

Newsletter July 2020

Local news and services

ORKNEY YOUTH AWARDS 2020



The Orkney Youth Awards are an annual event, organised through the Youth Workers Forum, to celebrate the extraordinary volunteering and community involvement achievements of young people. They took place under slightly different circumstances to normal this year – not the usual big night out, but instead by having a big night in... as they were held online!

Originally planned for March, the ceremony had to be postponed due to restrictions on large gatherings when Covid-19 rudely arrived into our world, however, Voluntary Action Orkney along with Community Learning Development at OIC wanted to make sure that all the hard work and achievements gained by the young people were still recognised.

So, on Thursday 23 July, the awards ceremony was broadcast on VAO's Facebook page. The evening was hosted by Orkney's MSYP's - Hope Laing and Maya Tams-Gray, along with Gail Anderson (Chief Executive of VAO), James Wylie (Director of Education in Orkney), and Jayden Taylor (Orkney Youth Forum).



Over 100 awards were presented for volunteering and special accomplishments through programs such as the Saltire Awards, Dynamic Youth, Youth Achievement, and Duke of Edinburgh, amongst many others. Due to the wonders of modern technology, the whole event was prepared in advance, allowing viewers to see all of the award winners, as well as some acceptance speeches that had been recorded by some of the young people, making it feel as though we were attending a live event!



In addition to the awards themselves, there were some great musical performances by The Aim Family, The Nicolson Family and The Brewer Family. A fun presentation by Pride Orkney gave the event an extra appeal, along with a section which was dedicated to all of those who have served their communities and gone the extra mile during lockdown.

Closing remarks were made from Liam McArthur MSP (pictured) who thanked all who were involved in every aspect of the awards – from the individuals themselves, to the organisations who opened their doors to them.

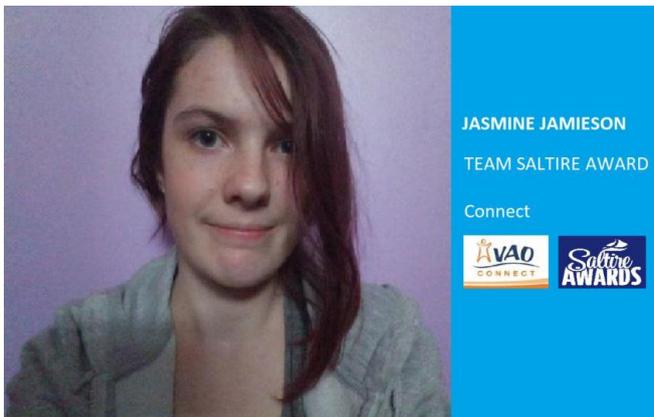


All in all, a great night was had by everyone – from the comfort of their own homes!

To watch the ceremony, click [here](#)

The Youth Awards were supported by a number of organisations which the coordinators would like to thank for their contributions: Robert Gordon University and Cooke Aquaculture for their sponsorship, The Pickaquooy Centre for the milestone achievement rewards, K4 Graphics for editing and compiling the ceremony, The Orcadian and Radio Orkney for their promotion in the lead up to the event.

There were also a large number of organisations who helped to get the ceremony online: Voluntary Action Orkney, Community Learning and Development at Orkney Islands Council, Active Schools Orkney, The Youth Café, Orkney Youth Forum, Orkney Pride, Army Cadet Force, Orkney Young Carers, Saltire Awards, Youth Achievement Awards, Dynamic Youth Awards, Duke of Edinburgh Awards, Scouts Orkney, Orkney Gymnastics Club, Police Scotland Youth Volunteers, Women's Aid Orkney, Kirkwall Grammar School and Stromness Academy.



Advocacy Orkney AGM

Advocacy Orkney will be holding their AGM at 1pm on Monday 3 August on Zoom. If you would like to attend please contact servicemanager@advocacyorkney.org by 31 July.

Advocacy Orkney are looking for new Board members. For more information please contact Service Manager Lianne Sinclair on the email address above.

For more information about the organisation please visit their [website](#).

NHS Near Me



NHS Near Me is a video consulting service which aims to provide patient/service user consultations as close as possible to home.

Initially tested in Highland in 2018, the NHS has rolled out Near Me across Scotland to support patients attend appointments in a modern and convenient way.

In Orkney, Near Me has been launched successfully with many patients opting to use the service. With the need to fast-track implementation in order to mitigate the spread of COVID-19, Orkney has experienced the fastest uptake in use of this service than any NHS Board area in Scotland.

What are the benefits of Near Me?

- Reduced travel to appointments: time, cost, convenience
- Reduced time away from work, school or home
- Easier to attend if you usually need someone to take you to appointments
- Enables you to have someone with you for support at your appointment (either with you or joining the consultation by video from another location, even from abroad)
- Better for the environment
- Reduces spread of infectious diseases

“It was more efficient because I wasn’t exhausted from the journey, my mind was fully engaged. The dialogue itself was far more constructive.” - Patient



Near Me is not only available to the NHS, third sector organisations can also use Near Me to reach out to service users in their homes.

All service users need is:

- A semi reliable internet connection (Broadband or mobile)
- A device for making calls such as a tablet, smartphone or computer with a webcam

If Near Me sounds like it could be of benefit to you and your team you can apply by contacting the National Team through completing this [online form](#).

To learn more about Near Me click [here](#) to watch a short explanatory video.

Further information can also be found [here](#).

Finally, if you have any questions or would like to hear more about the implementation and use of Near Me, please contact [Callan Curtis](#), Quality Improvement Support Officer, NHS Orkney.

Update from Home Energy Scotland

Home Energy Scotland has recently introduced an energy voucher scheme for householders who could as the result of self-isolating, working from home, or getting to grips with home-schooling duties find themselves using more energy and facing higher bills. For information about the voucher scheme please contact local Home Energy Specialist [Michael Cromby](#) on 07881 109002.

Home Energy Scotland also encourage partners to refer clients to Home Energy Scotland, especially if they are finding it hard to stay warm and keep up with their bills. Their advice is free and impartial and tailored to suit individual needs.

Home Energy Scotland offer:

- Support for households with prepayment meters, including access to newly available crisis funding for those at risk of self-disconnection or running out of credit on their gas or electric meter to make sure they can keep their power on.
- Practical help for people who find themselves without heating or hot water.
- Clear advice on ways to save energy and reduce fuel costs while staying warm at home.

- The latest information about extra help from energy suppliers to make sure households don't get cut off.

Here's how you can help:

- You can refer your clients directly to Home Energy Scotland through their secure online referral portal and we will call them back within five working days. If your organisation is not already on the portal, please contact Michael and request to be added.
- You can also direct your clients to call Home Energy Scotland direct on 0808 808 2282 to talk to one of our friendly advisors about ways they can support them. All calls are free and confidential.

Automated External Defibrillators in Orkney

AEDs - what are they?

An AED is an Automated external defibrillator and is used to help those experiencing sudden cardiac arrest.

How do they work?

Defibrillators give a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.

Who can use them?

Anyone! They are easy to use, have clear instructions and you do not need to be trained to use them. They only give a shock if it is needed- you cannot deliver a shock accidentally. Any member of the public is encouraged to use them to help preserve the life of someone who is experiencing a cardiac arrest. Using one will not harm anyone, not using one may lead to loss of life.

Do you know where the nearest defibrillator is?

There is a national register for defibrillators and custodians of them are encouraged to register. If you need a defibrillator in an emergency, the 999 call handler will often know where one is and tell you, so you can ask someone to get it.

By performing CPR and using a defibrillator, you'll give someone the best possible chance of survival, Orkney Heart Support Group has donated defibrillators to most community schools in Orkney and many premises have their own defibrillators.

New Guide for Trustees to Reopen Safely

Trustees will need to strike a balance between carrying out their charity's purpose and safeguarding people as they reopen. Learn more here. Find more information [here](#).

Funding & Finance



Volant Charitable Trust Open Grants

The Volant Trust's aim is to support women, children and young people who are at risk and facing social deprivation. It supports Scottish charities and projects, whether national or community-based, which help alleviate social deprivation, particularly supporting women, children and young people at risk. Max £30k, deadline 31 October 2020. Click [here](#) for more information.

Volunteering Matters Action Earth Fund

Supporting local volunteers and environmental groups in carrying out work in local green spaces to rebuild slowly, steadily and safely while carrying out essential environmental work that benefits

communities across Scotland, any group of 15 or more volunteers can apply for £250 awards to help make a difference outdoors through planting and habitat building projects. A very limited number of £500 grants are also available for projects which primarily involve people with defined health conditions and disabilities. Read more and apply [here](#).

Women's Fund for Scotland: Response, Recovery, Resilience

Grants of up to £5k are available. Emergency Response: This is intended to equip organisations to deal with the changes required because of the Covid-19; Recovery and Resilience: To support organisations adapting their normal working practices to conform to any Government guidelines. Read more [here](#).

The7Stars Foundation

Grants (up to £5k) are available to support young people challenged by abuse and addiction, those who are young carers, and those without safe homes. Applications will be considered from groups, organisations or individuals who require funding in the areas of: Abuse, addiction, child carers, safe homes. More info [here](#).

Social Entrepreneurs Fund Re-opened

The Social Entrepreneurs Fund has re-opened for applications for three of its programmes: Start It, Build it and Pounds for Purpose. The Social Entrepreneurs Fund (or SEF) is a Scottish Government-funded programme that supports individuals in Scotland to test, start, and grow social enterprise ideas. Read more [here](#).

Training opportunities



Open University opportunities

The Open University has working to ensure that those who are furloughed or face redundancy can access upskilling and reskilling opportunities. For more information please visit <http://www.open.ac.uk/courses/choose/upskilling-scotland>

Online training from Business Gateway

DigitalBoost: Facebook for Business
Tuesday 11 August
10am to 12pp

DigitalBoost: Improve Your Search Engine Ranking
Thursday 13 August
10am to 12pm

HR Redundancy Webinar in partnership with Kirkwall BID
Monday 17 August
2pm to 4pm

Start-up: Business Planning
Tuesday 18 August
12.30pm to 2pm

Start-up: Finance Planning
Thursday 20 August
12.30pm to 2pm

Start-up: Marketing
Tuesday 25 August
12.30pm to 2pm

For more information on the training and to book your place, please click [here](#).

Have your say....



Scottish Government Third Sector Survey

The Scottish Government is implementing a survey aimed at Third Sector organisations. This survey has emerged from work with local authority partners to implement the national hotline which was set up in response to the Coronavirus Crisis, and is intended to support our understanding of how national measures and local efforts are supporting those at risk due to Covid-19, to inform consideration of future support options.

The survey asks for information on the kind of groups that Third Sector organisations have been supporting and the types of support they have been providing during the crisis, as well as for their views on working with other organisations through this period and what they think future needs might be.

The survey can be accessed [here](#) and should be completed by 7 August.

This is an excellent opportunity to let Government know of the great work that has been done in Orkney.

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/chiarasemenzin/maturity-of-baby-sounds>

<https://www.zooniverse.org/projects/sassydumbledore/chimp-and-see>

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

**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**