



## Focus on Befriending

### Adult Befriending: Stronsay Memory Box Project

On 18 October the Stronsay Adult Befriending Group met to start work on the Stronsay Memory Box. The Stronsay Memory Box project aims to encourage members to share and record stories and memories, helping to preserve these for future generations while bringing members of the community together, helping alleviate possible isolation and loneliness.

The group have decided to initially focus on the past 100 years, although this may be extended as the project evolves. All types of media will be used to capture lives and experiences past and present, including text, pictures, film and sound.

Ten individuals attended the meeting and it is hoped that they can extend the project to the wider community, encouraging others, young and old, to get involved. The project provides great opportunities for different generations to interact and create something for the whole community to enjoy, while

enabling individuals to learn new skills such as interviewing techniques and digital media.

For more information on this or other adult befriending projects and opportunities, please contact [Jacqui](#) or [Linsey](#) at VAO.



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### It's Befriending Week!



This year's Befriending Week is November 1-7, hot on the heels this year of a national report which tells us again that loneliness in this country is of epidemic proportions. Two fifths of older people report that the TV is their main source of company. A UK Government study in June states that Britain is the loneliness capital of Europe, as we are less likely to

have close friends or know our neighbours. Nor is loneliness the exclusive preserve of the elderly: research suggests that many young people are also likely to feel alone and friendless.

The good news is that across the country, an army of volunteer befrienders, supported by a wide variety of organisations of all sizes, are working to combat the effects of loneliness by offering an hour or two of their time every week to provide companionship to isolated

people. Volunteer befrienders are recruited, trained and carefully matched with people who need someone to talk to, go shopping or to the park with, or share a cup of tea. Sometimes a volunteer befriender is the only person who isn't paid to visit their 'befriended', as the only other visitors are health and social care staff. Some quotes from people who receive the service here in Orkney ....

“Amelia is very good.....I really look forward to her visits”

“Graham’s visits make my life cheerier”

Welcome Caron & Ann

Do you need office space?

Barbara lives alone and never goes out with her Befriender. Barbara says of her befriending match

“.... Hugely rewarding, Amelia is very good, very chatty and friendly. I really look forward to her visits”

John lives alone and has dementia. John often goes out in the car with his Befriender. He describes what befriending means to him “.....I value Graham’s visits. We always have something to yarn about. Graham’s visits makes my life cheerier”

**Voluntary Action Orkney’s Adult Befriending Service works with socially isolated adults 18 years + and provides support to 60+ people every month by one to one/**

**group/time limited and Intergenerational Befriending Groups**

Befriending Week provides an opportunity to celebrate befriending activity, raise awareness of local services, highlight the need for additional befriending volunteers and say a massive thank you to befrienders all over the country whose time spent with lonely people has an enormous impact. You can thank volunteer befrienders with one click of your mouse. A befriending ‘Thunderclap’ will be launched on 7<sup>th</sup> November at 12.30pm. By clicking this link all your social media contacts will receive the Thunderclap at the same time.

When we think about volunteers who save lives, an image of lifeboat crews or mountain rescue teams come to mind. Befriending gets a much lower profile, but it really does save lives. This year we’d like to take the opportunity to say a **huge** thank you to the thousands of volunteer befrienders across the country who make such a difference to people’s lives.

**To find out more about being a befriender, or how to support your local befriending service, contact: [Linsey](#) or [Jacqui](#) on 872897**

**More information about befriending week can be found at: [www.befriendingweek.org](http://www.befriendingweek.org).**

## VAO News & Events

### We Welcome New Staff to VAO



Ann Owen (pictured left), has joined the Connect team taking on the role of Support Worker vacated by Sadie Bews, who recently left for pastures new.

Caron Jenkins (right), Development Worker, Community Planning and Engagement, will be leading the work on the Community Planning Improvement Programme (CPIP) improvement plan



and also working with staff to revalidate EFQM status.

### Are you looking for office space?

#### Is your group expanding?

**Do you need an office base for staff or for public access?**

VAO provides shared accommodation to voluntary groups in Anchor Buildings. Whether you’re looking for a permanent base or just need desk space on a part-time basis, we can help.

Along with the advantages of working next to other voluntary groups, tenants also benefit from:

- A reception service for your visitors
- Access to meeting rooms free of charge
- Access to window display space free of charge

- The use of office equipment including colour photocopier, laminator, shredder & binder
- Access to a franking service offering reduced postage costs
- A contact point and mailing address for your service

Please contact [Cath](#) for more details on 872897.

## Connect Nights Oot

As part of the Connect Autism project, our past and present members aged 18 or over have recently been enjoying a range of social evenings. Connect Support Worker Kara Leslie explains: “some of the young folk who have recently turned 18 were really eager to have a night out, but some were a bit unsure about where was best to go, and were a bit wary about venturing out into what is a whole new experience.”

The group’s first night out in October was a great success, explains John Mee who is one of the young adults who has been attending: “for our

first night out we went along to Helgi’s for food and drinks and then stayed on to the quiz and it was cool and different and gave me chance to get out of the house – plus, our team ‘The Happy Bunnies’ won!!”

Kara is really pleased with how things have gone so far, “We’ve been to newly refurbished St Ola bar for a delicious meal and have also been to the Cinema together. We have a range of things the group would like to try out in future, from live music events to dancing lessons, to trying out different eating places.

“Alongside the many strengths people on the Au-

tism Spectrum can have (such as being great at quizzes!) they often experience difficulties when it comes to socialising. So, as well as being great fun I’m hoping these ‘nights oot’ will help alleviate some of these challenges and will encourage the young adults we work with at Connect to get together with friends and enjoy a full social life.”

Anyone who is on the Autism Spectrum, is between the ages of 18 and 24, and would like to come along to any of our social evenings is welcome to contact [Kara](#) at the Connect Project to find out more. Tel: 872897.

*A great  
night out*

## Funding & Finance

### Visual Artists and Craft Makers Awards Scheme: Orkney Islands Council in partnership with Creative Scotland and Highlands and Islands Enterprise

The Visual Artists and Craft Makers Awards Scheme is managed on behalf of Creative Scotland by the Arts, Museums and Heritage service within Orkney Islands Council. The purpose of the fund is to facilitate the development of the creative and professional practice of individual visual



artists and craft makers in Orkney, through awarding grants to fund their own projects. There is particular emphasis on creative, professional and economic development. Successful appli-

cants can receive amounts of up to £1500. The deadline for application is 5pm, Friday 28 November 2014. For more information, please contact [Pam Beasant](#), Arts Officer, OIC, on 01856 873535 ext 2406.



## Legislation & Guidance

### Value for money



In an age of limited funds and tightened belts, the term ‘Value for Mon-

ey’ (VfM) has gained popularity across the public and third sectors. But what does VfM mean? And how can we even begin to measure it? If this is something you would like to know more about, please click [here](#) for an article by [Sarah McCoy](#), Charities Evaluation Service,

which provides a brief summary of approaches to measuring the ‘value’ of social interventions – highlighting the key issues organisations should consider when embarking on the task of demonstrating Value for Money.


*How do  
you measure  
Value for Money?*

## Recruiting & Retaining Volunteers for your Board/Committee

It's a fact.... many groups struggle with attracting, recruiting and retaining volunteers, and it's good to remember that a volunteer will choose which organisation they want to volunteer with; but you (as a trustee/existing volunteer) play a huge part in 'selling' your organisation to them. If you want to find out more about how to recruit and retain volunteers for your Board or Committee, please have a look at our Briefing Paper circulated with this month's newsletter. If you didn't receive the paper, please email [Cecily](mailto:Cecily) for a copy.

## Have your say.....

### Science for a Successful Scotland

In 2012, the  Workers' Educational Association (WEA) in collaboration with Heather Reid and funded by Education Scotland, produced the [Counting on a Greener Scotland](#) numeracy resource pack.

Following on from that success, the WEA, Heather Reid, Daniel Sellers and Learning Link Scotland are developing an everyday science resource called Science for a Successful Scotland.

As it is in the early stages of development they would welcome comments and initial responses about the resource. A short survey asking for your comments has been compiled and they would be really grateful if you could spare a couple of minutes to complete it. You can find the survey if you follow this link: <https://www.surveymonkey.com/s/XHDXVQG>



## Volunteering Opportunities

### Give the gift of Christmas

Christmas is a time to be around family and friends, but hundreds international students across the country are likely to spend the festivities alone on a closed-down University campus. HOST arranges for volunteer hosts



to invite a student from Christmas Eve until 27<sup>th</sup> December, turning an otherwise lonely Christmas into one of celebration of warmth. If you

would like to invite an international student to stay for a few days at Christmas or any other time of the year, please contact HOST on 020 7739 6292 or [hosts@hostuk.org](mailto:hosts@hostuk.org)

## Education & Training

### Step 2 Child Protection training

**5 and 6 November**, King Street Halls, Kirkwall. Please contact [Nadia Heath](#) on 01856 873535 ext 2642 for more details or to book a place.

### Food Hygiene

**22 November**, Cromarty Hall, St Margaret's Hope. Please contact [Edwina](#) to book a place.

### Scottish Crofting Federation Courses



Hot on the heels of this month's successful Hen Keeping course, we have two more Scottish Crofting Federation courses for you this November.

If you fancy making your own bacon or lamb chops then come along to the **Pig & Lamb Butchery** course on **26 November**.

**Organic Crofting** will be held in the Cromarty Hall, St Margaret's Hope on **29 November**. This practical crofting skills course will cover organic conversion, rotations, grassland and livestock and will be both classroom and outdoor based. The day includes a site visit to Gerarquoy Organic farm.

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

Invite an  
international  
student for  
Christmas

Pig & Lamb  
Butchery course

Organic Crofting  
course

# Dates for your diary

## Charities Christmas Bazaar



For an early start to the festive season please come along to the annual Charities Christmas Bazaar which is being held on **Saturday 8 November** from **10.00 til 3.00** in the Kirkwall Town Hall.

## Chinwag 2014

Chinwag 2014 is an action-packed training and social event open to everyone working with young people in Scotland. This year's event, to be held at Kilbowie Outdoor Centre, will take place on **8th and 9th November**. You can get more information in the Rural Network [Events Calendar](#).

## Tai Chi for Health

A free course, funded by Arthritis Care Scotland and NHS Orkney, is being held in the Burray Hall on Tuesdays between 9.30 and 11.00 from **Tuesday 11 November** for 6 weeks. The course is open to anyone living with a long term condition. To book a place on this course please contact: [takecontrol@arthritis.org.uk](mailto:takecontrol@arthritis.org.uk), call 0845 600 3756 or our Scotland office number 0141 954 7776 or call class instructor Rhona Jenkins on 731508 for more information.

## Orkney Equality Forum

Orkney Equality Forum is holding an Equality and Diversity Conference in Kirkwall on Thursday, **13 November 2014**. The aims of the Conference are to share knowledge and understanding of local issues, challenge discrimination and assumptions and raise awareness of harassment. There will be speakers from the Equality and Human Rights Commission, Stonewall Scotland, Blide Trust and Orkney Minds and there will be workshops on 'Disability and Reasonable Adjustments', 'Bullying and Hate Crime' and 'Stereotyping, Prejudice and Discrimination'.

The programme is currently in the process of being finalised but it is anticipated that the Conference will start at 9.30 and end at approximately 3.15. There is no charge and lunch will be provided.

If you or anyone from your group would like to come to the Conference please get in touch with [Marie Love](#)

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