

Newsletter May 2023

Local news and services

Celebrating Volunteers' Week 2023



Held between 1- 7 June, Volunteers' Week is a time when thousands of charities and voluntary organisations across the UK celebrate the immense contribution that volunteers make to our communities.

Orkney's volunteering community is a force to be reckoned with and during the week organisations will be showcasing the incredible diversity and impact it has. With this year's theme of 'celebrate and inspire', local organisations will be saying a big thank you to their existing volunteers on social media as well as parties and events.

During the week festivities on social media VAO will raise awareness about the multitude of volunteering opportunities

available, highlighting just how simple it is to get involved. Look out for volunteering stories from organisations like Restart Orkney and Ness of Brodgar on the VAO Facebook page as well as personal stories from volunteers on what volunteering means to them. You can also spot just some of the many volunteering opportunities available in our window display.

If the Volunteer's Week celebrations has inspired you to get involved, whether you are an organisation or someone with some time to give, then VAO's dedicated Volunteer Development Worker is there to help. Contact Alison on 01856 872897 ext 311 or email alison.sharkey@vaorkney.org.uk.

Young volunteers shine at Folk Festival

The 40th Orkney Folk Festival was held last weekend, and young volunteers were in the thick of things, helping out across the many events helping get folk seated, selling raffles, taking tickets, selling merch, tidying up and generally being really useful.



Ross Thomson (below left) helped out at many events across the weekend. He is pictured working at the first ever Family Stomp, as a door steward, at the Academy. Ross also had to do a



mid-concert emergency dash for us at another event: on the Saturday night he was calmly working at the Orkney Special and we had to put his new driving licence to use to rush scanners up to the Stomp when theirs was running out of battery, which of course he did without a second's hesitation!

"Orkney Folk Festival remains a volunteer run festival, and enjoys welcoming new and returning volunteers year after year. It is great to see younger volunteers getting involved, and they are always welcome back to continue gaining experience, or just enjoy helping out, with the benefit of hearing some amazing music. We had a fantastic group of volunteers this year (over 70 in total!) of all ages who were enthusiastic and got stuck right in.

Thank you to you all!" – Michelle

James Walker volunteered to help with the sound and ended up as Adie Bolton's assistant in the community centre over the weekend (right).



Ru Hoy helped at the Orphir concert on Sunday afternoon. He's a massive fan of Gnoss. They were on the bill, and are pictured below with Ru, who was delighted to meet them!



"Orkney Folk Festival remains a volunteer run festival and enjoys welcoming new and returning volunteers year after year" says volunteer co-ordinator Michelle Hutcheon, "It is great to see younger volunteers getting involved, and they are always welcome back to continue gaining experience, or just enjoy helping out, with the benefit of hearing some amazing music. We had a fantastic group of volunteers this year (over 70 in total!) of all ages who were enthusiastic and got stuck right in. Thanks to you all!"

Update from the Adult Befriending Service

The Adult Befriending Service started a new intergenerational project with Glaitness Primary School and the residents of Eunson Kloss in April. Two ABS staff members lead a variety of games and activities for an hour every Wednesday. The same five pupils from the P6/7 class at Glaitness join the residents every week as part of their '240 Reasons to Smile' project. The focus is to help pupils realise there can be reward in things other than financial.





There are usually 5-7 residents who join the pupils in the sitting room after their lunch. The pupils have got to know the residents and are now very mindful at matching games to their abilities. They enjoy a variety of games such as Pairs, Connect 4, Uno, Headbanz, Bingo, Beetle Drive, Pop Up Pirate, Go Fishing and Guess Who, as well as larger resources such as Kurling, bowls, Nerf guns, balloon batting and target throwing.

Both parties appear to be enjoying the time spent together and the pupils are certainly putting smiles on the faces of the residents. This environment is certainly bringing out the best in the pupils and they are an absolute delight to work with. A multitude of skills is being developed and values such as compassion, empathy, patience and respect are becoming established.



Last week a Glaitness P6 class came to visit in medieval costume and carry out some role play as 'Tour Guides' of the Earl's and Bishop's Palaces. They then spent time showing the residents some artefacts and explaining their uses.



Tech Peer Mentor Project

The 'Tech Library' has different types of technology that can be used to assist people with tasks in their own homes. Folk can try the 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. Or come and have a chat with Willie on Wednesdays from 2-4pm at Selbro Resource Centre, Hatston.

An example of the technology provided is Smart Bulbs. Smart light bulbs can be controlled through an app or voice controlled through a smart speaker (e.g. Alexa). Bulbs can be turned on/off and dimmed/brightened. Some can change colours. They can be great for people with mobility issues.



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](#).

Community events



Free Wellbeing sessions with Relationships Scotland Orkney

RS ORKNEY

counselling, mediation & family support

Relationship Scotland Orkney is hosting a series of free online wellbeing sessions facilitated by trained therapists suitable to those aged 16 and over.

Sessions will be 2 hours long and will cover a variety of mental health areas, providing tools and techniques to manage and improve resilience and wellbeing.

The first session will be on Self Esteem and will be held on Tuesday 27 June from 7-9pm.

Follow up sessions will include issues such low mood, emotional regulation, body confidence, and insomnia.

For further information or to you book a place, please contact Relationships Scotland Orkney on 01856 877750 or by email at enquiries@rsorkney.org.uk

Social Security Scotland information sessions

Social Security Scotland will be holding information sessions every Wednesday between 11:00 - 13:00 in the Carnegie Room in Orkney Library and Archive to raise awareness of their benefits and provide information on their Local Delivery service. Information will be provided on all 13 benefits currently available, including Adult Disability Payment.

The Orkney Local Delivery Team will be on hand to tell you about the benefits they deliver and how to access the support they provide at your home, in the local community or on either video or phone calls.

People in every Local Authority, including Orkney, can book an appointment with a Client Support Adviser by contacting Social Security Scotland free on 0800 182 2222.

For more information on their benefits, please see www.socialsecurity.gov.scot/benefits

Job opportunities



Stewards for St Magnus Festival Architects of Air Luminarian event.

St Magnus International Festival is looking for mature and confident Stewards to ensure the good behaviour and safety of visitors to the Architects of Air Luminarium in the Pickaquoy field.

They are looking for 9-11 Stewards to cover the event which runs from 16 - 18 June. Stewards will be paid, and training will be provided.

Candidates must be over 18 years, have good communication skills and be able to perform physical tasks as required by Architects of Air and Front of House teams. Stewards will be required to work both inside the luminarium and outdoors.

More information about the event can be found on the St Magnus Festival website - <https://stmagnusfestival.com/festival-programme-2023/architects-air-luminarium-terceradix>

If you are interested in finding out more or applying for a position, please contact boxoffice@stmagnusfestival.com by Wednesday 7 June 2023.



Training opportunities

Child Protection Training

Orkney Health and Care are facilitating child protection training for people who, as part of their job, come into contact with children and young people. The level of training required depends on the level of involvement staff have with children and young people. Details of training for those having general contact and specific contact with children are given below.

General Contact Workforce Training

The general contact workforce is defined as those who, as part of their job are likely to come into contact with children, young people and other family members. The frequency of the contact will vary, but these workers will not usually be involved in any in-depth personal work with them. However, these workers need to have the confidence and awareness to recognise when a child or young person may be in need of protection, and how to respond.



Examples of such workers (although not an exhaustive list) might include: some health workers (e.g. in accident and emergency services, NHS 24 workers; hospital porters; community pharmacists; dentists); some police officers (e.g. patrol officers); some workers having contact in education and learning environments while not working directly with children, young people and families: (e.g. school bus drivers; school crossing workers; school dinner workers; some library workers); some housing / maintenance workers (e.g. RSLs; tradespersons); some workers in sport and leisure services (e.g. workers at play facilities, events and attractions).

This group would also include a range of other workers who have some contact with children, young people and parents / carers in their day-to-day work, without working directly with them or having an in-depth knowledge of their circumstances. It should be noted that not all workers in this group will be in posts that require PVG disclosure.

Specific Contact Workforce Training

The specific contact workforce is defined as those who: carry out direct work with children, young people or other family members; and / or form more in-depth relationships with them; and / or provide specific services to them. These workers may carry out regular work with a child, young person or adult (although this will not always be the case). Contact may take place in the home or

another setting (e.g. an office, school, community facility etc.). It may involve one to one work, or work in a group.

These workers may be asked to contribute to the risk assessment and risk management process and may be involved in providing ongoing support to some children, young people and other family members. These workers require the competences, knowledge and skills associated with the general contact workforce, and some additional competences, knowledge and skills to reflect the nature of their involvement with children, young people and their families.

Examples of such workers (although not an exhaustive list) might include: some health and mental health workers (e.g. GPs; those in Family Nurse Partnerships; workers in a range of adult and children and young people's health services; counsellors); some education workers and workers in other learning settings (e.g. teachers; youth workers; early years and childcare workers; parenting workers); some workers providing support with social care and specific issues (e.g. family and adult support workers; youth justice workers; drug and alcohol workers; domestic abuse workers; other community safety workers; some housing workers; and some police officers (e.g. community officers)).

It is possible that some of the workers of the types identified would be the Named Person or Lead Professional in particular cases. In these instances, they would be included in the intensive contact workforce and would require the core competences, key knowledge and skills identified for that group.

Training dates are as follows:

Child Protection (General Contact)

Tuesday 5 September (9.30-12.30)

Tuesday 14 November (9.30-12.30)

Child Protection (Specific contact)

Wednesday 6 September (9.30-15.30)

Tuesday 10 October (9.30-15.30)

Wednesday 11 October (9.30-15.30)

Wednesday 15 November (9.30-15.30)

For more information or to book your place, please contact OHACTraining@orkney.gov.uk or contact Eve Hourston-Wells, Training Coordinator, on 01856 873535 extension 2646.

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

Ness of Brodgar - Join the Ness of Brodgar team as a Meet & Greet volunteer. A unique and valuable way to spend the summer, with a friendly group of fellow volunteers in a fascinating historical site.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhw9LAAR/ness-of-brodgar-meet-greet-volunteers?distance=10&view=widget>



Restart Orkney - Do you care about the environment, your community and are looking for a sociable place to give some time to? Then join this friendly team as a shop helper for Restart Orkney, saving furniture from landfill and supporting people back into work.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000SsMiJAAV/shop-helpers?distance=10&view=widget>

Brain Tumour Charity - The Brain Tumour Charity is the world's leading brain tumour charity and the largest dedicated funder of research into brain tumours globally. Support their work as a Charity Ambassador Volunteer in Orkney to help raise awareness and support fundraising efforts in the community.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VhnkcAAB/charity-ambassador-volunteer-orkney?distance=10&view=widget>



SHEEP FESTIVAL
ESTD 2016
North Ronaldsay, Orkney

North Ronaldsay Sheep Festival - The North Ronaldsay Sheep Festival is a volunteer-led, conservation event that takes place on the Island of North Ronaldsay in Orkney, Scotland, each summer between July 26th and August 7th. Join this unique pop up volunteering community for a day or stay for the whole festival.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhx42AAB/sheep-dyke-building-volunteer?distance=10&page=3&view=widget>

Volunteer Ambassador with VAO - 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.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VhnBDAAZ/volunteer-ambassador?distance=10&page=5&view=widget>



Mary's Meals - Mary's Meals serves nutritious school meals to children living in some of the world's poorest countries. As a Supporter Engagement Volunteer for Orkney you can help raise awareness about Mary's Meals and fundraise for their work.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhx47AAB/supporter->

[engagement-volunteer-orkney?distance=10&page=3&view=widget](https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhx4CAAR/peoples-experience-volunteer-orkney?distance=10&page=3&view=widget)

Healthcare Improvement Scotland - Help put people's different experiences of health services at the centre of the NHS by being a People's Experience Volunteer for Healthcare Improvement Scotland. They are seeking to recruit volunteers from Orkney with a range of different experiences and identities.



<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vhx4CAAR/peoples-experience-volunteer-orkney?distance=10&page=3&view=widget>

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