

Newsletter January 2023

Local news and services

The Young People's Befriending Project is Growing!

The Young People's Befriending Project is expanding its horizons and hoping to support even more children and young people in Orkney this year. The service has lowered its referral age to 5 years old and is simultaneously developing a more intentional, mentoring approach to the older young people it supports.



The Volunteering Team is looking to expand once again so that the Project can offer this support to more of Orkney's young people.

Everyone needs positive connections in their lives, but not all children and 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 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 alongside 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 late February/early March and would really encourage interested people to get in touch with us now 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 giving just 2-3 hours a fortnight, then get in touch with Hannah Rendall, the Project Co-ordinator, at Hannah.rendall@vaorkney.org.uk or on 01856 872897.

For more information about the Project, please visit our website:
<https://www.vaorkney.org.uk/befriending/young-peoples-befriending-project/>

Orkney Youth Awards

Orkney Youth Awards 2023 is taking place at Picky on Thursday 16 March. Organisers are looking forward to a celebration of all the great things our young folk have been up to, with a bit of music and some supper along the way.

Do you know a young person who deserves recognition for volunteering undertaken in the community?



Contact Brian at brian.cromarty@vaorkney.org.uk or on 01856 872897.

Tech Peer Mentor Project

Willie continues to support people to live independently with technology. There are different types of technology that can be used to assist people with tasks in their own homes. We have a 'Tech Library' that is available for people to try different types of equipment to see if it works for them before they buy. If you would like to borrow any of the equipment or discuss what may assist you, a member of your family or someone you deliver services to, please contact Willie Neish at willie.neish@vaorkney.org.uk or on 01856 872897.

An example of the technology provided is Programmable Remote-Control Sockets. Each pack has 5 Sockets and 2 remote controls. Each socket is numbered so you know what number turns it on and off. You can personalise this as well. This technology is great for people with mobility requirements and to prevent falls. They allow people to turn devices on or off without having to bend down to a plug and work on infrared so no need for Wi-Fi.



Funding & Finance

Third Sector Cost of Living Crisis Fund

VAO are administering a new Third Sector Cost of Living Crisis Fund which is funded via OIC through their allocation from the Scottish Government's Islands Cost Crisis Emergency Fund.

Organisations in Orkney have been reporting difficulties with covering their rising operational costs but while facing these increasing financial pressures, they are also seeing more people coming to them for support.

Funds awarded will be to meet immediate costs essential to sustain services, or to increase services in response to heightened demand caused by the cost of living crisis. Organisations will need to meet set criteria to successfully apply including demonstrating that their need for funding is critical and directly and solely related to challenges caused by the impact of increasing energy and overhead costs. Applications may be for capital funding, revenue funding, or a combination of both and there will be a cap of £15,000 in total for any single application.

For more information or to apply contact David Campbell at David.Campbell@vaorkney.org.uk or on 07522144273.

For more information, please visit our website: https://www.vaorkney.org.uk/third-sector-cost-of-living-fund-open-for-applications/?fbclid=IwAR2o2p0qg_kv_i285Fam0brTKVonXAE8g9LjtzDPmvQkzF8WmgzjJLjVi0c

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 latest update can be viewed on our website: <https://www.vaorkney.org.uk/help-for-groups/category/funding-support/>

Have your say



Training Needs Survey

Do you work in the Community Learning and Development (CLD) sector as a volunteer or in an employed capacity? CLD is a broad church, supporting people to make positive changes to improve their lives and their communities. Community learning and development practice covers a broad range of activities including adult learning, family learning, community capacity building and youth work. So, if you or your organisation has involvement in any of these areas of work, you are involved in CLD and your training needs are important to the Strategic Community Learning Group.

This short survey asks about the learning and training you feel you need and also the learning you feel able to share with others. The deadline for response is Friday 10 February 2023.

Click on the link to complete the survey: <https://www.smartsurvey.co.uk/s/CLDTrainingNeeds/>

Job opportunities



VAO: Community Development Worker

VAO are looking to recruit a Community Development Worker to join our busy and proactive team.

The role will involve working proactively with communities, voluntary organisations, charities and social enterprises, to promote excellence in organisational set up and development through the provision of guidance, information and training.

You must be flexible, motivated and have the ability to work effectively within a small staff team and with a wide range of partners. Organisational management and training experience would be beneficial as would knowledge of the third sector and the issues that affect it. You should also have excellent communication and interpersonal skills. Training will be provided and learning through delivering will be supported.

Closing date 10 February 2023

Visit our website for more information: <https://www.vaorkney.org.uk/about-us/vacancies/community-development-worker-4/>

VAO: Youth Development Worker (maternity leave cover)

VAO are looking for a person to provide maternity cover up to the end of June 2023.

The post will be responsible for promoting, supporting and developing an inclusive culture of youth volunteering in Orkney, identifying and creating volunteering opportunities for young people, and promoting the Saltire Award.

Applicants will understand the voluntary sector and volunteering. They will have experience of working with young people and demonstrate knowledge of and empathy with the issues that affect young people. They should have excellent written and oral communication skills, experience of partnership working and be educated to degree level or have equivalent experience.

This post requires PVG Scheme Membership in relation to regulated work with children.

Closing date 10 February 2023

Visit our website for more information: <https://www.vaorkney.org.uk/about-us/vacancies/youth-development-worker-maternity-leave-cover-2/>

Community Link Practitioner

The Community Link Practitioner service is an innovative, collaborative approach to the provision of a person-centred service that is responsive to the wider needs and interests of GP Practice patients. This post is being recruited by VAO in collaboration with Orkney Health and Care.

The Community Link Practitioner will work with GP Practice patients to identify the issues they would like to address and to support them to overcome barriers to addressing them. The post holders will work collaboratively with the GP Practice and primary care team to adopt community orientated approaches, identify community resources and facilitate relationships between these resources and the Practice for the benefit of the patient. They will also promote awareness of, build relationships and establish referral processes with statutory and voluntary organisations,

Applicants should have knowledge and experience of working with people who are experiencing complex social and emotional circumstances. They should also have highly effective interpersonal and communication skills and excellent influencing, negotiation and motivational skills.

The post holder will be required to become a PVG Scheme Member in relation to regulated work with protected adults and children.

Closing date 3 February 2023

Visit our website for more information: <https://www.vaorkney.org.uk/about-us/vacancies/community-link-practitioner-3/>

Training opportunities



Community Learning and Development Standards Council – awareness raising session

The Orkney Strategic Community Learning Group has arranged a session with the Community Learning and Development (CLD) Standards Council to raise awareness of CLD, promote the benefits and use of CLD competencies and also to promote and support the wider CLD workforce to benefit from CLD Standards Council registration.

It is taking place online, from 9:30am – 12:00pm on Friday 3 March and is open to anyone working in the wider CLD sector.

Areas that will be covered will include:

- What is CLD?: Info on CLD as a professional sector across Scotland
- CLD Workforce: Who are they, current need and workforce development
- Professional Learning: How to grow your own and access to qualifications
- CLD ethical standards, competences, values & principles which guide our practice
- The CLD Standards Council - the professional body for CLD and registration

If you are interested in attending, please contact Clare Gee at clare.gee@vaorkney.org.uk or on 01856 872897.

Volunteering News

Orkney charities need organised people!

When you see a call out to join a board for a charity it can seem rather mysterious, even intimidating. For many people it is something they might never have considered could be for them. But things are changing and now many charities on Orkney are making efforts to welcome more diverse people on to their boards. Being more flexible when they meet and valuing a wide spectrum of experience, appreciating this makes them stronger and better able to listen to their communities.

This month we are shining a spotlight on the role of Secretary. The role can be very light touch depending on the size and type of group. Several organisations in Orkney are now recruiting and you might be the person they need. You would be the one who keeps the other board members informed of when and where they are meeting, working with the Chair to put together agendas. You take minutes, but you don't need to be a touch typist, just well organised and confident using a computer to write up your notes. By being on a board you have a role in steering the direction of an organisation. So, if you're someone who likes to make things happen joining a board can be very empowering. The important thing is to find an organisation whose work you really care about.



This month we have two charities looking to find volunteers to be on their board as a Secretary.

St Mary's Preservation Trust is a special place that would appeal to someone who loves history and would value playing a role in keeping this building not only protected for future generations but a vibrant hub for the Orkney community today. Read more on our website:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MCOAA3/secretary-for-the-board?distance=10&view=widget>



St Magnus Centre maintains the historic link between the cathedral and the arts by providing space and encouragement for local musicians, writers and dramatists. Just as St Magnus Cathedral has an open door for all - whether they belong formally to the church or not - so the St Magnus Centre's door is open to the community. Read more on our website:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MlcAAN/secretary?distance=10&view=widget>

Want to volunteer?

Here are some of the latest volunteer opportunities, click on the links to find out more

Orkney Whale and Dolphin Conservation Society

Join a fantastic network to collect valuable data to protect whales, dolphins and porpoises. Training days coming up in Orkney on March 4th, 9th and 30th to train as a Shorewatch survey volunteer. More information here: <https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000SsIR4AAN/shorewatch-survey-volunteers-orkney?distance=10&keywords=shorewatch&view=widget>

FREE

TRAINING SESSIONS



TO WATCH OUT FOR WHALES, DOLPHINS AND PORPOISES

WITH **WDC** Shorewatch

JOIN A FANTASTIC NETWORK OF VOLUNTEERS AROUND SCOTLAND,
COLLECTING VALUABLE DATA TO PROTECT THESE AMAZING SPECIES



Training Dates:

Sat 4th Mar, Stromness (11.30-2.30)

Thur 9th Mar, Online (10.30-2)

Thur 30th Mar, St Margarets Hope (11-2)

HOW TO SIGN UP

[WHALES.ORG/SHOREWATCH](https://whales.org/shorewatch)

northernisles@shorewatch.org

Or scan the QR code



OR JOIN A
TASTER
SESSION IN
YOUR AREA

Sign up online:
whales.org/shorewatch,
under "taster sessions"



Made possible with
Heritage Fund

St Mary's Preservation Trust

Love history, community and good with figures? St Mary's Preservation Trust are looking for a volunteer Treasurer. More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MIXAA3/treasurer-for-the-board?distance=10&view=widget>

Greener Orkney - Shop help for their week in the Blue Door

Do you have some time the week of March 20th to take a shift in the shop, helping Greener Orkney who run the Orkney Community Fridge raise funds through The Blue Door? More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MKEAA3/shop-help-for-blue-door-week-march-20th?distance=10&view=widget>

(Image – Lorraine Bruce Art.)



Women's Aid Orkney

Make a difference for women and children impacted by domestic abuse in Orkney. Women's Aid Orkney are looking for a Chair. More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7M6VAAV/chair-of-womens-aid-orkneys-board?distance=10&view=widget>



Patient/Public Representative - NHS Orkney

Contribute your viewpoint gained from professional or personal experience of being in the health care system by being a Patient/Public Representative on the on the Area Drug and Therapeutics Committee. More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7Kr9AAF/patient-public-representative?distance=10&view=widget>



Orkney Fair Trade Group

A creative thinker with social media skills? Take on Fairtrade Orkneys social media platforms and make a difference as their Social Media promoter. More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MM0AAN/social-media-promoter?distance=10&view=widget>

Cruse Bereavement Care Scotland

Join a team of dedicated telephone volunteers and help change the lives of bereaved people. Become a volunteer with Cruse bereavement support. More information here:

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7MO6AAN/helpline-volunteer?distance=10&page=1&view=widget>



**Cruse
Scotland**
Bereavement Support

Need volunteers to help your organisation?

We can help match up volunteers to opportunities, so if your organisation, charity or community group has a volunteering opportunity, let us know. We can spread the word, promoting this on our website, social media and to volunteers we are meeting in person or at events. Just complete and return a Volunteer Opportunity form to get started: <https://www.vaorkney.org.uk/wp-content/uploads/2022/01/Volunteer-Opportunity-form-2022.pdf>

For all volunteering opportunities visit the VAO website at

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/> or contact Alison Sharkey at alison.sharkey@vaorkney.org.uk or on 01856 872897 for more information.

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