

Newsletter June 2023

Local news and services

Scottish Community Link Worker Network Annual Conference

The Community Link Practitioner (CLP) team here in Orkney are based within primary care services in the majority of our GP practices, with the exclusion of the outer islands where the Islands Wellbeing Project is in operation. The CLP team are non-medical, providing social prescribing to those patients referred to them by the GP practices, linking them with other services and facilities within the community best placed to meet their needs.

The team here are part of a wider network of Community Link Workers across Scotland, who came together recently at the first Scottish Community Link Worker Network Conference in Glasgow facilitated by the Scottish Community Link Worker Network and Volunteer Health Scotland.



This was a great opportunity to meet with peers, share knowledge and experience and to also hear from invited speakers, including Maree Todd MSP, Minister for Social Care, Mental Wellbeing and Sport. There was also a very interesting presentation from Gerry McCartney, Professor of Wellbeing Economy at the University of Glasgow on the increase in mortality rates and the reasons behind these.

Alongside these speakers, one of our local CLPs, Linsey Drever (pictured left), was invited to be part of a panel discussion on the topic of embedding link working in primary care within Scotland. Linsey provided a passionate overview of living and working within our local community, highlighting both benefits and potential pitfalls with her contribution being very well received, and providing an insight into working rurally for those living within more built up areas and cities.

Linsey and her colleague, Erika Copland, also met with their Shetland counterpart, Ingrid Sandison with whom they have been liaising on a project to provide nature prescribing in Orkney: NHS Shetland provided the pilot for this. This is still in its very early stages of discussion here in Orkney. Pictured left to right: Erika, Ingrid and Linsey.



A fuller report, photographs, keynote presentations, workshop presentations and exhibitor's blogs from the conference can be seen here <https://vhscotland.org.uk/key-messages-scottish-community-link-worker-network-annual-conference-2023/>.

The Job Hub

The Orkney Local Employability Partnership are holding weekly drop-in sessions on Thursdays between 10.00 and 12.00 at The Hub, based in the Skills Development Scotland Careers Office at 2 Albert Street, Kirkwall.

Staff can provide support with qualifications, CV writing, applications, and interview skills.

For more information, please contact employability.support@orkney.gov.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

Legislation & Guidance



Update from Police Scotland Cybercrime Harm Prevention Team

Cyber criminals are continually sending out phishing emails and scam emails containing malware or links to potentially harmful sites. From a business perspective, there will be worries about loss of reputation, customer confidence, supply chain concerns as well as staff concerns.

In an attempt to dispel some of the common myths around incident reporting and to break the cycle of cyber-crime, Police Scotland's partners at both the NCSC (National Cyber Security Centre) and ICO (Information Commissioners Office) highlighted that for every incident that goes unreported, is a missed opportunity to learn from and enhance protection for all organisations. They also highlight if it's a ransomware attack, paying extortioners will encourage threat actors to continue their attacks.

Imagine coming home from work to find your house has been burgled. Instead of reporting it to the police and seeking support, you quickly tidy up and carry on as if nothing had happened, hoping no one finds out. The following week your neighbours' house has been burgled in exactly the same way, but would it have been if you had spoken with them about your incident?

In terms of the cyber world, there are no physical or geographical boundaries and the scope and reach cyber criminals have at their disposal is colossal, so if we are more open about cyberattacks we will all be better informed and better protected. This is exactly the same with all types of crime and Law enforcement is here to support you.

The six 'myths' which the NCSC and the ICO have identified as commonly held by organisations that have fallen victim to cyber incidents are:

1. If I cover up the attack, everything will be ok
2. Reporting to the authorities makes it more likely your incident will go public

3. Paying a ransom makes the incident go away
4. I've got good offline backups, I won't need to pay a ransom
5. If there is no evidence of data theft, you don't need to report to the ICO
6. You'll only get a fine if your data is leaked.

For more information or to report an attach, please click on the link - <https://www.gov.uk/service-standard-reports/report-a-cyber-incident>

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](#).

Job opportunities

Clan Area Services Coordinator (Kirkwall, Orkney).



Hours: 28
Salary: TBC
Closing date: 13 July 2023

Clan is recruiting an Area Services Coordinator based in Kirkwall, Orkney. This is a part time role, working 28 hours per week.

Clan currently provides services across the Northeast of Scotland including Orkney and Shetland with a wellbeing centre located in Kirkwall. The services provided by Clan

are free for anyone affected by cancer and comprises of a range of core complimentary therapies, counselling services, a listening and support service by appointment or drop-in and support groups. Clan Orkney is also developing an outreach programme with regular visits to Westray already being delivered. There is a growing demand for support across the island with a clear focus on raising awareness of the vital services they provide to the local community and developing their reach further.

The Area Services Coordinator post is an exciting and varied role with a focus on ensuring Clan's wellbeing centre in Orkney 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 Orkney 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 on how to apply or for a copy of the full job description, please visit www.clancancersupport.org/vacancies/. If you wish to apply, please submit your CV and Covering Letter stating your salary expectation before 12.00 on Thursday 13 July 2023. Informal enquiries can be made to Kay Johnston Head of Cancer Support Services kay.johnston@clancancersupport.org or by telephone on 01224 647000.

Action for Children Programme Lead

Salary: £27,000 Per Annum

Hours: 37

Closing date: 6 July 2023

Action for Children believe that every child should have a safe and happy childhood. Last year, they helped more than 600,000 children and families across the UK. They work to ensure their voices are heard and campaign to bring lasting change to their lives.



As a Programme Lead, you will be

- Providing a high quality service to children, young people and their families, based on an assessment of need and is outcomes driven.
- Nurturing, developing and promoting effective relationships and channels of communication with colleagues, community organisational partner agencies and other external agencies.
- Participating in the design and planning, and lead on the implementation of programmes, ensuring that they are compatible with the objectives of the funding agreement.
- Taking responsibility for the delivery of high-quality programmes to designated service, based on the agreed model and required outcomes.
- Providing direct and overall line management of staff, applying appropriate policies and procedures, also sharing knowledge and experience through coaching and mentoring techniques.
- Leading on managing content for our social media channels and identifying new opportunities to promote the mental wellbeing services on these platforms.

Please click on the link for more information or to apply.

<https://careers.actionforchildren.org.uk/vacancy/programme-lead-kirkwall-10119/10137/description/>

Training opportunities

Gambling training and support service from the Citizens Advice Bureau



The Citizens Advice Scotland Gambling Support Service exists to support all frontline workers who may come into contact with individuals who experience difficulties as a result of their own or another person's gambling. They provide two services:

A presentation (free) for frontline works which considers the context in which 'gambling harms' occur as well as the support and 'treatment services' available. More information available here:

<https://www.vaorkney.org.uk/wp-content/uploads/2023/07/Inverness-GSS-External-Training-Leaflet.pdf>

The opportunity for clients to speak directly to them to discuss how they can reduce their risk of gambling harms and access support services. More information available here:

<https://www.vaorkney.org.uk/wp-content/uploads/2023/07/Inverness-GSS-Client-Leaflet.pdf>

For more information or to arrange a training session, please contact Mike Youatt, GSS Training & Engagement Officer, Inverness Badenoch and Strathspey Citizens Advice Bureau, Mike.Youatt@invernesscab.org 01463 237664

Safe and Together core training

Safe & Together is a practice model that aims to improve how child and adult protection systems and practitioners respond to the issue of domestic abuse. It provides a common framework for practitioners to consider and discuss concerns, challenges and solutions for families experiencing domestic abuse.

Free training is available for people who work with survivors or perpetrators. Eight sessions will be held between 15 August and 7 September and participants are expected to attend all sessions.

Please click on the link for more information. <https://www.vaorkney.org.uk/wp-content/uploads/2023/07/Safe-and-Together-Core-Training-Practitioners-Information1-003.pdf>

Have your say

A Human Rights Bill for Scotland: consultation

The Scottish Government is gathering views to help inform how it will take forward the Human Rights Bill. The Bill will incorporate a range of economic, social and cultural rights into Scots law for the first time, as far as possible within the limits of devolved competence.

Click on the link for more information or to give your views:

<https://consult.gov.scot/equality-and-human-rights/a-human-rights-bill-for-scotland-consultation/>

Social Stories - Stories from Social Enterprises across Orkney

Hello, I'm India Whitwell and I'm the new Community Development Worker at VAO.



I thought I'd introduce myself for the first instalment of our new segment, Social Stories, in the newsletter. Each month, we'll be hearing from a different social enterprise across Orkney.

Whether that's about how your social enterprise began, a business story you're keen for everyone to hear, or a new project or venture your social enterprise is taking on, we'd love to hear about it. Email me at india.whitwell@vaorkney.org.uk to be included in the newsletter over the coming months.

My interest in social enterprises began when I moved to Orkney in 2018 and I haven't looked back since. I came up to teach weaving with Orkney Creative Hub CIC and went on to start my own social enterprise, Orkney Cloth, when I realised there was a gap in the market for a sustainable commercial weaving mill.

We raised capital to buy our weaving equipment through a Crowdfund campaign, selling our orders throughout the UK and America. We went on to be supported by First Port, Business Gateway and HIE, winning the Young Edge award at the Scottish Edge Competition last year.

We work with local wool suppliers and seamstresses to create the best products possible, whilst keeping our environmental impact low as we can. We're currently working on a range of products using local Orkney Boreray wool, which is beautifully soft and sustainably produced, and is spun on North Ronaldsay.

More recently, I have worked on facilitating creative workshops in the community with my other social enterprise, Orkney Art Club. We have taken weaving and printmaking workshops around Orkney and the isles, inspiring others to be creative at home.

I'm passionate about making a positive impact in the community, particularly around sustainability and the circular economy. I look forward to helping others realise their potential in business to do good for the economy and our community!

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>

Volunteering Stories – How Restart Orkney puts volunteers at the heart of what they do.



Behind the scenes of this second hand furniture shop is a mission to not only save furniture from landfill and provide affordable ways to furnish our homes but to give people a stepping stone into work and volunteering. The social enterprise business was founded 18 years ago when a gap was identified for folk who needed low cost furniture in Orkney. At the same time, there was a need to help people experiencing barriers to gaining employment. This broad remit included individuals with a learning disability, physical disability,

those experiencing mental health problems, people with problematic substance use, people with convictions, care leavers and the long-term unemployed. Restart Orkney was founded to create opportunities for volunteering, whatever someone's personal challenges might be, helping with reintegration and recovery. The delivery and collection service and shop were initially started as a project, part of Employability Orkney, to support people into paid and voluntary work. At the same time generating its own income to fund the vital support work. Nearly twenty years on it has become a permanent set up and a self-sustaining success story.

This inclusive ethos makes it an inspirational and welcoming home for all volunteers today. It remains a small set up with currently five staff members and 10 volunteers. Ian Robertson, their dedicated volunteer manager, ensures volunteers are well looked after and immediately feel part of the Restart family. Service Manager Amy Sutherland explained that Volunteers come to Restart for different reasons *"Restart can be a stepping stone for some, a chance to boost confidence and get into the rhythm of working without the pressure of a workplace. For others they want to put something back into their community or are looking to stay active and busy. As an organisation we wouldn't survive without volunteers."*

So what does the future hold for Restart Orkney? Sales from the social enterprise side of things largely funds the support work they do. It's been a vital way of surviving the often-short term, fickle nature of grant funding that many charities are wholly reliant on. Amy explained *"we want to provide more opportunities. Demand is even greater for support. The more successful our social enterprise the more difference we can make helping to remove barriers for people to not only get back into work but also feel part of their community."* By volunteering for Restart Orkney you become part of their mission; saving furniture from landfill by reducing waste and reducing harm to our planet, providing affordable ways to furnish homes and finally helping fund the support needed so everyone gets a chance to make a new start.



Latest volunteer opportunities

Healthcare Improvement Scotland - Everyone has different experiences of health and social care. Healthcare improvement Scotland needs to hear about these to make sure that their work makes care better. By becoming a People's Experience Volunteer you can help put people's different experiences of health services at the centre of the NHS.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g080000Vhx4CAAR/peoples-experience-volunteer-orkney?distance=10&page=3&view=widget>

Orkney Housing Association - Influence the future of your communities and join the Orkney Housing Association as a committee member. This is a chance to help steer their strategy, and offer your skills in communication, governance and planning.

https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/?fbclid=IwAR3ScK5UZKq0CRwnF1y5eScFLp6a_LiZ9N_xEzFDkY26AnIZ5kFPkZ_K_EJg#/opportunity/a0g080000SsLZWAA3/committee-member?distance=10&page=3&view=widget



Smiddybrae House - Significantly brighten an older person day by becoming an Activities Assistant at Smiddybrae House, a residential care home in the village of Dounby that provides a service to up to 32 older residents.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g2400000eNMsAAM/activities-assistant?distance=10&page=3&view=widget>



British heart Foundation - British heart Foundation are looking to create its very first fundraising group in Orkney to help raise awareness of their work and raise vital funds. You could either be a fundraising volunteer or be the person who organises the group and get things going as the fundraising group lead.



<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g080000VupB3AAJ/fundraising-volunteer-orkney?distance=10&page=3&view=widget>

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g080000VupBXAAZ/fundraising-group-leader-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