

Newsletter March 2022

Local news and services

Orkney Youth Awards

VAO are delighted to announce that the Orkney Youth Awards will be held on Tuesday 31 May in person at the Pickaquoy Centre!

The ceremony is less than two months away, so please start thinking about the young people that you work with, and who might deserve an award. It would be great to get as many young people as possible involved so that they are recognised for their brilliant achievements.

An important part of the Youth Awards is the fact that we get to recognise young people who have made outstanding volunteering contributions to their local community through The Summit Awards. If you know anyone who has gone above and beyond for their community, is aged between 12 and 25 years old and hasn't won a Summit Award before, then please complete a nomination form [here](#) (please note that we request nominations are completed by Thursday 5 May to allow enough time for a panel to meet to confirm the winners of the award).

Please also encourage any volunteers you are involved with (aged 12-25) to sign up for the Saltire Awards to record their volunteering hours. It's great for their CV, really easy to sign up and completely free. There is an option for organisations to record hours on their volunteers' behalf - handy if you have a lot of young folk involved, and which VAO would be happy to walk you through. Click [here](#) for further information.

If you would like further information about the Youth Awards or any aspect of youth volunteering, please contact [Kirsty Rochford](#) at VAO.

New name for YPeople

Ypeople, has unveiled a new name, Right There, as they launch a new chapter to prevent more people becoming homeless or separated from the people they love.

At Right There the vision is for a world where everyone has an equal chance to create a safe and supportive place to call home.

Their mission is to meet people where they are in life with no judgment; walk alongside those who need support and prevent them from becoming homeless or separated from the people they love.

Local programmes include:

Right There For People is their local counselling programme for young people up to the age of 25. This support is offered face-to-face, online or via phone; whichever way feels most comfortable to the young person.



Right There At Home is their supported accommodation programme. Programmes are psychologically informed environments (PIEs) – which means they take into account the trauma people may have experienced and how this can impact their emotions, experiences and ability to trust.

Right There in the Community equips people to live independently and build stronger community connections.

For more information, please visit the new website: <https://rightthere.org/>

To celebrate the launch, Right There will be holding a drop in at the Pickaquoy Centre, St Magnus Suite, between 12-2pm on 14 of April, a light lunch will be provided.

For more information, please contact Ann Clark at a.clark@rightthere.org

Partnership v Pandemic

An event to celebrate the incredible community spirit and positive partnership working that has taken place in Orkney throughout the Covid Pandemic will be held in May. Come along to two virtual sessions on 'Coming Together' and 'Reaching Out' and hear from those in the thick of things, what they did, what they learned and what happens next. There will be great opportunities to take away ideas and learning for your own organisation or group.

The event will take place in two parts on the afternoon and evening of Thursday 12 May so hold that date in your diary and look out for event details and booking information nearer the time.

For further details or to have booking info sent direct to you, please contact [Clare Gee](#), Community Development Worker at VAO.

Free Social Anxiety Course from RS Orkney – New dates added



Do you often feel anxious, panicked, or worried in social settings?

Do you struggle with speaking in public, talking to new people or friends?

Would you like to understand more about these feelings and how to cope?

Relationship Scotland Orkney and student therapists from The Centre of Counselling & Therapy, Glasgow are facilitating a free 6-week course for those aged 18+ struggling with Social Anxiety.

These sessions offer a space to learn more about social anxiety, how to talk about it, learn practical tools to cope and provide an opportunity to meet others sharing similar experiences.

The six-week course will be held on Thursday evenings from 7pm to 9pm from 14 April to 19 May.

For further information and to register your interest please contact sharon@rsorkney.org.uk or call Relationship Scotland Orkney on 01856 877750.

Fighting Cyber Crime

Police Scotland Cybercrime Harm Prevention provides a monthly Cyber Byte email aimed at providing you with awareness and information on how to help keep you and your family safe online. We have created a briefing note with details from their monthly update on how to keep yourself safe online. Please click [here](#) to view.

If you are interested in training for yourself or your staff and volunteers VAO can provide Cyber Resilience Training which has been developed by Digital Skills Scotland with information from the

National Cyber Security Centre. The training lasts around an hour, is free, and is delivered online. Contact Clare Gee, Community Development Worker at clare.gee@vaorkney.org.uk for info.

Scotland's Census

Completing the census is a legal responsibility. People who have not yet filled in their census are being reminded it is their legal responsibility to do so and are encouraged to get help if they need it.



Those who don't fill in the census by 1 May, may face prosecution, which could lead to a criminal record and a fine.

National Records of Scotland Chief Executive Paul Lowe said:

"Taking part in the census is a legal responsibility. The census provides vital information required to invest in and run the services we all rely on.

"It's not just the public sector; charities and businesses use census data to help them make decisions. By answering questions about yourself, your home and your household you are having your say on what services are needed in your community.

"I'd like to thank everyone who has filled in their census. For anyone who has yet to complete it, help and support is available on the website census.gov.scot or via a free helpline on 0800 030 8308.

"Guidance is available for every question in English and 16 other languages on the website. An interpretation service covering most languages can be accessed by calling 0800 030 8333. You can also request copies of the guidance in Braille, large print or on audio CD or USB. There are guidance videos in British Sign Language on the key pages of the website and a video relay service offered by contactscotland-bsl.org can be used by BSL users to access advice from the helpline."

Anyone who can't complete the census on their own can ask someone they trust over 16 years old for help.

Reminder letters have been sent to every household in the country who is yet to complete the census and field staff are visiting addresses that haven't completed their return to offer advice and support. If you need more information visit the census website www.census.gov.scot or call the free Scotland's Census helpline on 0800 030 8308.

Organisations can access a [toolkit](#) to help promote the census to those they work with and individuals can request a paper questionnaire or complete their census questionnaire over the telephone by calling 0800 030 8308. (Calls are free-of-charge from UK landlines and mobile phones and available Monday to Friday: 8am to 8pm, Saturday and Sunday: 9am to 4pm)

Funding & Finance

Investing in Communities Fund

Scottish Government are continuing to develop the Empowering Communities Programme by further progressing the Investing in Communities Fund.

The fund is looking to support vulnerable communities to tackle poverty in whatever way necessary.

It highlights four areas for action within the fund priorities:

- Tackling Poverty & Inequality, including Child Poverty
- Developing and Sustaining Place Based Approaches
- Community-led Regeneration

- Ensuring a just transition to Net Zero

The fund is expected to open in May 2022. Find out more [here](#).

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 March update can be viewed [here](#).

Employment



Fedcap call for skills partners

Fedcap Scotland is a not-for-profit organisation specialising in helping people find jobs and careers they love.

Their purpose is to create opportunities for customers by designing and delivering innovative, sustainable solutions and creating measurable changes for those who are socially disadvantaged.

Fedcap Scotland are looking for leading skills providers to join their existing partner framework who can support them on existing contracts and future opportunities across Scotland and England.

They particularly welcome expressions of interests from providers who have experience in delivering support, with a strong focus in achieving skills, accredited qualifications and employment outcomes for individuals and employers. This includes but not limited to:

- Qualifications to help individuals secure employment and/or further enhance and develop their skills to support in-work progression.
- Delivery of sector-based work academies with strong employer links.
- Supporting of individuals with qualification gaps to help improve their basic skills.
- The experience and ability to respond to priority sectors needs such as hospitality, retail, manufacturing, 'green' jobs and emerging industries.

Click [here](#) to find out more.

Training opportunities



Free training through the Orkney Alcohol and Drugs Partnership

Drug Trends & Awareness Training – 21 April 2022 / 3 November 2022

A half-day session focused on developing staff awareness of substances and the national and local trends in substance use, delivered online by national charity CREW. Book your place [here](#).

Introduction to Motivational Interviewing – 3 & 4 May / 7 & 8 September 2022

A two-day session focused on introducing staff to the basics of the counselling technique Motivational Interviewing, delivered online by national charity Scottish Drugs Forum. Click on the links to book your place: [3/4 May](#), [7/8 September](#). Participants should be aware that there is a prerequisite e-learning module which must be completed before this training can be undertaken, which can be found [here](#).

Sex, Drugs & Vulnerable Young People – 30 August & 1 September 2022

A two-day session focused on issues that vulnerable young people face in relation to sex and drug use, including sexual orientation and gender identity. It aims to help workers to recognise the importance of their role in delivering key messages to promote healthy relationships and harm reduction. The course will cover the different substances and the impact they have on sexual and

reproductive health in addition to sex and the law, contraception, sexually transmitted infections and blood borne viruses. Book your place [here](#)

In-house training

The OADP can provide free in-house training on the following:

- Alcohol Brief Intervention delivery
- Naloxone awareness and delivery
- Basic Drug Awareness
- Substance Specific Awareness session on Cannabinoids, Cocaine, Ketamine, MDMA and Benzodiazepines

Please contact [Matthew Thomas](#) for more information or to book your in-house training.

Volunteering News

Drop In

Our next volunteering drop in will be on Wednesday 13 April from 3.30-5.30 at the Pickaquoy Centre. No need to book, just pop by for a blether if you are interested in volunteering yourself or if your organisation would like help to recruit and support volunteers, including committee members and trustees.

If you can't make the drop in, book a time for a chat with Sam, our Volunteer Development Worker – contact details below. You can also drop by the VAO office on Bridge Street on a Monday, Wednesday and Friday morning to chat to Sam then or leave a message if she's not free.



Shout out to Orkney employers

We would love to hear from any local employers who have short term volunteering opportunities that would help local people gain some new skills and build confidence as they apply for study or paid work opportunities. or would like to work with us to set up taster days to support local people trying out different work sectors, gaining for volunteers wanting to start their journey into the world of work. This is an incredibly rewarding way In return they can offer you their time, talents and a spare pair of hands! If you have any opportunities or would like to set some up, please get in touch with Sam – contact details below.

Volunteer team building days

As staff are returning to offices and adjusting to a blended way of working from home, it is a great time to reunite with work colleagues and a fun team building day might be just the thing to help everyone reconnect. Why not consider doing some volunteering as part of a team building day to make a difference to a local organisation at the same time?

Or maybe your employer offers a corporate volunteering scheme giving staff some time each year to volunteer. With the pandemic many employees have not been able to use this time and a few hours of volunteering donated each year can make a big difference to a small local group in Orkney. If your employer doesn't offer a scheme, why not ask them to? There are so many benefits to staff and the employer, and what a great way to give something back to the community we are working and living in.

VAO can put you or your employer in touch with local projects and organisations who would absolutely love help from staff individuals or teams. Tasks range from painting, litter picking,

fencing, vegetation clearance, wildlife monitoring or sorting donations for a local charity shop. Contact Sam to find out more.

Current volunteering opportunities

It's great to be able to promote volunteering opportunities again. Click on the links below to find out more about the latest ones. For a full list of all volunteering opportunities click [here](#) or get in touch to request a paper copy or an alternative format.

Greener Orkney – Community fridge volunteer

Do you care about reducing food waste and have a couple of hours free a week? Why not help us manage a brand new community fridge in Kirkwall? Click [here](#) for more details.

The logo for the Community Fridge features the words "Community Fridge" in a green, handwritten-style font. The text is set against a light blue background with a white, cloud-like shape behind the word "Fridge".

Stromness Museum – Treasurer

Are you passionate about Orkney heritage and good with numbers? We are looking for a treasurer to join our friendly team of board members and part-time staff at the Orkney Natural History Society Museum in Stromness. Click [here](#) for more details.



Island Games Orkney 2025 – Minute Secretary

From 12-18 July 2025 the Orkney Islands will be handed the baton for hosting this incredible event and we are looking for a volunteer to help our committee with some admin support. Can you help us? Click [here](#) for more details.



Adult Befriending Service - Befriender

Could you give an hour a week as a befriender spending time in person or on the telephone with an older person? Click [here](#) for more details.



Volunteering contact details

For further information about any of the above just get in touch with [Sam Stringer](#), VAO Volunteer Development Worker.

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