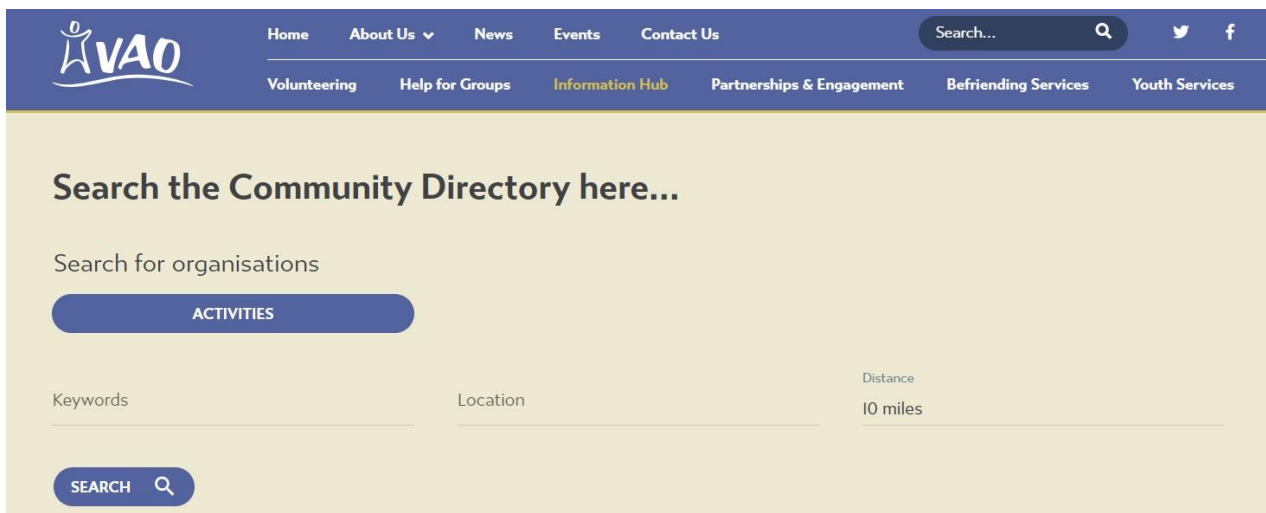


# Newsletter May 2022

## Local news and services

### Orkney Community Directory

We are in the final stages of collecting information for the Orkney Community Directory which is produced and managed by Voluntary Action Orkney. To ensure it is as up to date and accurate as possible, over the last few months we have been contacting all the organisations, groups and services that feature to ask them to provide new details by completing an online form. If your organisation has still to submit the information, the form can be accessed [here](#).



The screenshot shows the VAO website's search interface for the Community Directory. It features a navigation bar with links to Home, About Us, News, Events, and Contact Us, along with a search bar and social media icons. Below the navigation bar, there are links to Volunteering, Help for Groups, Information Hub, Partnerships & Engagement, Befriending Services, and Youth Services. The main content area is titled 'Search the Community Directory here...' and includes a search bar for organisations, a button for 'ACTIVITIES', and fields for 'Keywords', 'Location', and 'Distance' (set to '10 miles'). A 'SEARCH' button is at the bottom.

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 the directories are as comprehensive as possible.

If you would like to view our privacy policies and statements, please click [here](#).

### The Young People's Befriending Project is Growing!



The Young People's Befriending Project is over a decade old now and still going strong. The Volunteering Team is looking to expand once again so that the Project can support more of Orkney's young people.

Everyone needs positive connections in their lives, but not all young people have

many of these supportive relationships - that's where Befriending comes in. Befriending is a really rewarding way to make a difference to someone else's life, and also an opportunity to take part in lots of different activities and hobbies and meet lots of like-minded people in the Befriending Team.

All you need are a few free hours every fortnight, an enthusiasm to work with a child or young person, a hobby or interest to share, and a friendly and kind personality – and we'll take care of the rest.

We will be running our training course in the next couple of months and would really encourage interested people to get in touch with us to find out more about how just a couple of hours a fortnight can make a real difference to a young person!

If you would like to find out more about the Project and about the difference you can make from just giving 2-3 hours a fortnight, then get in touch with [Hannah](#) and [Katherine](#), the Project Co-ordinators or visit our [website](#).

## New social groups for Orkney

Looking to get out and meet new people and try new things? Then pop along to one of the weekly groups being held across Orkney. For more information, please contact [roosa.orkney@gmail.com](mailto:roosa.orkney@gmail.com) or [yvonne@rsorkney.org.uk](mailto:yvonne@rsorkney.org.uk)



A poster for Stromness Women's group. At the top is a red rose with the word 'ROOSA' below it. The text reads: 'STROMNESS WOMEN, ROOSA WELCOMES YOU...'. Below this, it says: 'START SPRING WITH SOMETHING NEW. GROW A NEW FRIEND OR HOBBY. EACH WEEK A DIFFERENT TOPIC OR FUN ACTIVITY. ALWAYS A FRIENDLY FACE & CUPPA. EVERY MONDAY 10:30 - 12 AT THE STROMNESS LIBRARY. FIND US ON FACEBOOK OR ON THE WOMEN'S AID ORKNEY WEBSITE FOR UPCOMING ACTIVITIES AND INFO. WE LOOK FORWARD TO MEETING YOU.' At the bottom, there is an illustration of two hands, one holding a small object, and a teapot pouring tea. The email address 'Email: roosa.orkney@gmail.com' is at the bottom.



A poster for Blether & Brew. At the top, there are thought bubbles saying 'Lonely?' and 'Isolated?', and speech bubbles saying 'Network!' and 'Connect!'. In the center is a large blue teacup with a tea bag that says 'LINC'. Text inside the cup says: 'Would you like to network & connect? LINC Sessions are for you! Warm welcome for all ages guaranteed.' Below the cup is a banner that says 'Blether & Brew'. At the bottom, there is a table of locations and times:

St Magnus Centre (Kirkwall)	Stromness Library	Milestone Kirk (Dounby)
Tuesday 10-12	Wednesday 10:30-12:30	Thursday 10-12
Ongoing	Starting 1.6.22	Starting 2.6.22

For more information please contact [yvonne@rsorkney.org.uk](mailto:yvonne@rsorkney.org.uk) or call 01856877750

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## Developing the Young Workforce - information on Employment Rights

A host of information on Employment Rights is available to view on the Developing the Young Workforce Orkney [website](#) and a printed leaflet will soon be available. Please contact [Rachel.Scarth@uhi.ac.uk](mailto:Rachel.Scarth@uhi.ac.uk) for more information.

# Funding & Finance



## Shared Prosperity Fund

Scottish charities are being urged to apply for a share of a £2.5bn post Brexit fund of which a total of £1.7m is available for Orkney.

The UK government's Shared Prosperity Fund is intended to replace funding lost when the UK left the European Union.

The money will be made available to local authorities which will then lead local partnership groups working with groups including "prominent local community and faith organisations" and "voluntary, social sector enterprise and civil society organisations", the guidance says.

Click [here](#) for more information and to complete a pre-registration form.

**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](mailto:enquiries@vaorkney.org.uk) and let us know you would like to be added to the mailing list. The May update can be viewed [here](#).**

## Have your say



### NHS Orkney Polytunnel Survey

The construction of the NHS Orkney polytunnels is well under way. The health improvement department is currently conducting a survey to gather ideas on the polytunnels best use and welcome feedback from everyone. The survey enables NHS Staff, visitors, third sector organisations and the wider community to have their say. So please join in and share your thoughts in the survey that should take around 5 minutes to complete.

The NHS Orkney polytunnels project hopes to enhance a green space on the NHS Orkney estate and increase the potential for it to deliver better health and environmental outcomes to the community of Orkney. The space will provide opportunities for gardening, physical activity, social interaction, learning, relaxation and connection with nature. The polytunnels will also be available for groups to use for their own workshops or educational lessons.

To access the survey, click [here](#). Alternatively, you can find it on the NHS Orkney website or across NHS Orkney social media channels.

## What can the Scottish Parliament do to involve more people in its work? Online Event for Disabled People in the Highlands and Islands

**Wednesday 29 June 2022- 6pm-8pm**

What would help you get your voice heard in the Scottish Parliament? The Parliament's Citizen Participation and Public Petitions Committee wants to hear your views.

The Scottish Parliament is there to represent everyone in Scotland, but they know that some people are currently more likely to become involved in its work than others.

The Parliament wants to speak to groups across Scotland to understand what would make it easier for people to work with them. They are keen to listen to your experiences and ideas – so that you can help shape the way the Parliament works in future.

Do you have thoughts, ideas, or suggestions that you think could make a difference? Would you like to take part in a conversation to tell the Parliament what it can do to help people get involved? The Parliament is running sessions during June to find out what people think.

If you live in the Highlands and Islands and have lived experience of disability, you can register to attend an online event on Wednesday 29th June 2022 from 6pm-8pm by completing this registration form [here](#).

If you represent an organisation that supports or advocates for people with disabilities in the Highlands and Islands and wish to contribute to the delivery of this event, please email [Alistair Stoddart](mailto:Alistair.Stoddart@parliament.scot), Senior Participation Specialist, Participation and Communities Team.

You can also get involved by completing a short [survey](#)

## Food bank inquiry

The All-Party Parliamentary Group on Ending the Need for Food Banks is undertaking an inquiry into Cash or Food? Exploring effective responses to destitution. Although this is a Westminster initiative, as Universal Credit and other benefits are reserved matters, the group are interested in hearing views from across the UK. You can find details on how to submit a response by Friday 8 July [here](#). The accompanying guidance documents offer suggested questions for both individuals and organisations. Any queries can be directed to [public.affairs@trusselltrust.org](mailto:public.affairs@trusselltrust.org)

## An exploration of experiences of burnout in social justice and human rights professionals in Scotland

Do you work in Social Justice or Human Rights? Would you like to take part in a research project looking at your experiences of working in the sector?



University  
of Glasgow

The study, conducted by Betty Andrews, a postgraduate student at the University of Glasgow, aims to explore burnout in social justice and human rights professionals in Scotland, to understand how it is experienced, how it is dealt with, and how its effects impact professionals and the sector more widely.

College of Social  
Sciences

Betty is especially interested in the experiences of professionals working in the highlands and islands, to find out about additional challenges of this work in remote and rural contexts. Please note that she is looking to speak to people as individuals and not as representatives of an organisation.

Interviews would be conducted over Zoom and would last around 45-60 minutes.

To find out more about the research project, please contact Betty at [2610869A@student.gla.ac.uk](mailto:2610869A@student.gla.ac.uk)

## Dates for your diary

### VAO AGM

13 June 2022

Our AGM will be held on Monday 13 June at 2pm in Teams. Please contact [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk) if you would like to attend.



# Round About Orkney College UHI

11 June 2022

Orkney College is hosting an event, 'Round About Orkney College UHI' on Saturday 11 June, inviting anyone interested in finding out more about the College, to come along and visit the campus



Visitors will be able to:

- Take part in interactive taster activities
- Find out about the wide range of courses offered and opportunities available
- Hear about student life and studying at Orkney College UHI
- Explore the beautiful Orkney College campus, with incredible views across Kirkwall Bay
- Visit the cafeteria which will be open 12-4pm
- Option to purchase plants grown in our Horticulture Department
- View this year's Fine Art Degree Show: 'Conversations'

For more information and a programme of events, please click [here](#).

## Employment

### Enable Scotland

Enable Scotland are recruiting in Orkney. Please click on the links for more information about the roles and to apply.

[Personal Assistant](#) - part time 24 hour waking nightshift post.

[Personal Assistant](#) - part time 16 hour post.

[Personal Assistant](#) - part time 16 hour post including a sleepover.



## Training opportunities

### Money Counts training for frontline workers and volunteers

Money Counts is a single 1-hour session designed to help frontline workers and volunteers best use the 'Worrying About Money?' leaflet to support people struggling with money worries or financial crisis. The training will be delivered online on Teams and sessions are being held throughout June. Please click [here](#) for dates and to book your place. Please register at least 48 hours before the session you wish to attend.

Learning Outcomes:

- Increased understanding of poverty and its impact
- Increased understanding of the financial advice and support services available locally and nationally
- Increased confidence to support people to access financial advice and support services

For more information or if you would like to arrange a separate Money Counts training sessions for your staff/volunteers please contact [ork.healthimprovement@nhs.scot](mailto:ork.healthimprovement@nhs.scot)

Money Counts centres around the 'Worrying about Money?' leaflet for Orkney. The Worrying About Money leaflet and poster for Orkney can be downloaded [here](#). For free printed copies contact [ork.healthimprovement@nhs.scot](mailto:ork.healthimprovement@nhs.scot)

Money Counts was originally developed by the Highland Money Counts Partnership. They kindly gave permission for adoption and adaption for delivery in Orkney. Adoption and adaptation was done collaboratively by Orkney Citizens Advice Bureau (CAB), Social Security Scotland, NHS Orkney Public Health and other community partners.

## Keeping Children Safe: Tackling Technology Assisted Harmful Sexual Behaviour Conference

**Monday 27 June 14:00 – 17:00 online via Microsoft Teams**

This free conference is held by Stop It Now! Scotland, in partnership with the RS Macdonald Trust.

Technology assisted harmful sexual behaviour online is when children and young people use the internet or technology such as mobile phones to engage in sexual activity that may be harmful to themselves or others. It is a growing issue for all professionals with a role safeguarding children and young people.



This online conference will showcase learning from Reducing Online Sexual Abuse (ROSA) project that ran between 2018 and 2021 in Glasgow. The project was co-located in Shawlands Academy a large high school in Glasgow and the HALT project for children who have engaged in harmful sexual behaviour. Throughout the four years we worked with young people who displayed online harmful sexual behaviour and also engaged collaboratively with young people to develop initiatives that prevent online peer on peer sexual abuse, harassment and exploitation in school settings.

The conference will provide an overview of findings from the project and take home messages for practitioners and policy makers. It will feature a range of experts exploring themes raised by the project in the context of current research and practice. These will include:

- Understanding the continuum of sexual behaviours displayed by young people online and proportionate responses to different kinds of issues
- Best practice in responding to situations involving self produced sexual imagery (sexting)
- Whole systems approaches to prevention of harmful sexual behaviour in school settings
- The needs of young people on the autistic spectrum disorder who display technology assisted harmful sexual behaviour
- Safeguarding LGBTQ+ youth
- Contextual safeguarding approaches in an online context
- Intervention programmes for young people who have displayed technology assisted harmful sexual behaviour
- Bringing a trauma and attachment lens to young people's online behaviours

Click [here](#) to register.

## Flexible Workforce Development Fund

If you work in a Scottish organisation with less than 250 employees, then time is running out to access funded training up to the value of £5,000 provided by The Open University (OU). This can be used to support the development of both staff and volunteers and access to the fund is on a first-come-first-served basis.



Their Microcredential courses are a fantastic opportunity to utilise the fund. They are designed specifically to enhance professional skills, knowledge and experience in a particular subject area or capability. Applications must be completed and approved by 20 June 2022.

Click [here](#) for more information.

## Volunteering News

### Volunteers' Week 2022

Volunteers' Week 2022 is running between 1–7 June and we would love your organisation to get involved. Now in its 38<sup>th</sup> year, Volunteers' Week is a UK wide celebration of volunteering with thousands of charities and voluntary groups thanking volunteers for the time, talents, and huge difference they make. Last year over 600 Volunteers' Week events took place across the UK including thank you tea parties and barbecues, and organisations promoted volunteer roles such as gardeners, befrienders, shop helpers, dog walkers, and committee members.



VAO would love to hear from groups planning Volunteers' Week 2022 activities – tell us what you are doing to celebrate and thank your volunteers and we can let the community know. If you are still in the planning stages here are some ideas and resources to help:

- Organise a thank you lunch for your volunteers during the month of June using the [Big Lunch resources](#)
- Post a special message on your social media using a [Volunteers' Week template](#)
- Email your volunteers a Volunteers' Week [thank you certificate](#)



eden project



VAO can promote any volunteering opportunities you have during Volunteers' Week 1-7 June and also help you thank volunteers by making them into stars for our window display and website. To get involved in this we just need the name of your organisation, what your volunteers do, and a photo/image and we will do the rest. You can thank your volunteer groups or specific individuals who have made amazing contributions this year - the more stars the merrier. Here is a volunteer star to get us started - VAO admin assistant volunteer Terri-Jane and her dog Leo who loves to collect our mail!



## Volunteering drop-in events in June

As part of Volunteers' Week this year VAO will also be running three drop-in information sessions in Kirkwall for anyone interested in volunteering in Orkney. Everyone is welcome and no need to book, just drop by for a blether.

- Wednesday 1 June 12-2pm - VAO office on Bridge Street
- Monday 6 June 12-2pm - VAO office on Bridge Street
- Tuesday 7 June 9.30am-11am - Job Centre

We usually run a monthly drop-in session in Kirkwall and would love to offer this to other areas of the county, so please do get in touch with Sam if you have a possible venue.

If you have groups that would like a talk about volunteering in Orkney or you are organising an event we could come along to, do contact us too.

## Help for refugees

There is still time to get in touch if you would like to volunteer to welcome and help refugees to Orkney who may be resettling here from Ukraine or Afghanistan in the next few weeks and months. We are looking for volunteers who can - provide friendship and connection - help with orientation - support accessing services, - develop skills and confidence - help with practical tasks We would love to hear from volunteers who - are Ukrainian, Russian or Afghanistan - can speak Ukrainian, Russian, Dari, Pashto or similar languages - have lived or worked in Ukraine, Russia or Afghanistan or nearby regions.

Orkney Islands Council have recently been sharing the stories of some of the amazing Orkney volunteers who have offered to host and support refugees coming to Orkney. Click on the links to be inspired by volunteers [Gill & Mark](#) and [Les](#) and if you think you can help us in any way, please contact Sam using the details below.



# Queen's Award for Voluntary Service Jubilee Award



**The Queen's Platinum  
Jubilee Volunteering Award**

The Queen's Award for Voluntary Service (QAVS) is keen to hear from national charities and their volunteers who work to empower young people and provide them with skills and opportunities. QAVS is running a special award this year to commemorate the Platinum Jubilee and is looking for organisations to apply by 17 June 2022. You should be a registered national charity, been in operation for at least five years and involve volunteers in the delivery of your work. Find out more details and how to apply [here](#).

## Want to volunteer?

Want to volunteer in Orkney but not sure where to start? Fill in the [Volunteer Registration form](#) on our website and send this to Sam who will meet you for a chat about how we can help. Also have a look at the VAO [volunteering website pages](#) for ideas of current opportunities in Orkney just now.

## Need volunteers?

Need new volunteers, committee or board members for your organisation but don't know how to find them? Fill in the [Volunteer Opportunities form](#) on our website and send this to Sam who can give you advice and help promote your opportunities.

## Contact Sam

Sam Stringer - VAO Volunteer Development Worker  
01856 872897 extension 311  
[samantha.stringer@vaorkney.org.uk](mailto:samantha.stringer@vaorkney.org.uk)

**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](mailto:Cecily.cromby@vaorkney.org.uk)**