

# Newsletter November 2019

## Local News

### Women's Aid Orkney's 20th Birthday Calendar competition

2020 sees the 20th birthday of Women's Aid Orkney. They are planning a series of events to mark their birthday, say thank you to supporters and continue to raise awareness of the service. The service has grown year on year with their refuge opening in 2005. Service Users and staff have come and gone but the issue remains the same, there have been many tears and many smiles, as women and children take the path to recovery. Although the subject is tough, they have reasons to celebrate being here to help and support those who need them.

To kick things off they are holding a calendar competition. The idea is that winning entries will be made into a calendar which they will be selling next year. The competition is open to everyone and the subject is "What makes me happy", it can be a photo, picture, collage, poem, quote whatever you feel express's the subject. Along with having their winning design incorporated into the calendar there will be a small prize for each winner. There will be 3 categories: Adults 18 years plus; Young People 11- 18 years; Children 11 years and under.

Women's Aid Orkney are also planning to hold an exhibition of all the entries in the new year to show off all the talent Orkney has.

The competition runs until 31 December 2019 and entries can be via email to [info@womensaidorkney.org.uk](mailto:info@womensaidorkney.org.uk) or via post/ in person to WAO, c/o 39a Victoria Street, Kirkwall, KW15 1DN.

All entries need to have the entrants name, contact telephone number and date of birth on them for judging purposes.

### VAO Adult Befriending Service

VAO are pleased to let you know that our Adult Befriending Team is back to full strength with the appointment of two new colleagues. From left to right: Kasia Gorzkowska (AB Development Worker), Alison Guthrie (AB Co-ordinator), Lynn Taylor (AB Development Worker), Susan Wishart (AB Development Worker).



### Community Led Support - Blethers

The first Community Led Support Blether sessions will be held in Kirkwall during December. The events kick off with a Community Led Support mini celebration on [Thursday 5 December](#) in The Balfour foyer followed by a Blether at VAO on [12 December](#) and at Crossroads Orkney on [19 December](#). There will be a break for Christmas and the sessions will resume on Thursdays in January 2020. The date for the first Sanday Blether will be announced shortly and sessions will be rolled out across Orkney over the next 18 months. Maureen Swannie, Head of Children's Health

Services, Orkney Health and Care, explains what Community Led Support is about and what the Blethers entail:

*'We want to work with communities inclusively to co-produce solutions for what matters to them. This is about focusing on early intervention, devolving decision making, minimising bureaucracy, working with communities and building on people's own strengths and assets. Key to this is having a different conversation and providing innovative solutions.'*

*In Orkney, our vision for Community Led support is to:*

- *Make a difference to communities in Orkney and improve the lives of everyone*
- *Help people and localities do more for themselves, support people to self-manage health & wellbeing*
- *Improve access to local support, make things easier for people, meet the needs of vulnerable people*
- *Pull together local knowledge and partners*
- *Help transform and shape services so they improve outcomes*
- *Use evidence to continually develop and improve*

*'BLETHER' is the name that the Orkney community chose to call their meeting hubs. The Blethers are places to have a face to face chat about what matters to you and to find out more about:*

- *Adult / children and families social care*
- *Support for those who care for others*
- *Living independently*
- *Emotional well-being*
- *Physical well-being*

*We are encouraging folk to come in to the Blether for a friendly and confidential chat with professional advisers from a range of organisations, over a cup of tea and a biscuit.'*

## Who's behind the Blue Door?



**Orkney Netball**

**2 – 7 December**

**Malawi**

**9 – 14 December**

**The blue door will be closed for the festive period and will reopen on 6 January 2020**

## Also in the News

### 16 Days of Activism against Gender Based Violence

The [16 Days of Activism against Gender-Based Violence](#) is an annual international campaign that kicked off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day. It was started by activists at the inaugural Women's Global Leadership Institute in 1991 and continues to be coordinated each year by the Centre for Women's Global Leadership. It is used as an organising strategy by individuals and organisations around the world to call for the prevention and elimination of violence against women and girls.

The theme this year is “Orange the World: Generation Equality Stands against Rape!”, and here in Scotland Rape Crisis Scotland has launched a [Crowdfunding campaign](#) to raise money for their work supporting survivors of sexual violence.

## My Rights, My Say website

My Rights, My Say supports children aged 12-15 with additional support needs to exercise their right to be involved in decisions about their support in school. It's independent, confidential, easy to use and supports children to speak up about what they need to learn.

It is a partnership between Enquire, Partners in Advocacy, Children in Scotland and Cairn Legal.

Visit the website [here](#).

## The Contribution of Volunteering to Scotland's Health and Wellbeing

Volunteer Scotland and the Scottish Volunteering Forum have launched a major new report ‘The Contribution of Volunteering to Scotland's Health and Wellbeing’. It reveals how volunteering can help Scottish society face some of its biggest challenges: an aging population, labour market skills shortages, mental and physical ill-health, social isolation and loneliness, and poor community engagement. It also reveals that volunteering brings even greater benefits for volunteers who experience disadvantage and exclusion.

Click [here](#) to view the report.

## Funding & Finance



### #CelebrateNationalLottery25

The National Lottery is marking their 25th birthday by bringing people together.

They're offering people and communities with great ideas the chance to receive a grant between £100 and £1,000. If you have an idea for an event or community activity or even if you want to buy something, that will bring your community together – they'd love to hear from you.

Any group of two or more people with a great idea can apply. They're particularly keen to hear from people they haven't worked with before.

The deadline for applications is Friday 6 December at 2pm.

Everyone who submits an eligible application will be entered into a 'lottery draw', which will take place after the deadline closes and 2000 projects across the UK will receive funding.

The fund is very broad. They can pay for any event, activity or item, costing between £100 and £1,000 that will bring people together between 1 February and 18 November 2020. This could include all sorts of things, like a community party or gala day, a lunch club, or equipment for litter pick up.

The big news is that un-constituted groups are eligible to apply to this fund, as they want to encourage new people to access National Lottery funding. It will also be open to all the usual types of organisation they fund. Everyone will know whether or not their application is successful by the end of January.

Click here for an online application [form](#).

## New fund to improve benefit take-up

A new £500,000 fund is being opened for organisations which help people accessing the benefits to be delivered by the Scottish Government.

The Scottish Benefit Take-up Fund will support charities and third sector organisations in their work to address barriers which prevent people from applying for benefits. This includes tackling perceived stigma and supporting people through the application process.

Click [here](#) for more information

## Looking ahead to the Scottish Government's Draft Budget 2020-21: Valuing the Third Sector

Politicians have called for a revamp for the way the voluntary sector is funded.

A Holyrood Committee has advised the Scottish Government to increase its equalities and third sector funding support and for all public bodies to look at innovative ways to fund the sector.

In its pre-budget report, the Scottish Parliament's Equalities and Human Rights Committee said the work of the voluntary sector is vital in realising equalities and human rights in Scotland, but how it is funded needs reviewed.

Read more in [Third Force News](#).

## Have your say



### Orkney Health and Care Draft Mental Health Strategy 2020 - 2025 Consultation

The draft strategy can be viewed [here](#).

Organisations and individuals are encouraged to read and comment on the draft strategy which will be open until 29 January 2020. Please email comments to [OHACfeedback@orkney.gov.uk](mailto:OHACfeedback@orkney.gov.uk).

### Consultation - Local Policing Plan

Police Scotland would like to know what issues you think they should prioritise, nationally and in your local area, as well as the best methods for communicating with you. Your views are important to Police Scotland and they are committed to using this information to shape policing priorities – both locally and nationally

What you tell Police Scotland will also influence how they communicate and engage with you and your community.

Consultation on the Local Policing Plan is open until 31 December – click [here](#) to have your say.

For further information on policing in your local area please click [here](#).

### 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 their 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](#) for more information and to complete the survey.

# Volunteering opportunities

## British Red Cross Emergency Response Volunteers

The British Red Cross responds to hundreds of UK emergencies every year - from major floods to house fires and transport accidents. Our trained volunteers are always available to help, working closely with the emergency services, local authorities and other agencies to support their work responding to crises.

As an Emergency Response volunteer, you may be providing much needed practical and emotional support to individuals, as part of a team, in support of category 1 and 2 responders and other agencies following an emergency or major incident. In addition, you could provide "behind the scenes" support to the response.

Volunteers need to be:

- Willing to respond if on call, including unsocial hours.
- Able to support others in a calm, logical and responsible manner, with listening and empathetic skills, even when under pressure.
- Able to follow processes that relate to the role.
- Committed and available to undertake training and attend exercises which are appropriate to the role.
- Willing to uphold the Fundamental Principles of the International Red Cross and Red Crescent Movement and adhere to the Society's Equal Opportunities Policy.
- Commit to an initial 24 hours training and ongoing commitment of 1-2 training nights a year.

Volunteers must be aged 18+. Drivers licence is preferred but not essential.

Click [here](#) for more details or contact Rob at VAO.

## NHS Board Chair Appointments

Scottish Ministers want to appoint three new Chairs to the following NHS Boards:

- NHS Ayrshire & Arran
- NHS Forth Valley
- NHS Orkney

An application pack can be found [here](#). Completed applications must be received by Wednesday 4 December 2019.

## ITCanHelp Volunteer



Abilitynet is looking for IT volunteers to support older people and people with disabilities with their tech at home. Click [here](#) for more information on the role.

Are you interested in this exciting opportunity? If so, [apply now](#) to start the process of becoming a volunteer. As you will often be working one-to-one with clients in their homes Abilitynet will conduct a basic disclosure check and an interview will be conducted with the volunteer coordinator in your region.

Please contact local volunteer [Simon Brodie](#) for more information.

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

# Education & Training



## Making Orkney Trauma Informed

The Scottish Government is keen to implement trauma informed practice for the whole of the workforce of Scotland. An important development is that Trauma Informed Principles have been integrated into the updated [Charter of Patient Rights and Responsibilities](#), which places a statutory obligation on NHS services.

Simon Tarry, NHS Orkney, advises that trauma informed practice involves the whole of the workforce, especially those who are in contact with the public, and workshops for managers are available. He has provided a link to a [video](#) that gives a clear explanation of the problems that traumatised people may present with, it is only a few minutes long and is well worth watching.

If you're interested in having a workshop for managers in your workplace, or if you want more information, please get in touch direct with [Simon](#) on 888280.

## Focus on..... Orkney Charitable Trust



This month Marie O'Sullivan tells us about the work of the Orkney Charitable Trust.

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

Orkney Charitable Trust was set up in 2014 with the main role to support local children and young people under 25 in times of ill health, disability, hardship or disadvantage who live in Orkney. Unlike many other communities Orkney does not have a particular "area" which is renowned for families living in poverty but instead it is spread across our community and often unseen. Orkney Charitable Trust is committed to targeting our resources to create a more equal community which benefits all.

### **Now sum up in three words.**

Helping Orkney's children

### **What are you working on just now?**

We are currently working on several grant schemes -

Every Child should be warm in bed - This funding is designed to benefit families who have children where there is a need for warm single bedding. The child must be under 18, permanently resident in Orkney and the warm bedding bundle make a difference to the child.

Every Child Deserves a Christmas - This grant provides financial assistance towards a child's Christmas. £50 grant per child are available, if under 16, permanently residents in Orkney and it would make a difference to the family with additional costs at Christmas time.

Help from Home Grants - Providing financial help for families having to attend mainland NHS hospital appointments who might accrue additional costs.

General fund - Is available throughout the year to support children and young people.

Further information about each and forms are available on our webpage [www.OCTrust.org.uk](http://www.OCTrust.org.uk)

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

We have five volunteer trustees who are all passionate about making a difference within Orkney. We don't employ staff or have any overhead costs, such as premises. Therefore, all the money raised can be used directly to help families.

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

We would be delighted if anyone wanted to fundraise for us or organise any events. We rely on fundraising to fund our projects. We have our second “Cracking Christmas Jumpers” event this year, where we ask local workplaces, businesses and groups to dress up in their Christmas jumpers, or anything else and raise money for the Orkney Charitable Trust. Then post their picture on Facebook, the most likes wins a prize!

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

We have been busy since we started in 2014. We have provided over 50 Bedding Bundles, almost 1,000 Christmas Grants and over £115,000 distributed to families in Orkney who need it most.

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

We have helped a number of families in financial hardship but as we all live and work in this community, we understand the importance of confidentiality and don't share our stories because of the sensitive nature of the support we provide to families across Orkney. It is important to us to be responsive, trustworthy and discreet.

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

We would love more people to fundraise on our behalf throughout the year.

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

In five years' time we would like to see the Trust being a fully sustainable local charity supporting families in need in Orkney.

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

If we had a donation of £1,000,000 we would look for match funding from the statutory bodies to eliminate child poverty in Orkney!!

**Tell us a bit about yourself.**

I have been a trustee at the Orkney Charitable Trust for four months. The other four trustee set up the trust.

I have lived in Orkney for twenty-five years. Initially I worked as a District Nurse Midwife and was Head of Children's Services with Orkney Health and Care prior to retiring nearly four years ago. Throughout my career I witnessed first-hand the difficulties families face, through no fault of their own, particularly when their circumstances change due to sudden illness, unemployment or death of a parent.