

Newsletter April 2021

Local news and services

Care Home TV connects young volunteers with Hamnavoe residents

Care Home TV was born out of a willingness from volunteers to continue our long-term care home projects. In pre-Covid times a group of young people visited after school on a weekly basis to undertake a range of games and crafting activities with the elderly.

We initially set up in a music classroom after school, the idea being to develop as we went into a makeshift TV set with a variety of entertainment carried out by the group. This ran for a short time and we'd just about got over the connectivity hurdles when schools closed again.



Since then, a small group have continued completely online via Zoom. Although our activities have been mostly limited to Quizzes and Bingo, it's working really well – the young folk taking turns asking questions from home, and there's some friendly competitive banter between the two wings of the participating care home.



Fifteen-year-old Ronnie Taylor is participating as part of his Duke of Edinburgh Award: 'It's satisfying to speak to the residents and hear their stories, and I have thoroughly enjoyed doing it' he says.

'I wanted to help out in the community', says Caitlin, 18, 'I have fun doing the quiz and it brightens up [the residents] day a bit '.

Julian, Megan, Ronnie and Caitlin are pictured here chatting to the residents at Hamnavoe.

Sarah Kirkness, manager of Hamnavoe House, had these positive things to say about Care Home TV

'The very first session when we were new to online sessions, the reaction from the resident towards the volunteers was heart-warming when they first seen them on the 'screen'. As the volunteers were young adults there was an instant connection. The bingo was also a fantastic activity as all abilities could enjoy the game.

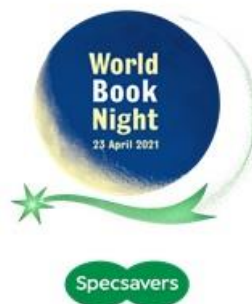
'The sessions have opened a new door for providing activities, we have never done this type of interaction before as any sessions were held within the unit. We hope to progress these types of session in the future.'

Connect Project takes part in World Book Night

World Book Night is the annual celebration of books and reading on 23 April that brings people from all backgrounds together for one reason – to inspire others to read more.

The CONNECT Project was one of over 700 organisations who took part in this year's giveaway - a total of 100,000 books were distributed across the UK and Ireland.

We received copies of 'We are all made of molecules' by Susin Nielsen to distribute and our young people, staff and local charities and businesses have helped send copies of the book out into Orkney for people to enjoy.



Thanks to ORSAS, The Blide Trust, Home Start Orkney, Age Scotland Orkney, the SunBean coffee house, Ypeople Orkney and others in helping us get the books out to readers.

Orkney Fair Trade Group appeal

The Orkney Fair Trade Group are taking part in The Regenerator's Appeal. The appeal supports vulnerable communities in Tanzania, Kenya, Senegal and Bangladesh to fight back against the devastating impact of climate change. More information about the appeal can be found [here](#).

Importantly every penny raised for the appeal before 7 June 2021 will be match funded by the UK government, doubling your contribution.



As part of the appeal, the Orkney Fair Trade Group will be in the Blue door from Monday 24 to Saturday 29 May. If you would like to contribute raffle prizes or items for sale, please take them to the shed beside the Blue Door on Friday 21 May. If you would like to arrange collection of donated items, please contact Lorna on 771585 or email orkneyfairtradegroup@gmail.com

Breast Buddies at Home-Start Orkney

Home-Start Orkney is launching a new project called 'Breast Buddies'. They recently received a 3 year grant from Cattanach to offer breastfeed support to families referred to our service, complementing the recently established NHS Orkney Breastfeeding Peer Support service.



Sarah, along with a number of enthusiastic women, has recently been trained by NHS Orkney and NCT (National Childbirth Trust) as a Breastfeeding Peer Supporter.



Sarah is trained to provide confidential support from the 28th week of pregnancy through a parent's whole breastfeeding journey.

As the training incorporated infant feeding in general, Sarah can provide information and support to all new parents, no matter how they feed their baby.

If you would like more information about the service please get in touch with Sarah at sarah@homestartorkney.org.uk or on 07871 763832 (telephone, text or WhatsApp).

Funding & Finance

ASPIRE Orkney

ASPIRE Orkney, established to aid Orkney's Covid-19 recovery plan, can invest in and support a wide range of enterprises and organisations from community, voluntary and private organisations.

Visit their [website](#) to find out more.

Please see our recent [training and funding](#) email for more funding opportunities.

Education and training

Engaging effectively with parents/caregivers in Child Healthy Weight Services

4 May 2021, 11.00-11.45

Sarah Anderson and Katherine Fahylang (NHS Lothian) will discuss psychological approaches to upskilling professionals working in CHW. This session will focus specifically on helpful ways to engage with parents and caregivers accessing child healthy weight services. It will include consideration of some of the common issues that families highlight when they access services; helpful tools for use in engaging in effective conversations with families; as well as consideration of staff values/attitudes as we work in this area.

Book your place on the 45 minute webinar [here](#).

Everyone Has a Story: Children Affected by Parental Substance Use

17 & 18 May 2021

This two day course, offered by the Scottish Drugs Forum, is running on 17 and 18 May 2021 via Microsoft Teams and participants must be able to attend on both days.

The course aims to support practitioners in adult and children's services to respond to children affected by parental substance use.

By the end of the training, participants will be able to:

- Identify the impact of parental substance use on children.

- Describe the child's change cycle in parental use and recovery.
- Practice the assessment of risk for children affected by parental substance use.
- Identify ways to actively engage and hear young people's stories

To take part, sign up [here](#).

Making Children's Rights Real Across Scotland

27 May 2021, 2:00 – 4:30pm

This online session will discuss how children's rights can be implemented in practice. These rights include to be treated fairly, to have a voice and be heard and to be as healthy as possible.

The Scottish Government is taking steps to ensure that children enjoy their rights, by incorporating the United Nations Convention on the Rights of the Child (UNCRC) into Scots Law.

So, what does this mean to us? And what do Children's Rights look like in practice? In this session you will hear keynote speakers from Together Scotland and Children's Parliament. There will also be a range of interactive breakout sessions led by children's services across Scotland who have been engaging children and young people in policies and services design.

The session, from the Third Sector Interface Children's Services Network hosted by GCVS and organised by Supporting the Third Sector Project, is for anyone who has a role in supporting children and young people to realise their rights when making decisions affecting them, whether you are in the third sector or the statutory sector.

To attend, you can register via [Eventbrite](#) or email everyoneschildren@gcvs.org.uk

Dates for your diary

ROAR Presents.... Islands in the Live Stream

Saturday 1 May, 7.30 YouTube

VAO's ROAR group are hosting a virtual Country concert and quiz in aid of Macmillan Cancer Support Orkney. The concert will air on Saturday 1 of May at 7.30pm on the Voluntary Action Orkney You Tube Channel and will also be shared to Facebook.

Click [here](#) to view the concert on You Tube

Click [here](#) for the Facebook event page

And click [here](#) to make a donation to Macmillan Cancer Support Orkney

ROAR PRESENTS:

'ISLANDS IN THE LIVE-STREAM'

FEATURING:

- ★ THE BREWERS
- ★ THE STRONSAY BAND
- ★ SALTFISH & JENNY
- ★ ROBIN NICOLSON
- ★ MEGAN & AILEEN BAIN
- ★ COREY & CRAIG
- AND MANY MORE!

A VIRTUAL COUNTRY CONCERT AND QUIZ IN AID OF MACMILLAN CANCER SUPPORT ORKNEY.

PREMIERES SAT 1st MAY AT 7:30 PM ON THE VAO YOUTUBE CHANNEL

DONATIONS ARE GRATEFULLY RECEIVED VIA THE JUST GIVING LINK IN OUR FACEBOOK EVENT

ANY QUERIES PLEASE CONTACT: ROARORKNEY@GMAIL.COM

Your Community, Your Voice: Feedback Sessions

4 and 5 May 2021

Your Community... Your Voice

Feedback Sessions

If you live in the **West Mainland** or **Kirkwall** join these **online sessions** to find out what your community told us about...

Transport

Work and Health

Housing and more!

...and help us find solutions!

Are you interested in hearing what folk have said about life in your community? Are you keen to help us find solutions to the big issues?

We had a fantastic response to the Your Community, Your Voice consultation that closed at the end of March with over 300 surveys completed!

Why not come along to a Feedback Session for a first look at the results for your local area? This will be your chance to tell us if anything has been missed. You can then help us to prioritise the key issues that matter most to your community and share with us how you think these should be addressed!

Three feedback sessions have already taken place for the following parishes: Kirkwall, Stromness, Birsay, Evie and Rendall & Harray and Sandwick.

The feedback session for Firth, Stenness and Orphir will be held on Tuesday 4 May from 7.00-8.30pm on Zoom and a general session (for all parishes) will take place on Wednesday 5 May from 7.00-8.30pm on Zoom.

To register please contact [Rebecca Crawford](#) and we will send you a link to the Zoom meeting.

We want to keep community voices at the forefront of solutions and decision making and would encourage everyone of all ages to come along!

This project is part of VAOs wider Community Engagement Project, in collaboration with the Orkney Partnership and is funded by Aspiring Communities.

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