

# Newsletter January 2020

## Local News

### Introduction to independent advocacy for children and young people in Orkney

There are two new faces to Advocacy Services for Orkney's Children and Young People.

Angelina Gould (pictured right) has recently taken up post as the Advocacy and Participation Worker with **Who Cares? Scotland** on the islands. Who Cares? Scotland is the national voice for care experienced children and young people, and won the UK Charity of the Year award in 2018. It provides specialist one-to-one advocacy support alongside fun, engaging and empowering opportunities for collective advocacy and group participation, both locally and nationwide. Support and opportunity for care experienced children and young people on Orkney will be at the heart of Angelina's work, with a service for Orkney's children and young people who are currently in care or have experience of care. This could be with foster carers, in a residential home, with friends or relatives, at home with social work involvement or living independently.



Rhoda Walker (pictured left) has also recently taken up a new role of Children and Young Person's Advocate with **Advocacy Orkney**. Rhoda will provide specialist one-to-one advocacy to any children or young persons who are outside the formal care system.

Both Angelina and Rhoda intend to work closely together to develop the Advocacy Service to support the young folks in Orkney.

#### What is independent advocacy?

Advocacy is about supporting a child or young person to express their own needs and views and to make informed decisions on matters which influence their lives. Advocates do not make choices for clients – instead, they support children and young people to express their views, be heard, and make their own choices.

Children and young people often want to tell someone how they feel but are afraid or don't know how to take issues forward through adult systems. We can support a child or young person by speaking for them or being by their side while they speak, to make sure their views are heard and they understand the information being given to them.

Advocacy can help children and young people who find:

- It hard to speak up for themselves.
- they get tongue tied and don't manage to say what they really want to say.
- they don't think that they're being treated fairly, so do nothing about it as unsure of what can be done.
- they don't feel that they're being listened to and treated as an equal.
- they don't understand what's happening or what they're being told.
- they feel left out of the decisions regarding care, education or support.
- they are struggling at home.
- they are struggling at school.

What impact does advocacy have on children and young people:

- improves their confidence in expressing their views.
- enhances their involvement in the important decision-making processes that can shape their lives.
- ensures their views are heard and taken into account.
- increases understanding of their rights and how to make them real.
- supports better decisions being made about what is the best way forward.

Taking account of parental rights and responsibilities

When working with children, it is important to recognise and understand the rights and responsibilities of their parents. In some circumstances, we recognise there may be a conflict between the child and their parent(s). Advocates will be mindful that parents themselves may have a need for advocacy support in order to express their wishes in relation to decisions affecting their children.

#### Referrals

Referrals for support are simple to make. They may come from any child or young person or any professional, parent or carer. If you have any queries then please contact either Angelina or Rhoda.

Advocacy puts the children and young people who use it first.

Who Cares Scotland?

Angelina Gould

Advocacy & Participation Worker

07849 087478

[agould@whocaresscotland.org](mailto:agould@whocaresscotland.org)

To make a referral go to [www.whocaresscotland.org](http://www.whocaresscotland.org) and select Get Advocacy.

Advocacy Orkney "Supporting your Voice"

Rhoda Walker

18 Queen Street

Kirkwall

KW15 1JE

01856 870111

[info@advocacyorkney.org](mailto:info@advocacyorkney.org)

To make a referral go to [www.orkneycommunities.co.uk/advocacyorkney](http://www.orkneycommunities.co.uk/advocacyorkney)

## Who's behind the Blue Door?



**Orkney Snooker**      **3 February**

**Dementia Orkney**      **10 February**

**East Kirk Toddlers**      **17 February**

**Kirkwall Squash Club**      **24 February**

## Also in the News

### Volunteers in Scotland

Comprehensive new research has given an insight into what volunteers in Scotland look like. Volunteer Scotland has used data from the Scottish Household Survey to present an analysis of the types of people that give up their time to help the community.

The study shows that 27% of Scots took part in volunteering in 2016, a total of 1.2 million adults.

The link between volunteer participation and deprivation is clear, with 35% of those living in the least deprived areas of Scotland volunteering compared to 18% of those in the highest areas of deprivation.

Feeling engaged in the community also comes across as a key factor, with those who volunteer more likely to feel like they can help make decisions in their area and wanting to be more involved in making these decisions.

Read more in [Third Force News](#) or read the full report [here](#).

## Legislation & Guidance

OSCR: Charities who have missed their reporting deadlines need to submit information quickly to avoid reputational damage

Latest figures show that 83.3% of Scottish charities submitted their annual return on time to the Scottish Charity Regulator (OSCR) in 2019.

Charities are required to submit this information within 9 months of their 'year-end'. For example, when a charity has a financial year-end of 31 March the deadline date is 31 December. Before and after a deadline, a charity receives multiple reminders from OSCR. The Scottish Charity Register will clearly mark a charity's register entry when they are late. Historically, around 12% of charities who miss their deadline submit within 1.5 months of being late.

Currently, 1,600 Scottish charities (6.5% of the total) have missed their deadline and have still to submit annual documentation to OSCR.

In addition to reputational damage, if a charity does not provide OSCR with the required information several other sanctions could apply. Therefore, OSCR asks that those who missed their reporting deadline should submit quickly.

More information is available [here](#).

If you need any support or advice on this or any other compliance issue please contact VAO at [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk)

## The Pupil Inclusion Network Scotland (PINS)

The Pupil Inclusion Network Scotland (PINS) is funded by Scottish Government and has a membership of 1500 practitioners who work with the most vulnerable and marginalised learners when it comes to formal or informal learning or support for schooling. The network operates online, and their interests range from the early years through to post school learning. Benefits of PINS free membership include:

- Regular e-bulletins highlighting sector news, policy and practice.
- Access to the PINS extensive resource with a focus on educational inclusion, equalities, attainment, health and wellbeing.
- Promote your work, news and events.
- Attend and contribute at our national PINS event.
- Opportunity to profile your work via '[10 things we do to make a difference](#):
- An invitation to [blog](#) for PINS - highlight challenges and ask difficult questions:

Click [here](#) for more information.

# Funding & Finance

## Cyber Essentials Grant

With the support of the Scottish Government, SCVO are providing a small grants scheme to enable third sector organisations to achieve Cyber Essentials accreditation.

The threat of cyber crime has never been greater – regardless of size of business or amount of personal data you handle, your organisation could become a target for cyber criminals who are looking to make money and cause disruption to you, your staff and volunteers. Putting resilient measures in place to protect and strengthen your network is vital.

Cyber Essentials is like an MOT test for your car – it confirms that your IT systems have passed a key set of standards. If you can show that your organisation is meeting the security standards in Cyber Essentials, you can be confident that you have some protection against the most common types of cyber attack.

The latest round of grant funding provides up to £1000 towards the cost of obtaining Cyber Essentials accreditation. Closing date 31 March 2020

Click [here](#) to find out how your organisation can claim the grant.

## Have your say

### Children and young people's views sought

Children in Scotland is working with the Crown Estate Scotland to help them include the voices of children and young people as they decide their new three-year plan.

You can help by supporting the young people you work with to complete this [survey](#).

### Inquiry into Health and Social Care – Call for Views

Please click [here](#) for information on the recently launched Inquiry into Social Care, which is being undertaken by the Parliament's Health & Sport Committee. The future of health and social care is an issue of growing importance within local communities across Scotland. More and more people are keen to ensure that their needs and expectations are met in increasingly challenging circumstances being faced by NHS Boards and local authorities. As part of its Inquiry, the Committee is seeking views from people with lived experience of receiving adult social care or being a carer for someone receiving care. The Call for Views closes on 20 February.

The Health and Sport Committee would like to hear:

1. Individual stories and experiences of social care in Scotland
2. What people would change about their experience of social care.

Within this, the Committee is keen to receive responses to the following four questions:

1. How should the public be involved in planning their own and their community's social care services?
2. How should Integration Joint Boards commission and procure social care to ensure it is person-centred?
3. Looking ahead, what are the essential elements in an ideal model of social care (e.g. workforce, technology, housing etc.)?
4. What needs to happen to ensure the equitable provision of social care across the country?

## Scottish Charity Awards

There are eight Scottish Charity Awards categories – charity of the year, charity champion, demonstrating digital, pioneering project, terrific trustee, leading light, celebrating communities, and cracking campaign – with the winners to be decided by a panel of judges and announced at a glittering awards ceremony on Friday 12 June at the EICC in Edinburgh.

All finalists will then be entered into the running for the People's Choice Award (sponsored by Charities Aid Foundation), giving members of the public a chance to vote for their favourite finalist to win.

Click [here](#) to take a look at the categories and apply before 26 March 2020!



## The Adult Learning Survey

The Scottish Government in partnership with Education Scotland and the CLD Standards Council would like to invite adults in Scotland to complete the survey to tell them about where they learn, why they learn, when they learn and how their learning experience could be improved. This information will then be used to develop the adult learning strategy for Scotland.

The results of the Adult Learning Survey will provide a snapshot of the experiences of adult learners in Scotland. It would be great if third sector adult learning is represented as the findings of the survey will contribute to the development of a new strategy for adult learning in Scotland. Please support your learners to make their voices heard!

The survey is available [here](#) and will be open until 31 January. If you require this survey in an alternative format, please email [adultlearningsurvey@gov.scot](mailto:adultlearningsurvey@gov.scot) or telephone Linda Cummings on 0131 244 2329.

## Volunteering opportunities

### Volunteer Befrienders Birsay and Deerness

The Adult Befriending Service are looking for one to one volunteer befrienders in Birsay and Deerness.

Do you have an hour a week to spare to visit an older person? Have you got good communication skills? Do you have use of a car? If yes, you could make a real difference in someone's life!

As a befriendee you would take your befriendee out once a week. You could go for a drive, visit a café for a chat, go to a place of interest, or visit the shops together. Mileage will be paid and training will be given.

If you are interested in becoming a befriendee in Birsay or Deerness please contact the Adult Befriending Service on 01856872897 and ask to speak to Alison, Kasia or Lynn.

## British Red Cross emergency response volunteers

Could you be there for Orkney when crisis strikes? The British Red Cross are looking for emergency response volunteers to help our community cope in an emergency. Click [here](#) to find out more or call Sam in the Kirkwall office on 01856 875372.



## St Magnus Centre Volunteers

The St Magnus Centre would love to recruit more volunteers. The volunteer's role is to welcome visitors to the centre, explain about the 15-minute film which highlights the life of St Magnus and the history of the cathedral. Assist all other users of the centre, take cash for souvenir items and generally help visitors with information and keeping the centre tidy.

If you are enthusiastic and approachable and enjoy meeting members of the public from all over the world then this is the role for you.



All volunteers receive an induction and ongoing support. Volunteering shifts are done in pairs and the volunteering shifts are 10am to 1pm and 1pm to 4pm Monday to Saturday.

The Centre opens for visitors during the season which runs from April to October.

If this is an opportunity you would like to know more about please contact [Bruce Gorie](#) on 870 824 or [Rob](#) at VAO on 872897.

## MoonWalk Scotland!

Are you a dedicated and organised person, passionate about helping others? Join Moonwalk Scotland's night-time party and 1,000 other volunteers at The MoonWalk Scotland on Saturday 6 June 2020 from Holyrood Park, Edinburgh!

Get down and boogie with thousands of women and men, walking an overnight marathon in decorated bras, raising lots of money for breast cancer!

For more information on this great event and how to volunteer click [here](#).

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

# Education & Training

## Alcohol Brief Interventions Training

An Alcohol Brief Intervention (ABI) is a short, evidence-based, structured conversation about alcohol consumption with a service user that seeks, in a non-confrontational way, to motivate and support the individual to think about and / or plan a change in their drinking behaviour in order to reduce their alcohol consumption and / or their risk of harm. You can find more information relating to ABI [here](#).

Orkney Alcohol & Drugs Partnership are able to offer a short individual or small group training session aimed at helping staff develop their skills and to embed ABI in their day to day practice. If you would be interested in accessing this training for your staff then please get in touch with the Substance Misuse Development Officer [Matthew Thomas](#).

## Basic Life Support (BLS) Course - SCQF Level 5

**29 January and 14 February, 10.00 - 2.00, Kirkwall**

Heart and circulatory disease claim around 200,000 lives each year. Many could have been saved if a defibrillator was made available. Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it. This very practical course will enable your learners to use the AED competently and with confidence. Not only does this course deal with the use of an AED but it also includes vital training in basic life support including resuscitation.

Please contact [VAO](#) on 872897 for more information or to book your place.

## Award in Food Safety in Catering at SCQF Level 5

**10 February and 20 February, 9.00 - 3.00, Kirkwall**

This is an excellent introduction to Food Safety in Catering and will benefit all employees at all levels, particularly those who hold, or are about to hold, a food safety role within their catering organisation. The course will clarify aspects of food safety which many of us believe to be complex and daunting. The importance of food safety in catering is underpinned by health and safety legislation that places a duty on employers to establish policies and procedures and ensure their employees receive appropriate training.

This is a 6-hour classroom-based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

Please contact [VAO](#) on 872897 for more information or to book your place.

## Fetal Alcohol Spectrum Disorders Scoping Session

**6 February, 9.00-1.30, Kirkwall**

This session provides an opportunity to learn about Fetal Alcohol Spectrum Disorder from an expert in the field and to bring your skills and experience as professionals to bear on how the work around FASD is developed. Click [here](#) for more information and to register.

## Emergency first aid at work

**Friday 21 February and Friday 20 March, 10.00 - 4.00, Kirkwall**

The Emergency First Aid at work course includes children and baby CPR. The class will be held at VAO and the cost per person is £32.50 for members and £35 for non-members.

Please note that the minimum age for certification is 14. Candidates under 16 are able to be certified but cannot be a first aider in a work place. All candidates must be able to complete all the physical side of first aid in assessment.

If you would like to book on this course please contact [VAO](#) on 872897.

## Scottish Drugs Forum - Sex, Drugs & Vulnerable Young People training **18 & 19 of March 2020, 10.00-4.00, Kirkwall**

This free two-day course will:

- Identify vulnerabilities regarding drug use and sexual health
- Recall what the law says with regards to sexual and reproductive health
- Describe the impact of drug use on sexual and reproductive health
- Understand the challenges faced by young people around sexual orientation and gender identity
- Build confidence in talking to young people about healthy and unhealthy relationships

Click [here](#) for more information or to book your place.

Any queries please contact [Mathew Thomas](#) on 01856 888000 ext 6127.

## Focus on..... The Orkney Native Wildlife Project

This month Samantha Ranscombe, Community Engagement Officer, tells us about the work of the Orkney Native Wildlife Project.

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

The Orkney Native Wildlife Project is a five-year conservation project started in 2019. We work alongside local communities, schools, tourism groups, farmers and land managers to promote and protect Orkney's unique and internationally important wildlife.

We are a partnership with RSPB Scotland, Scottish Natural Heritage and Orkney Islands Council and are funded by the National Lottery and the EU's LIFE programme.

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

Protecting Orkney's wildlife.



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

One of the main threats to the future of Orkney's incredible wildlife is the arrival of non-native stoats, first reported in 2010. Our current focus is stoat eradication by securing land access across the Orkney Mainland to place stoat traps. We are also working on biosecurity measures to ensure stoats do not spread to other islands as they are good swimmers known to swim up to 3km. Stoats are an invasive species to Orkney and, as a predator, will change the ecological balance of wildlife and habitats special to the islands. We particularly want to protect our endemic species of Orkney vole as well as our nationally and internationally important populations of ground nesting birds such as hen harrier, short-eared owl and curlew, as well as seabirds. Our wildlife makes Orkney such a special place to live and is a key to supporting our local economy through tourism.

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

We have approaching 25 staff working in a variety of roles in monitoring, education and eradication and we are looking for volunteers to get involved in the project in a variety of ways. If you are active, like being outdoors and love nature you can help us with surveying species such as Orkney vole, meadow pipit, skylark and terns in the field. If you prefer indoor tasks, we need help with office admin and communications, reviewing wildlife camera footage and checking mammal track ink pads. You could volunteer with us at an event such as the Orkney Nature Festival or the County

Show or if you are a teacher get involved in our school programme to encourage young ambassadors for Orkney's native wildlife. We are also looking for biosecurity champions who would be a first point of contact for the project in their community by undertake surveys, entering data, checking camera traps and recording stoat sightings.

Some of our volunteer roles will be ongoing year-round while others are seasonal. We work in locations across the mainland and also on Eday, Rousay, Sanday and Westray. Whether you can spare a few hours a week or more we would love to hear from you.



**How do you think people perceive your organisation? If you think they have the wrong perception, now's your chance to put them right.**

The Orkney Native Wildlife Project is a separate conservation project funded by the National Lottery and EU Life with a specific remit to eradicate the invasive non-native stoat.

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

There are a couple of ways everyone can support the project and protect Orkney's native wildlife for the future:

- Report any sightings on the Stoats in Orkney Facebook page.
- Give land access for a trap and wildlife surveys by emailing [ONWP.landaccess@gmail.com](mailto:ONWP.landaccess@gmail.com)

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

The aim of our five-year project is to eradicate stoats across Orkney and to establish biosecurity measures to prevent any future threat of return. We hope the project will inspire islanders and visitors alike to continue protecting and championing Orkney's native wildlife to provide lasting benefits to our local communities and economy.

For more information please visit the ONWP [website](#) or contact [Samantha](#).