

Newsletter October 2019

Local News

Charities Christmas Bazaar — Saturday 2 November

The Charities Christmas Bazaar will be held in the Kirkwall Town Hall on Saturday 2 November.

Twenty charities will be there with the usual fantastic mix of Christmas gifts, cards, food and games. This year the following charities will be involved:

- Gogo Olive
- Orkney News Ltd
- Samaritans
- The Blide Trust
- RSPB Scotland
- ORSAS
- Shapinsay Heritage Arts & Crafts
- The Rotary Club of Orkney
- Orkney Friends of Palestine
- Cystic Fibrosis Trust
- Orkney Young carers
- KGS Young Enterprise
- Y People
- Cats Protection
- Cancer Research UK
- Friends of Chernobyl's Children
- Papdale East Playpark Association
- Orkney Archaeology Society
- The REEL Life Foundation
- British Divers Marine Rescue



Pop in to the Town Hall between 10.00 and 3.00 and get yourself set for Christmas and support some great causes.

Saltire Award recognition

October has been a fantastic month for young people in our community being recognised through the Saltire Award. With over 650 hours of volunteering totalled it really is something to celebrate!

Kelly Budge has been volunteering for some time and is extremely committed and enthusiastic. Gaining 500 hours is an amazing achievement. Kelly's volunteering includes roles with the Girl Guides, Police Scotland Young Volunteers (PSYV) and South Ronaldsday Church.

Hannah Draper has been volunteering for a number of years with various organisations including Girlguiding, Save Wemyss Ancient Caves Society (SWACS) and the Scottish Crannog Centre. Hannah moved to Orkney three years ago and wanted to share her skills so offered her time as a Guide Leader. She has recently achieved her 200 hours Saltire Award in recognition of her efforts.

Gareth McLaughlin received his 100 hour Saltire Award for his volunteering with the Scouts.

Along with their Saltire Awards, Kelly, Hannah and Gareth received Picky Rewards as a thank you for their commitment.

Orkney Gymnastics Club have been encouraging their older members to volunteer within their club. This is an excellent example of how young people can share skills and be positive role models to others. They will all be working towards their Saltire Award as a way of recognising their achievement.



Pictured clockwise from top left: Hannah Draper; Orkney Gymnastics Club (Eilidh Cursiter, Shannon Leslie, Eylee Want, Zoe Adamson, Caitlin Watt, Payton Johnston and Georgie Edwards. Missing from the Photo are Elsie Mae Tulloch and Drew Leslie); Kelly Budge; Gareth McLaughlin.



If you would like to know more about the Saltire Awards and how to get involved please visit www.saltireawards.org.uk or contact [Brian](#) or [Laura](#) at VAO on 872897 or Facebook [Brainlauravaorkney](#).



Orkney Charitable Trust: Every Child Should Be Warm in Bed

The Orkney Charitable Trust have launched a new fund this winter - Every Child Should Be Warm in Bed.

This fund is designed to benefit families who have children where there is a need for warm single bedding.



Each 'Warm Bedding Bundle' is available for single beds with each pack will containing:

- 1 x Single Duvet, Tog rating will be in line with current guidance and dependent on the child's age.
- 1 x Pillow
- 1 x Fitted Sheet

- 1 x Single Duvet Cover with Pillow Case
- 1 x Single Under-blanket
- 1 x Single Waterproof Mattress cover (optional)

To be eligible for the 'Warm Bedding Bundle':

- The child must be under 18 on the date claimed.
- The 'Warm Bedding Bundle' must make a difference to the child.
- This application must be countersigned by a professional from a relevant third sector or statutory organisation.

For more information on this and other funds, including Every Child Deserves a Christmas, please visit the Orkney Charitable Trust's [website](#).

Who's behind the Blue Door?



Orkney Kayak Club	28 October – 2 November
Blue Door Christmas Week	4 – 9 November
Orkney Charitable Trust	11 – 16 November
Orkney ViQueens	18 – 23 November
St Magnus Centre	25 – 30 November

Legislation & Guidance

The Orkney Community Plan 2019-22 and Annual Report 2018-19

The Orkney Partnership has published [The Orkney Community Plan 2019-22](#) incorporating the Local Outcome Improvement Plan.

Also available is the [Annual Report 2018-19](#) which provides information on the work of the Partnership during that year.

Children in Scotland – Latest Resources

Click on the links below for new resources from Children in Scotland

New Relationships, Sexual Health and Parenthood (RSHP) online teaching resource for Scottish education establishments. Download [here](#).

New resource for teachers and practitioners to support children and young people's understanding of their wellbeing. Download [here](#).

An updated version of Creating Safety: child protection in the arts, a resource produced by Children in Scotland in collaboration with Creative Scotland. Download [here](#).

Police Scotland Ransomware Campaign

During October Police Scotland's Cyber Harm Prevention Team is raising awareness of Ransomware attacks as part of European Cyber Security Month. Ransomware is malicious software designed to block access to a computer system until a sum of money is paid. It is

increasingly used by cyber criminals to exploit money from individuals and businesses. Police Scotland's advice is:

- If threatened to pay a ransom for your information, don't - there's no guarantee you will get access to your data and your device will still be infected
- If you receive a phone call offering help to clean up your computer, hang up immediately
- Keep your apps up to date - don't put off applying updates!
- Make sure your antivirus product is turned on and up to date

For further information about protecting yourself from Ransomware attacks see the cyber security section on Police Scotland's [website](#).

Funding & Finance



Funding to improve support for people affected by alcohol and drug use

The second round of the Scottish Government Misuse Challenge Fund (managed by Corra Foundation) is now open to applications from Alcohol and Drug Partnerships and Integrated Authorities, working with partners to explore new ways of working.

The fund will support preventative approaches to harm caused by alcohol and drugs. It will aim to break down the barriers that get in the way of people accessing support so that they get the right support at the right time.

The fund reflects the rights based approach set out in Scotland's strategy (Rights, respect and recovery) to improve health by preventing and reducing alcohol and drug use, harm and related deaths. As part of this, proposals to the fund will be reviewed by a panel of people with lived experience of alcohol or drug use, with their expertise informing final funding decisions.

For more information about the Challenge Fund please click [here](#).

Social Security Scotland – Young Carer Grant

The Young Carer Grant is a new yearly cash payment of £300 for 16-18 year olds which carers can spend as they choose. Young carers can claim if they are at school, in further education, employed or unemployed and may be eligible if they meet all of the following criteria:

- they live in Scotland
- they are 16, 17 or 18 years of age when applying
- caring for an average of 16 hours per week, over a 13 week period
- care for someone normally paid a qualifying disability benefit
- they have not applied for or receive Carer's Allowance
- they are not paid or volunteer to care

People will be able to apply from 21 October [online](#) or through the Freephone helpline at 0800 182 2222. The helpline is open Monday to Friday from 8am to 6pm. A paper application will also be available and can be requested via the helpline or downloaded direct from the website.

Have your say



Freedom of Information Act – extension of coverage to third sector

The Scottish Government has launched a consultation on extending coverage of the Freedom of Information (Scotland) Act 2002 (FoISA). This is a welcome development and it is important that as many organisations/people as possible participate and give a view on what is being proposed. The consultation seeks views on:

- Which services provided on behalf of the public sector by organisations should be covered by FoISA?
- Which type of organisations that receive public money to deliver public services or services of a public nature should be covered by FoISA?

The consultation also poses questions such as 'Do you have any comments on whether extending FOISA to organisations providing services on behalf of the public sector is likely to impact on those organisations' ability to provide services in this way? It would be helpful if you could provide any examples where you are aware that the impact of FOISA has been a factor for organisations in deciding whether or not to contract with a Scottish public authority.'

Responses are required by 22 November and the full proposals can be viewed [here](#).

Rural Social Enterprise Hub - survey

Inspiralba is a Social Enterprise based in Argyll. They have been funded by the Scottish Government to develop a Rural Social Enterprise Hub to learn from the rural experience to inform policy and better understand opportunities to use digital tools to connect rural social enterprises. Click [here](#) for more information and to take part in the survey.

Diabetes UK survey

Do you have experience of Type 2 diabetes remission? Have you reversed your diabetes?

If so, Diabetes UK want to find out more about you, your experience of remission/reversal and the support that you would like to see available. Please click [here](#) for the survey.

National Youth Work Survey

As part of an on-going engagement on the National Youth Work Strategy, a group of young people have created a survey for young people to ask your opinion on how to secure the future of youth work in Scotland and improve the life chances of all Scotland's young people. Click [here](#) to have your say.

Volunteering opportunities



Van Assistant Opportunity at Restart

Restart are looking for volunteer van assistants. This role will involve lifting items off and on the van and will require the volunteer to have a manual lifting certificate, be physical fit and enjoy working with others. The hours are 9 – 5. There is a 30 minute break for lunch and also a 15 minute break in the morning and afternoon. Volunteers are also given £3 expenses for lunch.

This is a great opportunity for real hands on experience and also to develop customer facing skills and to gain experience with a busy retail business. If you are interested in this opportunity please contact Ian Robertson at Restart on 876605 or Rob at VAO on 872897.

SSPCA Seek two trustees

The SSPCA is looking for two Trustees to join its Board and introduce greater diversity in terms of gender and ethnicity. Specifically, it is looking for someone with a background in veterinary medicine and someone who is a great strategist.

A strong commitment to and belief in the work of the SSPCA is an essential requirement. You do not need to live in the central belt as the Board would welcome applicants from all over Scotland

who can participate in meetings by conference call and who are prepared to commit to attending one Board meeting and the AGM per year.

If you have the time to bring your skills to this critically important and hugely respected charity and would like to develop your abilities as a Trustee, then please get in touch with Laura Wood at recruitment@brucetaitassociates.com

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

Job opportunities

Women's Aid Orkney

Service Coordinator - Women's Aid Orkney

Fixed Term until 2021- extension possible depending on funding
Salary: £26408.20 per annum.



Women's Support Worker - Women's Aid Orkney

Fixed Term until 2021- possible extension depending on funding.
1 part time post 30 hours
Salary: £26408.20 per annum (full time)

For details call Michelle on 01856 877900 or email info@womensaidorkney.org.uk

Application closing date Sunday 24 November 2019

Only females may apply, post is covered by a genuine occupational requirement (Schedule 9 Part 1 of the Equality Act 2010)

Charity: SC005241 Company: SC246914

Previous applicants are welcome to reapply

Education & Training

Stay warm, stay well

10 December, Kirkwall

Energy Action Scotland and SSE are offering a free one day training course for front line staff who look after the health, wellbeing and social welfare of vulnerable clients. The training raises awareness of the impact of fuel poverty and cold homes on people's health. Working towards affordable warmth for all.

Course Aims

- To improve understanding of domestic energy efficiency and the impact of fuel poverty on vulnerable, low income households
- To raise awareness of schemes/grants and other support mechanisms for energy efficiency improvements, creating an effective means for linking those in need with the help that's available

Click [here](#) for flyer with more details of the training.

Click [here](#) for a course timetable.

Click [here](#) for a booking form.

2020 Senior Leaders Programme - SCVO

SCVO's 2020 Senior Leaders Programme is now open for applications! SCVO have worked with over 90 voluntary sector leaders since the programme started in 2016, helping and supporting them to successfully navigate the digital landscape and be leaders in the 21st Century. Click [here](#) for more information.

Stop It Now! Scotland - new online resource

Stop It Now! Scotland is launching a new child abuse prevention online resource for the public and professionals on Wednesday 4 December at 1.30pm at Norton Park, Edinburgh.

Book your place to find out more about how a public health approach can prevent child sexual abuse from happening.

Speakers include Maree Todd, Minister for Children and Young People, Professor Kieran McCartan from University of West of England, Sue Hampson of Safe to Say and Stuart Allardyce from Stop It Now! Scotland. A light lunch will be provided.

Click [here](#) and to find out more and register for free

Focus on.... THAW Orkney

This month, Lindsey Johnson, Manager at THAW Orkney, tells us about the work of this local organisation.

Please sum up the main role of your organisation

THAW (Tackling Household Affordable Warmth) Orkney is a local charity that was founded in 2015 and provides free, confidential and independent advice and support to Orkney households, especially those most vulnerable, to reduce levels of fuel poverty and achieve affordable warmth.



Now sum up in three words

Fuel Poverty Charity

What are you working on just now?

Recently THAW's staff team has increased significantly, and we have received several funding streams to develop, promote and enhance the services and support we can offer. THAW provides personalised support & advice services to the local community including –

- Specialist advice on energy matters and efficiency, including tariff switching support, energy monitoring and assistance with utility debt
- Advice and guidance on the local and Scottish National grant programmes and assistance with third party support through these schemes in relation to energy efficiency measures
- Support and advice with budgeting, benefits and income maximisation
- Health and Wellbeing support
- Advocacy & supported referrals to other organisations for additional help
- Cosy Home Packs
- Emergency electricity vouchers

How many staff and volunteers does your organisation have?

THAW has 7 members of paid staff and a Trustee Board made up of 10 volunteers

Roughly how many people use your service annually?

Roughly 350-400 people per year use THAW.

How long have you been operating in Orkney?

THAW Orkney was established in 2014 and started to operate in 2015.

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

- Client M reported that their supplier had disconnected their meter supplying the storage heaters and had connected the supply into their domestic tariff meter. A letter from the supplier in February 2015 stated that they, as supplier, were responsible for the meter and it needed to be replaced, which it apparently was, a month later. At that time the client was using 33,000 kWh/year across the two tariffs.
- Since then the client's energy usage reduced, but remained very high at 22,000 kWh/year, but the client didn't know what was happening or how their energy was being billed.
- With the THAW referral, the client was identified as being in fuel poverty and a Cosy home Pack was issued and energy efficiency measures discussed. Energy usage monitoring was recommended, and an energy monitor was installed with regular meter readings taken over a 2-month period. The regular visits identified that unidentified energy usage was still recording on the supposedly disconnected heater meter.
- At the beginning of the monitoring period, domestic usage was averaging 68 kWh/day and could not be explained, so THAW Orkney met the cost of an electrician carrying out a full diagnostic check into what was connected to which meter and how much energy was being consumed.
- The electrician's report combined with energy monitoring identified that the high usage was purely behavioural and had reduced to an average of 28kWh/day over the monitoring period.
- However, the electrician's report also confirmed that the storage heaters were still being supplied via the apparently disconnected heater meter, even though the client had never been billed for this usage. The usage since the meter was disconnected was calculated at around £11,300 of energy.
- THAW Orkney helped present and mitigate the client's situation with the supplier, raising a complaint on their behalf and dealing with the supplier's questions. As a result of the case made, and the presentation of the 2015 letter, the supplier agreed that the meter error was their fault and that they would take no action to recover the debt.
- In helping the client get set up with a new tariff incorporating the heater meter usage, THAW Orkney was able to further assist the client by identifying a more suitable tariff rate than the one suggested by the supplier, saving the client a further £91.40 per year.
- The client has been encouraged to phone in each quarter with up to date meter readings, after 4 year of Estimated bills.



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

With fuel poverty being a significant challenge for Orkney we hope to continue to grow and enhance the service and provision we can offer to meet the needs of the local community.

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

THAW is a very dynamic organisation which is developing and enhancing the work we do to meet the needs of the local community and work towards the national agenda of reducing fuel poverty. I like the challenge of project development and working with the team and partners to make a difference for more vulnerable members of the local community.

Also, our new premises are nice and warm 😊

What does a typical day in the office involve?

I am not sure there is a typical day. The organisation is very busy so I can be doing lots of varied and different things throughout the day.

Day to day management of THAW, supporting staff with queries, planning provision, organising training, policies updates, promotional work, funding reports, funding bids, strategic meetings,

meeting clients, working with local and national partners to look at priorities and how we can work together to enhance services etc.

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

Although it should not have, the amount of people in fuel poverty within the local community surprised me. However, I was also pleasantly surprised at the support that THAW can offer directly and through referrals to other local and national organisations.