

Newsletter February 2020

Local News

ROAR fundraising gig – Thursday 5 March

ROAR will be holding their next concert on Thursday 5 March in the Sailing Club, Kirkwall. Established local acts will take to the stage alongside young folk making their first appearance. Not on the poster but also appearing will be Bad Apple, The Dirty Rotters and an as yet un-named young band. The artists will be playing songs that have featured on the 'Now' compilation albums. The event will raise money for Ypeople and Relationships Scotland Orkney. For more info and to reserve your ticket please contact [Brian](#).



NOO THAT'S WHAT I CALL MUSIC

THURSDAY 5th MARCH AT THE SAILING CLUB

£8 entry £5 concessions • Raffle
• Doors open 7 for 7:30 start

- Izzy and Tegan - The Cartel - Lyra and Skorra - Jenny and Brian -

IN AID OF Y PEOPLE AND RELATIONSHIP SCOTLAND ORKNEY

Reservations: contact brian.cromarty@vaorkney.org.uk or on facebook messenger




Fairtrade Fortnight

Fairtrade Fortnight started on Monday 24 February and the Orkney Fair Trade Group are asking people to try to visit as many participating local cafes as they can and taste their Chocolate Fairbakes! Please help them by supporting the promotion and joining in the voting if you can. Here's a list of the 20 participating Fair Baking Cafes:

Kirkwall: The Reel, Cafe Lolz, Helgi's, Willows Coffee Shop, Cafe at No 65, The Daily Scoop, St. Colm's Cafe, Picky Cafe (Karen's Cakes) Trenabie's, The Kirkuvgr Distillery

Stromness: Julia's Cafe, Ell & Co, Stromness TeaRoom

West Mainland: Birsay Bay Tea Rooms

East Mainland: Island Kitchen (at the airport), The Kirk Gallery & Cafe

North Isles: Rousay Craft Hub, Groatie Buckie's Cafe in Westray, Stronsay Fish Mart



If you follow the [Orkney Fair Trade Group](#) on Facebook you'll see daily updates of who is cooking up a treat.

Plus watch out for "Storybombs" - free mini-storybooks to read, share, and pass on, hidden in the cafes, libraries, and various locations all over Orkney. They tell stories about the lives of women cocoa farmers.

If you have a chance to raise awareness of the Fairbake Challenge and Fairtrade Fortnight - in your church or faith group, at work, or social events - please pass the word on!

RNIB Eye Clinic Support Service - Orkney

If you have a sight condition and you or your family, friends or carers would like to talk with someone about the help and support available to people with a sight condition, RNIB can help. RNIB provides an Eye Clinic Support Service in Orkney, the service provides emotional and practical support for people with a sight condition, including providing a listening ear, support and information for you, family, friends and carers, access and information about local and national services, information about registration and certification.



If you or your family, friends or carers would like to get in touch, please contact our Eye Clinic Liaison Officer (ECLO), [Maeve Lawler](#) on 07525 910 153.

More information about RNIB Eye Clinic Support Services can be found [here](#).

VAO's Services

VAO offers a number of services to local groups and organisations. Office, Payroll and Human Resources services are available at very competitive rates to all third sector organisations, with reduced fees for VAO members. For more information please click [here](#).

Who's behind the Blue Door?



2 March

St Mary's Trust

9 March

Orkney Women's FC

16 March

Burray Community Association

23 March

Orkney Amateur Swimming Club

30 March

North Ronaldsay Trust

Legislation & Guidance

Migration: Helping Scotland Prosper

This month the Scottish Government published Migration: Helping Scotland Prosper, a policy paper detailing how a tailored migration policy, within a UK framework, could operate to meet Scotland's distinct needs.

There is a pressing need for a different approach to migration policy for Scotland. This approach should be tailored to Scotland's particular needs and support economic growth and help respond to the implications of demographic change. It should be fairer and provide a better experience for those seeking to live here, and it should incorporate local accountability for decisions through the Scottish Parliament. Click [here](#) to read the paper.

Revised Statutory Guidance for Children's Services Planning

Last year, the Scottish Government conducted a consultation on the Statutory Guidance for Children's Services Planning. On 13 January 2020, a revised edition of the Statutory Guidance was published on the Scottish Government [website](#). The revised guidance continues to promote a collaborative and partnership approach with the third sector. "It is particularly important that third

sector services and private providers are included in the preparation of and consultation for the Children's Services Plan. This will ensure the plan is fully integrated and makes best use of all resources in the area to deliver on local priorities."

The guidance reinforces the critical role the third sector, including Third Sector Interfaces, can play in Children's Services Planning, in particular, their contribution to the preparation of the Plan via consultation and engagement activities.

Young people's peer research into health inequalities launched

Children in Scotland has launched a new peer research report into health inequalities in communities, undertaken by young researchers from Dalmarnock Primary School in Glasgow and Baldrigon Academy in Dundee. Click [here](#) to read more.

Funding & Finance



Community Capacity Building Fund

Small grants from this fund are being offered to communities/community groups in association Voluntary Action Orkney and the Orkney Partnership's Living Well Delivery Group.

Funding is available to support the establishment of new and innovative activities by local communities/community groups that will help to keep local people with long term health conditions, including older people, active and socially engaged.

Applicants are asked to explain how they will sustain the activity following the period of 'pilot' funding; however, it will be important to ensure that there are measurable outcomes at the end of the funding period.

Application Forms should be completed and emailed to [Malcolm Scott](#) or posted to Voluntary Action Orkney, 6 Bridge Street, Kirkwall, KW15 1HR marked CBF. Decisions are made by the Living Well Delivery Group.

There is no formal closing date for applications.

Applications invited for Small Grants Scheme Supported by Repsol Sinopec and Liam McArthur MSP Awards

Does your group need help to buy equipment? Is there training you want to attend but don't have the funds? The Small Grants Scheme could be what you're looking for. Aimed specifically at small groups, the Small Grant Scheme is easy to apply to and can award grants of up to £500. Projects must have local impact and priority will be given to groups that aim to address inequalities, e.g. geographical, social, health, etc.

Grants are offered to voluntary and community groups through the Small Grants Scheme, administered by the VAO Board of Directors. Groups with charitable objectives (excepting party political groups), are eligible to apply for a grant of up to £500 maximum for a project to help their community.

The VAO Board of Directors will consider all applications and decide which projects will benefit.

Recipients of grants must claim the total sum awarded within twelve months of allocation. To claim the grant, VAO will require proof of expenditure, either a receipted invoice or an invoice to be paid. Grants will not be paid retrospectively.

Voluntary Action Orkney (VAO) is grateful to Repsol Sinopec for their donation which the VAO Board has decided to disburse as grants to support the work of small, community groups. VAO is

also grateful to Liam McArthur, MSP, for his continuing donations which have been added to the Small Grants fund to increase the amount available.

Application forms are available by contacting [VAO](#) on 872897 or can be downloaded from our [website](#).

More funding information at <https://www.vaorkney.org.uk/help-for-groups/funding-support>

Have your say



ME Survey

The Scottish Health Council is looking for people who are living with a diagnosis of ME to give their views about what support they would like to see in place.

These views will be used to help the Scottish Government to address particular gaps in knowledge and understanding about the care and support needs of those who are affected.

If you would like to be involved in this piece of work, you can complete an online survey [here](#).

If you would prefer to take part in a telephone interview or participate in a face to face discussion, please contact the local Orkney office by [email](#) or on 01856 682121 or 01856 682120.

Consultation on expanding the dormant assets scheme

The government has launched a consultation in order to gather views on its proposals to expand the dormant assets scheme to include new financial assets.

The public consultation follows two industry-led reports, which made a series of recommendations on broadening the current scheme beyond bank and building society accounts to include assets from the insurance and pensions, investment and wealth management, and securities sectors.

Having considered industry's recommendations, the government is now inviting input on the detailed proposals to expand the scheme. We are particularly interested in hearing views from potential participants, consumer groups, regulators, and interested individuals.

More information is available [here](#). The consultation will close on 16 April 2020.

Employment opportunities



Children and Young People's Befriending Co-ordinator, Voluntary Action Orkney

We are looking for an individual to promote and deliver a Befriending Project in Orkney for children and young people who are facing a challenging time in their lives. The role will recruit, train and support volunteers to provide a befriending service to children and young people. If you understand the needs of young people and can build positive relationships, are flexible, organised and able to communicate with individuals from a range of different backgrounds then this presents an exciting opportunity to utilise and develop your skills and experience.

20 hours per week (Job Share)

12 month contract

£27,028 Pro Rata (plus pro rata islands allowance and contribution to personal pension)

Based in Kirkwall, Orkney

This post requires a PVG scheme membership with regard to regulated work with children

Application packs for this post are available from the Voluntary Action Orkney [website](#). For further information please contact Gail Anderson on 01856 872897.

Closing date for applications is Thursday 12 March 2020 at 5pm. Interviews are being held Wednesday 18 March 2020.

Volunteering opportunities



Befriending Volunteers Needed

The Adult Befriending Service are looking for one to one befriending volunteers

- Do you have an hour a week to spare to visit an older person?
- Have you got good communication skills?

You could make a real difference in someone's life!

Some activities you might take part in as a befriender are:

- visit your befriender in their own home and chat
- play a game or share a hobby
- give support with IT or other practical activities
- go for a drive or visit a place of interest
- visit a café or the shops together

Mileage will be paid and full training will be given.

If you are interested in becoming a befriender please contact the Adult Befriending Service on 01856 872897 for a chat.

Volunteer Merchandise Co-ordinator Needed by St Magnus Way

St Magnus Way (SMW) are looking for someone who would be responsible for the sale of merchandise related to The St Magnus Way(SMW). The merchandise will be chosen in conjunction with the Trustees of the SMW.

Main roles include:

- Order merchandise from suppliers within budgets agreed with the Treasurer
- Keep local stockists supplied
- Accept orders from the website (not yet but possibly in the future)
- Distribute orders from the website
- Keep accounts of orders, goods supplied to stockists and sales
- Help develop the merchandise of SMW

For developing the role SMW are looking for someone with a creative imagination who is keen to explore new ideas for merchandise.

If you are well organised with basic IT skills, happy handling money and keeping basic accounts, and looking for a creative and challenging retail role this is for you!

Please contact [Stuart Little](#) on 781497 or 07557 044208 to have a chat about the role. Or contact [Rob McGregor](#) at VAO on 872897.

Volunteer Retail Assistants needed For British Red Cross shop Stromness

Stromness Red Cross shop is currently seeking volunteers to help out in the retail environment.



Whether you would like to operate the till, prepare and price stock or help create window displays, they would love to hear from you!

There are opportunities to work fixed shifts in the week or as required to cover holidays etc, it's up to you!

If you are interested in volunteering at a Stromness retail landmark, in a friendly and welcoming environment please contact [Kim Whyte](#) on 850913 or [Rob McGregor](#) at VAO on 827897

Eaglewatch Volunteer

RSPB Orkney are looking for volunteers to run the Eaglewatch station on Hoy over the summer as the birds (hopefully) breed successfully again. Volunteers will speak to visitors, letting them know the conservation story of white tailed eagles reintroductions to the UK, as well as the story of the Hoy birds and also helping people to see them with binoculars and telescopes at the site.

Training would be provided so a lot of wildlife knowledge isn't essential, more the enthusiasm to speak to people and give them a great experience and the willingness to spend 5-6 hours outdoors on your feet.

There will be some light manual handling involved, including setting up a table outside of the trailer with interactive materials on it, and also setting up one or 2 telescopes each day, so it does require a certain level of physical fitness!

Volunteers will occasionally be working with other staff and volunteers, but will mainly be at the Eaglewatch site on their own. Helping visitors to spot the white-tailed eagles, sharing knowledge about local wildlife and RSPB Scotland's conservation work, and giving more general information on other things to see and do to make the most of a day in Hoy.



It should be noted that there are no toilet facilities at the site. Volunteers have to be aware of this (there are toilets at the ferry terminal / café so these can be used at the start and end of the day).

For more information please contact [Eleanor Davison](#) on 852056.

Volunteer Abroad with Stand International



Stand International are recruiting volunteers from all over Scotland who are socially/economically disadvantaged to take part in their short-term volunteering trips abroad in 2020 (4 trips planned to Romania and 2 to Belarus). If you or someone you know would be interested in this opportunity, please visit the Stand International [website](#) or contact them on 0131 555 9102. Alternatively please email: steven.ferguson@standinternational.org or morag.crichton@standinternational.org

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

Education & Training

Orkney Business Festival

10-12 March 2020



The Orkney Business Festival will feature workshops, bite-sized sessions and one-to-ones giving businesses and budding businesses the opportunity to learn new things and share expertise - all free of charge! All events are at the Pickaquoy Centre unless otherwise specified. Click [here](#) for further information and to book or call Business Gateway on 01856 886666.

New Training Courses on Offer at VAO

VAO have run a number of successful and highly popular first aid training courses recently. We are also in the process of setting up Basic Life Support and Food Hygiene courses which will be running in February and March.

We are keen to put on more training courses in partnership with the provider and they have offered a range of courses that people may be interested in. Please click [here](#) to have a look and if you are interested in VAO running a course please let us know at enquiries@vaorkney.org.uk

Raising the Issue of Malnutrition

7 May, Kirkwall

Our Raising the Issue of Malnutrition training aims to increase practitioners' knowledge and confidence around identifying and supporting older people at home in the community who are at risk or are suffering from malnutrition.

This training incorporates information on:

- Common signs and symptoms of malnutrition.
- Guidance around supporting individuals using Food First advice.
- Utilising simple tools such as armbands and the Patient Association Nutrition Checklist to identify at risk individuals.
- Gaining awareness of promoting good nutrition and hydration in older adults.

This training is open to Small Ideas, Big Impact grant holders and applicants, NHS, Local Authority, Community Carers, Volunteers, Voluntary Sector staff and other interested individuals who work to support older people living in their own homes in the community.

For more information or to book your place please click [here](#).

Focus on..... Community Led Support

This month Maureen Swannie, Head of Children's Health Services, Orkney Health and Care, tells us about Community Led Support in Orkney.

Why Community Led Support and what is it?

Community Led Support is about designing and delivering services in ways that best meet the needs of communities. It is based on 7 principles –

- Coproduction brings people and organisations together around a shared vision
- There has to be a culture based on trust and empowerment
- There is a focus on communities and each will be different

- People are treated as equals, their strengths and gifts built on
- Bureaucracy is the absolute minimum it has to be
- People get good advice and information that helps avoid crises
- The system is responsive, proportionate and delivers good outcomes

The development of Community Hubs, through the Community Led Support approach is a priority in the Orkney Health and Care Strategic Plan.

The Integration Joint Board commissioned the National Development Team for Inclusion to help us plan and roll out Community Led Support across Orkney. The Scottish Government funded half the costs for this – there are eight other sites in Scotland using the Community Led Support approach, including Shetland and the Western Isles.

What is the vision for CLS in Orkney?

- It's about making a difference to communities in Orkney and improving the lives of everyone
- Helping people and localities to do more for themselves, supporting people to self-manage health & wellbeing
- Improving access to local support, making things easier for people, meeting the needs of vulnerable people
- Pulling together local knowledge and partners
- Helping transform and shape services so they improve outcomes
- Using evidence to continually develop and improve

What are we doing?

- Establishing local 'Hubs' that are accessible to local communities
- Establishing Integrated Community Teams
- Having 'Good Conversations' at initial and every contact – with joint training for all staff. A 'Good Conversation' is about having a strengths-based conversation with people, looking at what matters to them – we look at what is important to them personally, who is important to them in relation to the people around them, what places and spaces are important to them (for example hobbies, interests) and finally we think about whether there is anything else that could help them. It's about focussing on what is strong in people's lives, rather than what is wrong in their lives, and then building on that.
- Developing our people - well informed, confident, trained, engaged workforce – applying CLS principles to our everyday workforce as well as to communities
- Sharing responsibility/accountability for quick local decision making
- Improving information sharing – between all partners on all services/community supports
- Better communication – between partners and with communities/service users

How will we know it's working?

- People in all communities will know about and can access quickly the right person to talk to in order to maintain independence and identify the right supports for their needs
- People will have improved quality of life, confidence and social connections within communities
- Service redesign is informed by communities – through speaking and listening to communities, being part of decisions that affect them and having relationships built on trust.
- Improved job satisfaction for staff – Orkney is the place people want to work.
- Integrated community teams working in localities to make best use of resources
- Commissioning of services will reflect CLS principles to make sure support suits people.

What are the Blethers?

'Blether' is the name that was chosen by the people who are on the CLS Orkney mailing list (they have attended one of the CLS taster sessions or engagement events) and it is the venue where we have professionals on hand to answer queries. Queries could relate to social care, physical health, emotional well-being, benefits, carer support, family support, independent living – basically, what matters to you! The Blethers are drop in sessions and are about providing advice, support and information for folk in our communities.

Building connections
Local communities
Everyone welcome
Talking together
Helping each other
Easy to access
Regular and reliable

Who are we?

Team CLS Orkney is a mix of health and social care staff, who have come together through a shared energy and commitment to the CLS principles. We all have other roles in our organisations but we come together regularly and we all support the Blethers.

- Maureen Swannie – CLS Orkney Lead
- Shaun Hourston Wells – Project Officer
- Judy Sinclair – Excellence in Care Lead Nurse
- Cathy Martin – Social Worker, Adults
- Julie Tait – Patient Experience Officer
- Shauna Stockan – Physiotherapist
- Inga Mackay – Community Nurse
- Lynn Nicolson – Social Worker, Adults
- Maureen Firth – Primary Care
- Debs Crohn – Digital Lead NHS Orkney
- Sarah Kirkness – Social Care
- Stephanie Johnston – Administrative and planning support

We are also lucky enough to have a number of other partners helping us to roll out CLS across Orkney – many Third sector colleagues (including THAW, Age Scotland Orkney, Crossroads, Advocacy Orkney, the Well-being Co-ordinators and the Community Link Practitioners) and Social Security Scotland. The plan is to have a rota for the Blethers, with a range of partners helping to provide advice and support.

How long have you been operating in Orkney?

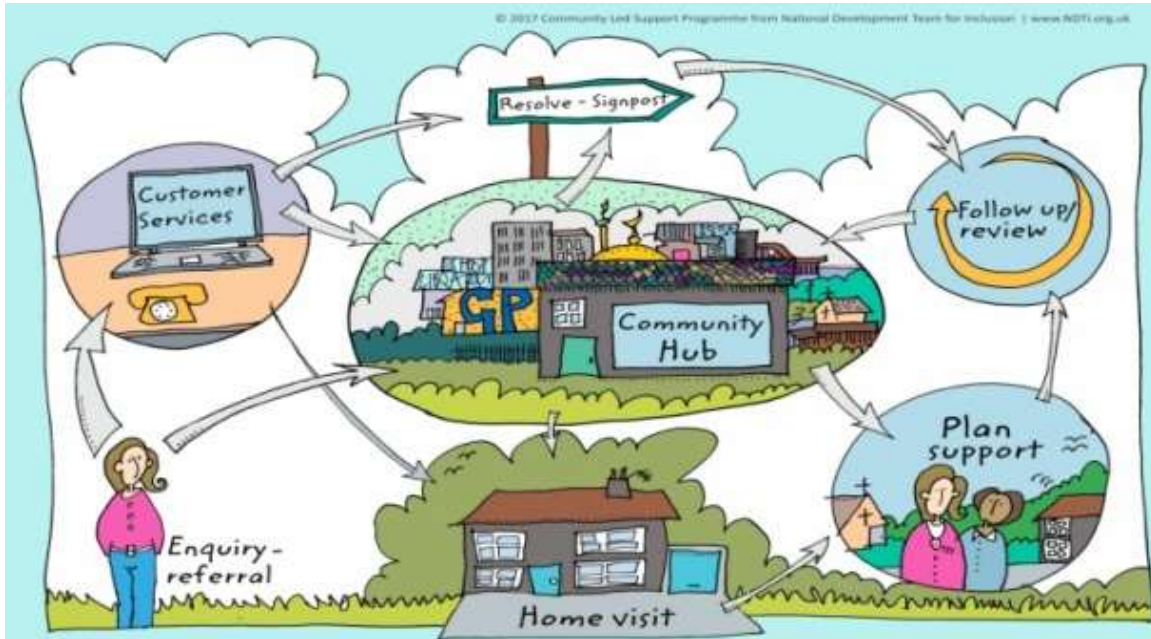
CLS started in Orkney in April 2019, with a series of readiness checks and engagement events. We have had 4 Blethers in Kirkwall, we have one in Sanday organised and one in St Margaret's Hope in March. We have had interest from Westray, Shapinsay and Dounby and want to host Young People Blethers too. We aim to have a roll out plan covering 2020 – 2021.

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

The great benefit to having a range of partners involved in the Blethers is the diverse knowledge that comes with that. We recently hosted a CLS community meeting in Sanday, along with THAW, Social Security Scotland and NHS Orkney Near Me (Attend Anywhere technology) colleagues. This allowed Sanday residents the opportunity to find out about a range of services that mattered to them, in one place, at one time.



Pictured L-R: Shaun, Maureen, Cathy and Judy



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

Hopefully the Blethers will be fully established across Orkney. People will attend to find out about what matters to them, to help them live good lives without facing crises. We will be able to support people by providing advice and information in a way that meets their needs at a very early stage, so that good outcomes are the 'norm'. Communities will truly feel that we are equals and 'good conversations' will be everyone's starting point.

How do I find out more?

The Blethers are advertised widely – on Twitter and Facebook, the What's On diary on Radio Orkney and through posters that we display and send to partners. If everyone could share these it would be much appreciated.

Our twitter name is @clsorkney and our hashtag is #communitiesfirstorkney
NHS Orkney and OIC also advertise on our behalf.

If you want more information or to speak with someone please contact [Maureen Swannie](#) or telephone Stephanie Johnston on 01856 873535 ext 2601.