

Newsletter July 2023

Local news and services

Lend and Mend with Orkney Library and Archive

With many looking to repair, reuse and upcycle everyday items to benefit the environment and their bank balance, there's a fantastic new opportunity to do just that through the Orkney Library and Archive's new Lend and Mend Hub which launched at the OIC-run facility in Kirkwall on 30 June.

Funded by the John Lewis Partnership's Circular Fund and managed by the Scottish Library and Information Council (SLIC), Orkney Library and Archive is one of only nine library sites in Scotland to pilot the Lend and Mend Hubs to help tackle the cost-of-living crisis, whilst keeping items in use that otherwise may have been dumped.

Phase one of the project was to get the Hub up and running within the library to give members free access to sewing equipment and other crafting supplies to repair, reuse and upcycle everyday items. This will help promote a circular economy and encourage people to not throw away items which could be given a new lease of life. Phase two of the project will see the library hosting workshops with partners to support new skills and learning opportunities. These workshops will be kicking off in September, and so keep an eye out if you are keen to find out more about how to sew, mend things and get creative!

During phase two, the library will also be looking to develop its non-traditional lending collection where people can borrow items like basic tools, kitchen equipment and crafting tools to ensure that anyone in the community can access resources that they may not be able to afford or need most of the time.

If you fancy using the Hub's facilities or work with anyone who would benefit from taking part, you can find out more on the library's website <https://orkneylibrary.org.uk/lend-mend-hub/>

The project is also now looking for volunteers, so if you're handy with a sewing machine and can spare a few hours you could help this project really take off. Find out more about the volunteering opportunity here <https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vupx7AAB/lend-mend-hub-volunteer?distance=35&page=1&view=widget>



Update from the Island Wellbeing Coordinator in Rousay, Egilsay & Wyre

The Island Wellbeing Project is a partnership between Voluntary Action Orkney and the Development Trusts of Hoy, Stronsay, Sanday, Shapinsay, and Rousay, Egilsay and Wyre.



Each Development Trust employs a Community Wellbeing Coordinator and in Rousay, Egilsay & Wyre this is Nicky Jacques.

The role of the wellbeing coordinator is varied and includes supporting individuals with a range of issues, such as health, money, isolation and helping people identify and access the support they need.

Nicky and her colleagues also coordinate projects and a wide range of activities in their communities that promote wellbeing.

Nicky has a number of activities taking place over the summer months in Rousay, Egilsay and Wyre which she hopes will promote positive mental health and wellbeing through being with others, reducing feelings of isolation, being active together and allowing time for self-care and relaxation.



In partnership with Vicky Anderson, RSPB warden, Nicky has arranged a series of walks exploring the RSPB reserves of Onziebust in Egilsay and Trumland in Rousay. This is a great opportunity to learn more about the diverse nature and birdlife in the islands and also bring the communities of Egilsay, Rousay and Wyre together to walk in nature and enjoy a picnic. The first walk took place in June on RSPB Trumland reserve and was very much enjoyed by everyone and there are 3 further walks planned in August & September.

Nicky also received grant funding to provide free wellbeing pampering treatments with Rousay beauty therapist, Beauty by HanHan. By providing these treatments Nicky hopes that people will benefit from a relaxing and stress reducing therapy. Treatments on offer are either a mini-manicure, mini-pedicure, a facial or a back, neck & shoulder massage.

The first session on 27 June was fully booked with 7 people enjoying the treatments on offer and on 11th July another session was held alongside the weekly Triangle Lunch Club for Triangle club members to enjoy a pamper. More dates are now arranged each month through to the end of November.

Both the Wellbeing Walks and Pampering sessions have been made possible thanks to grant funding which Nicky applied for from the Communities Mental Health and Wellbeing Fund from VAO and Scottish Government.

On 7 July Nicky planned an afternoon of dance for children aged from 2 years to 16 years with dance teacher Charlotte Hoque from North Isles Dance Academy. There were fun-filled classes for ballet, jazz and line dancing which were much enjoyed by all the kids attending. This was subsidised by a Community Events grant from the Development Trust. (Photo Credit: Charlotte Hoque, North Isles Dance Academy.)



VAO AGM 3 August 2023

The Board of Voluntary Action Orkney invites you to attend a virtual AGM which will be held at 2pm on Thursday 3 August 2023 in Zoom.

If you would like to attend, please contact enquiries@vaorkney.org.uk so a meeting link can be sent to you.

An update from Orkney Heart Support Group

Orkney Heart Support Group was formed in 2004 and is a registered charity with OSCR (Office of the Scottish Charity Register). They are an independent local charity who provide support for those in Orkney affected by cardiac issues and ensure their views and needs are made known to the appropriate bodies both locally and nationally. To achieve these aims the group relies on its own fundraising and kind donations from the public and businesses as it receives no grants or other sources of income. All the funds are used to benefit cardiac patients in Orkney.

Many heart support groups are affiliated to a national charity. Generally, in Scotland heart support groups are affiliated to Chest Heart and Stroke Scotland whereas in England groups tend to be affiliated to the British Heart Foundation. The affiliation with Chest Heart and Stroke Scotland gives the group appropriate insurance cover and advice and guidance when needed at no cost.

Since Orkney Heart Support Groups formation nearly 20 years ago it has made several donations. This has included 21 defibrillators and cabinets which are located throughout Orkney, equipment to doctors' surgeries and equipment to the Cardiac Department at the Balfour Hospital. Activities have included successfully lobbying for a dedicated heart failure nurse in Orkney at both local and national level. The group have representatives who attend local NHS meetings, Health & Care meetings, and various national cardiac groups (usually by video conferencing).

Orkney Heart Support Group currently has 71 members. Members meet once a month (except July) with a varied programme of speakers and entertainers. There is a May outing and buffet, and in December a Christmas Party both of which are subsidised by the group. Members unable to attend due to illness and those who have had a bereavement receive visits and flowers or fruit as appropriate. Those unable to attend long term receive regular phone calls and a newsletter is sent to all members twice a year. The group's current project is the donation of remote monitoring equipment to the cardiac rehab unit at the Balfour.

If you would like to find out more about the work of Orkney Heart Support Group or become a member, please contact Phyllis Braby, Chair, at phyllis.braby@btinternet.com

Community Events



Introduction to Menopause and Beyond

Thursday 27 July 7 - 9pm.

This informal talk, organised by the Island Self-Management Group, will be delivered by Petra Kamarytova, an osteopath with special interest in women's health and paediatrics. Petra will discuss what menopause is, when it starts and how long it lasts, what the symptoms are, as well as management options available to us, with plenty of self-care tips and strategies.

Open to anyone, the free talk will be held on Thursday, 27 July at 7pm as an online event and will last approximately two hours (comfort breaks will be provided).

To book your place, please contact Anthea Hume at anthea.hume@vaorkney.org.uk or on 01856 872897.

Funding & finance



The Community Led Local Development Fund

The Community Led Local Development (CLLD) fund is an annual grant allocation to Orkney from the Scottish Government and acts as a replacement to the previous LEADER funding Orkney received. Bids are being sought from community groups within Orkney who want to make a difference through small-scale community-led projects.

The Orkney Local Action Group (Orkney LAG) delivered the LEADER Programme in the county and will also oversee the CLLD funding allocation for Orkney of £80,000 Revenue and £25,000 Capital in 2023/24.

The CLLD Programme can support revenue and capital project costs based on the following criteria:

- Creating sustainable public services - grants from £2,000 up to £7,000 for projects which support sustainable public services, such as enabling mainland based third sector groups to provide outreach services and to deliver their services or activities to rural areas and the isles. Applications may also be considered from isles based groups wishing to participate in existing collaborative projects on a trial basis. Grants can cover up to 100% of eligible revenue costs. Capital costs can be covered up to a maximum of £5,000.
- Transforming the economy to deliver net zero - grants from £2,000 up to £7,000 for projects designed to support net zero, such as increased recycling, upcycling, waste reduction and community growing projects. Feasibility studies and pre-project activity may also be eligible. Grants can cover up to 100% of eligible revenue costs. Capital costs can be covered up to a maximum of £5,000.

Projects must be Orkney based and only constituted community/voluntary not for profit organisations with a registered bank account that will be eligible to apply. Applications will not be considered from individuals, sole traders, organisations outwith Orkney, religious or political organisations, or private business.

Orkney LAG will accept expressions of interest from community groups until closing at 5pm on 31 July. Those with projects suitable for funding will then be invited to complete an application form which will be due to be submitted by the 28 August. Applicants are likely to know the outcome from the LAG meeting by 18 September.

Expression of interest forms are available at www.orkney.gov.uk/CLLD. For further information please contact a CLLD Officer at CLLD@orkney.gov.uk.

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](#).

Job opportunities

Community Link Practitioner

Salary: £28,393 (Pro Rata £14,196.50)

Hours: 17.5

Closing date: 11 August 2023

Voluntary Action Orkney work in collaboration with Orkney Health and Care (OHAC) to run the Community Link Practitioner service through GP Practices in Orkney, to ensure patients are referred to services that suit their wider requirements. We are recruiting for an additional Community Link Practitioner to join our team.

The Community Link Practitioner will work with the Stromness GP Practice to ensure people and communities identify what matters to them and work out how to connect them with the activities that might make a difference.

The post holder will work with the GP Practice, primary care team and current Link Practitioners in Orkney, to adopt community-orientated approaches, identify community resources, and facilitate relationships between these resources and the Practice for the benefit of the service user. They will promote awareness of local activities and build relationships and establish referral processes with statutory and voluntary organisations.

For more information and an application form, please click on the link below. There is also a short video explaining the role of the Community Link Practitioner.

<https://www.vaorkney.org.uk/about-us/vacancies/community-link-practitioner-5/>

Have your say

Macmillan would like to hear your story

A new service is being developed in Orkney that will help people affected by cancer and other long-term conditions find the support they need.



If you, or someone you provide care for, has been diagnosed with cancer or a long-term condition, please let your voice help Macmillan develop a service that works for you by completing the Orkney Improving the Cancer Journey survey <https://www.smartsurvey.co.uk/s/40SV5Y/>

For more information, or to share your story in confidence, please contact the Programme Manager at timothy.durbin@nhs.scot or 07843 949969.

Domestic Abuse with Older Women



Women's Aid Orkney have been looking at various topics through their Institutional Advocacy work and recently started to explore domestic abuse with women over 60.

They have created a short anonymous survey to collect information on the current situation for support with older

women and domestic abuse. The survey consists of seven questions and shouldn't take more than a minute to complete.

Take part here: <https://www.surveymonkey.co.uk/r/KVM2HCT>

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>

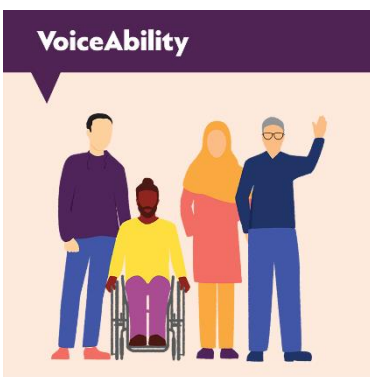
Latest volunteer opportunities

Relief Reception Volunteers at Relationships Scotland Orkney - RS Orkney provide a range of confidential counselling, mediation, and family support services free of charge. They also offer a Child Contact Centre where parents can meet children they no longer live with. RS Orkney are looking for volunteer relief receptionists to help support their busy team in Kirkwall. Hours are variable but will usually be between 4 and 8pm on Tuesdays, Wednesdays, and Thursdays.

RS ORKNEY

counselling, mediation & family support

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vupy0AAB/relief-receptionists?distance=10&view=widget>



VoiceAbility Advocacy Support Session Volunteer - Support people to be heard in decisions about their health, care and wellbeing by training to be an Advocacy Support Session Volunteer with VoiceAbility. They are also looking for a Service Team Volunteer to provide admin support to the advocates.

Support session volunteer –
<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VupqaAAB/advocacy-service-team-volunteer?distance=35&page=1&view=widget>

Service team volunteer -
<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000VupqaAAB/advocacy-service-team-volunteer?distance=10&view=widget>



Treasurer or Secretary at St Mary's Preservation Trust - Help look after a unique and significant old church in Burwick in South Ronaldsay that is now a lively community space. Join the friendly board of St Mary's Preservation Trust either as a Treasurer or Secretary.

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

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

Lend and Mend Hub Volunteer - Help the community repair, reuse and upcycle everyday items by being a Lend & Mend Hub Volunteer at Orkney Library and Archive. A brand new initiative to promote a circular economy and encourage people to not throw away items which could be given a new lease of life.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000Vupx7AAB/lend-mend-hub-volunteer?distance=35&page=1&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