

Newsletter October 2015

VAO News & Services

Charities Christmas Bazaar – 7 November 2015



This year over 20 groups will take part in the Charities Christmas Bazaar in the Town Hall, Kirkwall on **Saturday 7 November** from **10.00 – 3.00**. The Bazaar gives local voluntary groups the opportunity to raise funds through selling Christmas cards, goods, crafts, baking, raffles, bottle stalls, etc.

To get everyone into the Christmas spirit, we will be awarding prizes for the best and the most festive stall.

If you would like to display a poster for the Bazaar please pick one up from the VAO office or click [here](#).

We look forward to seeing you there for some festive fun!

100 hour Saltire Award success for Alan Craigie

Alan Craigie was presented with his 100 hour Saltire Award in September as a way to celebrate his commitment, enthusiasm and hard work as a volunteer with RVS at the shop in the Balfour Hospital. Alan has been volunteering for some time in various roles and has been dedicated to putting in the hours to achieve his goal. He often takes on extra shifts, is friendly and is a real help to Sharon Winters, local RVS co-ordinator.

Laura Leonard, Youth Development Worker at VAO said,

'I am very proud of Alan and all that he has achieved. He is a very dedicated volunteer and has shown maturity and dedication to helping in the community.'



The hospital shop and trolley is a great service for patients in the hospital – volunteers are charged with stock handling, selling and taking the trolley to patients. RVS are always looking for more volunteers so if you think you would like to get involved please get in touch with [VAO](#) on 872897.

Young people from VAO's Befriending Project spread Christmas cheer

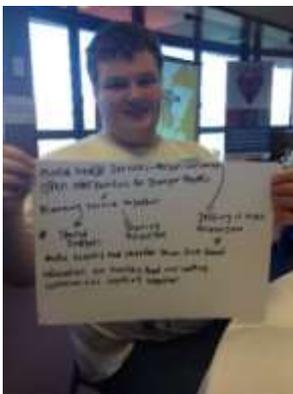
The Young People's Befriending Project had a great time on Sunday 25 October when they met together to wrap up Shoeboxes packed full of goodies to donate to [Operation Christmas Child](#), a Christmas Shoebox Appeal. The young people and their befrienders had spent time shopping together, buying thoughtful gifts and supplies to fill a shoebox to be sent to a child who's Christmas may otherwise look a bit sparse.

Streamline has kindly offered to transport the shoeboxes to their collection point free of charge, so they will be winging their way to thankful children in some of the world's poorest countries in time to spread some joy this Christmas.

If you are interested in finding out more about volunteering with the Young People's Befriending Project, please contact [Hannah](#) or [John](#) on 872897.



National Conversation on a Healthier Scotland



Young people from Connect took part in this event and shared their opinions on how Scotland can become a happier, healthier place to live.

The young people had the opportunity to work alongside members of the public, representatives from the Third and Statutory sectors and Scottish Government to explore and discuss their opinions on health, happiness and wellbeing.

All the young people enjoyed the opportunity to share their opinions and contributed enthusiastically.



Connect is The Place to Pass!



Young people with Autism are being offered support towards sitting and passing their driving test, through the Connect Project's 6 week driving theory and practical course.

Kara Leslie is Connect's Autism Spectrum Disorder (ASD) Support Worker: *'Our driving course has been running for some time now, and we are really chuffed that two folk have passed their theory tests in the past few months.'*

'Approved Driving Instructor Robin Nicolson and myself run the theory part of the course every Tuesday at 2pm – 3pm, in the Board Room at VAO, with our next course starting on Tuesday 10 November.'

'We encourage the young people who come along to work towards passing their driving theory test, as well as getting them started out on the road with practical driving lessons, with Robin or another approved driving instructor of their choice.'

'The course is free of charge and for every 3 theory sessions successfully completed we offer a driving lesson, with the cost covered by Connect.'

'People are welcome to attend for 6 weeks and then Robin and I will review progress with them and they may wish to continue with a further 6 weeks, depending on the progress they've made.'

Robin Nicolson adds, *'Driving is an important skill for living independently, and can be a real bonus when it comes to things like applying for a job.'*

'Kara and I provide tailored support when you come along to the sessions – guiding you through the process of sitting - and hopefully passing – your driving theory and practical tests. We offer support such as help with reading, setting realistic targets, and getting you behind the wheel when you're ready.'

Anyone aged 16-25 with Autism who would like to sign up for the next course, or find out more should contact [Kara](#) on 872897.

Steven Newlands, who recently passed his theory test and is now looking forward to sitting the practical test, is pictured here with Kara Leslie.



Orkney Podcasts – new ways of listening to local information



Have you ever wished that someone who is both knowledgeable and experienced would tell you more about the best ways to take care of your health? Or maybe you would like to listen to someone speaking about what helps them to improve their happiness?

Health and wellbeing are so important that the Connecting Communities Project has been developing a novel (at least for Orkney) way of sharing information that we can use to make some changes in our lives. Orkney Podcasts will allow Internet users to pull audio files (typically MP3s) from a podcasting Web site (www.orknepodcasts.com) to listen to on their computers or personal digital audio players. They will be broadcasted every Monday and Thursday and the first show will be available sometime at the end of November/beginning of December.

If you are creative and would like to be involved in a production of podcasts, contact [Kasha](#) on 872897.

Local News

Coming Soon..!

Nominations will be sought shortly for election to each of the Community Planning Partnership's three Delivery Groups and to the Integrated Joint Board's various groups. More information soon but if you have any questions please contact [Caron Jenkins](#) on 872897.

Orkney LEADER Programme



Orkney has been allocated over £2.5million of funding to deliver the Orkney LEADER Programme until 2020.

The LEADER Programme is part of the Scottish Rural Development Programme, funded by the Scottish Government and European Community.

The Programme will provide grant funding for small-scale, community driven, innovate projects, with all projects required to contribute to at least one of the LEADER core themes:

- Support for Orkney's tourism, cultural heritage, crafts, food and drink sectors.
- Support for Orkney's community services and facilities.
- Support for Orkney's natural environment and development of sustainable energy.

This Programme follows the successful implementation of the 2007 to 2013 LEADER Programme which invested almost £2.1million in 75 projects, including a new Heritage Centre on Sanday, a Development Officer for the craft, food and drink sectors, upgrades to community halls and a number of path developments and improvements, among many others.

Groups with ideas or looking for funding for community projects are invited to a **drop-in session** at the Warehouse Buildings, Stromness on **Thursday 3 December**, where the LEADER team will be available from 3.00pm to 6.30pm.

For more information about the Programme visit the [Orkney LEADER](#) website or like the Orkney LEADER Facebook page for regular updates. You can also contact the LEADER team direct at Orkney Islands Council on 01856 873535 ext 2811.

Legislation, Guidance & Support

Launch of the Disclosure Scheme for Domestic Abuse (Scotland) 2015



In this context a disclosure scheme is the sharing of information about perpetrators of Domestic Abuse with persons at risk of harm by them. Information includes criminal convictions and other information known to the Police and other public

bodies, such as Social Work. The information is shared to assist the person at risk in making informed decisions about their situation. Please click [here](#) for more information.

Volunteering Opportunities

HOST UK are looking for Christmas Hosts!



Give the gift of Christmas! Hundreds of adult international students studying in the UK will be facing a lonely Christmas on a deserted University campus. You can invite one or two students into your home for four days of Christmas, learn about their culture, show them your local area and traditions, and invite them to experience your own home life.

Volunteer hosts invite students to visit for a few days at Christmas so the student can experience 'real' Britain, away from university and heavy tourism, and so the host can meet new people and learn about diverse cultures from around the world.

Choose how many people you invite (individuals, pairs or families) and if you would like to meet someone from a specific country. Students and hosts will be matched on interests and availability by a Regional Organiser who will also help you sign up.

There are no specific expectations from a host visit, other than the student should be made to feel part of your family for the short time. Hosts can show their local area, visit friends, attend local events, or just spend time chatting. This is not a tourism opportunity for the student and hosts are not expected to act as 'tour-guides'.

If you are interested in becoming a Christmas Host please contact [Rob](#) at VAO on 872897 and he will put you in touch with [HOST UK](#).

Samaritans Orkney

Samaritans of Orkney are looking to recruit new volunteers, and will be holding information and recruitment events in November.



Wed 11 Nov 7pm to 9pm (information evening)

An information evening will be held in the Corner Room at Kings Street Halls, between 7 and 9pm on Wednesday 11 November. Existing Samaritans, will be available to answer your questions and provide information on training and everything that is involved in becoming a Samaritan.

If after attending the information evening you are still interested in becoming a Samaritan, the next stage would be to attend the recruitment evening.

Wed 18 Nov 7pm to 9pm (recruitment event)

The recruitment event will take place in the Garden Room at Kings Street Halls, on Wednesday 18 Nov and will take possible volunteers through the informal recruitment process. Further information on the format for the evening will be given out on the 11 November.

Training will commence in Jan/Feb 2016

For further information please contact [Fraser](#) or [Rob](#) at VAO on 872897.

Arts Forum Representatives: A great chance to get play a role in the Orkney arts scene

Orkney Arts Forum is a group who represent different art forms and organisations from across Orkney. The group meet quarterly to discuss Orkney's arts and culture and advise the Council's Arts, Museums and Heritage Service. During the next 12 months the forum will play an important role in helping to shape a new Arts Development Strategy for Orkney.



Orkney Arts Forum are seeking expressions of interest from motivated individuals with a passion for arts and culture and where possible a specialist knowledge of art forms including; Architecture, Digital Media, Music, Craft, Storytelling and Dance. In addition we are also looking for a young person's representative to join the forum for the first time and represent the next generation of artists in Orkney.

For more information please contact [Rob](#) at VAO on 872897.

Have your say

Support and information for parents in Orkney



The Orkney Childcare Partnership is currently carrying out a survey of parents and carers to capture information on what services they have used, what they think works well or otherwise about these services, what challenges they are facing and ideas for solutions and improvements in Orkney. To give your views please click [here](#) to complete the survey.

Would you like to help develop new reporting guidelines and improve standards of research for the NHS?

Stirling University researchers are looking for people to take part in a project either as an Advisor, as a research Participant or both. The University is looking for 2-3 lay advisors and up to 23 lay people (aged over 16). It will involve taking part in an online workshop in May 2016 and completing online questionnaires in summer 2016.

The University would be particularly keen to hear from members of the public, patients or informal carers with an interest in health or social care and people who are ideally comfortable in taking part in a large meeting with academics and other professionals and have access to the internet. Online training and support will be provided and this will be tailored to individuals' needs.

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

If you would be interested in taking part or would like any more information please contact [Dr Emma France](#) or [Isabelle Uny](#) at Stirling University on 01786 466421.

Education & Training Opportunities

Scottish Mental Health First Aid

10/11 November & 18/19 November, The Life Centre, Kirkwall

Mental Health First Aid is an initial response to distress, providing help until other suitable or professional help can be found. This free two day course covers:

- guidance on being a Mental Health First Aider
- attitudes to mental health issues
- equalities
- the recovery message
- the impact of alcohol and drugs on mental health
- introduction to suicide intervention
- listening skills
- understanding depression
- how to offer first aid to someone experiencing depression
- understanding anxiety
- how to offer first aid to someone experiencing anxiety
- understanding psychosis
- how to offer first aid to someone experiencing a psychotic episode.



The course will be delivered by experienced trainer, Ken Dinwoodie from The Richmond Fellowship Scotland and local trainer Fiona Tully.

For more information or to book a place please contact [VAO](#) on 872897.

Dates for your Diary

The Big ROAR Music Quiz — Tuesday 3 November
King Street Hall, 7pm

With live music, soup, sandwiches, home bakes and a raffle, the Big ROAR Music Quiz Night promises to be great fun for all. Tickets cost £5 with proceeds going to the UNICEF Syrian Children's Appeal.

Orkney Fair Trade Group AGM — 13 November

7pm at The Hall of Heddle. Please click [here](#) for the October edition of the Orkney Fair Trade Group newsletter.

