

Newsletter November 2021

Local news and services

Orkney Community Directory

We are in the process of refreshing the information contained within the Orkney Community Directory which is produced and managed by Voluntary Action Orkney. To ensure the information contained is up to date and accurate, we are contacting all the organisations, groups and services that feature and asking them to provide new details.

The directory provides essential information about local third sector groups and services. It is digital and searchable and contains information for almost 600 organisations, groups and services. It is also used to produce two, smaller, printed directories - the Adult Services Directory and the Children's Services Directory. These are distributed across the islands and through various locations including libraries, doctor's surgeries and schools. There is no cost involved in featuring in any of the directories and, all third sector organisations and services are encouraged to provide their information to ensure they are as comprehensive as possible.

The form should take around 15-20 minutes to complete. It is not possible to save the form part way through so we would advise you have the information needed to hand before filling it out. You will need the contact information for the organisation, group or service including any social media links as well as description of up to 100 words. Once you have finished, please press the blue 'Submit' button at the end.

Please click [here](#) to complete the form. If you would like to view our privacy policies and statements, click [here](#). If you have any questions or difficulties with the form please let us know by contacting enquiries@vaorkney.org.uk

Adult Befriending Service Groups are back!

We are delighted to announce that the Adult Befriending Service Groups are back! For more information call 872897 to speak to the Adult Befriending Team or email sarah.kelly@vaorkney.org.uk

Scribble and Scrabble - Mondays 1.30-3.30, Life Centre, Kirkwall
A chilled out session for over 60s with scrabble and colouring

Evergreen - Every Tuesday 1.30-3.30, Life Centre, Kirkwall
A different activity each week for over 60s

Games Groups - Thursdays 1.30-3.30, Life Centre, Kirkwall
A variety of board and floor games for over 60s at any ability

Holm B.A.L.L. Group – Mondays 2.00-4.00, Holm Community Centre
Gentle exercise, activities, speakers, coffee and chat.

Burray B.A.L.L. Group – Wednesdays 2.00-4.00, Burray Hall
Gentle exercise, activities, speakers, coffee and chat.



Island Self Management Group Launched



The Island Self Management Group, an online group for those living with a physical long-term condition on one of Orkney's ferry-linked isles, launched this month.

A long-term condition is a lifelong medical condition which impacts a person's day-to-day living. The group is for residents with a physical long-term condition. These might include but are not limited to diabetes, chronic pain, asthma, arthritis, heart conditions and visual impairments.

Self-management supports people with a long-term condition to live their lives better, on their terms. It encourages people to access information and to develop skills to find out what's right for their condition and, most importantly, for them. Self-management will help you to manage the challenges of day-to-day living.

The group meets online once a week and aims to support the understanding of self-management across the ferry-linked isles. Members will learn self-management techniques from qualified tutors and expert speakers. They will also have an opportunity to build friendships with others living with a long-term condition.

For more information and to sign up, please click [here](#) or contact jamie.donaghey@vaorkney.org.uk

New Scottish Network for people affected by respiratory conditions



ALLIANCE

A new network has been set up for people who live in Scotland and have been affected by respiratory conditions. The Health and Social Care Alliance Scotland (the ALLIANCE), Chest Heart & Stroke Scotland (CHSS) and Asthma UK and the British Lung

Foundation want to hear about people's experiences, opinions and ideas, and work with them to make improvements to the lives of people affected.

Over the next five years (2021-2026) the Scottish Government are implementing a Respiratory Care Action Plan (RCAP). The RCAP aims to drive improvements in the diagnosis, care, treatment and support of people living with respiratory conditions in Scotland. The plan focusses specifically on the five conditions that make up over 90% of the resources required to manage respiratory conditions in Scotland; asthma, bronchiectasis, chronic obstructive pulmonary disease (COPD), Idiopathic Pulmonary Fibrosis (IPF) and obstructive sleep apnoea syndrome, however it aims to improve care for all respiratory conditions.

The Respiratory Conditions Network, supported by the ALLIANCE, CHSS and Asthma UK and the British Lung Foundation will provide a space for people affected by respiratory conditions to discuss and share ideas, and support the voice of lived experience to influence the implementation of the RCAP. The ALLIANCE will establish a Reference Group of network members who wish to be more involved. This reference group will feed the views of the network directly to Scottish Government.

The ALLIANCE welcome anyone with an interest in respiratory conditions to join the network, whether you live with a condition yourself, are an unpaid carer or family member of someone living with a condition, or work in this area of the third sector. You do not have to be affected by the conditions mentioned above, anyone affected by any respiratory condition is welcome.

For more information and details of how to join the network, please click [here](#) or contact respiratory@alliance-scotland.org.uk or phone 0141 404 0231.

Funding & Finance



Orkney Communities Mental Health and Wellbeing Fund

A new fund looking to tackle mental health inequalities has launched in Orkney. A total of £75,197 is to be distributed to local third sector organisations and voluntary groups in Orkney to help address mental health inequalities.

Grassroots community groups, social enterprises and third sector organisations will be able to benefit from the Communities Mental Health and Wellbeing Fund, which launched locally on 23 November.

The new Fund, announced last month, aims to support adult community-based initiatives to help address the impact of distress and mental ill health caused by social isolation and loneliness, as well as addressing the mental health inequalities exacerbated by the Covid-19 pandemic.

Locally, Voluntary Action Orkney is working with The Orkney Partnership and the Integration Joint Board, to help distribute the funds.

The funding is provided by the Scottish Government as part of a wider £15 million programme for Covid-19 recovery, aimed at adult-focused community-based initiatives.

Earlier this year, Third Sector Interfaces (TSIs) were recognised for their work in distributing funds through the pandemic with close relationships in communities in what was a first-of-its-kind scheme. Building on this work, TSIs are delivering the fund locally across Scotland, with some forming steering groups to develop priorities and guidance that reflects the needs of their respective areas.

Gail Anderson, Chief Executive of Voluntary Action Orkney commented 'We are delighted to work with national and local partners to promote and distribute this funding. The restrictions imposed by Covid-19 have had and continue to have a significant impact on individuals and communities. The Fund provides an opportunity for us all to work together and to build on the excellent work done throughout the pandemic to help improve mental health and wellbeing amongst the adult population in Orkney.'

Two grant streams are available, a small grants, fast-track rolling programme will provide grants up to £2,500, with applications able to be submitted at any time up until 9am on Monday 14 February 2022. For grants up to £10,000 there is a application deadline of 9am on Monday 17 January 2022.

VAO will support any organisation with the development of their application and in delivery of their project, if organisations want help or advice.

It is hoped it will be a recurring fund next year and applications are sought to address a number of needs. These include, social isolation and loneliness, suicide prevention, access to physical activity as well as diet and nutrition.

An online information session for interested organisations about the Fund is being held at 6.30pm on Thursday 9 December. For more information or to book your place on the session, please contact Clare Gee, Community Development Worker, at clare.gee@vaorkney.org.uk or phone 01856 872897

View and download the application pack by clicking on the links below:

Communities Mental Health and Wellbeing Fund – [Orkney Guidance](#)
Communities Mental Health and Wellbeing Fund 2021/22 – [Application Form](#)

Funded Work Placement Opportunities

In response to the economic impact of the covid-19 pandemic, the Scottish Government has awarded funding to encourage public and third sector organisations to offer paid work placements to people aged over 25 years, who have been unemployed for over 12 months and have additional barriers to employment.

There is no cost to your organisation, and they are looking for entry level posts suitable for people to gain essential skills for future employment.

Placements should offer between 16 – 30 hours per week, fixed term for 6 months but can be flexible to meet the needs of the individual, i.e. term time, less hours for longer. The placements must be supernumerary.

- Participants must receive £9.50 per hour and start dates must be between November and March. You'll pay the wages and reclaim in full off Orkney Island Council monthly in arrears.
- Organisations will receive a £2000 training grant to ensure individuals gain relevant training/ qualifications for the role and to support positive future transitions.
- Placements must be supported by a nominated staff member (mentor) who, in turn, will be supported by a named officer from Orkney Island Council.
- You will be responsible for induction and day-to-day management of the participant.
- Progress will be reviewed regularly with participant and mentor and can be stopped if not working out.

Interested organisations will need to complete the application form which can be accessed [here](#).

To find out more please contact Morgan Geddes-Ward on 01856 873535 ext 2411 or email employability.support@orkney.gov.uk

Scottish Government Webinars – Investing in Communities Fund Round 2

The Investing in Communities Fund aims to support community anchor organisations based in the places they serve by delivering activity across the following four areas for action in our most disadvantaged and fragile communities across Scotland:

- tackling poverty and inequality
- sustaining place-based approaches
- community-led regeneration
- ensuring a just transition to net zero

The team will be holding webinar sessions for interested stakeholders and prospective applicants to provide an overview of the fund's aims, eligibility criteria and the application process prior to its anticipated opening for applications next calendar year. The webinars will also include time for Q&A. The teams approach is also intended to provide time for interested organisations to develop quality collaborative place based proposals in conjunction with local partner organisations.

The webinar will last one hour will be held from 2.00-3.00 on Wednesday 8 December 2021. Click [here](#) to register.

A copy of the presentation slides will be accessible on the ICF [website](#) prior to the first event so that you and interested organisations have the opportunity to consider any questions you may wish to ask during these sessions. The current version of the fund's guidance note and FAQ will also be accessible on the ICF website by mid December 2021 to ensure that you have access to all of the details.

For anyone encountering problems completing the registration process please email: InvestinginCommunities@gov.scot

Did you know that VAO produces a monthly Training & Funding Update? It contains useful information and links about current training and funding opportunities as well as enterprise and governance advice. To sign up, email: enquiries@vaorkney.org.uk and let us know you would like to be added to the mailing list. The October update can be viewed [here](#).

Have your say



Community Asset Transfers – COSS wants to hear your views

Part 5 of the Community Empowerment Act introduced rights for community groups to take over publicly owned land or buildings in ways that recognised the public benefits that transfer can bring. The Act, implemented in 2017, has defined a legal process for asset transfer, giving rights to community groups and placing duties on public bodies to respond to these rights.

The [Community Ownership Support Service](#) (COSS) is a Scottish Government funded programme set up to help community groups take on assets for their community. As part of our role, we would like to hear the views and experiences of those groups which have considered or embarked on community asset transfer. The results will help COSS inform national working groups evaluating the Community Empowerment Act and how it is implemented.

Third Sector Interfaces, including VAO in Orkney, play a vital role in supporting local community organisations and there are likely to be many groups in your area that VAO have supported on this journey and others who may have pursued the CAT process without support. COSS would very much like to hear their views and experiences of the legislation too.

Please click [here](#) to complete the survey which will close on Monday 13 December.

Third sector organisations' and new private businesses' views and experiences of Scottish Public Procurement

Scottish Government has commissioned Blake Stevenson Ltd., an independent research company, to investigate the views and experiences of third sector organisations and new private sector companies, in relation to public procurement in Scotland.

You may have recently bid for a public contract (either as the lead or as part of a consortium) or may have decided not to for a variety of reasons. In either of these cases, they are interested in your views.

For the purposes of this survey, they are interested in your experience of public procurement related to public sector bodies which are based in Scotland and which relate only to Scotland. This includes, but is not limited to, the Scottish Government and the 32 Scottish local authorities, as well as Scotland's NHS, universities and colleges, and registered social landlords.

Your views will be analysed by the researchers and will inform future development of the public procurement system in Scotland, ensuring that it is as inclusive as possible and that organisations can better access, compete for and deliver public contracts.

Please click [here](#) for more information and to complete the survey.

For further information please contact Katie Forman by email on katie@blakestevenson.co.uk or on 0131 667 2919.

Training opportunities

Child Sexual Exploitation Awareness Training

Monday 14 February 2022, 9.30 - 12.30, via Teams

The training - provided by Orkney Rape and Sexual Assault Service (ORSAS), Women's Aid Orkney and Police Scotland - will enable participants to:

- Understand the key terminology and definitions in relation to child sexual exploitation (CSE)
- Recognise the key vulnerability factors, risk indicators and the tactics that perpetrators use in relation to CSE
- Understand the importance of language
- Increase confidence in identifying and responding to CSE
- Recognise the importance of information sharing and multi-agency partnership working when responding to children and young people

Click [here](#) to register or contact Jane-Anne at OHACTraining@orkney.gov.uk or 01856 873535 extension 2619 for more details.

Gambling Harms training and awareness session

Wednesday 26 January 2022, 10.30–12.00, in Zoom

The Citizens Advice Scotland Gambling Support Service has been funded till March 2022 to offer free training sessions to organisations and frontline workers who work with clients who may experience – or be at risk of experiencing – personal difficulties through their own or somebody else's gambling behaviour.

Their Gambling Support Service Project aims to:

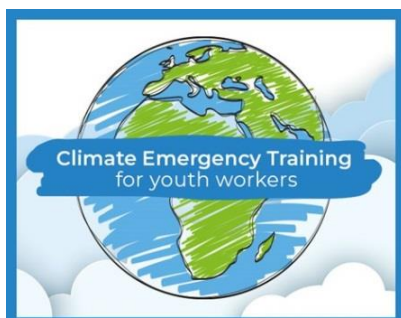
- raise awareness of gambling harms and provide information on the prevalence and accessibility of gambling within society
- deliver training to frontline workers to help them recognise those at risk of, or who are experiencing, gambling harms
- support clients in accessing specialist support and treatment services.

The service is provided across the Highlands, Western Isles, Shetland and Orkney, and training sessions are delivered via Zoom or Microsoft Teams, taking between 1-1.5 hours.

As well as training sessions they can also support clients directly by providing information on how they can reduce their risk of gambling and help them access support and treatment services.

To sign up for the free training session, or for any further information, please contact Mike.Youatt@invernesscab.org or 07788 178204.

Climate Emergency Training for Youth Workers



Registration is open for free climate emergency training to give Scotland's youth workers and those working with young people an understanding of the climate emergency and equip them with skills and tools to help young people turn their concerns about climate change into positive action. Participants who successfully complete the three modules can apply to gain Carbon Literacy accreditation through the Carbon Literacy Project.

The training is part of the Scottish Government funded COP26 Youth Climate Programme and is being delivered by Keep Scotland Beautiful and YouthLink Scotland.

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

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