

VISP GENERAL NEWSLETTER 18 JUNE 2025, ISSUE 15





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THIRD SECTOR NEWS

PVG SCHEME - 3-MONTH GRACE PERIOD DEADLINE APPROACHING

A 3-month grace period was introduced when the Disclosure (Scotland) Act came into effect on 1 April 2025, making membership in the PVG scheme a **legal requirement** for individuals carrying out a regulated role. This grace period will **end on 30 June 2025**.

By this date, PVG applications **must be submitted** for anyone who was in a regulated role prior to 1 April.

If you have staff or volunteers who fall into this category and are not yet members of the PVG scheme, <u>submit your application request</u> to Volunteer Scotland Disclosure Service as soon as possible.

FARESHARE GO PROGRAMME

FareShare Go is a project that works in partnership with retailers to provide end-of-day surplus food to charities and community organisations. The project was launched in early 2016 by FareShare in partnership with retailers using mobile phone technology which helps charities and community groups to access the free, unsold, surplus food from a day's sales at your local supermarket.

Your closest store is Tesco Lerwick.

The food types available are bakery items such as bread, rolls, pastries etc, chilled items as well as fresh produce (fruit and veg) - think yellow sticker label. This food will be nearing or on its 'Best Before/Use By' date, however, it will be of good quality and perfectly safe to be consumed and served to others.

The purpose of the scheme is to support groups who use food to benefit those in our communities in food poverty or the vulnerable. To do that safely and effectively, we have some eligibility criteria:-

- 1. Level II Food Hygiene (Elementary) Certificate
- 2. Registration with the Environmental Health Office

How it works:

- 1. You nominate one or more days per week you are available to collect surplus food from your local store- the retailers donate 7 days a week.
- 2. The day of your collection you will be notified (via an app on your phone) that your donation is available.
- 3. The fresh surplus food will be packaged and available for collection from the store that evening.

This is a free of charge service. If you are interested in joining please contact Keziah, Community Coordinator FareShare, keziah.eastley@fareshare.org.uk.

FOCUS GROUP - MENTAL HEALTH BENEFITS OF GARDENING FOR OLDER ADULTS IN RESIDENTIAL CARE IN SCOTLAND

We are writing to invite you to participate in a small research project conducted by Trellis and the University of Edinburgh, led by our student Zoey Wang, and supported by Emma Martindale, Trellis Training and Standards Officer, and Autumn Roesch-Marsh, Senior Lecturer in Social Work.

This project aims to explore the mental health benefits of gardening for older adults living in residential care in Scotland. At the same time, we seek to understand the practical challenges and potential support involved in implementing gardening in care homes.

We are looking for participants who have worked in residential care with older people to take part in a focus group with us. The focus group will be online and will take about 1.5 hours. Two focus groups are planned.

- Monday, 23rd June from 12.30 to 2pm
- Tuesday, 24th June from 6.30 to 8pm

Sign up here: Focus Group - Mental Health Benefits of Gardening for Older Adults in Residential Care in Scotland | Trellis

NEWS FROM THE CHARITY REGULATOR (OSCR)

MARK YOUR CALENDAR: GET READY TO SUBMIT CHARITY TRUSTEE INFORMATION FROM 30 JUNE 2025

From 30 June 2025, OSCR will begin collecting charity trustee information through OSCR Online. Providing this information will become a legal requirement for all charities.

RESOURCES

ACCESS TO WORK

Financial assistance is available to help organisations in Great Britain with any extra employment costs that result from employing a person with a disability. Access to Work provides grants to employers towards extra employment costs which result from an employee having a disability. The programme aims to provide practical advice and support to disabled people and their employers, in order to overcome work related obstacles which result from disability.

REDUNDANCY PAYMENTS - FINANCIAL ASSISTANCE

Assistance to help employers in the UK with severe cash flow problems to make necessary redundancy payments.

SCOTTISH CENTRE FOR CONFLICT RESOLUTION: LEARNING ZONE FOR PARENTS AND CARERS

Parents and carers are often upset when their children's behaviour changes in their teenage years. When they test boundaries, the temptation is to see it as 'bad' behaviour. This new Learning Zone is for parents and carers looking to know more about how the changes teenage brains go through can lead to conflict – and how to handle it.

The Learning Zone is made up of:

- The homepage. Click <u>here</u> to visit.
- Teenage Brain and Development. Click here to visit.
- Wellbeing and Coping for Parents and Carers. Click <u>here</u> to visit.
- Supporting Children With Language Difficulties. Click here to visit

COSCA CERTIFICATE IN COUNSELLING SKILLS (SCQF LEVEL 8) CPD

Shetland College will be running the COSCA Certificate in Counselling Skills (SCQF Level 8) CPD in Shetland August 2025 to May 2026. This is a part time course taught evenings and some weekends at UHI Shetland, Lerwick Campus. It is a great foundation for further study and a valuable addition to CPD. Applicants of all levels of experience and education are encouraged to apply. This is an experiential learning course taught by qualified counsellors. The course will only be run every two years – so don't miss out apply now!

If you are interested in counselling, and/or becoming a support worker with Shetland Bereavement Support Service, you will require this Certificate to go on to volunteer with us. SBSS offers student placements for Counselling. For any queries regarding SBSS and volunteering, please get in touch with the service, contact Ellen.Hughson@shetland.gov.uk

FREE DIGITAL ACCESSIBILITY TRAINING

Explore the range of insightful training by <u>Disability Information Scotland</u> to help you ensure your online information (website, social media or documents) is accessible to everyone. Training is delivered to your organisation or yourself at a time and date to suit and can be delivered inperson via Teams or as E-Learning.

FORTHCOMING TRAINING AND EVENTS

SOCIAL ENTERPRISE SCOTLAND WEBINARS

SES is hosting a series of webinars exploring practical, real-world policy solutions. Each free, 50-minute session offers sharp insights, space to share your experiences, and the opportunity to ask the questions that matter.

ACHIEVING POLICY CHANGE IN THE REAL WORLD, WEDNESDAY 9 JULY | 12 - 1PM Getting practical policy change, that improves people's lives and our natural world, is relevant to every one of us. The *policy implementation gap* - where good legislation fails to trickle down to local communities - is a hot topic for Scotland. Instead of doing the same things and expecting different outcomes, what really needs to happen?

POWER TO THE PEOPLE: A VOICE FOR ALL OF US, WEDNESDAY 16 JULY | 12 - 1PM How do we get social entrepreneurs and their service users directly involved in big decision-making? We'll explore the best ways to harness the immense power of lived experience and how we move beyond top-down decisions being imposed by Parliaments and Councils. We'll also look at the Democracy Matters initiative and if it means real change.

<u>DYNAMIC PUBLIC SERVICES: THE SOCIAL ENTERPRISE SOLUTION</u>, WEDNESDAY 23 JULY I 12 - 1PM

Public service reform is back on the agenda - and Scotland needs strong social enterprise solutions. With critical funding issues in the public sector and many organisations, it's vital we examine radical ideas around genuine public service reform. What real world social enterprise examples can we replicate and what policies are needed to make it happen?

NEW PATHWAYS TO INVESTMENT AND FUNDING, WEDNESDAY 30 JULY | 12 - 1PM Democratic finance, Community Shares, dormant bank account funds, creative tax reforms and the Scottish National Investment Bank are some of the innovative methods that can get funding and investment into social enterprises. But what practical changes do we need in order to support, align, scale and really catalyse these initiatives?

ALLIANCE FOR CHANGE: EMBEDDING SOCIAL IMPACT IN EVERY BUSINESS, WEDNESDAY 6 AUGUST | 12 - 1PM

There's a lot happening with social enterprise and business impact awareness - both in Scotland and globally. With the recent IDBM report, the Business Purpose Commission, the UK Government pledge for co-op and social enterprise growth, as well as the rise in B-Corporations and others, there's much to celebrate! How do we work better together with our shared values, to benefit both people and planet?

FINANCIAL FREEDOM FOR EVERYONE: MINIMUM INCOME GUARANTEE & UBI, WEDNESDAY 12 AUGUST | 12 - 1PM

With global economic upheaval we need financial policies that create certainty and stability for families and communities. This is particularly acute for people in our most deprived areas in Scotland - the people that many social enterprises work with each day. How do we build solid economic foundations for a good life? What could a Minimum Income Guarantee or a Universal Basic Income do? And How else could we get regular money to those who need it most?

LAUNCH OF THE COMMUNITY SPACES NETWORK, THURSDAY 26 JUNE, 12-1PM, ONLINE

Join <u>Social Enterprise Scotland</u> at their very first meeting of the Community Spaces Network, developed in partnership with <u>Scottish Rural Action</u>. Do you run community spaces in rural and/or

urban settings? Explore this new, informal network is designed for practitioners like you! On this first meeting learn about how community spaces can play a key role in fostering local tourism that's sustainable and community-driven.



Find out more and arrange a training session today!

ONLINE (ZOOM) - CONFLICT RESOLUTION SERIES - UPDATED BITE-SIZED SESSIONS

Growing up is Never Easy – Tuesday 8th July – 8:30-9:30 (breakfast session)

'Growing up is never easy' explores the developmental stages to adulthood, provides a better understanding of young people's developmental needs and the importance of relationships to support and manage these key stages.

Understanding Emotions and Anger – Tuesday 15th July – 12noon-13:00 (lunch session)

'Understanding Emotions and Anger' will introduce you to primary and secondary emotions, emotions we present and emotions we feel. It demonstrates how the process of anger works, its trigger, escalation, release, de-escalation and resolve. Understanding that anger is a normal human emotion and looking at self-awareness and tools we can use to identify emotions and regulate them.

To register your FREE place, click here

For further information on this and all other SCCR training and events being held across Scotland, please contact our Event Organiser, Caroline Ross, on carolineross@cyrenians.scot

SARAH TEMPLETON: FIGHTING FOR ADHD CHILDREN AND ADULTS

Please see below the programme of ADHD author and counsellor, Sarah Templeton's visit to Shetland in **August**. Booking is available now through the following ways:

SIC in-service workshops (Monday and Tuesday) and Justice session – through VOR: Shetland Islands Council Training - VOR Online

Lived experience session – through Ability Shetland <u>abilityshetland@shetland.org</u> Meet the Author at Shetland Library – **no booking required**

Coming to Shetland in August!

Sarah Templeton

Fighting for ADHD children & adults and author of:

The Prison Counsellor;

How NOT to Murder your ADHD Kid;

Teachers! How Not to Kill the Spirit in Your ADHD Kids; and

How Not To Damage your ADHD Adolescent.

SIC in-service day workshop

Monday 18th Lerwick Town Hall: 1 - 4pm

Exploring all neurodiversity. What counts as a neurodiversity and how much do you need to know about it.

Lived experience session.

Monday 18th Lerwick Town Hall: 6 - 8.30pm

This is an opportunity to learn all things ADHD together and to get the opportunity to pick Sarah's brains! This session is aimed at adults, parents of ADHD children, adults who think they might have ADHD themselves (or who are diagnosed), family members and carers.

SIC in-service day workshop

Tuesday 19th Lerwick Town Hall: 4 – 5pm

Understanding how autism can coexist with ADHD and how best to interact and manage somebody who has both conditions.

Meet the Author!

Tuesday 19th Shetland Library: 6.15 - 7.15pm

Come along to the Shetland Library to meet Sarah and hear her talk about her books. There will be a short presentation and then the floor will be open for a Q and A session. This session is open to all but aimed at adults.

Justice workforce

Wednesday 20th Market House: 1.30 - 4.30pm

How school exclusions contribute to the school-to-prison pipeline and the proven way of stopping this. This ADHD in the Criminal Justice System presentation will go into a lot of detail about the traits of ADHD that get people into trouble, why their natural ADHD brain activity will lead to offending behaviour if not diagnosed and medicated, and importantly, how to best interact with ADHD children, adolescents and adults.



BEYOND THE SYMPTOMS – EATING DISORDER TRAINING FOR HEALTHCARE PROFESSIONALS

More information about the course is here.

Scotland dates now live and can be booked directly through this link: https://training.beateatingdisorders.org.uk/page/172088/survey/1

- Wednesdays 27th August and 3rd September, 13:00-16:30*
- Fridays 29th August and 5th September, 9:30-13:00*
- Tuesday 2nd September, 9:30-16:30
- Monday 29th September, 9:30-16:30
- Thursdays 2nd and 9th October, 9:30-13:00*
- Wednesdays 29th October and 5th November, 9:30-13:00*

*It is important you are able to attend both halves of the training set.

More dates will be released later in the year.

Spotting the Signs – training for schools

I've attached a flyer about this and places can be booked direct from the link there



Other services

The full range of what's on offer is kept here.

THRE - HUMAN RIGHTS AND EQUALITIES TRAINING

THRE training coming up soon:

<u>VOLUNTEERING - A HUMAN RIGHTS AND EQUALITIES FIRST APPROACH</u>, 25 JUNE, 10AM-1PM

<u>GOVERNANCE - A HUMAN RIGHTS AND EQUALITIES FIRST APPROACH</u>, 9 JULY, 3PM-5.30PM, ONLINE ON ZOOM

SCVO FREE DIGITAL MASTERCLASSES FOR VOLUNTARY SECTOR JUNE, ONLINE

• 24 June: Collaboration and Teamwork in the Hybrid Office

LIVING WELL HUB BRESSAY, SPELDIBURN, WEDNESDAY MORNING 9.15AM - 11.15AM

Wednesday 25th June

 Nicola Carey from UHI, Inverness, is coming to Shetland for the week of 24th June and will be visiting the Living Well Hubs. Nicola and others are undertaking a small study for the Northern Cancer Alliance and are keen to understand more about peoples experience of prehabilitation ('prehab') for cancer patients living in the Highlands and Islands.

Prehab takes place in the time between diagnosis and the start of treatment, and aims to help people get ready for their cancer care. It might involve physical activity, diet, lifestyle and/or emotional and wellbeing support promoting healthy behaviours in order to help people cope better with treatment and improve their long-term outcomes.

If you have had a diagnosis, or know someone who has, received treatment for cancer between 6 months and 2 years ago and are interested in taking part in a focus group or a one-to-one discussion, they would be delighted to hear from you.

If you would like to chat with Nicola or know someone that would please pop along to the Speldiburn Living Well Hub on 25th June 915am – 1115am

- Lesley from **Sport & Leisure** will be along with sportswear "**kit for all**" boxes, anybody can come along and take what they need or make donations should they wish too. This is pre loved sportswear for all ages. https://sportscotland.org.uk/kit-for-all/
- Shetland Link Up is a local mental health charity. For 30 years, we've been here to support people in Shetland who live with long-term or changing mental health needs. We run a three-day-a-week drop-in service, where people can meet others, feel supported, and have a safe space to talk. We work to reduce isolation and help people feel more connected.

Right now, we are taking part in a 12-month research project supported by the Scottish Government. It's part of the Creating Hope Together national strategy for suicide prevention. This project brings together voices from Shetland Link Up and the wider community. We are looking at the good and hard parts of living in a rural area — how we look after our mental health, stay connected, and support one another. We would love to welcome you at the Living Well Hub. Whether you want to share your thoughts, learn more about the project or Shetland Link Up, or just come by for a chat — please feel free to pop in.

Citizens Advice Bureau will also be in attendance between 10am and 1115am to provide
holistic support and practical advice for members of the public on a range of topics, we will
also be able to refer clients on and book further appointments if needed.
https://www.shetlandcab.org.uk/

Wednesday 9th July

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LIVING WELL HUB SCALLOWAY - WEDNESDAY AFTERNOON 2-4PM

Wednesday 25th June

- A Shetland Islands Council Housing Officer will be at the hub this afternoon. Housing Officers can speak with you about a range of Housing related questions. We can speak about your current tenancy and explain your rights & responsibilities as tenants, provide support and advice about your tenancy. We can speak with you about applications and provide advice on these. If you are at risk of homelessness, we can provide advice on this too. Housing as a service have a number of teams which can support with a wide range of things, please come along for a chat and we can point you in the right direction.
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- NHS Oral Health drop in. Please pop along if you would like any advice or information about anything dental or oral health

LIVING WELL HUB, BRAE COMMUNITY HALL, CLUB ROOM, FRIDAY 10AM - 4PM

The community cupboard is currently closed at the moment, but please contact the hub if you need food supplies, we can make a bag of goods ready for you, or pop along to the hall, the food is in the side porch

Friday 20th June

 Come along for a cuppa and reminisce about your sporting memories with Danny and Jack between 10am and 12 noon. They will have some old photos and resources to look at – feel free to bring along anything you have, photos, trophies etc. They will also be taking along some fun activities to help us replay and reconnect with our sporting memories! Sporting Memories | Reminisce. Replay. Reconnect

- Citizens Advice Bureau (CAB) will be in attendance between 10am and 12 noon to
 provide holistic support and practical advice for members of the public on a range of
 topics, we will also be able to refer clients on and book further appointments if
 needed. https://www.shetlandcab.org.uk/
- Cari from the Brae Community Café will be doing some taster sessions over the next few
 weeks between 11am and 1pm to gather feedback on her menu. She would love you to
 pop along to sample her food and give comments. Menu this week will be sandwiches,
 toasties, paninis, lentil soup and cheese scones, cash only payments, made to order.
 There will be a small selection so first come first served!
- Relationship Scotland will be at the hub all day. Relationship Scotland Shetland —
 Conflict in relationships and families is normal. What is important is how conflict is dealt
 with, and sometimes people need help to work out how to deal with conflict in a
 constructive way. We are here to offer that help we have a range of services that can
 support you through relationship problems, family separation, family breakdowns including
 within child parent communication, community and neighbour disputes. If you are
 experiencing any of these or any other conflict and are not sure what to do then come
 along and have a confidential friendly chat with us over a cuppa and a biscuit or gather up
 some information to take away with you. https://www.relationships-scotland.org.uk/

Friday 27th June

- Jade from the Brae Rural Energy Hub will at the Living Well Hub from 10am 12 noon, providing information and updates on the project happening within the Brae Youth and Community Centre. Jade will have access to their new five electric e-bikes available for hire and would welcome anyone to come along for a go a full induction is provided. Have a go in the car park or take the bike out for a peerie spin! Jade will also be able to provide information and leaflets about the Come to Brae Days event which starts on this date and runs to Sunday 29th June.
- Shetland's Woman's Aid will be along the hub between 10am and 2pm. Woman's Aid are the lead organisation working towards the prevention of domestic abuse in Shetland, and they provide a range of emotional and practical support to women, children, and young people. If you are experiencing abuse yourself, or if you are concerned about someone you know, you can speak to our specialist team for free, confidential advice. You do not have to call it "domestic abuse", but if something doesn't feel right, there is support available.
- Lesley from Sport & Leisure will be along with sportswear "kit for all" boxes between 10am and 330pm, anybody can come along and take what they need or make donations should they wish too. This is pre loved sportswear for all ages. https://sportscotland.org.uk/kit-for-all/
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CLS Living Well Hub@Community Care Social Work <u>livingwellhub@shetland.gov.uk</u> The Hub is contactable Monday – Friday 9am – 5pm, 01595744120



CLIMATE RELATED NEWS, EVENTS & TRAINING

CONSULTATION: <u>COMMUNITY BENEFITS AND SHARED OWNERSHIP FOR LOW CARBON</u> ENERGY INFRASTRUCTURE WORKING PAPER

Deadline: 16 July 2025

The UK Government wants to gather opinions on their <u>community benefits and shared ownership</u> <u>for low carbon energy infrastructure</u> working paper. This will explore the possibility of introducing mandatory community benefits for low carbon energy infrastructure and shared ownership schemes.

The UK Government would like to hear your views on:

- the scope of such a scheme
- how a scheme should be administered and enforced
- how best to facilitate shared ownership of renewable generation infrastructure.

They're keen to hear from all stakeholders with an interest in the policy area.

SP ENERGY NETWORKS TRANSMISSION NET ZERO FUND - TAILORED WORKSHOPS

The <u>SP Energy Networks Transmission Net Zero Fund</u> helps vulnerable communities develop their Net Zero plans and accelerate their decarbonisation journeys.

The fund will shortly be opening an online expression of interest form to apply for an in-person tailored workshop. Expressions of interest can be submitted from 18 June until 21 July 2025 and workshops will run from August until October 2025.

Delivered by Energy Saving Trust, workshops will be tailored to respond to the needs of each community group, from introductory sessions for those new to the concept, right through to technical workshops for those who already have a net zero project in mind.

Further information and the online form can be viewed on the SP Energy Networks website.

NEW NON-DISCLOSURE AGREEMENT (NDA) GUIDANCE

It's common for a developer to ask for a Non-Disclosure Agreement (NDA) to be signed before starting discussions with a community about shared ownership opportunities.

Local Energy Scotland worked with <u>Burness Paull</u> to create <u>guidance on NDAs</u> to explain what they are for and what they cover in shared ownership discussions so that community groups and developers can make sure they are suitable and can be understood.

JOB OPPORTUNITIES/ VOLUNTEERING OPPORTUNITIES





JOIN US!

Job Opportunity for a DRIVER

part-time, permanent basis, 20 hours salary of £13,727.43 (£24,022.92 FTE)

The Shetland Community Transport Service provides transport to social and medical appointments for adults across Shetland. It serves clients who are lonely or isolated and have mobility or health problems. The role will work closely with and provide operational support to the Shetland Community Transport Service. The service also has volunteer drivers so you will work closely with them, building relationships to find the best solution for the client.

The service operates Monday to Friday and appointments can be early or later, so flexibility is required. Hours: Mon-Fri, 5 x 4 hour days with some flexibility required

To apply and for more info use the QR code below





Deadline for applications: 2 July 2025

SCOTTISH GOVERNMENT NEWS

REPORTS

LEGISLATION

CALLS FOR VIEWS: THE SCOTTISH PARLIAMENT IS OPEN TO HEARING YOUR VIEWS ON A RANGE OF TOPICS:

CROFTING AND SCOTTISH LAND COURT BILL

Closing date: 5 September 2025

The <u>Rural Affairs and Islands Committee</u> has launched a call for views to ask people with knowledge of the crofting sector what they think about proposals set out in the <u>Crofting and Scottish Land Court Bill.</u>

CONSULTATION ON TEACHER QUALIFICATIONS AND COMPETENCIES REGARDING CHILDREN AND YOUNG PEOPLE WITH SENSORY IMPAIRMENTS

Closes: 4 July 2025

The Scottish Government has recently opened a <u>consultation</u> on appropriate qualifications and competencies for teachers of children and young people who are blind or partially sighted, deaf, or deafblind. This consultation seeks to capture views on proposed changes to the current guidance on this topic.

HEALTH: LONG TERM CONDITIONS FRAMEWORK

Closes: 20th July 2025

Many people in Scotland live with the challenges of a long-term condition; recently reported as 38% of our population. As some condition-specific Scottish Government policies approach the end of their planned duration, they have begun reviewing our approach with the launch of a consultation on the Long-Term Conditions Framework as it looks to prioritise areas for improvement.

RESTRAINT AND SECLUSION IN SCHOOLS (SCOTLAND) BILL

Closes: 11 July 2025

The Restraint and Seclusion in Schools (Scotland) Bill was introduced on 17 March 2025 by Daniel Johnson MSP, the Member in Charge. It aims to minimise the use of restraint and seclusion of children and young people in schools.

THE HARM CAUSED BY SUBSTANCE MISUSE IN SCOTTISH PRISONS

Closes: 22 August 2025