

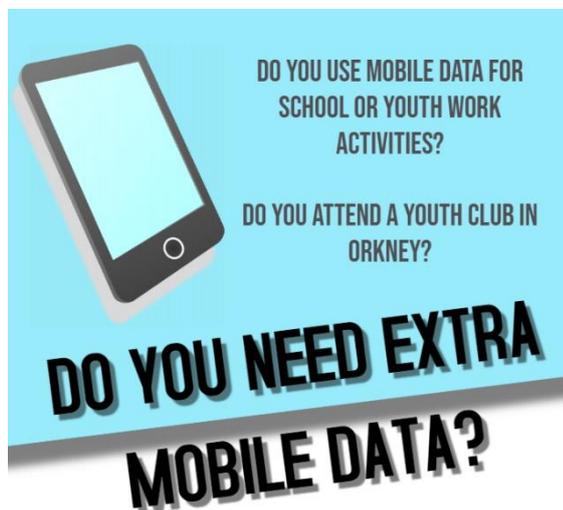
Newsletter August 2020

Local news and services

Third Sector Forum: Recovery and Renew Sub Group

As we gradually move out of lockdown work has begun to identify the impact on our community of Covid-19. Orkney Islands Council and The Orkney Partnership are working together to identify and make plans to address the issues that are emerging for individuals, communities and the economy. To ensure that third sector organisations, who have played such an important role during the lockdown period, are given an opportunity to contribute to these discussions, VAO has established a Third Sector Forum Recovery and Renew Sub Group. The Group has been meeting weekly in Teams to talk about the impact of Covid-19 on their organisations and those they work with, identify priorities and formulate actions that members can begin to work on collectively or individually. Also, the information generated is being reported to the formal recovery and renew groups. If you would like to take part in these discussions or would like to find out more please contact Gail at gail.anderson@vaorkney.org.uk

Mobile Data Top-Up



Mobile Data usage is at an all-time high just now with most young people using both broadband and 4G to access schoolwork and to socialise with their friends and family. Community Learning and Development, with funding from Youth Scotland, are providing young people across Orkney with a Mobile Data Top-Up to enable them to stay connected. Please use the [application form](#) for each young person requiring data in your household. Once received you will be sent a £10 voucher code to use on your device, this will be delivered on a first-come first served basis while funding is available. For more information please contact lianne.taylor@orkney.gov.uk

Quit Your Way



Stopping smoking at any time is one of the best things anyone can do for their health. The benefits of stopping smoking can be felt almost immediately. Additionally, the ex-smoker will have improved health and be better able to deal with illnesses which affect their breathing and lungs.

However, stopping smoking isn't easy. On average, it takes 7 attempts at stopping smoking before being successful.

But when smokers combine their quit attempt with advice and support from specially trained Quit Your Way smoking cessation advisors and specialist stop smoking medication they are 4 times more likely to stop smoking and remain a non-smoker than when they try to stop on their own.

Quit Your Way Orkney is NHS Orkney's free, non-judgemental, confidential specialist stop smoking service provided by friendly, specially trained smoking cessation advisors. If you or someone you know is considering stopping smoking Quit Your Way Orkney is here to provide any Orkney resident with 12 weeks of specialist support and advice to stop smoking and remain a non-smoker.

To get more information on the support and advice Quit Your Way Orkney can provide get in touch for free by:

- 0800 0356344 (Free Phone) or 01856 888084
- Sending an email to orkney.quityourway@nhs.net
- Searching for the 'Quit Your Way Orkney' page on NHS Inform website and use the 'Click To Be Contacted' button at the top of the page to submit contact details
- Speaking to your GP

Don't just take our word for it – below is some feedback from recent clients:

"Excellent service that has really helped me to stop smoking"

"Thanks. I couldn't have done it without you!"

"It's a much needed service for folks health and you've helped me greatly to overcome my habit"



Anyone who decides to stop smoking with Quit Your Way Orkney's support will have an initial appointment (this will last approximately 60 minutes) with a smoking cessation advisor. Together they will design a personal 12 week quit plan which can include specialist stop smoking medication. No two people are the same, each client is treated as individual and plans are formed to suit them and their needs. Initial appointments are arranged to be convenient for the client. Face to face appointments have been suspended until further notice but support continues to be offered via telephone or video call using 'Near Me'.

After the initial appointment clients have regular appointments (each will last up to 30 minutes) over the course of their 12 week quit plan. They discuss their progress with their advisor who will provide support, advice and encouragement. Contact can be via a combination of telephone, video call using 'Near Me', text, and/or email.

For more information on stopping smoking visit <https://www.nhsinform.scot/healthy-living/stopping-smoking>

Also in the news...

Babies in Lockdown: Listening to parents to build back better

Lockdown has been a seismic shock for every family and community. Sadly, the voices of the hardest hit have been heard the least. A report has been produced by Best Beginnings, Home-Start, and the Parent-Infant Foundation to set about to change this by exploring pandemic and lockdown reflections from a diverse group of expectant and new parents during the critical first months and years of their babies' development. Click [here](#) for more information and to download the report.

Funding & Finance



COVID-19 Protective Equipment Grant

Orkney Islands Council is providing a one-off grant of up to £500 to local businesses that serve the public and require additional protective equipment as a result of the Coronavirus. This grant is redeemable against evidence of expenditure on protective screens or other public safety equipment purchased since 23 March 2020 to individual properties (owners of multiple properties can apply for a grant of up to £500 per property). For full guidance and eligibility criteria please click [here](#).

More information on funding opportunities and support can be found on our website: <http://www.vaorkney.org.uk/help-for-groups/funding-support>

Training opportunities



Red Cross training

Following government guidelines relating to Covid-19 the Red Cross have decided, as an organisation, to temporarily stop all face to face First Aid and workshops. Once face to face sessions are possible, they look forward to getting back out into our communities and will prioritise any cancelled sessions.

In the meantime, to keep providing communities with this valuable service, the Red Cross have been working on digitalising their learning platforms and can offer online workshops delivered via Zoom.

First Aid

This will be a digital workshop where you will learn about every day first aid. The aim is to build confidence so you can help someone in a first aid emergency, using the objects that you have around you. These sessions are specifically aimed at adults.

Kindness in Your Community

Join us to share your ideas and experiences of Kindness in your Community. This is a learner led digital classroom session designed to be warm and welcoming. You will take part through stories, discussions, and interactive activities, to explore your relationships with and develop mutual respect and understanding of your community and the power of kindness. These workshops are open to all adults.

They are also offering 'dial in' sessions for individuals - details available [here](#)

For further information or to book one of the digital sessions please complete and return [this form](#) to redcrosseducation@redcross.org.uk

Alternatively, you can access the following free online learning resources:

[Everyday first aid skills](#)

[Baby and child first aid resources](#)

[Free first aid app featuring simple, easy advice on 18 everyday first aid scenarios, as well as tips on how to prepare for emergencies](#)

Volunteering opportunities



Volunteering you can do from home

VAO realises that keeping yourself busy whilst self-isolating at home is key to getting through this uniquely difficult time. For those who are volunteers it can be very frustrating if you aren't able to help the community in your usual way.

But there is a volunteering alternative you can do from home. Micro-Volunteering describes a volunteer or team of volunteers, completing small tasks that make up a larger project. It's a convenient and easy way for potential volunteers to get involved as it can be done anytime, anywhere.

Examples include: citizen science, (activities sponsored by a wide variety of organizations so non-scientists can meaningfully contribute to scientific research), letter writing, proof reading, photo-tagging, surveys, petitions.

It differs from traditional volunteering in that the tasks are designed to take only minutes to a few hours and the volunteer does not make a long-term commitment.

It can take the form of virtual volunteering where tasks are usually distributed and completed online via an internet-connected device, including smartphones.

Micro-volunteering typically does not require an application process, screening or training period, takes only minutes or a few hours to complete and does not require an ongoing commitment by the volunteer.

Each week VAO will post links to two micro volunteering opportunities for you to consider and once you have the bug you may well want to research your own.

The latest opportunities are:

<https://www.zooniverse.org/projects/gmecagni/boston-phoenix-1974>

<https://www.zooniverse.org/projects/southsudanwildlife/south-sudan-diversitycam>

Keep an eye on our [website](#) for more opportunities in the coming weeks.

Covid-19 Guidance for volunteers

The National NHS Volunteering Group, has endorsed the use of the Covid Age Tool <https://alama.org.uk/covid-19-medical-risk-assessment/> for use in NHS, along with role & location risk assessments to help determine if, how & when individuals resume their volunteering.

Other guidance & templates on resumption of volunteering activities are on the national Third Sector Interfaces and Volunteer Centres Volunteerwiki here: https://volunteerwiki.org.uk/wiki/Covid-19/Coronavirus_resuming_activities

**If you would like to promote your organisation, an activity or project
or have an interesting story to share please contact
Cecily Cromby at Cecily.cromby@vaorkney.org.uk**