

# Newsletter October 2016

## VAO News & Services

### Your Island Your Choice

VAO, in partnership with The Orkney Partnership and Orkney Health and Care has been awarded funding from the Community Choices Fund and partners, to carry out a new innovate pilot funding project, which is being delivered to the isles in Orkney. We've called the project 'Your Islands Your Choice'.

The first part of the process is that Isles residents are invited to complete a [survey](#) in order to identify issues of importance to them and their community and from which to determine projects that could apply to a small pot of funding.

The survey has 14 categories and 14 questions. Each page contains an explanatory paragraph along with some prompt questions to consider. You are then asked to score the main question, which is in blue text. You can complete as many of these as you wish and the information you provide is anonymous and confidential.

The responses will enable us to find out what works well in the island communities and what might need to be improved. Once we have identified the main issues or themes VAO teams and partners will visit the islands to discuss them and to identify the priority areas, those which potentially require action. We are currently liaising with island colleagues to make arrangements for our visits and are very grateful to them all for their willing and generous support

During that visit, we will also invite and support organisations and groups, constituted and un-constituted to submit applications to a small pot of funding awarded by the 'Community Choices Fund' as part of this consultation programme. At the end of the application process a public event will be held where island communities' votes will determine which projects receive funding.

**The closing date for the survey is 18 November.**

If you have any questions please contact [VAO](#) on 872897.

## Your Island Your Choice



## Generations Working Together. Local network meeting and upcoming training

Generations Working Together (GWT) provides information, delivers support and encourages involvement to benefit all of Scotland's generations, by working, learning, volunteering and living together. Their vision is that all generations in Scotland will work together to create a better and fairer country for all.



VAO head up the local Intergenerational network of groups and organisations who are involved in delivering and developing Intergenerational work in Orkney.

On 8 November, we have a local network meeting at VAO offices from 5.15 to 7pm. We have moved the usual day time meeting to early evening, in the hope that many of the local community groups and charities registered with the network will be able to come along. We appreciate that many of these groups are run by volunteers who may be working during the day time.

If you are involved in Intergenerational work in Orkney, or would like to find out more about it and are not currently registered with the local network, please register [here](#).

Also, during the day staff from GWT will be delivering their newly updated intergenerational training course which is open to anyone who would like to learn more about intergenerational work and how to use an intergenerational approach.

The training is split into three sections:

1. An introduction to Intergenerational Practice
2. Bringing generations together
3. Planning and evaluating Intergenerational Practice

For more details please click [here](#).

If you have any questions or would like to have a chat about any of the above, please contact [Fraser Devine](#) at VAO on 872897.

## Trustees' Week: 7-13 November 2016



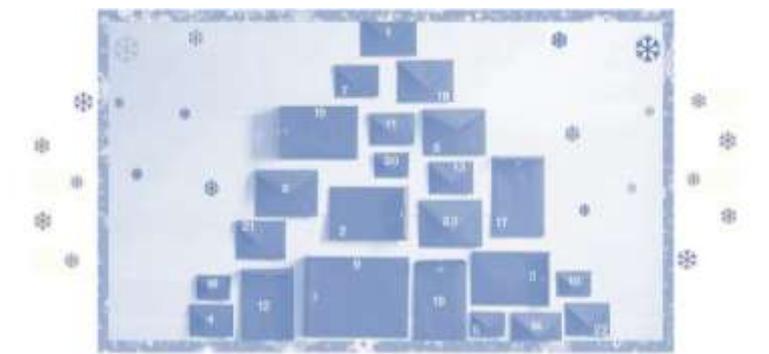
Trustees' Week is an annual event to showcase the great work that trustees do and highlight opportunities for people from all walks of life to get involved and make a difference.

Many organisations will be sharing their training, both live and online - and much of it free. You can find out more about Trustees week on their [website](#) and details of any local events can be viewed [here](#)

Particularly please take a look at the free resources through this link <http://trusteesweek.org/training/> and the video on the key duties of trustees - although presented by the Charity Commission, the underlying principles are the same as those required by Scottish charity law.

## Charities Christmas Bazaar 2016

Don't forget to come along to the Charities Christmas Bazaar on Saturday 12 November in the Kirkwall Town Hall from 10am – 3pm. We look forward to seeing you there!



## #Volember

Do you find yourself at a bit of a loose end?  
Have you ever considered being a friend?

To find out more about The Adult Befriending Service and The Young People's Befriending Project please contact [VAO](#) on 872897, visit our website or check out our Facebook page: [VoluntaryActionOrkney](#)

# #VOLEMBER

Let's get talking about Befriending!



## Legislation & Guidance

### Briefing Paper: Independent Examination of accounts

Do your accounts need to have an Independent Examination of accounts? Then take a look at this [Briefing Paper](#) to explain what you need to do.

### A guide to AGMs

VAO have produced a short [guide on holding AGMs](#) for small voluntary organisations. The guide discusses the purpose of an AGM, along with a sample agenda and information on elections.

### Charity Social Media Toolkit

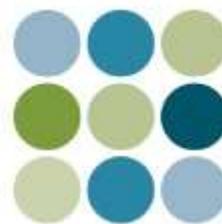


Social media is evolving by the week and for charities it can be hard to keep up with the dazzling new platforms while remaining effective. The Skills Platform have developed a social media toolkit specifically for the third sector. If you think this could be useful to you and your organisation, please click [here](#)

### Launch of Revised National Standards for Community Engagement

The new revised National Standards for Community Engagement have been published recently.

First developed in 2005, the Standards are key principles for effective practice which support community engagement and user involvement in Scotland, in areas ranging from community planning to health and social care. In so doing they are intended to complement and support Scotland's developing community empowerment landscape and in particular the implementation of the Community Empowerment (Scotland) Act 2015



**National Standards**  
for  
**Community Engagement**

In 2015 and 2016, SCDC and What Works Scotland were commissioned by the Scottish Government to undertake a participatory process to review and update the Standards in light of the current context. Click [here](#) for more information.

# Community Empowerment (Scotland) Act 2015 Part 2 Community Planning Near Final Guidance and Regulation

Earlier this year, the Scottish Government launched a consultation on guidance and draft regulation for community planning under the Community Empowerment (Scotland) Act 2015.

Part 2 of the Act imposes duties on community planning partnerships and community planning partners around the planning and delivery of improved local outcomes, and the involvement of community bodies at all stages of community planning. Tackling inequalities will be a specific focus, and CPPs will produce “locality plans” at a more local level for areas experiencing particular disadvantage.



Since the Act was passed in June 2015, SG officials have engaged with representatives of CPPs, local authorities, public bodies, third sector and community bodies to hear views and finalise the regulation and statutory guidance required to enable the provisions to come into force. Following these engagements and receipt and analysis of the consultation responses they have produced near final guidance which is available to view [here](#).

## New Digital Resource for Charity Trustees Launched

The Charity Commission, Grant Thornton and Zoe Amar Communications have created 12 Questions about Digital for Trustees, a new resource aimed at helping trustees utilise digital for their charity. The guide contains examples of key questions that every board should be considering when approaching digital. The questions cover 12 wider areas relating to charity activity, such as fundraising, governance, brand, and service delivery. You can read the guide [here](#).

## What makes a good Charity?

The think tank New Philanthropy Capital (NPC) have published a guide and analysis framework to help assess the effectiveness of charities. You can read more and download the Guide [here](#).



## Named Person update

As set out in the Deputy First Ministers statement on 8 September, the Scottish Government remains committed to the Named Person and the implementation of the service. In his statement Mr Swinney announced a three month period of engagement on the information sharing provisions of the Named Person service, following the Supreme Court judgment. The Supreme Court judgment on the Named Person provisions does not dilute the Scottish Governments commitment, however, it does require them to revise part of the legislation to ensure that it is compatible with the ECHR, which they are now working towards.

Delivery of the GIRFEC approach including provision of Named Persons is current Scottish Government policy that can and should be delivered within the current legal framework. This [Policy Document](#) provides an update on the Scottish Government policy and may be of assistance to stakeholders in developing services to deliver the GIRFEC approach including provision of Named Persons.

# Local Third Sector News

## Who's behind the Blue Door?



<b>Orkney Traditional Dance Assoc</b>	<b>31 October – 5 November</b>
<b>Blue Door Christmas Week</b>	<b>7 – 12 November</b>
<b>Orkney Charitable Trust</b>	<b>14 – 19 November</b>
<b>Teenage Cancer Trust</b>	<b>21 – 26 November</b>
<b>Orkney Simba</b>	<b>28 November – 3 December</b>

## Volunteering opportunities

### HOST UK Need 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 welcome one or two students into your home for four days at Christmas, learn about their culture, show them your local area and traditions, and invite them to experience your own home life. For more information please contact [Rob](#) on 872897.



### Plant survey volunteers for the National Plant Monitoring Scheme

Plantlife Scotland co-ordinate the National Plant Monitoring Scheme (NPMS) in Scotland, and are looking for volunteers in Orkney. The NPMS is a new UK-wide plant monitoring scheme designed to build up data on habitat health. It is organised and funded by a



partnership of the BSBI, Plantlife, the Centre for Ecology and Hydrology, and the JNCC. Anyone interested in nature who can identify plants, or who is keen to learn, can take part. Volunteers adopt a kilometre square and survey small plots within this kilometre. Plantlife occasionally has opportunities for Flora Guardian volunteers but there are none currently in Orkney. For more information contact [Jill Williams](#) at Plantlife Scotland on 01786 479382 or visit the NPMS [website](#). Maps of available survey squares are available at the VAO office, or Jill can email one to you. There is also a mentor for the survey based on Orkney who can provide email advice – details from Jill as above.

### Volunteer Health Walk Leaders

Orkney Walking Groups are looking for volunteers (18 years and over) with good local knowledge and community links who are willing and able to lead ongoing weekly health walks in their local area.

Health walks are free, short, safe, social, local, low level walks led by trained walk leaders and are aimed at people who need or want to improve their health and wellbeing by becoming more active.

All walk leaders receive ongoing training and support. If you would like more information on health walks, benefits of walking/volunteering or are interested in becoming a volunteer walk leader contact [Jessica Jones](#) on 888180.



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

## Have your say.....

### Age Scotland Awards 2017

Nominations are open for the Age Scotland Awards 2017. The awards celebrate inspirational people who are making the most of their old age and recognise individuals and groups who have led the way in supporting older people. Nominations are now being sought for seven categories, with the winners being announced at a ceremony at Perth Concert Hall on 29 March. For more information please click [here](#). The closing date for applications is 25 November.

### Transitions for Young People with Additional Support Needs

The Scottish Government has commissioned [ARC Scotland](#) to map the availability of planning and support for people aged 14 - 25 years who have additional support needs in Scotland.

A central part of the work is to ask young people and their parents / carers about their experiences during this time important of their lives. To do this, they have developed two surveys, one for young people and the other for parents and carers.

[Parents and carers survey](#) (Please take part in this survey if you are the parent or unpaid carer of a young person with additional support needs between the ages of 14 and 25 years).

[Young persons survey](#) (Please take part in this survey if you are between 14 and 25 years old and have one or more additional needs, like learning disability, autism, physical or sensory disability).

The surveys close on 11 November 2016. For more information please visit the [website](#) or [email](#).

## Also in the news

### Believe in Me

New research has found 88% of young people in Britain today say they 'lack confidence and doubt they will succeed in life', prompting a reminder from Barnardo's to parents, carers and adults about the importance of expressing belief in children and young people.



The survey found young people in the UK feel increasing pressure to perform in all aspects of their lives, but don't necessarily have the support they crave to help them cope.

Four-thousand secondary school children and parents were surveyed, with the results announced as Barnardo's unveiled their new ten-year strategy to help 300,000 more vulnerable children and their families across the UK.

Barnardo's is also launching a new campaign, called '[Believe in Me](#)', to support the strategy and stress the importance of believing in children.

## Dyslexia Awareness Week Scotland

**2-8 November 2016**

The theme of Dyslexia Awareness Week is 'Dyslexia: did you know...' Each day, a different theme will highlight different aspects of dyslexia.



40,000 blue ribbons will be distributed across Scotland for people to wear to show their support of Ellie's Blue ribbon Dyslexia campaign during Dyslexia Awareness Week.

To order a batch of 100 ribbons, please [email](#) with your name and the delivery address.

A range of events will be held across Scotland during Dyslexia Awareness Week. For more information, [email](#) here or visit the Dyslexia Scotland [website](#).

## Support for Families of People Convicted of a Sexual Offence

Families Outside and Barnardo's Scotland in conjunction with partners have recently published a resource which seeks to provide support for families of people convicted of a sexual offence.

Families Outside noted a marked increase in the number of requests for help from families in this situation and the lack of support available to them. This led to the development of this handbook which is written specially for families based on input from those who have lived through it. The resource is designed to help people cope with this experience.

The resource is entitled 'Picking Up the Pieces' and you can find the link to the handbook [here](#).

## Third Sector Forum

The next meeting of the Third Sector Forum will take place on **Thursday 17 November** at 11am in the VAO Board Room. For more information the Third Sector Forum, please visit our [website](#) or contact [Cecily](#) on 873937.

## Education & Training

### British Sign Language (BSL) Awareness Training Wednesday 9 November

The number of people in Scotland whose first or preferred language is BSL is estimated by the Scottish Government to be around 6,000. For this community, the BSL (Scotland) Act 2015 is one of the most important pieces of legislation to have ever passed through the Scottish Parliament.

Deaf Action, as a member of the Deaf Sector Partnership, delivers this session with the aim to raise awareness of why the Act is so crucial. During the session you will gain a greater understanding of what British Sign Language is, the people who use it and the culture of the BSL user community.

You will also learn about the barriers Deaf and Deafblind people face on a daily basis and the things you and your organisation can do to make your services more accessible for your Deaf and Deafblind users.

There are two training sessions repeating the same presentation on Wednesday 9 November 2016 held in the Garden Room, King Street Halls. 13.30- 16.00 & 18.30-21.00.

To book a place email [Joyce Gray](mailto:Joyce.Gray@scotland.nhs.uk) or call her on 873535 indicating which session you prefer.

## **Dementia Friends Scotland: Information session**

### **Thursday 10 November**

Learn a little bit about what it's like to live with dementia and turn that understanding into action.

Dementia Friends Scotland will be holding an information session from 4 - 5pm in the Garden Room, King Street Hall, Kirkwall on 10 November.

For further information please contact [Geraldine Ditta](mailto:Geraldine.Ditta@scotland.nhs.uk), or [Edwina Lloyd](mailto:Edwina.Lloyd@scotland.nhs.uk).

## **FREE Substance Misuse Training by Scottish Drugs Forum: November 2016**

There are a number of training courses on offer in November which are being delivered by a national drug training provider, Scottish Drugs Forum. These courses are free of charge to all and are an excellent opportunity to update your skills.

The following courses can be booked via [Erin Stout](mailto:Erin.Stout@scotland.nhs.uk) on and further details are available [here](#).

- Improving the Sexual Health & Reproductive Health of People who use drugs (one day course) on Thursday 17 November or Friday 18 November.
- Drugs & Bugs – An Introduction to Bacterial Infection and Drug Use (Half Day Course) Thursday 17th or Friday 18 November (mornings).
- Blood Borne Viruses (Half Day Course) Thursday 17 or Friday 18 November (afternoons).

Please follow the links and book online for the following courses.

- Understanding Stigma: Promoting Inclusive Attitudes and Practice – 2 November – bookings to be undertaken online please click [here](#) for details.
- Recovery Outcomes Web – 3 November (half day course) - bookings to be undertaken online please click [here](#) for details.

## **Dates for your Diary**



### **First Aid Training**

15 November, 6-9.30pm, VAO Board Room

This half day First Aid training course will cover the following:

- Safety
- Basic Life Support (DR ABC)
- Bleeding
- Medical Emergencies
- Unconscious Casualty
- Recovery Position
- Practical Assessment
- Written (MCQ)

For more information or to book a place please contact [VAO](mailto:VAO@scotland.nhs.uk) on 872897.

## Home Start Coffee Morning

Saturday 19 November: 10.00-12.00

Come along to the Peedie Kirk Hall, Palace Rd, Kirkwall for Home Start's Coffee Morning.

Along with home bakes, bottle stall, Christmas cards & stocking fillers there will be free face painting and crafts.

Adults £2.50 Children over 5 year 50p. All are welcome and all money raised will be used to assist local families with young children.



## VAO service of the month

### Orkney Community Directory – again!

As mentioned in last month's newsletter we are currently in the process of updating our online and printed Community Directories. Thank you to those of you who have responded with updated details for your group or organisation. If you have not yet returned your entry we would be grateful if you could do as soon as possible. If you haven't received an email or letter from us about your group or have any questions please contact please contact [Cecily](#) on 873937.

## Focus on.....Enable Orkney

In the first of our new style 'Focus on' articles, Dominic Wilson tells us in his own words about his role at Enable Orkney.

### **Please sum up the main role of your organisation**

We are a charitable organisation founded in 1954 by the parents of children who had learning disabilities in order to ensure that people who have learning disabilities have the same choices and opportunities in life as everyone else.

We campaign to fight discrimination and inequality and ensure that people who have learning disabilities are regarded as equal members of society.

We are a service provider offering a wide range of person centred services designed to ensure that people who have learning disabilities can live the life they want and actively participate in their community.

### **How many staff and volunteers does your organisation have?**

Enable Orkney currently employ over 50 members of staff who provide support to our service users in the local community.

### **Are you currently recruiting? If so, who are you looking for?**

In order for Enable to be able to grow and expand it is important we are constantly on the lookout for people who share our passion in supporting and empowering our service users in the local community.

We are able to offer permanent or sessional positions and would love to hear from anyone interested in working with us on 01856 870080

### **Roughly how many people use your service annually?**

We currently provide support to 10 individuals through our Care Home and our Supported Living Service.

### **How long have you been operating in Orkney?**

We've been active in Orkney since 1997

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

I would expect to see Enable Orkney increasing the number of services we provide in whilst ensuring we continue to provide a bespoke quality service to the individuals we support.

### **What's your role at your organisation?**

I am the Service Manager for Enable here in Orkney. My role is to provide the overall management for our Services as well as being the Registered Manager for our Supported Living Service and Care Home Service.

### **How long have you worked at your organisation?**

I have only been in post a very short time so I am still getting used to my new role with the help of our current Service Manager Andrea McGuire who will soon be taking up another exciting role with Enable Scotland.

### **How did you end up in your job?**

I have a background in learning disability support stretching back almost 20 years. My previous role was as a Registered Manager for 2 small Care homes working for a learning disability charity in Manchester.

My family and I decided to relocate from Manchester where I have lived for the past 40 years. We are settling in well but are yet to experience an Orkney winter so I suppose I will have to experience that before confirming just how well we have settled in!



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

The organisation shares my own values and belief that every person who has a learning disability should have the choice and control to live the life they choose.

### **What is the biggest challenge you have faced so far in your role?**

All care providers in Orkney will know that the recruitment of staff is a major challenge. Working in large city, recruitment in my previous role wasn't as much as a problem as it is here. Alongside my team members we will have to ensure we are doing everything we can to improve and find innovative ways to attract staff in order to grow our service.



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