

Newsletter February 2023

Local news and services

Island Self-Management Group (ISMG)

Established in 2021, the Island Self-Management Group is a free, online group, open to anybody aged 18+ living with a long-term physical health condition in any of Orkney's ferry-linked isles. Through membership of the group, participants have the opportunity to:



- hear from a range of speakers sharing advice, information or lived experience that could support those living with a variety of health conditions;
- learn self-management techniques aimed at supporting individuals to better manage the physical and mental effects of their health conditions; and
- participate in regular, facilitated peer support sessions with other Orkney isles residents living with long-term health conditions.

If you (or someone you know) are interested in joining the group or would like more information, please visit <https://www.islandwellbeing.org/ismg> or contact ISMG Coordinator, Anthea Hume at anthea.hume@vaorkney.org.uk

The group meet online via Zoom and support is available if you're not familiar with the platform.

Take part in the 2023 Tall Ships Race



Sail Training Shetland are recruiting participants to be sail trainees on the Tall Ships this Summer. This is a life-changing opportunity for young people (aged 15-25) to be involved in something global and challenging. The opportunity is open to young people in Orkney.

Organisers are particularly looking for those who might not think they could do something like this but would really benefit. So please pass this information on to anyone you think might be interested.

For more information, please visit the Sail Training Shetland website (link below) or contact Kerry Spence at OIC Community Learning, Development and Employability at Kerry.Spence@orkney.gov.uk

The closing date for online applications is 5pm Friday 31 March 2023.

<https://www.sailtrainingshetland.com/>

Tech Peer Mentor Project

Willie Neish 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. The 'Tech Library' 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 are plug in motion sensor lights which switch on when pick up movement, useful to help prevent falls at night.

Orkney 2025 Inspire – Encourage – Involve



Once every two years, thousands of athletes from across the globe — from Scandinavia to the Mediterranean, the North Atlantic to the Caribbean — come together to compete in the International Island Games.

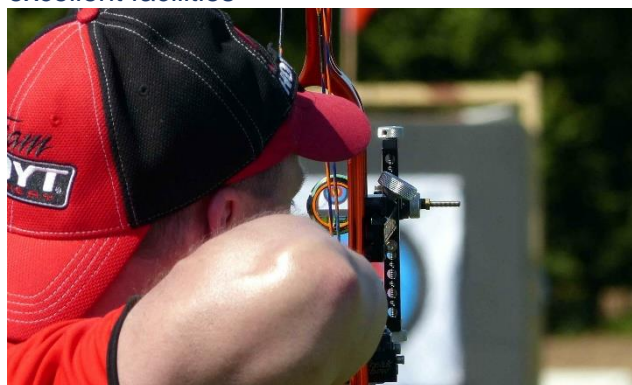
Orkney will have the privilege of hosting the 20th International Island Games from 12 – 18 July 2025. This week-long event will see athletes from up to 25 island groups from across the world compete in 13 sports: Archery, Athletics, Badminton, Bowls, Cycling, Clay Shooting, Football, Golf, Gymnastics, Sailing, Squash, Swimming and Triathlon.

With over 2,500 Competitors and Officials expected to attend (as well as their travelling support) this is set to be the biggest event Orkney has ever hosted.

All Island communities participating understand the importance of promoting a healthy lifestyle, providing a focus for young people, and strengthening an island nation's cultural identity.

The Orkney 2025 Mission Statement highlights that this is more than just a sporting event and will have a significant impact on Physical Activity & Sport in Orkney as it aims to:

- Provide a competitive sporting programme in excellent facilities
- Create a meaningful legacy for local sport and communities
- Involve communities and businesses as much as possible
- Celebrate the best of Orkney: place, produce and people
- Make the 2025 Games as environmentally friendly as possible



There will be many exciting opportunities to volunteer to support the games over the coming months and years. One of the first roles now being advertised is an IT Manager to start as soon as possible. This is a strategic role that will help put the building blocks in place to ensure the games are a success. Read about the opportunity: <https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0q0800000VhnB3AAJ/it-manager?distance=10&page=4&view=widget>

Funding & Finance



Are you missing out on the Council's £200 cost of living payment?

To find out if you qualify for the £200 cost of living payment, click on the link below. Many people are unaware that they could qualify and OIC are asking local organisations to help spread the word by speaking to service users and sharing social media posts.

<https://www.orkney.gov.uk/News?postid=7083>

National Lottery Community Fund information sessions

The National Lottery Community Fund will be offering information sessions and 1-2-1 clinics for community members and organisations seeking grant funding for existing or new projects. The team will be in Orkney from 22 – 24 March 2023.

These sessions are aimed at anyone in the sector looking to develop or deliver community-led activity and are seeking funding support for their idea. The presentations will cover all funding programmes open to applicants and useful information for community groups, volunteers, and grant-holders.

Dougie Spence (Funding Manager, Highland & Islands Area Team) and Jane Ferguson (Funding Officer, Highland & Islands Area Team) will be using the St Magnus Centre to host the following daytime and evening sessions:

Information Session 1 - Wednesday 22 March at 2pm
1:1 Clinic 1 - Wednesday 22 March 2.30 – 3.30pm
Information Session 2 - Wednesday March 22 at 6pm
1:1 Clinic 2 - Wednesday 22 March 6.30pm – 7.30pm
Information Session 3 - Friday 24 March at 10am
1:1 Clinic 3 - Friday 24 March 10.30am – 11.30am

To sign-up for the event, if you have any questions or access needs that you wish to discuss – please email:

Morven Brooks at morven.brooks@vaorkney.org.uk
Jane Ferguson at jane.ferguson@tnlcommunityfund.org.uk

Sign-up today as spaces are limited!

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 [here](#).

Have your say

Are you a parent working in hospitality?



The Poverty Alliance are looking to talk to parents about their experiences of working in hospitality in any role (e.g. waiter/waitresses, receptionists, chefs, housekeepers). Conversations will last 1 hour and take place in-person or online.

Conversations will feed into a report and other outputs from the project. Participants will receive a £25 shopping voucher for each conversation.

The Poverty Alliance would like to speak to parents and guardians who work in either Glasgow or in towns or rural areas in Scotland, including Orkney.

If you would like to take part, please register your interest using the link below or contact Laura from the project team at laura.robertson@povertyalliance.org or 07867 818239

<https://forms.office.com/r/MuEnYugaah>

Addressing child poverty through parental employment

The Social Justice and Social Security Committee has launched a call for views inviting people and organisations across Scotland to share their views on the support parents would benefit from while seeking employment.

As part of its inquiry into addressing child poverty through parental employment, the Committee is looking at how the Scottish Government is working with local authorities, employers and other partners and wants to understand how they are supporting parents find suitable jobs or move into better paid work.

The call for views follows the Committee having embarked on a series of visits to meet parents in different areas around Scotland. It builds upon the issues and ideas raised during those visits and asks people for their thoughts on what changes the Scottish Government could do that would have the most impact.

The Committee is keen to hear from people across Scotland and is particularly interested in the views and experience of:

- employers
- lone parents
- people from an ethnic minority background
- families with a disabled adult or child
- young mothers (under 25)
- parents to a child under the age of one
- families with three, or more, children
- organisations who provide support

If you would like to take part, please submit your views using the online form linked to below. The deadline for responses for the consultation is 5 April 2023.

https://yourviews.parliament.scot/sjssc/child-poverty-parental-employment/consult_view/

If you have any questions or queries about the consultation, please contact the Social Justice and Social Security clerking team by emailing: SJSS.Committee@parliament.scot

Scottish Government's Trusts and Succession (Scotland) Bill

The Scottish Parliament's Delegated Powers and Law Reform Committee has launched a consultation on the Scottish Government's Trusts and Succession (Scotland) Bill.

The committee is particularly interested in hearing from trustees – whether professional trustees, whose commercial business includes handling trusts for other people, or lay trustees, who are not acting in a professional capacity in their role.

The consultation is open until Friday, 17 March 2023.

Please follow the link below for more information and to give your view.

<https://yourviews.parliament.scot/dplr/trusts-succession-bill-consultation/>

Job opportunities

Child Contact Centre - Relationships Scotland Orkney

Relationships Scotland Orkney have two exciting openings at their Child Contact Centre.

RS ORKNEY

counselling, mediation & family support

Team Leader (24 hrs p.w.)

Experienced children/families practitioner to lead and supervise the Contact Centre staff team
£26,250 pro rata

Co-ordinator (8 hrs p.w.)

Experienced children/families practitioner to support day-to-day running of child contacts
£25,000 pro rata

Posts subject to membership of the PVG Disclosure Scheme

For details and an application form, please email: enquiries@rsorkney.org.uk

For information about the Child Contact Centre:

www.rsorkney.org.uk/childcontactcentre

The closing date for both posts is 5pm on 15 March 2023.

CLAN Area Service Coordinator



CLAN are currently recruiting for an Area Service Coordinator based in Kirkwall. This is a part time role (28 hours a week). Salary up to £20,995.20 pro rata (£26,244 FTE).

The Area Coordinator post is an exciting and varied leadership role with a focus on ensuring Clan's support centre in Kirkwall is accessible and welcoming to those who have been affected by cancer. The Area Coordinator will be required to take an innovative approach to service delivery, to overcome the challenges of covering a diverse geographical region and show initiative in planning how those in remote, rural and isolated parts of the island will access Clan's services in different and effective ways. As well as being skilled at working directly with people affected by cancer and managing the development of the area, the Area Coordinator also requires having excellent networking skills in order to engage and nurture

relationships with local businesses, the community, volunteers and supporters of Clan from a fundraising perspective.

For more information and a copy of the full job description, please visit www.clancancersupport.org/vacancies Informal enquiries can be made to Kay Johnston, Head of Cancer Support Services via email at kay.johnston@clancancersupport.org

Training opportunities



Enhancing and Informing Practice in Working with Young People - Friday 17 March 2023

Orkney Islands Council Community Learning and Development Team will be hosting a Youth Conference on Thursday 16 March 2023. This will be an opportunity to have young people from across Orkney to come together to discuss a range of topics relevant to them. As part of the conference representatives from a host of National youth organisations will be visiting Orkney and have agreed to provide practitioners with a range of workshops and presentations as part of their visit. This event will take place on Friday the 17 of March at the Pickaquooy Centre, from 10am – 3pm.

This is an excellent opportunity for anyone working with young people in Orkney. To find out more about the event and to register please click on the link below. Space is limited so please register your interest as soon as possible. If you have any questions, please contact Cheryl Rafferty at ocypp@orkney.gov.uk or Richard.smith@orkney.gov.uk

<https://www.eventbrite.co.uk/e/informing-and-enhancing-practice-working-with-young-people-tickets-542883919417>

UNCRC Professional Learning Opportunity

The Northern Alliance are running professional learning sessions on the United Nations Convention on the Rights of the Child (UNCRC). This will give an understanding of the UNCRC - Children's Rights and what that looks like in a CLD (Community Learning and Development) setting. Please note there are 2 sessions for this professional learning and practitioners are asked to commit to both sessions.

Option 1 : 20th April & 4th May (Thursdays 10 – 12pm)

Option 2: 5th June and 12th June (Mondays 3 – 5pm)

Please follow the link below for more information

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKefRumqkdGxPpXcdXXa5HWtUMThFNINBStHnSE05VDdXVE05Tjg3WUpTQy4u>

Volunteering News



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>

Latest volunteer opportunities



Help VAO reach new people and inspire them to volunteer by becoming our very first Volunteer Ambassadors. A brand new scheme that you can help to shape.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VhnBDAAZ/volunteer-ambassador?distance=10&page=3&view=widget>



In 2025 Orkney hosts the International Island Games, where 24 member island groups across the world will come together to compete. This is your chance to contribute to the success of the biggest event Orkney has ever hosted as their IT Manager.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VhnB3AAJ/it-manager?distance=10&page=4&view=widget>

Good with people, confident sending emails and putting in appointments in an online calendar? Citizens Advice Bureau in Kirkwall are looking for a receptionist to cover a Tuesday and a Wednesday 10am to 2pm.



<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000V7HnNAAV/receptionist?distance=10&page=1&view=widget>



Help a young person build a positive relationship in their life. Befrienders meet with their young person for a couple of hours every fortnight and take part in a wide variety of activities together.

<https://www.vaorkney.org.uk/befriending/>

Help to provide vital Listening and Support service to people affected by a cancer diagnosis in your local community and become a Clan listening & support volunteer.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhn3iAAB/clan-listening-support?distance=10&page=2&view=widget>



Help local newspapers come alive for people with visual impairments or physical problems which make it difficult to hold a newspaper and become a Volunteer Recorder. There's a variety of roles from choosing stories, reading to burning CD's to send out.



<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000RxNfiAAF/recorders?distance=10&view=widget>

For volunteer enquiries contact:

Alison Sharkey - VAO Volunteer Development Worker
01856 872897 extension 311
alison.sharkey@vaorkney.org.uk
www.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