

Newsletter March 2023

Local news and services

Communities Mental Health and Wellbeing Fund

As part of the Scottish Government's Recovery and Renewal Fund, the Minister for Mental Wellbeing and Social Care announced a two-year Communities Mental Health and Wellbeing Fund for adults in 2021. Managed and disbursed on behalf of the Scottish Government by Third Sector Interface Organisations, VAO was delighted to lead the funding programme in Orkney, working with The Orkney Partnership's Community Wellbeing Delivery Group to ensure that local priorities and needs were addressed alongside the national priorities.

A total of £102,000 supported seventeen projects in Orkney for Round 1, and Round 2 is just getting underway, with twelve organisations delivering £74,000 of projects that will build on and develop the amazing work further that was undertaken in Round 1. All the projects support positive mental health and wellbeing in communities across Orkney following the impacts of Covid, and Round 2 also has a new priority to tackle poverty and support suicide prevention in the light of the Cost-of-Living crisis.

VAO will be developing a detailed overview of all the Round 1 projects on the website, along with images and feedback on their impact. We will also include detail on the Round 2 projects and what will be happening over the next year or so, but as a taster, here are a few of the comments we have received to date on the Round 1 programme...

"always excellent food, cheery welcome, something to look forward to, to break the isolation and a chance to meet neighbours not met previously due to Covid. I am fairly new to the village so it's served its purpose well!" Cromarty Hall - Bite and Blether

"I always look forward to my Active Movers Class on a Wednesday morning. My balance has most certainly benefited along with my confidence at exercising! Donna knows each one of us and we all enjoy the 70's music we work out too. The bonus at the end of the class is our cuppa and chat among friends that we otherwise wouldn't see." Orkney Dance & Fitness - Active Movers

"I moved to Stromness short ago. I only moved from Kirkwall and didn't realise how difficult it would be to make friends. The group has helped me lots, meeting new people, having a chat in a safe environment. It's also helping with my health having support around me." Relationships Scotland Orkney - Stromness Blether and Brew Group

"I really enjoyed building the shed with the Crosscut team and other volunteers from North Ronaldsay. Especially during the first week when there were around 9 of us on the site, it was exciting to see everyone working together and making good progress. It was great to learn more building and woodworking skills, laying foundations, joining planks, notching wood, using various hand and power tools. It was also interesting to build it from scratch and see the development as it was framed, clad and roofed. This experience has increased my building skills which will be helpful for our croft, and the island, for many years to come." Transition North Ronaldsay - Community Garden Shed

ROAR Spring Ceilidh

The ROAR group held a Spring Ceilidh for their peers on Tuesday 28 March at KGS. An enthusiastic crowd of young folk were led through a variety of dances by Dawn Johnston including the ever popular Dashing White Sergeant and a very elaborate Nine Pins. When they weren't leading the dancing, volunteers also joined the band. The evening was rounded off in style with a set by Claire 'DJ Lobster' Irvine with a retro set of tunes including the Macarena! Over £250 was raised for The Orkney Blide Trust.



Emergency Alert

On Sunday 23 April 2023, there will be a national test of the UK Emergency Alerts service.

Emergency Alerts is a UK government service that will warn you if there's a danger to life nearby.

In an emergency, your mobile phone or tablet will receive an alert with advice about how to stay safe.

For more information and stakeholder guidance please visit the VAO website:
<https://www.vaorkney.org.uk/emergency-alerts-stakeholder-guidance/>

Legislation & guidance

Supporting those with mental health and money worries: advice for frontline staff

Scottish Government Mental Health directorate, in collaboration with Change Mental Health and several other partners, have developed a pack for frontline advisers on supporting those with mental health and money worries.

The pack can be used to guide frontline workers to sources of support that they can signpost individuals to or access themselves. It will support staff to access a range of advice and support beyond their own organisations and areas of expertise, including support for their own mental wellbeing. Please note that it is not intended to be used as a leaflet for frontline advisers to hand out to individuals.

Please click on the link to access the pack: <https://www.vaorkney.org.uk/wp-content/uploads/2023/03/Advice-pack-for-frontline-advisers-March-2023.pdf>

Funding & finance

VAO produces a monthly Training & Funding Update which 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](#).

Training opportunities

Save a life suicide prevention awareness training sessions

25 April and 20 June

Registration is now open for the Save a Life Suicide Prevention Awareness Training sessions.

This three-hour informed level session (open to everyone), offered by NHS Orkney Public Health Department, has been developed to support discussions and awareness raising about mental health, self-harm and suicide prevention.

Please take time to look over the course information on TURAS before registering so you know what to expect from the session and where you will find the upcoming dates training is being offered and how to book (you may need to register for a TURAS account if you don't already have one)

https://nhsefs.b2clogin.com/nhsefs.onmicrosoft.com/b2c_1a_turas_signin_prd/oauth2/v2.0/authorize?client_id=0c6117db-8794-474c-8596-c91798d4538a&redirect_uri=https%3A%2F%2Flearn.nes.nhs.scot&response_type=id_token&scope=openid&state=OpenIdConnect.AuthenticationProperties%3D-0tHwI-YZsTGYFdSUFnv1lsL3Mns6maTfYTL6SbPPoO2rKj_Zx60Yleme04GagUXvQEbEieK19qkM6hV-gk9ekfxAnVMzErOln6VFwulRoiVkl2rNSA-9HH2QdwL2lyXB_8BytfH1QpvspF8zhsTO8No6dhTY13MT9INnLKLvzxAszRrWy_6bd4ZRmEckfM9QPfiXRDOypnjzbROigRljw&response_mode=form_post&nonce=638156082193987224.MTMzZjlyMDYtNjliMy00NTVhLWl1YmUtN2I2ZWFKMmNjN2I1M2IxOWNkNGYtNGYwZi00NjNkLTgxYmltZWMTNTU4OTU2Yzhj&x-client-SKU=ID_NET472&x-client-ver=6.25.1.0

Please note, you can only attend if you have received a direct calendar invite from the Health Improvement Team.

NOTE: This session discusses the subject of suicide. Please be mindful of this when either booking or signposting someone to the session.

Skilled level training for those likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide will be advertised in due course.

If you have any questions, please don't hesitate to get in contact at ork.healthimprovement@nhs.scot

2023 UMCRC CLD Practitioner Sessions

Dates have now been set for professional learning sessions, run by the Northern Alliance, 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 setting.

There are two sessions for this professional learning and practitioners are asked to commit to both sessions.

- Option 1: 20 April & 4 May (Thursdays 10 – 12pm)
- Option 2: 5 June and 12 June (Mondays 3 – 5pm)

For more information or to register, please click here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKefRumqkdGxPpXcdXXa5HWtUMThFNINBSThNSE05VDdXVE05Tjg3WUpTQy4u&wdLOR=c40F4E02D-8022-4EAB-9796-8D72539659A2>

Community events

Easter charity egg hunt

Orkney Arts and Crafts are holding a Spring Fair at KGS on Saturday 1 April (10.00-4.00) and Sunday 2 April (10.00-3.00). As part of the event they will be holding a charity egg hunt to raise money for a range of local groups including, the Peedie Retreat, Rotary Club, St Rognvalds Activity Fund, Orkney Dogs Dog, Young Carers, Youth Café, Stenness Outdoor Community Space (SOCS), and Just Dance.

They would welcome donations for the hunt, ideally chocolate eggs, but also arts and crafts supplies to give away as prizes.

If you would like to donate and egg or craft materials, Tesco and Poundstretcher have kindly agreed to have a drop off point near the check out in their stores. Alternatively, Stenness Community Hall has a drop off area at the front door. Donations can be made until Friday 31 March.

If you have any questions about the event, please contact kristina.cromarty@hotmail.co.uk



Island Self-Management Group online events open to all

The Island Self-Management Group (a virtual self-management group for those living with long-term health conditions in Orkney's non-linked isles) organise monthly speakers who provide information on a variety of health and wellbeing issues.

These presentations are all delivered online via Zoom and are therefore accessible to anyone across the community with an interest in the topic. Current programme is as follows:

Introduction to Women's Pelvic Health

Thursday 30 March 2023
7pm
Online

This informal talk, organised by the Island Self-Management Group, will be delivered by Petra Kamarytova, an osteopath who works with women, children and babies.

She will highlight how our bodies work and what we can do to promote pelvic health.

Places are limited, so please book in advance by contacting Anthea at anthea.hume@vaorkney.org.uk or on 01856 872987

For more information about Petra, visit: <http://pkosteopathy.weebly.com/>

Bipolar Scotland

Thursday 20 April
7pm

Online

The April presentation is a talk on the work of Bipolar Scotland and the support which can be accessed locally, presented by Maja Mitchell-Grigorjeva, Delivery and Development Manager with the charity.

The talk aims to tell people a little bit about Bipolar Scotland and what the organisation does, with the hope of raising awareness with people living in the isles who may be affected by bipolar. Bipolar Scotland has grown quite a lot as an organisation in the last year and wish to reach as many people as possible who might benefit from the support they offer.

For more information on the Island Self-Management Group or to sign up to any of the talks, please contact anthea.hume@vaorkney.org.uk or via 01856 872987.

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 build volunteering in your community by becoming a Volunteer Ambassador with VAO. We need enthusiastic people to reach out and recruit new folk by attending regular information days at community events and the local library.

Take part in research exploring long term associations between the covid-19 pandemic and wellbeing. Participants age 60 + are needed to speak to a university researcher over the phone about their wellbeing. Read more about it on their website.



Help people in Orkney with the challenge of bereavement. Cruse Scotland is looking for qualified counsellors to join their therapeutic team.

Help catalogue Orkney's history for future generations. Orkney Archive are looking for volunteers to help make their collection of over seventy thousand images searchable. Find out more about being a Photo Archive Volunteer here.



Have you heard about the Coronation Champions Awards? Launched by @RoyalVoluntaryService in partnership with Her Majesty The Queen Consort, the Coronation Champions Awards is here to celebrate the contribution of the UK's incredible volunteers. The deadline to nominate is fast approaching - April 2nd. Volunteers

from all backgrounds and communities across the UK can be nominated for an award across 8 different categories. What's more, some of the volunteers will be invited to attend events taking

place to celebrate Their Majesties' Coronation such as the Windsor Castle Coronation Concert or a Coronation Garden Party. Find out more and submit your nomination here: <https://www.royalvoluntaryservice.org.uk/coronation-champions-awards/>

Be part of the Big Help Out We are proud to support The Big Help Out – a unique initiative which forms a part of the King's Coronation. Starting on Monday 8th May, it's a chance for everybody to experience volunteering in their local area. Thousands of organisations – from the biggest to the smallest and most local – have been registering opportunities at thebighelpout.org.uk where the app will link you up with what's happening near you, or in a category of volunteering that interests you most. Organisations with volunteering opportunities, or who would like to take part in the day should visit thebighelpout.org.uk to find out how to take part, register opportunities, and show their support. If you would like to register your opportunity on the VAO website as well, please get in touch with Alison at alison.sharkey@vaorkney.org.uk.



For all 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