

Newsletter September 2016

VAO News & Services

From sunflowers to guide dogs!

When Kyle Johnston saw an item on the news about Guide Dogs for the Blind which featured a Golden Retriever just like his, he was inspired to do something for them. Kyle planted some sunflower seeds and nurtured them. When they had grown into sunflowers Kyle sold them to pupils, staff and family, raising £50 in the process!

VAO felt that this was such a fantastic example of fund raising for a good cause we decided that Kyle deserved to have his efforts recognised and presented him with a certificate of thanks. Kyle has assured us that his fundraising efforts aren't over and that he is already thinking about his next project. Well done Kyle!



Annual Community Halls Meeting

15 committee members from 10 Community Halls in Orkney attended the Annual Community Halls meeting on 24 September 2016 in Finstown hall, the home of Firth Community Association. This was organised in partnership by OIC's Community Learning Development team and VAO staff.



After a busy morning of gathering around laptops to create a leaflet especially for their own Halls (and many thanks to Isla at iDesign for her template and to Kara Leslie for her artistic and marketing expertise), a delicious lunch was served by our hosts, see picture below and be jealous!

Liam McArthur MSP joined us before lunch to pick up any issues that halls may be having. Specifically he wanted to gather the Hall's experience of any problems with having a premises licence for serving alcohol and its affect on water rates exemption. None were apparent so far, but if there are any, contact Edwina at VAO.

Post lunch we met Paul Edwards from the Scottish Fire Service, local Group Manager, Service Delivery, Scottish Fire & Rescue Service



Paul explained the programme to deliver CPR to the community and he would like to hear from Halls if they would like to host a session in their own locality. The Cromarty Hall and St Andrews Hall are taking up their offer, so please contact [Paul](#) directly on 01856 875428 if your Hall is interested in holding an event maybe coinciding with a fundraiser like a café or lunch.



Everyone enjoyed the leaflet making, the lunches and most of all the chance to catch up with others running their local halls completely on a volunteer basis. Thank you all who came, fed us and talked to and with us!

VAO are hosting a [webpage](#) especially for Community Halls. Please take a look and see if what is on is appropriate for you and what you want to see! Let us know!

Also, we have offered to utilise VAO's existing calendar to advertise Hall events if they so wish. This would require Halls to let us have copy ready to paste verbatim into the calendar, but would allow everyone to access on a shared point. Try it and let's see if helps! Contact enquiries@vaorkney.org.uk to input your Hall events onto a central calendar.

Charities Christmas Bazaar 2016

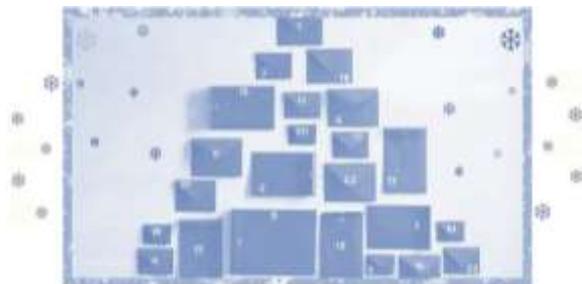
This year's bazaar will be taking place on Saturday 12 November in the Kirkwall Town Hall and Supper Room.

If your organisation would like to take part please complete and return the [booking form](#) by 5pm Friday 14 October.

The awards being presented this year will be:

- * Most Festive Stall
- * Most Innovative Stall

Winners of the two stall awards will receive a certificate and will have their organisations featured in VAO's December newsletter in addition to the reimbursement of their stall fee.



Isles Consultation and Participatory Budgeting Events

VAO has been awarded funding from the Community Choices Fund to deliver an innovative programme of consultation and participatory budgeting events in the isles. The programme will be delivered jointly by VAO, The Orkney Partnership Board and Orkney Health and Care and liaison with Community Councils, community groups and individuals on each island will be crucial. More information about the programme will be available shortly. Information about participatory budgeting can be found at on the [PB Scotland](#) and [SCDC](#) websites.

If you have any questions or would like further information please contact [Gail Anderson](#) on 872897.

New Organisation Pack

Thinking of starting a new organisation? Wondering which structure to choose? How to write a constitution? Then download this newly developed [pack](#) to help you in the first instance.

Friendly VAO staff are always there to explain things further too! Contact [Meghan](#) or [Edwina](#) on 872897 for any further help after reading this pack.

Youth Awards 2016

The annual Orkney Youth Awards will take place on Tuesday 15 November 2016 at the St Magnus Centre in Kirkwall and we are looking for your support. Now in its fifth year, the Youth Workers Forum come together to celebrate young folks' achievements in the community through their participation in various awards including Saltire (for volunteering), Youth Achievement and Dynamic Youth.



We are looking for your support to ensure that young people across Orkney are recognised for their achievements – three ways in which you could help are:

1. If you are working directly with young people (aged 12-25) who are working towards any Youth Award please support and encourage them to complete the award/fill out time sheets so as they can receive their award on the night. Please let us know if you wish for them to be invited.
2. We are seeking nominations for the Summit Award which is for an outstanding contribution to volunteering in the community. There are 12 Summit Awards available and we would be keen to hear from anyone who is eligible. The deadline for nominations is 5pm on Friday 14 October 2016 and nominations can be emailed to [Laura Leonard](#) or delivered to Voluntary Action Orkney, 6 Bridge Street, Kirkwall, Orkney KW15 1HR. (Paper copies of nomination forms are available from the One-Stop-Shop at OIC and Voluntary Action Orkney.)
3. Spread the word!

Please click on the links for a [nomination form](#) and [guidelines](#).

If you have any questions about the Youth Awards or how to nominate a young person for a Summit Award please do not hesitate to get in touch with: [Laura](#), [Brian](#) or [Lynne](#).

VAO Planning Day – Monday 10 October

Please note that VAO will be closed on Monday 10 October as we will be holding our annual Planning Day.



Funding & Finance

Minimum Wage – Important Change

From the 1st October 2016 there is an increase in the minimum wage. The new rates will be:

- £6.95 per hour - 21-24 yrs old
- £5.55 per hour 18 - 20 yrs old
- £4 per hour - 16-17 yrs old
- £3.40 for apprentices under 19 or 19 or over who are in the first year of apprenticeship.

It is important to note that these rates apply to pay reference periods beginning on or after the 1 October 2016.

For any queries please contact [Hannah Ker](#), HR Development Worker on 01856 872897

Big Bike Revival – funding available!

Would you or your group like to be involved in helping other members of the community?

Do you have an interest in bicycles or enabling others the means and direction of where and how to fix/ride and enjoy their bikes?

Cycling UK want to help and support local community groups in Orkney and there is funding here especially for your local council area. This Money Must Go To Orkney!

Transport Scotland have given Cycling UK Scotland funding to help deliver events that aim to enable community groups to acquire the resource and assets to promote sustainable travel and meaningful journeys through cycling.

Funds can be used to;

- To purchase additional bike maintenance tools, spares or equipment
- To cover additional staff costs, volunteer costs or contracted resources
- To pay for cycle maintenance training courses to build delivery capacity
- To procure services from event specialists, e.g. cycle display teams
- To hire specialist equipment for the delivery of public engagement events
- To rent a room or venue for the delivery of Big Bike Revival initiatives
- To run cycle instructor led initiatives such as workshops and led rides

For more information please contact [Richard Bowman](#) on 07887 567361 or visit www.cyclinguk.org

Employment support for people with health conditions

Work Able Scotland is a new programme to support 1,500 people who are facing barriers to employment because of a health condition. [Skills Development Scotland](#) is managing the service on behalf of the Scottish Government. Contracts are posted on [Public Procurement Scotland](#), with a closing date of 20 October.

Legislation & Guidance



Unincorporated charities forced to wind up if they want to become a SCIO

Charities that are currently registered as unincorporated associations but want to become a SCIO or company will have to set up as new organisations from November this year.

Nearly 12,000 charities in Scotland are unincorporated, which usually means they are small, local voluntary-run groups. Organisations decide to change their legal structure as they get bigger and handle more money because trustees of unincorporated associations can be liable if something goes wrong.

Becoming incorporated can also be important in terms of receiving funding, or being able to enter into particular contracts. However, charities converting into SCIOs or companies have been running into difficulties with other regulators, banks, insurance companies and HMRC. OSCR has also found the process has caused internal confusion and been administratively cumbersome.

Therefore, from November charities will no longer be able to convert an existing organisation into an incorporated organisation. Instead, they will have to applying for charity status as a new charity and seek consent to wind up the existing charity. Read more on this in [Third Force News](#).

Briefing Paper: What are the legal requirements of being a SCIO

Voluntary Action Orkney has produced a briefing paper outlining the legal requirements of being a SCIO. Please click [here](#) for a copy.

Charity Trustee Declaration Form updated

OSCR have recently updated their Charity Trustee Declaration forms and from October onwards only the new forms will be accepted. A copy of the new form is available [here](#), and should be used with all applications for charitable status.

The new forms allow the people in management and control of the charity – the charity trustees – to assure OSCR that they are aware of their responsibilities and are not disqualified. The new form also collects details allowing OSCR to email all the charity trustees details of registration and charity trustee duties should the organisation be granted charitable status.

New rules at Companies House for persons with significant control

A new requirement under company law has recently taken effect, which applies to all charities who are also companies. If this applies to your organisation, check out the [guidance](#) from OSCR.

Local Third Sector News

World Suicide Prevention Day

Following this month's World Suicide Prevention Day, Orkney Blide Trust have put together a short [video](#) to mark the event.

Touched by Suicide support group

A new support group for people affected by suicide will meet in October. The Touched by Suicide support group will meet for the first time at 7pm on 27 October in a private room in Tesco, Kirkwall. For more information please contact [Edwina](#) on 872897.



Home Energy Scotland launch new referral portal

Home Energy Scotland have recently launched a new referral portal. The portal enables organisations to refer clients directly to [Home Energy Scotland](#) for advice on energy efficiency and potential funding. Organisations using the portal will also be able to view the outcomes for their clients by downloading a bespoke outcomes report.

For more information please contact [Michael Cromby](#), your local Home Energy Specialist.

Tesco Community Food Connection

Are you a charity/non-profit organisation that "does good with food"? From the 17 October Tesco will be donating surplus food to those who need it the most. Click [here](#) to register or pop into the Kirkwall store and speak to Kristina Thomson (counters manager).



Who's behind the Blue Door?



E'Pap Project	3 – 8 October
Rovers Football Club	10 – 15 October
Vital Talk	17 – 22 October
Friends of Children's House	24 – 29 October
Orkney Traditional Dance Assoc	31 October – 5 November

Volunteering opportunities

Connect are looking for the 'write' person!

Connect are looking for a volunteer who can help support a talented young person in their creative writing, mainly poetry. The volunteer will spend time with the young person, reading through their work, transcribing and editing for up to 3 hours per week. If you are interested in creative writing, are patient and have some word processing experience please get in touch.

Sew and Knit for young and old

VAO Adult Befriending are looking for 1-2 volunteers who would be able to help out at the Knit and Sew sessions aimed at bringing primary school children and older people together to learn to sew/knit. You would be fully supported in this role and it is a great opportunity to meet new people and have fun! Sewing/knitting skills an advantage but not necessary at all. 3 sessions will be held on Monday 24, Wednesday 26 & Friday 28 October from 1.30pm-3.30 pm. Kirkwall venue to be confirmed.

Orkney Samaritans Need Volunteers

Volunteers are needed to become a full listening volunteer following training and a probationary period. Duties will be to provide emotional support to callers who are distressed and could be suicidal.

Samaritans will be holding an information evening on 5 Oct from 7-8.30pm at The St Magnus Centre where you can find out more about what being a Samaritan involves. The selection evening will be held on 12 Oct from 7-8.30pm also at the St Magnus Centre.

If you would like to know more about the information evening and the selection process please contact [Paula Hemsley](#) on 07876 635 622.

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

Third Sector Job opportunities

Voluntary Action Orkney – Office Administrator

We are looking for a skilled and highly motivated person to join our busy administration team. You should be an excellent communicator, be comfortable working in a demanding office environment,

multi task with ease and be able to provide and develop a wide range of administrative services to staff, VAO members and the wider third sector. Please click [here](#) for more information.

Age Scotland Orkney – Person Centred Care Manager

Age Scotland Orkney are currently expanding the range of work they deliver and from 2017 will be offering Personal Home Care to our clients in their own home. They are looking for a forward thinking and innovative person to join their team to lead the changes and develop this new service. Please click [here](#) for more information.

Have your say.....



Consultation on Social Security in Scotland

The Scottish Government is publishing a consultation on social security in Scotland, to gather views and inform future decisions including the forthcoming social security bill. The consultation will run until October 28 2016. Please click [here](#) for more information.

A Scottish approach to taxation

The Scottish Parliament is interested in hearing views on the approaches and principles which should guide the development of a Scottish approach to taxation. Please click [here](#) for more information.

Consultation on a Child Poverty Bill for Scotland

The Scottish Government would like your views on the Scottish Government's proposals for a Child Poverty Bill. Please click [here](#) for more information.

An opportunity to influence the development of a collaborative learning plan on health inequalities

Whether you work in the public or third sector and whether you are focussed on health, housing, education, poverty or any other area that impacts on health and wellbeing, what you do has an impact on reducing health inequalities and promoting health equity in Scotland.

Over the past few months, NHS Health Scotland and the Scottish Council for Voluntary Organisations (SCVO) have teamed up to work with a variety of third sector organisations to co-design a collaborative learning programme. It has been designed on the basis that public and third sector organisations will be both 'users' and 'deliverers' of learning opportunities. You can read the draft plan [here](#).

If you would like to comment on the plan, please complete this short (20 minute) [survey](#) by 12 October.

After 12 October, NHS Health Scotland and SCVO, along with a steering group of third sector organisations, will work together to take account of the feedback and further develop the learning resources.

OSCR Researches New SORP

The Office of the Scottish Charity Regulator (OSCR) and the Charity Commission for England and Wales (CCEW) are jointly responsible for the development and maintenance of the Charities Statement of Recommended Practice (SORP). The SORP is the document that regulates the way that charity accounts are prepared under the accruals based system.

A research exercise is intended to identify necessary changes for the next Charities SORP. An invitation to comment is setting out five areas of research where views are sought on how the next SORP could be improved. You can participate in the Invitation to Comment [here](#).

Budget simulator gives you the chance to balance the OIC books

With Orkney Islands Council expecting £9.5 million reduction in funding from the Scottish Government over the next three years, the local authority is challenging people across the county to try and balance the council's books using a budget simulator.

The simulator gives people the chance to consider what the council's spending priorities should be and to see how their choices would affect the many services the council provides. OIC convener, Councillor Steven Heddle said: *'In every home and business in Orkney, people have to manage a budget and make important spending decisions. It is the same for the council and the budget simulator gives everyone living and working in Orkney the chance to experience the challenges we face in balancing our books. I would encourage as many people as possible to try it out. By showing us how you would choose to spend public money, and the services that are most important to you, we gain a clearer understanding of people's priorities across our community.'*

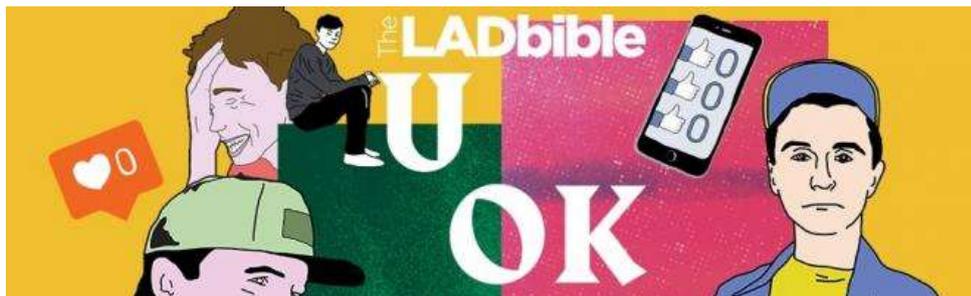
Full instructions for the budget simulator, including a how-to guide and video, are now available at www.orkney.gov.uk.

Also in the news

Charities join forces with TheLADbible for mental health campaign

A campaign aimed at reducing the number of men attempting suicide has been launched by a collection of charities and one of the internet's most popular websites.

Samaritans, the Campaign Against Living Miserably (CALM), the Movember Foundation and the Mental Health Foundation have teamed up with TheLADbible to launch UOKM8? – a three-month campaign to raise awareness of and collect data about male mental health issues.



Click [here](#) for more information from Third Force News.

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



Intergenerational Training Course for Trainers and Practitioners

4 October 2016

Generations Working Together will be visiting Orkney to deliver 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 course costs £35 and includes CPD accreditation. For more information or to book a place please visit the [Generations Working Together](#) website, or [contact](#) them on 0141 559 5024

Dates for your Diary



Scottish Rural Parliament – 6 to 8 October

The Scottish Rural Parliament will be taking place on 6-8 October in Brechin, Angus. The FREE event will allow you to network with rural activists from across Scotland and Europe, take part in workshops, fringe events, exhibition, visits and enjoy local food and drink and plenty of entertainment.

Highlights include:

- Keynote address and Q&A from Cabinet Secretary for Rural Economy & Connectivity Fergus Ewing MSP
- 'Act like you own the place' with Lesley Riddoch to launch #OurDemocracy campaign
- Impact of leaving the EU debate panel
- A Manifesto for rural Scotland

Find out more and register [here](#)

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.....Kirkwall Bowling Club



Kirkwall Bowling Club is possibly the oldest sporting club in Orkney, dating back to the mid-19th Century. According to the Club's Vice-President, Jim Heddle, in its early years it was a fairly exclusive club with membership made up of a few large families and business owners (women were only granted membership status in 1923!). Things are very different now, and speaking to Jim and his fellow committee members Clinton Rendall (President) and Raye Herkes (Secretary) it becomes

clear that the Kirkwall Bowling Club is possibly one of the most inclusive and accessible sporting clubs in Orkney.

'First and foremost', Jim tells us, 'we're a sporting club and that's why members join. Most members take part in competitions and we have about 24 during the season. We hardly have a free Saturday from April to September.' Competitions are held in house and outside, and this year members have travelled as far as Ayr having made it through the District Championships into the National Competition. Raye shows us the fixture list for this season, which has certainly been busy. In addition to competitions within the Club, there are regular meetings with other Orkney Clubs and teams from across the water. When we mention the sheer amount of work that must go into organising so many events, Raye modestly tells us that members are always keen to help. *'The Club is so successful', says Jim, 'because members put so much work into it. Raye does a wealth of stuff as secretary, but we also have people who come in and work in the kitchen, prepare food for competition days, help maintain the green (in addition to a paid groundskeeper) and staff the desk every day. It's a well-oiled machine and it's all voluntary. That's where the strength is. One of the other things that we enjoy is the support of local businesses and individuals who provide sponsorship in cash and kind, from donations for raffles to providing discounted travel to competitions (Northlink also sponsored the Club's main competition of 2016). It makes a massive difference, genuinely without this support we couldn't survive.'*

At present the club has about 100 adult members, 14 of whom are on the committee. During the season which runs from mid-April to mid-September members can enjoy a game in the morning, afternoon and/or evening. Jim tells us that most come at least a couple of times a week, while a significant number come every day. The evening and weekend sessions allow those who work during the day to enjoy a regular game. *'We don't have to work too hard to increase membership. Members tend to speak to friends who then join, it's a natural progression. Certainly during my time here membership has been very healthy, and there's no reason to think that will change',* Jim explains. *'One of the things that I really like about the Club is that you don't have to have much money to play. Our membership fee is £60 a year or people can pay £2 a day. If you use it a lot then it really is very good value for money.'* It's clearly very important to Jim and his colleagues that the Club is accessible to all who would like to use it and they work hard to keep the membership fee as low as possible.

Speaking to Jim, Raye and Clinton, it is obvious that there's much more to the Club than bowling. *'It's as much of social club as it is a sports club, and to me that's the best thing about it',* Clinton tells us. *'It's much more than just sport',* adds Jim, *'it's about social cohesion. The Club allows people irrespective of age, irrespective of background, to come and engage in a very pleasant sport. So they've got fresh air, they've got exercise and they've got companionship.'* While most sports demand a certain level of fitness, bowls can be much more flexible and therefore much more accessible to a wider spectrum of the community. *'Unlike most sports you can gradually change the way you play to accommodate how fit you are. If you become a little less fit you can slow your game up but you can still use that skill. Which with football and other sports you just can't do',* says Jim.

No experience of bowling is needed to join the Club, Raye tells us, and all new members are offered coaching before they play. While most sessions are open to all members, groups can book exclusive use of the green. *'For the last couple of years we've had the Orkney Disability Forum come and play here. They had the place to themselves and could play within their own capabilities',* Clinton tells us. *'The Stroke Group have also played at the Club. Anyone can play bowls',* he adds, *'we have apparatus available that allows everyone to play'.*

An exciting new development at the Club will soon make the game of bowls even more accessible for folk in Orkney. For a few years the committee had toyed with the idea of creating a new all-weather green for use alongside the existing grass green. Jim tells us that the



Club President, Clinton Rendall, showing us how it's done!

