

Newsletter August 2023

Local news and services

VAO Adult Befriending Service closure

We are sorry to announce that the Adult Befriending Service supported by Voluntary Action Orkney (VAO) is to close on 30 September 2023 due to the funding coming to an end.

The decision was based on a number of factors, one of which being that VAO's role as a Third Sector Interface is to support, promote, develop and advocate the interests and role of the third sector locally in Orkney. We play a critical role in identifying effective ways to develop third sector capacity and build the collaborations to provide that capacity.

A number of adult befriending services exist within Orkney and given the increasingly competitive nature of the current funding landscape we feel that it is the right time to take proactive steps to support our sector colleagues in their efforts, rather than to put limited funds under more pressure.

Morven Brooks, Chief Executive states:

'This has been an extremely difficult decision to make as the Adult Befriending Project supports many individuals through social isolation and loneliness. We are committed in supporting everyone who used the service. The world we live in is very challenging, and more so for third sector organisations. This is why we as a Third Sector Interface need to provide support and not be in direct competition with organisations seeking funding, ensuring that monies are directed to local third sector organisations and groups and to enable them to grow their current services.'

For anyone wishing to find out about befriending activities in Orkney, please contact Voluntary Action Orkney <https://www.vaorkney.org.uk/befriending/adult-befriending-service/>

Island Self Management Group (ISMG) nominated for award

We are delighted to share the news that the Island Self Management Group (ISMG) has recently been nominated for an award!

The ALLIANCE (funders of the ISMG project) hosts Self Management Week annually, celebrating self management across Scotland with: a range of events; ALLIANCE Live activity; and the Self Management Awards. The aim of Self Management Week is to bring together people who self manage, support people to do so, or want to learn more and share learning across the Self Management Network Scotland, Self Management Fund projects and wider ALLIANCE membership.

The ISMG initiative is shortlisted in the Self Management in the Community Award, the outcome of which is determined by public vote.

To view the full list of those nominated and place a vote, click here: <https://www.alliance-scotland.org.uk/blog/news/self-management-awards-2023-shortlists-announced/>

No cash prizes, red carpet, or Hollywood glitz – but great recognition of some of the fantastic work going on around Scotland to promote self management.

If you wished to take a moment to cast a vote in support of the ISMG project, the members - and all those who've been involved in establishing and delivering the project over the past two years – would be very grateful.

Loud and Live success

ROAR's annual fundraiser was most certainly LOUD and LIVE on Friday 18 August at the Sailing Club. There was great music from Auskerry; Adele, Liam and Eilidh; Deep Roots Last; Corey and Craig; The Silver Penguins; Kirkwall City Pipe Band; and Bryttania. John Copland presided over a charity auction, and altogether the evening raised £1644 to be shared between Orkney Blide Trust and the RNLI. Thanks to all businesses who donated prizes.



Brian Cromarty, VAO Youth Development Worker, praised the young folk who organised the event: *'Well done to all the young volunteers whose efforts make these events such a success. There's so many jobs to be done – making posters and online advertising, writing letters to local businesses for donations, putting together performances, taking photos, MC duties, setting out chairs, checking folk in at the door, hanging banners, selling raffle tickets, interviews with the radio and so on. Many hands really do make light work!'*

Pictured from top: Bryttania; The Silver Penguins; Bryttania; Corey and Craig; Kirkwall City Pipe Band; Auskerry; Deep Roots Last; Liam, Adele and Eilidh.

ORSAS: An appeal for a Compassionate Community approach to Media Engagement

Orkney Rape & Sexual Assault Service (ORSAS) SCIO's charitable activities are that they support survivors of sexual violence and work towards its elimination. O.R.S.A.S. campaign topics in the past include local forensic services for adults, Ask Angela Orkney Campaign, and the NSPCC's Talk PANTS sessions for early years.

They regularly circulate guidance to press to focus their output on trauma informed content. This time they thought they would open up this topic for community discussion and reach anyone who produces content and comments on sexual violence. The reason they do this is that inappropriate comment has;

1. Immeasurable negative impact on survivor's trauma recovery.
2. Impact on multi-agency capacity, due to the unnecessary additional safety support required in response to distress caused by media content.
3. Devastating emotional impact on the families and friends of survivors in our closely knit community.
4. Impact on survivors seeking support and/or reporting to police in the future.



O.R.S.A.S. fully understands freedom of the press, it is there to hold the judiciary to account and to allow the public to express views on sentencing and process. With privilege comes responsibility and a duty of care for all those involved. It is important that when a survivor reports to police they feel able to say exactly what they experienced so the laws broken and severity of a crime are determined. It is an ethical decision on whether the description of trauma should be shared without the survivor's consent. Remember witnesses may not have shared fully with family and friends to shield them from distress. Sharing of addresses and the sites of assault is not trauma informed, it triggers all survivors and residents in those places.

O.R.S.A.S. does not comment on cases, they maintain the confidentiality of those who may or may not be using our services. We represent the concerns of those who cannot speak up. 16 Days of Action against Gender Based Violence (GBV) happens every year from 25 Nov – 10 December. The theme this year is "Imagine a Scotland without GBV". O.R.S.A.S. intends to hold training sessions on the impact of media and the resources available for anyone who produces content. If you would like to be kept informed of their training and/or if you have been negatively impacted, please contact O.R.S.A.S. on contact@orsas.scot

The full statement and resources are on ORSAS social media feeds. ORSAS invite you to research their content, reflect and improve practice. If you are part of a media team, please circulate this information to all your staff and/or volunteers who contribute to your media output.

Please visit the O.R.S.A.S website for more information about their work: <https://www.orsas.scot/>

Sanday outdoor fitness park

On 23 June the Outdoor Fitness Park at the Sanday Community School playing field was formally opened for community use. The project was originally inspired by Sanday islander Adam Hough who ran the coastlines of the North Isles, managing to raise £1200 in the process.

On behalf of the School Board, Sanday's Wellbeing Coordinator Magda Macdonald secured £13,699 to cover the remaining cost, delivery and installation of the exercise machines. Local builders were engaged to undertake the site works, ably assisted over two days by a squad of enthusiastic volunteers. The equipment comprises an Air Walker, Cross Country Skier, Rider, Rower, Tai Chi Spinners, Arm & Pedal Bike, Twist and Step, Chin-up Bars, Seated Leg-Press and Recumbent Bike.... all designed for the outdoors, robust in their manufacture and easy to use. Half are designed for children and half for adults, the concept being they offer an alternative source of exercise to the indoor gym. Being readily accessible and free to use they are intended to appeal to the wider community, hopefully islanders currently not already engaged in formal exercise activities.



Community Events

Island Self-Management Group presentation - North Isles Natural Wellbeing Project

7.00, 28 September
Online

The Island Self-Management Group invite you to their monthly online presentation, which for September is a talk on the work of the North Isles Natural Wellbeing Project.

Project Officer, Louise McQuaid will be sharing information about the work undertaken by the project so far which has utilised our rural, coastal landscape to benefit both mental and physical wellbeing and how these projects have helped develop a toolkit which other rural communities can access.

Open to anyone interested in finding out more about the project, the free talk will be held on Thursday, 28 September at 7pm as an online event and will last approximately 60 minutes.

To join us for this informal event, please contact Anthea Hume in advance, via anthea.hume@vaorkney.org.uk or on 01856 872897 ext 313.

Social Enterprise

Rural Social Enterprise Network meeting

2.00-2.30, 21 September
Online

The next meeting of the Rural Social Enterprise Network will be held online on 21 September. For more information or to register, please click here: <https://www.eventbrite.co.uk/e/rural-sen-tickets-700199384207>

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

Action for Children Programme Lead

Salary: £27,000 per annum
Contract: Permanent, Full time
Closing Date: 4 September 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, working to ensure their voices are heard and campaigning to bring lasting change to their lives.

As a Programme Lead, you'll be:

- 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.
- Provide high quality service (including those with a regulatory requirement) to children, young people and their families, based on an assessment of need and outcomes.
- Provide support to children, young people and families by agreeing and directly applying interventions, liaising with other agencies and professionals.
- Providing direct and overall line management of staff, applying appropriate policies and procedures, also sharing knowledge and experience through coaching and mentoring techniques.
- Nurturing, developing and promoting effective relationships and channels of communication with colleagues, community organisational partner agencies and other external agencies.
- Leading on managing content for our social media channels and identifying new opportunities to promote the mental wellbeing services on these platforms.

Click here for more information: <https://careers.actionforchildren.org.uk/vacancy/programme-lead-kirkwall-10569/10587/description/>

Training opportunities

Togetherall demonstration session

1.00, 7 September
Online

Togetherall is a peer-to-peer mental health support community which is available online, 24/7, and is completely anonymous.

Licensed and registered mental health practitioners, monitor the community to ensure the safety and anonymity of all members. It has a large student community and with the start of the



academic year on the horizon, this is a perfect opportunity to raise awareness and support young people with their mental health journey.

Togetherall are holding a demonstration session on Thursday 7 September at 1pm which is aimed at those working with young people and provides a great opportunity to see the platform in action.

The session will include an overview of the peer support network, show how the platform works, and how staff can support young people's wellbeing and promote Togetherall as a resource.

More information about Togetherall can be found on their website - <https://togetherall.com/en-gb/>
To register on the demonstration session, please email emma.lambert@togetherall.com

Public and Third Sector Cyber Roadshow

9.30-11.30am, 12 September
St Magnus Centre, Kirkwall

The Cyber and Fraud Centre is hitting the road and will deliver a series of events for Public and Third sector organisations across the country.

These events will focus on discussing some key cyber security topics organisations or charities should be considering for 2023. Everything discussed will tie in with additional resources available and help you fully utilise these within your own organisation or charity. There will be guest speakers at each event, but the overall topics will be the same across the board. Each event is in person giving everyone an excellent chance to network with others working within the Public and Third Sectors interested in cyber security.

Find out more and register here: <https://cyberfraudcentre.com/events/public-and-third-sector-roadshow-orkney-12th-september>

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

Trustees at Zero Tolerance - Use your experience to shape the work of the charity Zero Tolerance to end violence against women and girls in Scotland. They are looking for a general Trustee and Treasurer to join their board with meetings mostly online - you can do this role from anywhere in Scotland.

General trustee -
<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000QhiTuAAJ/trustee-orkney-based-volunteers?distance=10&view=widget>



Treasurer - <https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000QhiU9AAJ/treasurer-orkney-based-volunteers?distance=10&view=widget>



Out and about volunteer at the Blide - Help to deliver a programme of activities that runs all year for Blide members who have a lived experience of mental illness as an Out and About Volunteer. Enjoy going on walks, gallery and cafe visits, driving the Blide people carrier taking up to 6 people. A great opportunity be part of the Blide team and enjoy going on fun outings.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000QhiVbAAJ/out-and-about-volunteer?distance=10&view=widget>

Volunteer Panel Member for Children's Hearings Scotland

Support Orkney's infants, children and young people by becoming a Volunteer Panel member for Children's Hearings Scotland. The role of a Panel Member is to listen and make legal decisions with and for infants, children and young people, ensuring that the young person is at the heart of every decision taken. Great training and support provided.



The Children's Panel — life changing.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000QhjL8AAJ/volunteer-with-childrens-hearings-scotland-orkney-based?distance=10&page=3&view=widget>



Quoyloo Old School Community Centre treasurer - Help Quoyloo Old School continue to thrive as a community centre. If you're pretty good with numbers and figures, looking for a sociable role that supports your local community then consider being a treasurer on their friendly committee. You would oversee the basic finances as well as join in organising the fun activities like hosting events, coffee mornings and book sales.

<https://www.vaorkney.org.uk/volunteering/volunteering-opportunities/#/opportunity/a0g0800000QhjLcAAJ/treasurer?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