

Newsletter September 2018

VAO News

Loud 'n Live 5

This summer's big fundraiser organised by young people involved with VAO's ROAR project was held in Matchmakers on 18 August. Nine bands took part, and John Copland hosted a fantastic charity auction halfway through. The final sum raised was £2983 for Orkney MS Society.



Youth Awards 2018



The annual Orkney Youth Awards will take place on Wednesday 14 November 2018 at the King Street Halls in Kirkwall. The Youth Workers Forum come together to celebrate young folks' achievements in the community through their participation in various awards including Youth Achievement, Dynamic Youth and the Saltire Awards.

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) that 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 fill out this [form](#) before Friday 5th October 2018 to register interest.
2. We are seeking nominations for the Summit Award which is for an outstanding contribution to volunteering in the community. Please click [here](#) for a nomination form and [here](#) for guidelines. The deadline for nominations is 5pm on Friday 5 October 2018
3. Spread the word.

If you have any questions about the Youth Awards or how to nominate a young person for a Summit Award please don't hesitate to get in touch with [Brian](#) or [Laura](#) on 872897.

Thanks in advance for your support and we look forward to hearing from you.

Connect defy Storm Ali for the Big Weed!

Despite the best efforts of Storm Ali to dampen the proceedings, the hardworking and enthusiastic youngsters from the Connect Project teamed up with other volunteers to take on the blight of weeds at Kirkwall Library.

Kitted out in weather defying waterproofs and armed with hoes, trowels and rakes the determined volunteers set to work to clear as many weeds as they could from the front of the library in a 3 hour session.

Fortified by tea, coffee, juice and biscuits supplied by the library, the team made a great first impression and have really made a difference. However there is still a lot to be done, not least clearing out the moss that has accumulated between the stone tiles and flags.

It was decided that to complete the job there was a need for a Big Weed 2! This will take place on **Monday 5 November** between 9.30am and 12.30pm. Everyone is welcome so come along and help us make the library grounds weed and moss free!



Local News

The WELL Programme – Wellbeing Enables Longer Life

Orkney's Public Health Team are operating health coaching sessions as part of the NHS Orkney WELL programme, which is dedicated to helping you improve your health and wellbeing.

Time to think and chat about making changes to your lifestyle, to set your own health goals and give you extra skills and a confidence boost.

If you want to know any more about the programme, contact them on 01856 888084 or at orkney.wellprogramme@nhs.net or call by the office on Victoria Street for a leaflet and a referral form.

Orkney Samaritans mark World Suicide Prevention Day

The Samaritans in Orkney took to the streets of Kirkwall to highlight World Suicide Prevention Day on 10 September. Patricia Urquhart, Director of Samaritans Orkney, said *'at Samaritans we believe suicide is not inevitable it's preventable. Everyone has moments in life when they struggle to cope,*

we are here 24/7 to listen and encourage the caller to discuss their problems, explore their options and find their own path. You can speak to the Samaritans day or night on 116 123.



Touched by Suicide Support Group Orkney

Touched by Suicide Support Group Orkney is an opportunity to give and receive support to and from people who have been touched by suicide. The confidential and non-judgemental group meets from 7-8pm on the last Thursday of the month at The Orkney Hotel, 40-41 Victoria St, Kirkwall KW15 1DN.

If you require further information please contact Linda on 01294 229087 or Eleanor on 07715962505.

Who's behind the Blue Door?



RAF Benevolent Fund

1 – 6 October

Evie Playpark

8 – 13 October

Sanday Group

15 – 20 October

Orkney Drugs Dog

22 – 27 October

Women's Aid Orkney

29 October – 3 November

Also in the News

Scottish stroke survivor launches petition to bring back life-changing stroke operation

A Scottish stroke survivor has launched a petition calling for urgent action by the Scottish Government to make sure that stroke patients in Scotland get access to the operation which he feels helped his survival.

Robert Baldock, 53, from East Lothian has teamed up with charity Chest Heart & Stroke Scotland to launch the "[Bring Back Thrombectomy](#)" petition urging the Scottish Government to act now and give stroke patients across Scotland access to thrombectomy. Click [here](#) for the press release.

Legislation & Guidance

The five most common GDPR questions

You're probably fed up hearing about GDPR? What are the real questions asked during training?

As training providers to SCVO, and having delivered courses to various third sector organisations so far this year, [here](#) are the five most common GDPR questions David Mills from Computer Law Training Ltd has been asked.

Pupil Inclusion Network – invitation to join

The Pupil Inclusion Network Scotland (PINS) is funded by Scottish Government and has a membership of 1400 practitioners (50% working in the 3rd sector) often with the most vulnerable and marginalised learners when it comes to formal or informal learning or support for schooling.

Their focus is on educational inclusion, equalities, attainment, health and wellbeing. The network operates online, and their interests range from the early years through to post school learning. Members receive monthly e updates, membership is free and individuals join via the link from the home page www.pinscotland.org. As well as a gateway to lots of useful information and connections, PINS offers the opportunity to promote practice and highlight key practice issues.

The '10 things we do to make a difference' content on the PINS site is very popular and can be used to profile an aspect of 3rd sector practice.

Click [here](#) for the website and [here](#) for the blog.

Funding & Finance

Funding for young people to take part in their communities

ILF (Independent Living Fund) Scotland has opened an exciting new fund (totalling £5 million per year) for young people who need support in Scotland. The Transition Fund supports those aged between 16 and 21, offering short term grants to provide opportunities that facilitate their participation and inclusion within their communities. You can find out more about the fund [here](#).

Volunteering opportunities

Orkney Children's Panel are looking for new volunteers



Orkney Children's Panel are looking for new volunteers who are open minded and non-judgmental and who have the time to commit to making a difference to the lives of children and young people in need.

Before each hearing, panel members are sent reports and papers relating to the child or young person. Thorough preparation is required by reading the papers to ensure they are fully informed as to the circumstances and reasons why that child has been asked to a hearing. Panel members must decide whether compulsory measures of supervision are needed to help improve the lives of those children and young people and, if so, what they should be.

Panel members in Orkney are expected to commit to sitting on one session per month, and to attend monthly business meetings (held on the first Tuesday of the month) and local learning and development opportunities through the year. All panel members must carry out at least 45 hours of pre-service training. This will take place in Inverness or Aberdeen and expenses will be covered.

For more information please contact Rob on 872897.

Come on Board with Orkney Zero Waste!

Orkney Zerowaste (OZW) works with local businesses, industries and retailers to reduce waste production at source. They also promote waste awareness amongst the general public to make better consumer choices and improve domestic waste habits. They work with existing organisations to reduce, reuse and recycle waste in Orkney.



New board members are needed to help in the overall management and direction of Orkney Zerowaste, ensuring compliance with all legal and regulatory requirements. Board meetings are held every 4-6 weeks and other activities are planned.

All board members are issued with an induction pack on application and then receive on the job training, OZW would like to hear from anyone with a background in finance, HR, IT and funding application writing but anyone is welcome to apply.

If you would be interested in applying for this role please contact [Rob](#) on 872 897.

What can you do to help Orkney's cats?

Orkney Island's Cat's Protection is dedicated to rescuing and rehoming stray, unwanted or homeless cats and educating people about cats and cat welfare. The Orkney branch is run by a small team of dedicated, unpaid volunteers who work very hard in their spare time to care for and find homes for unwanted cats and kittens throughout the Orkney Islands.

Being a small branch, the cats are not based at a central location to visit - instead, all cats/kittens within their care are placed in foster homes pending a suitable home being found.

In order to carry on this fantastic and much needed work Orkney Island's Cat's Protection need new volunteers in a number of roles. These include:

Volunteer Welfare Team Leader – Co-coordinating and supporting cat care volunteers and fosterers. Making sure volunteers with cat care roles are happy and confident to provide guidance and advice where needed.

Volunteer Rehoming Team Leader – Being the first point of contact for home visitor volunteers. Advising and answering questions from volunteer home visitors. Matching cats with new homes in line with Cat's protection policies and procedures.

Administration Volunteer – Providing vital admin support to the local volunteer teams and groups across Orkney. Keeping up to date records of the numbers of cats that have been rehomed. Collating supporter details and sending out newsletters.

Volunteer Shop Worker – Helping with all aspects of the day to day running of the fantastic shop in Stromness. Serving customers. Arranging and replenishing stock. Pricing up goods.

For more information [Janet Rendall](#) on 01857 600 716 / 07702 563 002 or [Rob](#) on 872 897.

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

Have your say



Launch of consultation on the child cruelty offence and sexual abuse of trust offence

The Scottish Government has launched a consultation on the review of section 12 of the Children and Young Persons (Scotland) Act 1937 and section 42 of the Sexual Offences (Scotland) Act 2009.

The consultation seeks views on potential changes to the criminal offence of cruelty to children to ensure it reflects modern understandings of what constitutes child abuse and neglect, including making it explicit that the offence covers 'emotional harm'. We are also seeking views on the offence of sexual abuse of trust and whether the existing definition of a 'position of trust' should be widened to include all roles in which an adult may have particular power, influence or control over

a child. The consultation is available [here](#). For any questions please contact section12consultation@gov.scot

The consultation will run until 14 November 2018

Local Governance Review – extension to Small Fund Grant

The deadline for applications to the Scottish Government's small grant fund has been extended until 31 October. The fund is available to small voluntary organisations and community groups in Scotland to help them run an event with a group of five or more people to discuss what matters to them in relation to democracy.

You can find more information about the fund [here](#).

The Team say it is really important that they hear from as many voices across Scotland's communities as possible. More details on the Review and resources for groups to hold their own conversations on what matters to them are available [here](#).

It is also worth following the Review Team @CommEmpower and using #democracymatters

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.

Recruitment: Finding the right person

3 October

Finding the right person can be difficult. We will look at how to attract the right candidates and the most effective selection criteria and interview techniques to help you find the best candidate for the job.

Safeguarding Training

10 October

Are you involved in any way with a community group and may therefore be working with children or adults? For example, do you volunteer at your local playgroup, direct or produce local drama, co-ordinate sports groups, deliver lunch club or tutor a class? If so, then this one hour introductory session may be for you.

Chairing a Meeting

31 October

Not sure of your role and meetings go on too long? Come along to a short session and share your views and gather some useful tips for managing the meeting.

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.

Solihull Approach Cascade in Scotland

Monday 29 October and Tuesday 6 November (times and venue TBC)



The [Solihull Approach](#) is an evidenced based way of working with families that promotes emotional wellbeing in young children and their families.

The Foundation training offers a highly practical approach to working with children and families that is based on a robust theoretical framework and is appropriate for professionals including Health Visitors, Midwives, Early Years workers, Social Workers, Nursery staff, Psychologists, Education, CAMHS and other staff working with children and families. The Foundation training takes place over 2 days.

We are pleased to be able to offer Foundation level training for Early Years colleagues on the following dates: Monday 29 October and Tuesday 6 November (venues and times TBC). Please note attendance at both days is required. Please contact [Gudula Walker](#) on 771150 or [Catherine Diamond](#) on 873535 for further details

SafeTALK training

7 November, 9.00-1.00, Kirkwall Town Hall.

safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. There is no charge for the training which is funded by NHS Orkney.

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts may be present
- Recognize that invitations for help are often overlooked

- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe and
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

To book, contact [VAO](#) on 872897.

Training for Trainers: the IMPACT of smoking on mental health (including its medications)

14 November, 10.00-4.00, Blide Trust, Kirkwall

This FREE course will enable you to deliver training about the effects of smoking on mental health (and its medications), and is intended for use in either third-sector support organisation or NHS mental health settings.

One hour of self-directed e-learning must be completed prior to attending the face-to-face session (six hours). For more information please visit the Impact Project [website](#) or contact [Martin Lever](#) on 888084

Business Gateway FREE Workshop Programme, September – November 2018

Thurs 4 Oct	Marketing (full day)
Tues 16 & Wed 17 Oct	New Business Start-up (2 days)
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.

A one-day course on Self-Harm Mitigation and Suicide Prevent (STORM)

5 December, 10.00-4.30, VAO Boardroom, Anchor Buildings, Kirkwall

STORM training addresses how we can help people at risk of self-harm and suicide. It has been provided across Scotland for many years (via Choose Life) including Orkney, and this day course is for those working in the voluntary sector in Orkney who may not previously have had access to STORM training.

In this course, you will:

- Explore attitudes and beliefs about suicide and self-harm
- Acquire the skills required to engage a person at risk of self-harm and suicide in a helpful conversation
- Acquire the knowledge and skills to assess the situation in collaboration with the person-including immediate risk.
- Acquire the knowledge and skills to co-create a current safety plan.
- Acquire the knowledge and skills to co-create a future safety plan after the immediate crisis has passed.

For more information about the training, please click [here](#).

To book your place contact Edwina Lloyd at VAO on 872897 or email enquiries@vaorkney.org.uk

Dates for your diary

OIC Meet the Buyer Event

10 October 2018

Orkney Islands Council and Business Gateway Orkney are holding a Meet the Buyer event on 10 October 2018. This is following on from the successful event in October 2017 where there were over 50 attendees.

The purpose of this event will be to offer an opportunity for suppliers or aspiring suppliers to meet the Council and its public Authority partner organisations, to

- learn more about how to do business with us
- the Changes to Scotland's Public Procurement Legislation
- the Council's contracts register and forward plan detailing future contract opportunities, use of lots to improve accessibility for SMEs
- How to register with Public Contracts Scotland and to explore potential framework agreement opportunities.

A representative from Scotland Excel, the leading framework provider for Scottish Local Authorities will be in attendance, as well as representatives from Business Gateway Orkney and other speakers to be confirmed. Following feedback from the last event there will be an increased focus on meeting with specific service areas to discuss the forward plan of anticipated developments and contracts to be let over the next two years.

The event will take place on the 10 October 2018 at the Orkney Library and Archive, Kirkwall for the full day including a programme of focused workshops.

In the meantime OIC welcome suggestions from local suppliers as to information or subject matter which could be made available at this event which would assist organisations to do business with the Council. Please contact OIC by [email](#) or phone on 01856 873535 ext 2640.

Please click [here](#) to access a list of the Council's contract award notices on the Public Contracts Scotland portal to see the wide range of supplies, services and works contracts awarded by the Council and the current list of future contracts/forward plan available on the [Council Website](#).

Focus on....Orkney Community Justice Partnership

This month Allana Bell - Community Justice Planning, Performance and Information Officer at Orkney Health and Care – tells us about her role as Coordinator of the Orkney Community Justice Partnership.

What is Community Justice?

Community justice is agencies, services and individuals working together to provide services that support, manage and supervise people who have committed offences. The key element here is that we oversee these services that intercept from the point of arrest, right through to reintegration into the community following a sentence. It seeks to reduce reoffending by addressing some key underlying causes of crime.

What is the role of the Orkney Community Justice Partnership?

The Orkney Community Justice Partnership co-ordinates the services involved in Community Justice. The Community Justice (Scot) Act 2016 established 32 Community Justice Partnerships, giving each local area the autonomy to plan services in a way that is collaborative and suits their local area best. Orkney's community justice services used to be planned through the Northern Community Justice Authority (NCJA). Previously there were eight Community Justice Authorities in Scotland and they were disestablished on 31st March 2017 to welcome the new delivery of community justice through Partnerships. The NCJA worked alongside the Orkney Shadow Community Justice Partnership in the transition process until its disestablishment. The legislation

also placed responsibility on partners to use the Community Justice Common Outcomes to prepare and plan Community Justice Outcomes Improvement Plans for their local areas.

How would you sum up the role in three words?

Exciting, rewarding and worthwhile.

How long has the Community Justice Partnership been operating in Orkney?

The Orkney Shadow Community Justice Partnership had their first meeting on 16th September 2016, the first meeting of the Orkney Community Justice Partnership (no longer a 'Shadow' Partnership) was 19th May 2017. The group meets at least three times a year in Kirkwall.

What organisations form the partnership?

Statutory partners include: Police Scotland, Scottish Fire and Rescue Service, Orkney Islands Council, Skills Development Scotland, Scottish Ministers (i.e. Scottish Prison Service and Crown Office and Procurator Fiscal Service) and Scottish Court and Tribunal Service.

Non-statutory partners include: G4S, Orkney Alcohol Counselling and Advisory Service, Orkney Alcohol and Drugs Partnership, Orkney Appropriate Adult Service, Orkney Domestic Abuse Forum and Violence Against Women, Orkney Equality Forum, Orkney Housing Association Ltd, Orkney Islands Property Development Ltd, Orkney Rape Crisis, Positive Prison? Positive Futures, Relationships Scotland Orkney, Scottish Children's Reporter Administration, Victim Support Scotland, Voluntary Action Orkney, Women's Aid Orkney, Y-People.

How important is the role of the third sector in community justice?

The third sector is a key player in community justice and forms the backbone to many local initiatives. Our third sector partners include: Victim Support Scotland, Voluntary Action Orkney, Y-People, Relationships Scotland Orkney, Orkney Rape and Sexual Assault Service, Women's Aid Orkney.

Please give an example/examples of how the Partnership has helped an individual/s in Orkney.

Generally, we are unable to comment on individual cases due to client confidentiality. However, one example of the Partnership helping individuals is the recent involvement of the nationally-lead third sector organisation "Families Outside" – this will support families in Orkney who have a family member serving a prison sentence, which was identified as a particular area of need following a self-evaluation exercise by the Partnership.

We have good evidence of criminal justice social work clients who have been subject to community supervision speaking positively of their experiences, of low local reoffending rates, and of beneficiaries of the Unpaid Work scheme within Community Payback Orders being very satisfied with work done for them.

How do you think people perceive the work of community justice in Orkney?

There is an inherent problem around public awareness for Community Justice, especially in an island community, where confidentiality is important, and information about individuals can be "hostage to fortune" for years to come. This means that we must speak in general, rather than specific terms about the work that we do – and people much prefer "real life" stories. Community Justice is, however, a success story in Orkney:

- Consistently low crime rates
- Reconviction rates that have fallen over time, and are among the lowest in Scotland
- Sustained exceptionally low levels of Youth Offending
- Lower than average levels of drug misuse, subject to close monitoring
- Consistently high successful completion rates for Community Payback Orders imposed by the Courts compared with other Local Authority Areas
- Very high levels of community perceptions of safety, for example when walking alone

What's your role in the partnership?

Coordinator of the Partnership

What's surprised you most while working in community justice?

How it connects a vast variety of services, sometimes in subtle ways. I expected community justice to be a completely new and separate idea from previous developments, however it surprised me how it mostly develops, refines and improves existing processes.

What's the most important thing you've learned while working in community justice?

Importance of collaborative working and how even a small contribution by each Partner can make a big difference to people's lives.

What's the biggest challenge that you face in your role?

There are several issues of this work in a close-knit island community, as the small numbers of individuals who are convicted of offences in Orkney can present difficulties in the context of generating meaningful and proportionate statistics, as well as providing services that may have low demand.

Where would you like to see community justice in Orkney in five years' time?

I would also like to see the continuation of productive and well-attended Partnership meetings, updates of our Needs Assessment and progress against our Community Justice Outcomes Improvement Plan, as well as heightened public awareness and understanding of community justice processes and outcomes.

The Partnership has identified three key areas for development locally, which I would like to see progress against:

- Forensic mental health services provision that is proportionate to local demand
- Response to domestic abuse
- Release and transfer from prison to community