting a wide net through our communities and undertaking outreach work. With so few volunteers, we just cannot do this work.

What would you do with a donation of £1,000,000?

Send it directly to the central Samaritans fund. This would mean improved access to Samaritans for everyone in the country, with new technology enabling care and help, irrespective of location.

Manda added, *'Thank you, VAO, for publishing this report. If anyone would like to find out more, then the best way is to telephone our Chair, Paula Hemsley, on 01856 851036. Addressing issues of despair and distress that may lead to suicidal thoughts is everyone's business. It is our business, Orkney's business. We can tackle these issues together.'*



National Helpline: 116 123

National email: jo@samaritans.org

National website: www.samaritans.org