

Newsletter October 2018

VAO News

2018 Charities Christmas Bazaar – Saturday 3 November

The 2018 Charities Christmas Bazaar is happening THIS SATURDAY 3 November at the Kirkwall Town Hall. Pop along between 10am and 3pm to grab your Christmas goodies and support your local charities.



Burray BALL Group

The Adult Befriending Service's new Burray BALL Group has been a huge success. The group meets weekly on Wednesdays between 2-4pm at the Burray Hall. Everyone over 60 is very welcome to attend. The first part of the afternoon is exercise based and the second part is coffee, tea and then a talk or activity. We are in the process of setting up the next group in North Ronaldsay and will keep you posted!



ROAR success for team VAO

Great fun was had by all at the recent ROAR quiz night. Over £350 was raised for the Orkney Charitable Trust and the VAO staff team won a rather fabulous hamper by coming first in the quiz! To avoid squabbling over the goodies, they decided to donate their prize to the raffle at the Charities Christmas Bazaar being held on 3 November. Raffle tickets are available at the VAO office or on the day at the Kirkwall Town Hall.



First Aid training for VAO staff

10 members of staff at VAO completed First Aid training this month. Here are 9 of them with their certificates. For information on First Aid and other training, please get in touch with [VAO](#) on 872897.



Trustees' Week: 12–16 November 2018

Trustees are the people in charge of a charity. They play a vital role, volunteering their time and working together to make important decisions about the charity's work.

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.

Throughout the week there will be events held throughout the UK and useful information will be shared by a number of organisations, including VAO, on their websites and social media channels.

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

Trustees' Week will also see the launch of Scotland's Third Sector Governance Code, developed by Scotland's Third Sector Governance Forum. The Code sets out the core principles of good governance for the Boards of charities, voluntary organisations and social enterprises. Further details can be found on the Forum's [website](#).

Local News



Age Scotland Orkney Good Day Calls

Age Scotland has introduced the service to bring reassurance to older people, and their families, that someone will call to speak with them 365 days a year.

Good Day Calls, which launched on 1 October to coincide with International Day of Older People, aims to tackle loneliness and provide older people and their families security and support so that they can live well and independently in their own home.

It offers a regular person to chat to and offer them support with their mental health, as well as ensuring they have access to local services and information.

Good Day Calls will be operated from Orkney, where Age Scotland Orkney has already been hosting the service. It will operate as part of the charity's social enterprise arm and costs £50 per month. The charity will be offering this service for free to a number of older people who it identifies as being unable to afford it.

Click [here](#) to read an article about the service in Third Force News.

Health coaching service

NHS Orkney Public Health is offering a free health coaching service. Health coaching is aimed at anyone who wants to feel happier, sleep better, do more or feel more confident by overcoming stress or low mood. This is an opportunity to improve your health and wellbeing by achieving manageable changes which can help you to feel better, have more energy, be more confident and reduce the risk of getting ill.

Sign up today by e-mailing the WELL programme at orkney.wellprogramme@nhs.net or phone 01856 888084.

Orkney Story Stack: Tell it / Make it / Share it

Orkney Story Stack is a pilot project run by Orkney Library & Archive, funded by the Scottish Government and supported through the Scottish Book Trust. Rebecca Marr from the project tells us all about it...

'Orkney Story Stack is an Orkney Library & Archives project that aims to enhance people's digital skills and enable participants to create personal visual stories using digital tools. Participants will have access to iPads, audio recorders and digital editing tools, and learn narrative skills to tell their stories in an engaging way. Audio recordings will be used with images to create short audio visual films that reflect personal stories and memories. No experience is necessary, in fact it's what the project is all about - increasing participation in the digital world in a creative way.

Orkney Story Stack is open to everyone who would benefit from gaining digital confidence and would enjoy being part of a creative project. We will work with existing groups and meet with them at their regular times. It is also possible that individuals who are interested could join a group. We have a particular, but not exclusive, focus on the South isles including Burray and South Ronaldsay and people who are not engaged digitally. Anyone who thinks they or their group would be interested, please get in touch. There is also a training aspect to the project - if you work with a group or organisation that would like to learn more about engaging with people through digital storytelling, contact us to arrange.

The project runs until May 2019 but each group, after a taster session, will work over a short period. Typically workshops might run for six weeks with two hour-long sessions each week, however this is adaptable -it might suit a group better if it was four half-days or two full-days. Why not try a taster session to see if this activity will work for you and your group.

During the workshops participants will be guided through techniques for crafting a personal story or anecdote of theirs into a finished audio recording with images. The workshop leaders will use creative and fun ways to help participants identify their story, script it, create images for it and finally make it in to a movie lasting under 3 minutes. And the whole project will be done on an iPad. Themes will be suggested and people are not expected to come along with a story ready to go as part of the workshop will be helping people find their story.'

The workshops will be facilitated by Rebecca Marr and Mark Jenkins, supported by Orkney Library & Archive. If you're interested in getting involved, or know a group who might be, contact Mark and Rebecca on 01856 850459 or email hello@kolekto.co.uk or call in to your library in Kirkwall or Stromness and leave your details.'



Who's behind the Blue Door?



Women's Aid Orkney	29 October – 3 November
Blue Door Christmas Week	5 – 10 November
Orkney Charitable Trust	12 – 17 November
RSPB	19 – 24 November
St Peters Comfort Fund	26 November – 1 December

Also in the News

Charity an essential part of Scottish society

Scots are engaging with charities more than ever before, new research has shown. Data compiled by the Charities Aid Foundation (CAF) reveals more than three quarters of Scottish households have used a charity service in the last 12 months.

The findings are published in CAF's Charity Street Scotland report, a snapshot of charity usage among Scottish households.

Its report also found that 9 in 10 people across Scotland have used a charity service at some point in their lives whether for advice, support, help in times of need or as somewhere to visit on a day out.

Click [here](#) to read more in Third Force News.

Legislation & Guidance

Disability Support Assessments – New Agency

The Cabinet Secretary for Social Security and Older People made a statement this month to Parliament about her plans to ensure that dignity and respect is embedded in the approach to disability assistance assessments.

Ms Somerville announced that assessments for disability support will be carried out by the new agency Social Security Scotland. She also outlined four specific actions being taken to help ensure greater transparency and flexibility for applicants. These are:

- Providing greater choice and control over timings of face to face assessments and where they take place;
- Providing home-based assessments to those who need them;
- Introducing audio recordings of assessments as standard to ensure accuracy and transparency; and
- Allowing the social security appeals tribunal to access the audio recording to help inform their decision.

The full statement is available [here](#).

OSCR Blog: Asset Transfer Route Map (Community Empowerment)

In OSCR's latest blog, Linda Gillespie (Community Ownership Support Service (COSS)) talks about the Asset Transfer Route Map and how it could work for you and your charity.

You can read Linda's blog on the Asset Transfer Route Map [here](#).

OSCR video: Reflections on 2017/18

This July OSCR published their [2017/18 Annual Review](#). Following on from this publication, their Head of Engagement Jude Turbyne sat down to discuss: OSCR's 2017/18 performance; Highlights throughout 2017/18; Key points that charities need to consider; and OSCR's plans for the coming months.

You can view the interview with Jude [here](#)

Funding & Finance

New small grants fund: The Family Recovery Initiative Fund (FRIF)

Corra Foundation, in conjunction with partners the Scottish Government Substance Misuse Unit and Scottish Families Affected by Alcohol and Drugs (SFAD) have launched a new small grants fund to support families affected by alcohol or drugs.

The Family Recovery Initiative Fund (FRIF) offers one-off grants of up to £1,500 and is open to groups (family support groups, carers groups) or people thinking of setting up a group.

Click [here](#) for more details.

Volunteering opportunities

Orkney Citizens Advice Bureau need a new treasurer

Orkney CAB works to fulfill two aims:

- to ensure that individuals do not suffer through lack of knowledge of their rights and responsibilities or of the services available to them, or through an inability to express their needs effectively
- and equally to exercise a responsible influence on the development of social policies and services, both locally and nationally.



They are currently looking for a new Treasurer to join the Board of Trustees to help guide and advise them on financial concerns.

The general role of the Treasurer is to maintain an overview of the organisation's affairs, ensure the organisation is financially viable and ensure that proper financial records and procedures are maintained.

If you are interested in finding out more about this voluntary position, please contact the Bureau Manager, [Ali Gunn](#), on 875621 to request an information pack. Alternatively you can download a job description and volunteer application [here](#).

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

Have your say

Orkney Heritage Society launch an online opinion poll on SSEN plans

Orkney Heritage Society has launched an online opinion poll on SSEN's plans for the construction of a sub-station at Finstown and cables across Orkney.

'The feedback from our members after the recent series of consultation events by SSEN was that they had grave concerns about both the scheme itself, but also the way in which SSEN seemed to be collecting the public's views' explained David Murdoch Vice Chair of the Society. 'We felt that it is important that opinions are systematically collected and so we have launched this site.'

Click [here](#) to have your say. For further comments, please email OHS directly on orkneyheritagesociety@gmail.com

CLD Workforce Survey- still open!

Education Scotland have had a fantastic response to the CLD Workforce Survey with over 1100 responses from organisations and individual practitioners so far. The [survey](#) will be open for a final few weeks so please don't miss the chance to take part. Education Scotland expect a response from every local authority and also really want to hear from more people in the voluntary sector - remember you don't need 'CLD' in your job title to be part of Community Learning and Development.

Education & Training



VAO offering FREE twilight training sessions on a host of topics

Fancy a taster session on Gift Aid or running a committee meeting? Maybe looking for funding and needing a bit of advice for the form filling? Organisational employment issues or safeguarding training? Then take a look at these FREE twilight sessions on offer this autumn and winter 2018.

We have included many interesting and varied training sessions to fit in with a busy lifestyle. Twilight sessions running from 6pm to 7pm every Wednesday through from September 5 to December 5 2018.

Internal Financial Controls

7 November

This workshop concentrates on the financial and non-financial internal controls which are vital to create a robust system to enable the Charity to flourish.

Gift Aid

13 November

Gift Aid can be an important source of income for charities, this workshop will cover what you can and can't claim, procedures, timescales. We can walk you through the entire process.

Recruiting Trustees

14 November

Recruiting trustees or board members is the hardest part of volunteer recruitment. Come along to this short session and explore new ways to sell your organisation to potential trustees.

Stakeholder Involvement

21 November

Who are your stakeholders and what influence do they have on your organisation? What is a stakeholder? Discuss! Then we'll look at ways to engage with them for the organisation's benefit.

Duties of a Committee Member

28 November

What's it all about, this volunteering on a committee lark? Is it all paperwork and boring meetings? Come along and find out what it REALLY means!

Asset Transfer

5 December

Community Asset Transfers offer a formal route to take on a building from a public body. This is a session to help provide practical information about community asset transfer and take home information about next steps, where to go for further help and available options for funding.

All sessions will take place in the Boardroom at VAO, Bridge Street, Kirkwall. Please contact [VAO](#) on 872897 to book your place.

VAO bespoke workshops

VAO has developed a number of bespoke workshops for the local third sector. Topics include Project planning; Making a good funding application; Committee skills training; Safeguarding

training; Choosing the right structure; Roles and responsibilities; Business planning; Understanding finances; Employing staff; Attracting and supporting your volunteers.

Click [here](#) to find out more.

Mentally Healthy Workplace Training for Line Managers and Supervisors

7 & 8 November, 6.30pm – 9.30pm, St Magnus Centre, Kirkwall

21 November - 10.00 – 4.30, Warehouse Buildings, Stromness

Line Managers have a crucial role in supporting the health and wellbeing of employees. This training includes examples of good practice in promoting positive mental health and wellbeing as well as offering practical examples of how to support employees experiencing mental health problems.



The aims of the course are:

- To identify key factors that contribute to a mentally healthy workplace
- To improve confidence in supporting the health and wellbeing of employees
- To raise awareness of the legislative responsibilities a manager has in relation to health and wellbeing in the workplace

To book a place on one of the above dates please contact Hannah Casey at Hannah.casey1@nhs.net or call 01856 888084

Digital Skills Scotland – Free online training

Digital Skills Scotland are offering free online training to help you boost your charity's online performance.

For a limited time Digital Skills are able to offer fully funded training to businesses throughout Scotland. Employees can gain a nationally recognised qualification in Digital Marketing, learn how to create their very own app and get to grips with Videography. Click [here](#) for more information.

Business Gateway FREE Workshop Programme, November 2018

Tues 6 Nov	Managing Profitability, cash flow, capital & credit control (full day)
Tues 20 Nov	DigitalBoost Enhance your Business with Digital (half day)
Tues 20 Nov	DigitalBoost Facebook for Business (half day)
Wed 21 Nov	DigitalBoost LinkedIn (half day)
Wed 21 Nov	DigitalBoost Digital Marketing Strategy (half day)

For more information on the training and to book your place click [here](#), or Contact Business Gateway on 01856 898595; by email business.gateway@orkney.gov.uk; or visit the office at 14 Queen Street, Kirkwall.

Dates for your diary

Business Gateway – speaker event, SuperJam!

Monday 12 November, 12.30-2.00, Ayre Hotel, Kirkwall

Business Gateway are delighted that on Monday 12 November they'll be welcoming compelling speaker and exciting entrepreneur Fraser Doherty at an event where local businesses can hear about his incredible business journey.

At this FREE business event from Business Gateway, Fraser will share the lessons he has learned about building a brand that millions of consumers love.

At just 14 Fraser set up SuperJam producing jam 100% from fruit, and at 16 he became the youngest ever supplier to a major supermarket.

The SuperJam brand has won countless awards and even been entered into the National Museum of Scotland as an Iconic Scottish Brand.

Click [here](#) to register.



Focus on....The John Rae Society

This month Andrew Appleby, President of The John Rae Society, tells us about the work of the group.

Please sum up the main role of your organisation

Our role is to enhance the name and reputation of Orkney's amazing Arctic Hero, John Rae. He was 'airbrushed' from history as a result of bringing home the news of the tragedy of the Franklin Expedition, which attempted to discover the North West Passage. Lady Franklin and Charles Dickens, with others destroyed his reputation. They refused to acknowledge the words of the Inuit peoples, who willingly gave the proof. Instead these folk were accused of murder and cannibalistic acts, when it was Franklin's own men who resorted to eating each other as a final attempt at survival.

Now sum up in three words.

Truth... Honesty... Reconciliation.

What are you working on just now?

The Society bought John Rae's family home, The Hall of Clestrain on 30th September this year. This very week Casey Construction will start making the Hall wind and watertight. This will protect it so restoration can begin.

How many staff and volunteers does your organisation have?

We have a board of Trustees, who work consistently hard. There are committee members who perform various functions. Currently we have very nearly 300 members. Luckily we have around a dozen volunteers who help at various functions.

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

We are certainly looking for volunteers. We'd love to have some young people as well. There will be archaeology days: times when tasks at The Hall of Clestrain will need to be done: Archival work: Interviewing and recording folk who have memories of The Hall. Volunteers on open days, at Dounby Show and other venues.

Roughly how many people use your service annually?

Several hundred at the moment, including web enquiries. This will increase now we own the Hall. The Arctic Return Expedition, due to commence at the end of March 2019 will greatly enhance our worldwide profile too. This will bring even greater activity to the John Rae Society as the Expedition raises funds for us.

How long have you been operating in Orkney?

About six years.

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

We only recently had someone contact us who is a descendant from one of John Rae's brothers. We were able to put him in touch with many of his distant cousins who he never even knew of! His 'new' relations are delighted.

How do you think people perceive your organisation?

Many folk would not believe that we would ever get to own the Hall of Clestrain. I was advised by numbers of folk that our plans would never work, nor come to fruition. This had the effect of giving us all far greater determination. I call it 'The John Rae Effect.' Those negative mind sets and comments have dwindled to the point of evaporation, which we are delighted with.



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

Confidently spread the word that The John Rae Society has tremendous energy and will succeed in its aims of creating a world class centre for The Arctic in John Rae's name at The Hall of Clestrain in Orphir, Orkney

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

I envisage that the name of John Rae will be famous in world history and of Arctic exploration. His humanity, strengths, honest attitude, love and respect of the indigenous peoples he met and involved himself with, will be an everlasting example of the way to behave and live in today's troubled times.

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

This figure would see The Hall of Clestrain completely restored to our high standards, and fully open to the public. This would enable us to go further and complete our ambitious plans for the full-blown Arctic Centre Orkney and Dr John Rae so richly deserves.

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

It is immensely creative. The other people involved are driven with the desire to see our aims succeed. The excitement of the progress we are making is one of the best rewards in life.

What's the worst?

Delays and frustrations in bureaucracy.

What does a typical day in the office involve?

There are no typical days. Each one is an adventure!

What's surprised you most while working for your organisation?

The huge enthusiasm of not just the Orkney folk, but those from all over the world who know of John Rae.

What's the most important thing you've learnt while working in your organisation?

Strengths gained from patience. The old African saying of 'chip, chop finishes the log,' becomes so true.

How do you feel about being involved with The John Rae Society?

It is by far the best thing I have ever been involved in. It has become a lifetime's passion and I am so happy to be there as President.

The AGM of The John Rae Society is on the 4th November at The Pomona Inn, Finstown at 7.30. All are welcome to attend any of our friendly gatherings, especially this one.