



## **Education, Leisure and Housing**

### **Achievements in the Service April 2019**

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# Education

## Kirkwall Grammar School

### Annual S3 Paper Costume Challenge

The 5th Annual S3 Paper Costume Challenge took place at KGS just before the midterm break. S3 Art and Design pupils displayed their paper costumes to the entire school, with pupils and staff voting on the best costume.

Pupils had only four weeks to design and make their costumes based on this year's theme of 'The Architecture of Kirkwall'.





## Ski Trip

A group of KGS staff and pupils went on a week long ski trip. They were at the resort Alpe d' Huez in France. Reports tell us that everyone had a great time and enjoyed the skiing!



## Eagle Cup Football Tournament

KGS hosted the Eagle Cup Football Tournament in February. The tournament for S1 pupils invites participants from schools in Orkney and the North of Scotland. This year there were entries from Stromness Academy, Thurso High School and KGS. Each school fielded 2 sides. After a busy day of football, it was the KGS Red side who emerged as the champions retaining the Eagle Cup for the school. As winners KGS will now host the tournament once again next time round. A big thank you to all the staff and pupils for taking part and particularly Bobby Campbell and Mr Pesci for all their work organising the day.



## **Christmas Jumper Day**

S6 pupils at KGS presented a cheque of £292.67 to Susan Atkinson from Orkney Charitable Trust. The money was raised by pupils and staff through our Christmas jumper day in December.



## **Hadhirgaan at Celtic Connections**

Kirkwall Grammar School's fiddle group, Hadhirgaan took Celtic Connections by storm in January receiving 4 and 5 star reviews from the national press and getting standing ovations at both the opening concert at the Royal Concert hall and at the Old Fruitmarket in Glasgow as part of The Gathering; Generations concert.

It has been over 10 years since Hadhirgaan were last at Celtic Connections with some of the students from that first trip back performing with Hadhirgaan this time all as professional musicians from the bands Fara, Gnoss and The Chair, to name a few.

A small group from Hadhirgaan performed at the opening concert of the festival which was titled 'Syne of the Times', the theme of the concert was the passing of tradition and culture from generation to generation which featured some other exciting youth projects from across Europe collaborating alongside some of the finest of Scotland's musicians.

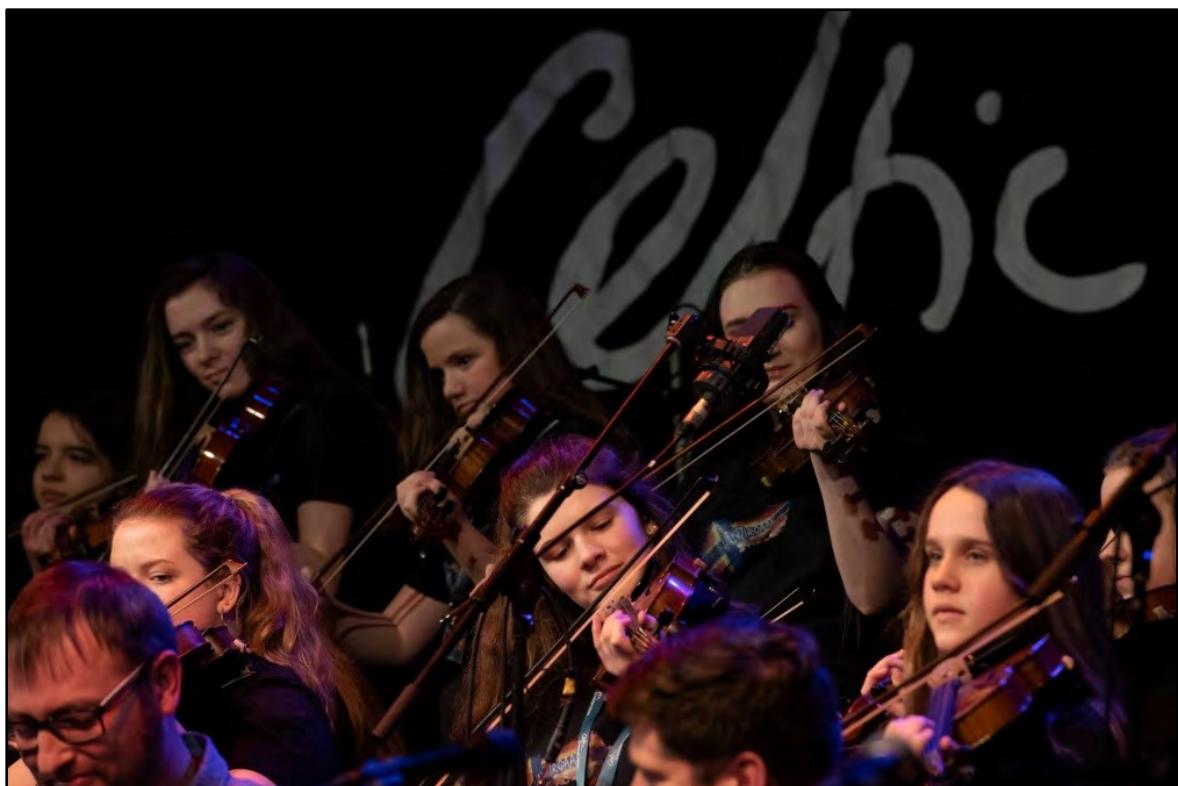
One of the sets that Hadhirgaan performed was a moving rendition of The Heroes of Longhope with Stella Kirkpatrick (who lost family members in the disaster) starting the tune off with the rest of the band providing a beautiful accompaniment. Later in the show Hadhirgaan performed more Orkney tunes in collaboration with Feis Rois, SonDESeu from Galicia, Donald Shaw, Mike McGoldrick, Julie Fowlis and to name a few. Stella commented "I couldn't believe I was on stage with so many folk superstars. I never thought I would get the opportunity to play the Heroes of Longhope in the Glasgow Royal Concert hall to over 2500 people, this was a musical experience I will never forget."

The second concert was the latest incarnation of 'The Gathering' which is an Orkney Folk Festival project which celebrates the best in Orkney folk music. It encourages collaborations between established musicians like Kris Drever, Garry Finlayson (Shooglenifty) and Billy Jolly with up and coming musicians like Eric Linklater, Jessica Burton and Hadhirgaan. The concert was held in the beautiful venue, the Old Fruitmarket which is part of the Glasgow City Halls. This year's Gathering was curated by ex-KGS pupils Graham Rorie and Aidan Moodie from the band Gnoss. The stage

was packed with over 55 musicians; over 30 pupils from Hadhirgaan and 10 former members of Hadhirgaan.

Hadhirgaan collaborated with Fionn McArthur, playing his beautiful air, Kirk on the Shore and also former Hadhirgaan member Eric Linklater. They then performed with the rest of the cast throughout the concert. Young fiddler, Maya Tams – Gray commented “I loved every minute of it, the band played really well. It was an amazing opportunity to perform our music on such a huge stage with some of the finest musicians from Orkney. It made me really proud of where I come from.”

Don Hawkins, KGS Head Teacher commented “Congratulations to all the KGS pupils and staff who travelled to Glasgow to perform as part of the Orkney Gathering in Celtic Connections. A fantastic opportunity and experience for our young people who did themselves and the school proud!”





## Rights Respecting Schools – Bronze Award

Kirkwall Grammar School has been successful in being awarded the Rights Respecting Schools Bronze Award which recognises that KGS is a Rights Committed school. This is the first stage on the journey to being awarded the full UNICEF UK's Rights Respecting Schools Award. A big thank you to Mr Paul Casey for his work on this for KGS.



## Purple Week

This February marked '50 Years of Activism' for LGBT Youth Scotland and, as part of this LGBT History Month, KGS took the opportunity to mark this with various events in the lead-up to 'Purple Friday' on 22 February. Under the auspices of the school's Equality and Diversity Working Group, a steering group of interested and enthusiastic staff and pupils came together to plan and organise various activities. With most ideas coming from the students themselves, it was agreed that the purple theme would be highlighted, and extended, by holding a purple and rainbow-themed 'Dress Down Day' on the Friday. In the run-up to this, tutor groups were sent a series of short videos to show in tutor time which highlighted the difficulties faced by LGBT young people as they make their journey through school. Two of our artistic and enthusiastic students, Emily Winters and Ven Tripathi, created posters to invite staff and students to engage in the week's events. We coordinated with the recently established 'Fortnight Fridays' group of enthusiastic bakers in Curriculum Support to produce some colourful and delicious rainbow cakes to sell at their pop-up cafe at break-time. Working with the school's well-established Film Club group, we were also able to show the coming-of-age comedy, *Love, Simon*. On the Friday, our purple and rainbow theme was further underlined as several of our students set-up a very successful 'face painting station' where several staff and pupils came to show their support with colourful adornment. We concluded the brightly successful day with a photo opportunity; highlighting our array of colour, diversity and unity with a spectacular display of purple and rainbow-clad staff and pupils filling the KGS main staircase.



## Peedie Pier

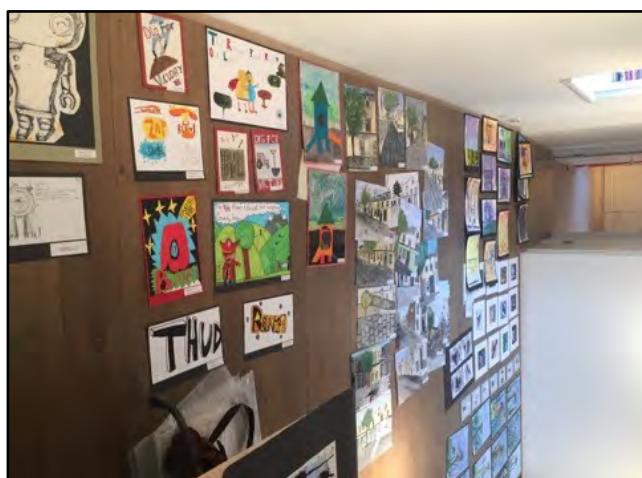
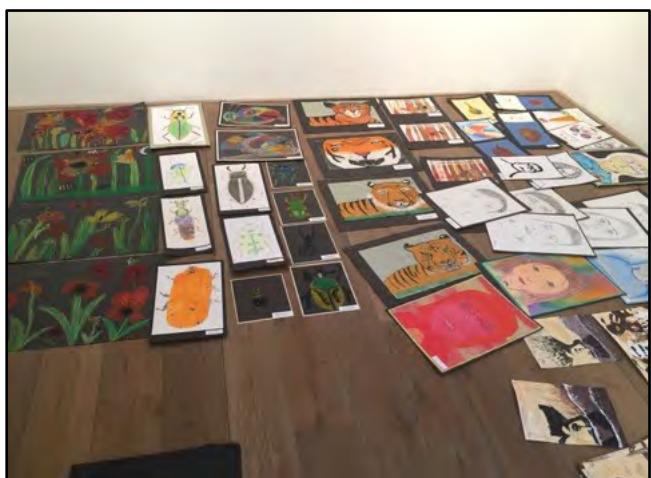
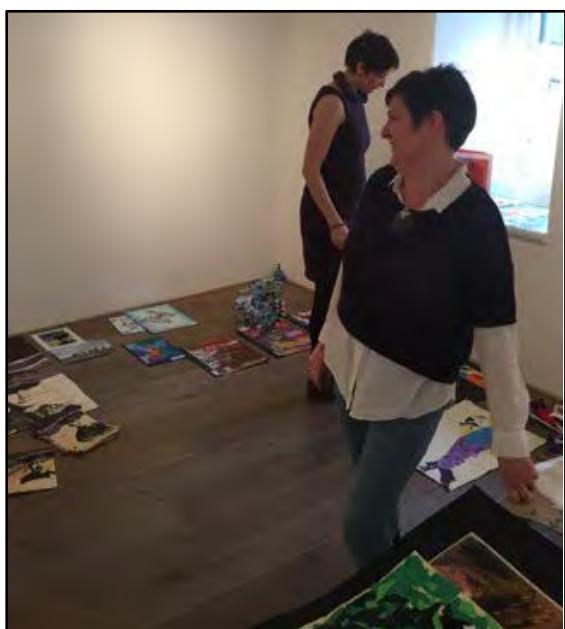
Members of the Itinerant Art Team met with the Pier Arts Centre on 14 February to work on creating a collaborative exhibition showcasing the work of the Orkney Primary and Junior Secondary High Schools. The exhibition is entitled Peedie Pier and runs until the 2 March. This event runs every two years and always proves to be popular with the local community.

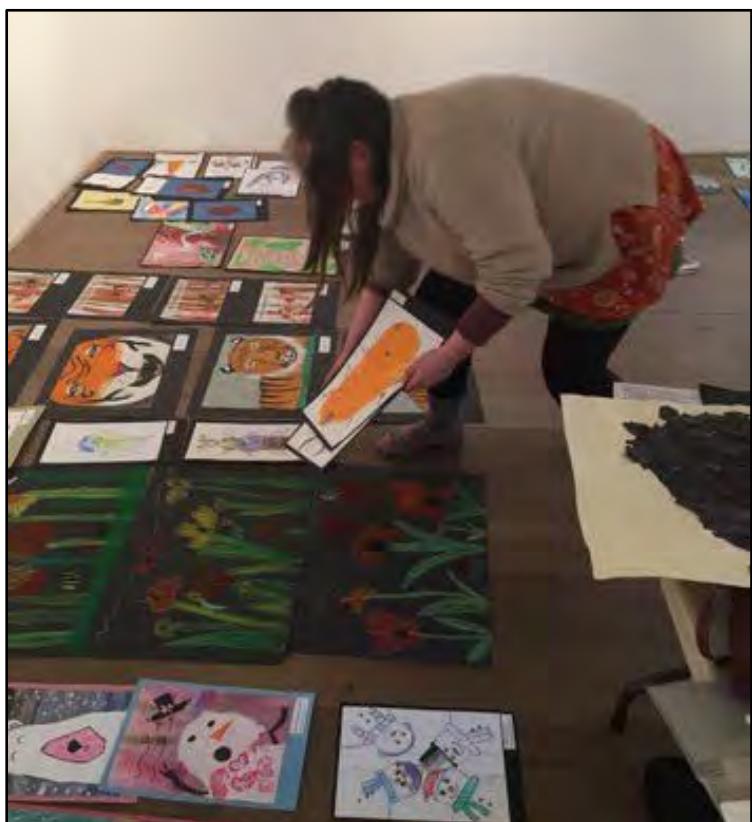
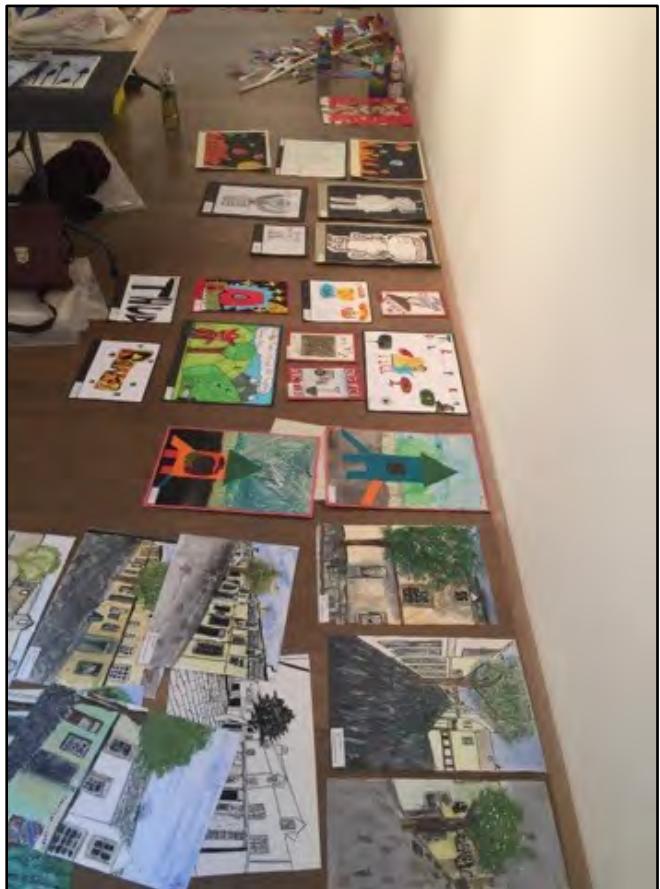
Primarily the Art Teachers select work produced by the County's pupils and bring it to the Pier Arts Centre for further selection by Centre staff.

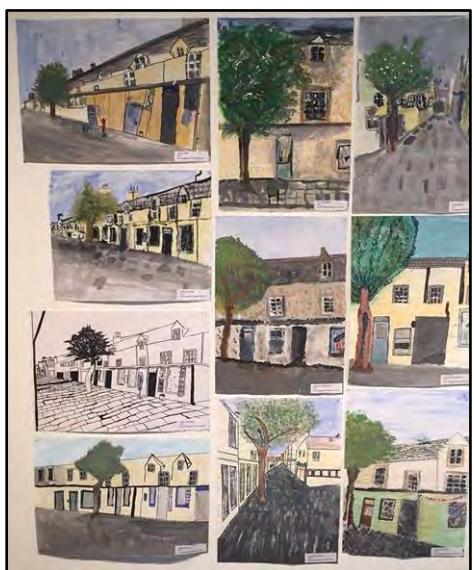
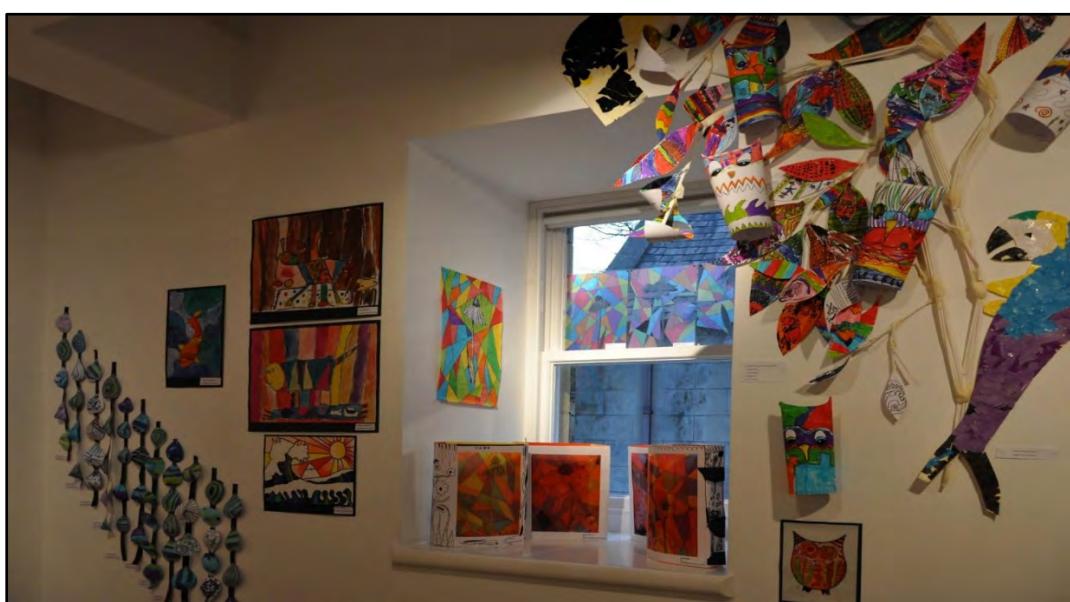
This has resulted, this year, in an eclectic mix of work showing colour experimentation, manipulation of materials and excellent handling of a variety of different media.

The overall exhibition illustrates the talent we have within the Arts in Orkney as well as the huge benefits of having Itinerant Art Teachers within our schools. The children have created an exciting and diverse body of work and the show is simply quite stunning and hung beautifully.

Alongside Peedie Pier will be a display of photography by secondary school pupils from Stromness Academy and Kirkwall Grammar School. The Pier Arts Centre is open 10.00am-5pm Tuesday to Saturday.







# Orphir Community School

## Burns Supper

Those of us fortunate enough to attend Orphir Community Schools Burns Supper on Friday 25 January, enjoyed what can only be described as one of the very best family nights one could ever imagine. The whole of the Primary 6-7 class and staff worked so hard to ensure its success. About £1000 was raised for the school fund which goes towards providing extra resources, trips, workshops and the like for all the children.



# Orkney Library and Archive

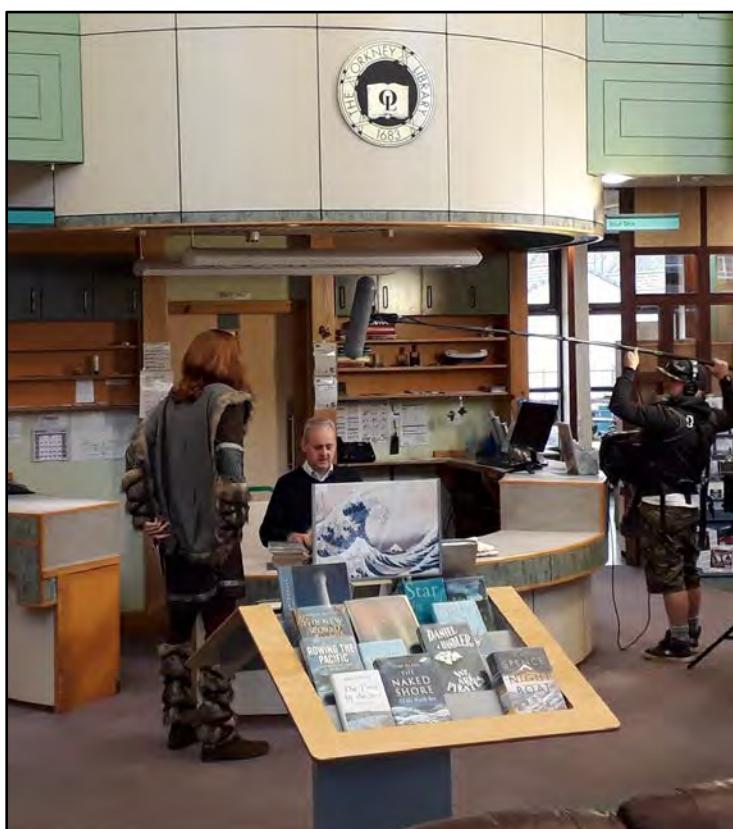
## Digital Storytellers

Orkney Library and Archive were delighted to share work from the Scottish Book Trust's Digital Storytelling Residencies project with Kate Forbes MSP for Public Finance and Digital Economy this March. Digital Storytellers Mark Jenkins & Rebecca Marr have worked with Blide Trust amongst others, to develop digital stories.



## Filming at the Library

A film crew from the CBBC programme 'All Over The Place' filmed in the Library & Archive on Tuesday 19th March. The programme is looking at the Viking heritage of Orkney.



## Mircro:bit coding

Over the last term Sally Walker, our Children's Librarian, visited 9 primary school, delivering 13 introductory sessions on micro:bit coding. Children have been thoroughly engaged and delighted to see what they were able to achieve. Feedback from staff and children has been overwhelmingly positive and Sally hopes to take the sessions out to other primary schools. Following on from this, Sally assisted Dr Evelyn Gray, STEM Team Administrator from UHI in Inverness, on another 4 school visits this month to demonstrate further coding with micro:bits and robots. Kate Forbes MSP attended one of the sessions held at Orphir School.



## Warwickshire Trip for Sally

Earlier this month, Sally was asked to speak at the Warwickshire County Council One Stop Shop & Libraries Staff Conference, about her career and the work she does at Orkney Library and with schools. Everyone was keen to hear about life in Orkney and about the projects Sally is involved in. Sally came away with some great ideas to try here as well as an extended network of contacts.



Sally has also been chosen as a judge for BBC Radio 2's 500 Words competition, a short story-writing competition for children between the ages of 5 and 13. The aim of the competition is to encourage children to be excited about reading and writing.

## Orkney Schools Concert Band

On Saturday 16 March the Orkney Schools Concert Band performed at the Scottish Concert Band Festival National Finals, held in Perth Concert Hall, having qualified for the Finals back in November.

The Band is comprised of 45 pupils from Stromness Academy, Westray Junior High, Sanday Junior High, Papdale Primary and Kirkwall Grammar School. Formed in August 2018, the Band has rehearsed fortnightly, with financial support from Creative Scotland's Youth Music Initiative allowing isles pupils to fly in. Instrumental Music Instructors David Griffith and Brian Jones share conducting duties, with percussion support from Eilidh Wilkinson and Lynn Procter.



Concert Bands from North Ayrshire, Lewis & Harris, East Renfrewshire, West Dunbartonshire and Inverclyde performed in our category at the Finals.

Adjudicators Vaughan Fleischfresser and Kevin Price awarded Orkney Schools Concert Band a Gold Award for their performance of The Pioneer Spirit, Skyfall, Barbarossa and Barnburner. They commented that the band's tuning was excellent, and that the three sections - woodwind, brass and percussion - blended very well together which is difficult to achieve in a young band. Nigel Durno, Scottish Concert Band Festival organizer, remarked that "the band looked and sounded great on stage, and to achieve a GOLD on your first time out at National Finals level is a real achievement".



The Band enjoyed its first experience playing in a modern Concert Hall and the opportunity to hear other bands perform.

We would like to thank NorthLink Ferries, Cooke Aquaculture, Community Councils, Creative Scotland and Orkney Islands Council for their generous financial support, and family and friends who travelled to Perth to support the Band.



Band members Magnus Risbridger, Kate Poulter, Chloe Whitman and Andrew Hourston arrive on the Interisland plane from Westray/Papay/Sanday on Friday morning ahead of Perth trip. Pictured with pilot Graham Abernethy.



# Growing Up in Orkney 3



Many thanks to all our presenters, facilitators and delegates for your help and contributions, all of which contributed to a very successful day. Over 160 delegates participated in workshops, attended inspirational seminars and visited stalls in the market place showcasing the work that is being done around young people in Orkney.

Feedback was gathered from the day, please see below;

## I know my organisation/services makes a difference because...

- Children's Health is important, and I feel we are easily accessible and responsive most of the time.
- We will seek to provide an education programme for schools, college and community groups to tackle the growing concern of the misuse of drugs within the Orkney community thereby disrupting the flow of illegal substances. Deterring the use of illegal substances and detecting and enforcing those who use illegal substances.
- The interests and mental health and wellbeing of children and young people comes first.
- The parents and children we support and work alongside tell us of the positive difference our services support makes to their lives – theirs are the voices which truly reflect the impact of our service. Other agencies also feedback to us the positive benefit of our support.
- I can see it in the children.
- We support young people from 11 – 18 to guide and encourage them in their daily lives.
- We evaluate and encourage participation and feedback from people who use our charitable service in the future planning.
- I hear first-hand the struggles they have and try to assist by counselling. Helping them to better cope with their situations.
- We have a caring and interested staff who go the extra mile to accommodate the children's needs.
- As a professional I can see the difference we can make in young people's lives.
- Children and young people generally have good levels of health – health protection, health care, well-being.

- Clan – Children and Families – Team Orkney – CFS locally – new development for children and families affected by cancer, including plans for monthly drop-in sessions last Saturday of the month upstairs in CLAN, Victoria street. Presently run locally by volunteers with a variety of previous experiences. Time out sessions for children to share their feelings when they are ready.
- We are getting an increasing number of referrals and we encourage feedback from the people using our service, the people and professionals who refer to us. We use this feedback to sustain and improve our service.
- Our clients tell us and when people don't engage we do our best to find out why.
- We acknowledge, recognise and are guided by clients, professionals and local strategies in different areas of need.
- We are developing services and benefits through social research with users and partners to understand what matters to people and what they need to ensure we deliver a service that treats everyone with fairness, dignity and respect.
- Social Security Scotland is a new agency that started in September 2018 so it's early days and we are still building our services and developing and rolling out benefits. The two benefits we have delivered to date Carers Allowance Supplement and Best Start Grant Pregnancy and Baby Payment have both increased income for eligible families and helped to reduce poverty.

### **Working with partners, we improve outcomes for children, young people and families by ...**

- Early intervention and good team work.
- Orkney Drugs Dog is in the early stages of establishment but we are working on building partnerships. We intend to signpost those who require assistance to the most suitable organisation.
- Being transparent, working with children and young people to achieve the best for them and not just agency outcomes.
- Building positive, respectful, trusting relationships which support parents and children to improve in confidence, develop strategies and skills and strengthen community connections.
- Caring, sharing, supporting and moving things on.
- Using a holistic, empathetic approach while providing empowerment and choice - or at least that's how it should be.
- Giving support to young people on all aspects of their health, wellbeing and all round lives.
- Supporting and empowering recovery and stabilisation wellbeing and confidence so that everyone can achieve their potential.
- Sharing knowledge.
- Finding who the trusted adult is and letting them lead alongside young people.
- Sharing resources, some organisations have very little money e.g. island visits too expensive.
- Contacting the various services and involving the most appropriate for the particular child.
- Giving the parents an option to access a friendly listening ear. Not all parents who need the support are vulnerable. Anyone with children will have life challenges and need some support.
- Offering a range of services.
- Offering an alternative listening/support service in a homely environment.
- Using a multi-agency approach.
- Keeping the child/children at the centre of the work. We listen and hear and acknowledge their views even when we can't give them exactly what they want.

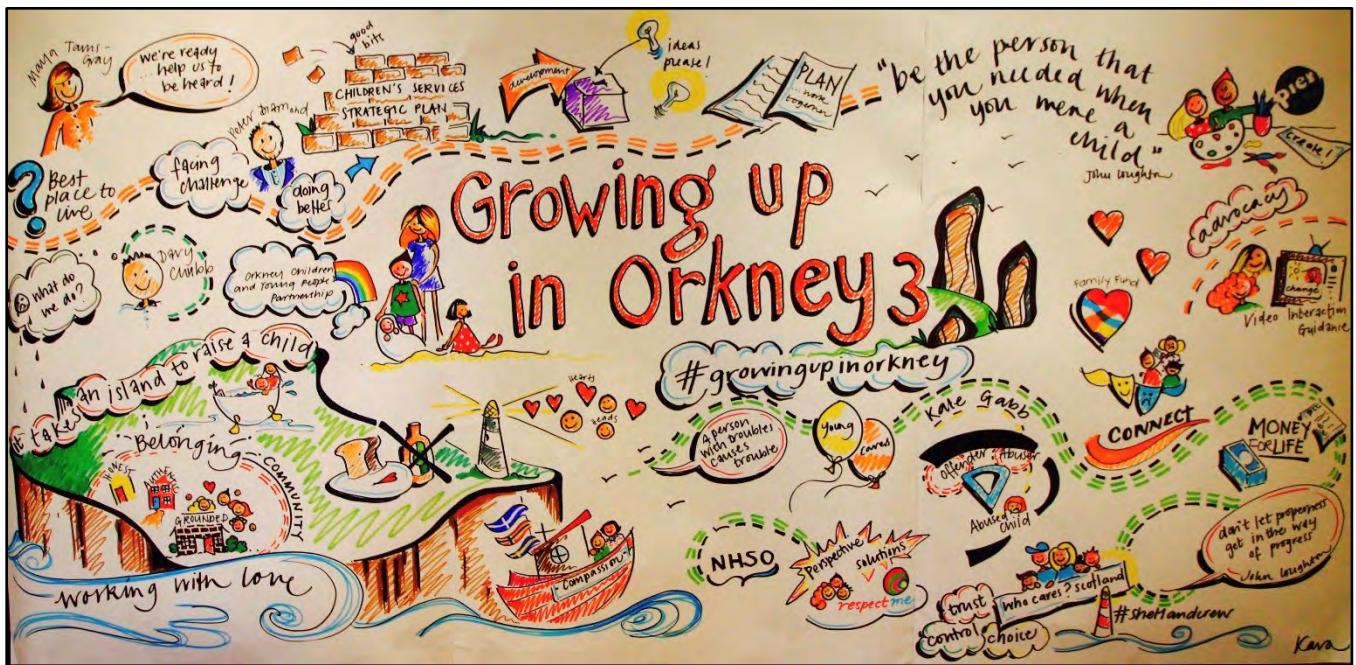
- Sharing information appropriately both personal and generic information about local emerging needs and groups in provision.
- Ensuring that people are aware of our services and can claim the benefits they are entitled to. As we move towards building our front facing service in Orkney we will continue to build on this with outreach and home visits which will support engagement and benefit take up. When helping people to claim our benefits we will also identify wider needs and assist people to access other partners services.

### **Working together, we should now focus on ...**

- Improving communication between different services especially the security and ease of IT. How to bridge the gaps in services due to vacancies and long wanting times. Succession planning as workforces age and retire.
- Strengthening partnership and building a programme to fit with the curriculum and requirements and each organisation that we work with.
- Not just saying we are ‘working together’ but practising it with all agencies.
- Really thinking about the children – forgetting about who needs to keep what information and strict confidentiality – we need to be there for the children.
- Building working relationships across sectors and ultimately with children, young people and families – building a compassionate Orkney, which shows understanding of to its islanders.
- And at GUIO4 – Young People’s voices!
- Supporting everyone to help the most vulnerable children.
- Further integration of services and a fluent holistic approach for clients that encompass compassion and unconditional positive regard.
- Further awareness of what other agencies do including understanding of agency limitations.
- To secure more resources to be able to achieve positive outcomes for clients.
- All working together in partnership and in our own organisations to provide the best for the young people of Orkney.
- Actually, implementing and modelling trauma awareness and listening to the people who use our services.
- It’s not enough to have policies and guidelines in place if practitioners are not working to them.
- ACE’s
- Much more involvement with young people – next year a shared conference!!
- Continuing the great work and keeping it well advertised. Allowing all parents to be aware of what’s out there.
- Having ‘good’ conversations before we offer services – we need to make sure we are offering the right things, the things that will make the most difference to CYP and families – as determined by them, not be practitioners.
- Promotion of new service whilst working alongside other relevant disciplines/teams.
- Pooling resources, sharing assets, being ‘precious’ about people and not our department or our jobs.
- Delivering the services our clients say they won’t, not what we think will fit.
- Being creative across all sectors of service delivery.
- Making sure the individual is treated as unique and special and important.
- Information Sharing.
- Improved communication between groups working with youngsters for the benefit of the youth.

- Reaching out to all communities across Orkney to ensure everyone has awareness and access to support. This will help to reduce poverty and isolation and prevent crisis.

Finally, many thanks to Kara Leslie for our 'Storyboard' – this gives us a very good summary of the day, capturing some of the key ideas shared.



# Community Learning and Development

## Jack Named Member of Scottish Youth Parliament of the Year

Jack Norquoy, one of Orkney's Members of the Scottish Youth Parliament (MSYP) was recently awarded MSYP of the year at the recent Scottish Youth Parliament sitting in Midlothian.

Jack has represented Orkney's young people as MSYP since 2016 and was overwhelmed to receive this award for the second time, as he steps down from his final term in the role.

Jack said "It is totally overwhelming to win MSYP of the Year 2019. I'm very humbled to receive this award at the end of my time as an MSYP for Orkney after what has been a life changing four year experience. It was a shock to win the award at the end of my first year in 2016 and to win again is quite surreal.



The work I have carried out is only possible with an amazing bedrock of support behind me. I am very grateful to the support of the Orkney CLD youth services team, to my colleagues in SYP, to the wider Orkney community and of course to my family and friends.

This award pulls at heartstrings because I've never sought to seek recognition as my work to advance the rights and voices of young people is simply a passion and one I've enjoyed every moment as an MSYP.

I would like to add my congratulations to all the runners up as they were truly an inspirational group of young people I'm very proud to know."

During his term Jack has been an outstanding advocate for the young people of Orkney, alongside his fellow MSYP - Calum McArthur.

Cheryl Rafferty, Community Learning Officer said “On behalf of the team and Orkney, I’d like to extend my thanks to both Jack and Calum for being amazing advocates for Orkney’s young people during their term.

I am absolutely delighted that Jack was recognised for all his hard work in winning this prestigious award. Jack is so passionate in getting young people’s voices heard and he takes every opportunity he can, tirelessly promoting the work of the Scottish Youth Parliament.

I feel extremely proud to have briefly supported them both in their role as MSYP and I wish them every success in the future.”

## **Jack Meets Prince Harry**

Jack Norquoy MSYP visited London in January to represent Scotland at a Commonwealth roundtable. Jack was invited as one of four Scottish youth leaders to form part of the UK delegation.

The roundtable was hosted by HRH Prince Harry and Lord Ahmad, Minister for the Commonwealth and United Nations. It was attended by youth leaders from across the Commonwealth to discuss actions since the Commonwealth Heads of Government Summit which was held in London in April 2018. The theme was “Towards a Common Future” and the Commonwealth Youth Forum agreed actions in response to creating a more prosperous, secure, sustainable and fairer future.

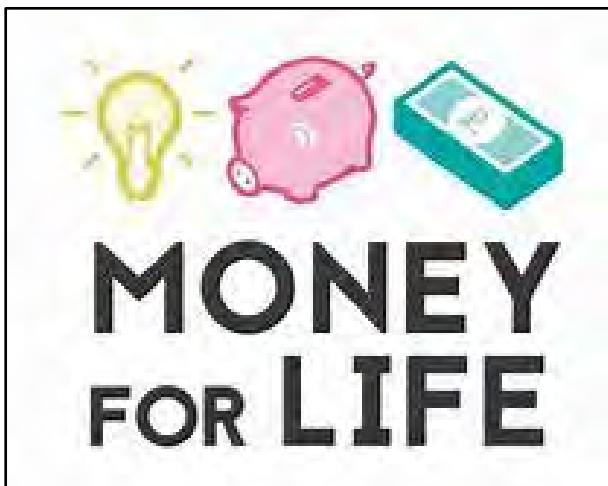


Jack said “It was a great honour to represent Scotland at this inspiring event. From human rights and sustainable development to issues surrounding malaria, educational attainment and climate change – the Commonwealth is setting bold ambitions to achieving a fairer and better future and I was delighted to present Scotland’s example and engage in productive discussions as to how we can more collectively work together.

It was an amazing opportunity to not only meet youth leaders from across the world and hear their experiences, but also to meet several diplomats and of course Prince Harry!”

## Money For Life

Following on from the success of winning at last year's National Money for Life event in London, the West Mainland Youth Achievement group were invited down to Scotland's final in Stirling in November; to present their winning project to this year's finalists from across Scotland.



The group members delivered a presentation describing their project 'Trash 2 Cash', which won the hearts of the judges in London, and awarded them £500 towards their next challenge.

In addition to this, the group have been successful in receiving even more funding and are busy planning their next 'Money for Life' project - 'Shop Clever Live Better'.



## **Shapinsay Youth Club Participants are given a ‘Hi5’**

The Hi5 Award is an exciting award for young people age 5 plus that records and recognises wider achievement. The award which is administered by Youth Scotland is credit rated on the Scottish Credit and Qualifications Framework (SCQF) where they sit at level 2.

To gain a Hi5 Award, young people choose a challenge, complete a minimum of 5 hours of activity, think about and comment on their achievements, and gather evidence of their participation.

Young people in Shapinsay Youth Club have recently received their first Hi5 Award. The young people decided their own challenges, set their targets and gathered and presented their evidence. Their youth worker Laura Wishart said “They have all worked really hard to gain their award and I’m very proud to present them with their certificates. Parents reported the young people were all very motivated to complete their challenges, and they are already working towards their next award.”

The young people presented were Rowan, who’s challenge was reading, Leilah, who’s challenge was football and Matthew whose challenge was gardening. They are pictured here with their Youth Worker’s Phoebe Dunnett and Laura Wishart.



## Orkney Youth Conference 'Era of Young People'

During February, over 60 young people from across Orkney took over Kirkwall Town Hall and Community Centre at the bi-annual Youth Conference, organised by the Community Learning and Development team.



The conference, which coincided with 'Time to Talk Day' - to make a conversation about mental health, was opened by OIC convener Councillor Harvey Johnston. Harvey set the scene by saying "last year was the Year of Young People, but if you drop the 'y' and swap the letters around, then you will see that we are actually in the 'era' of young people."

This was closely followed by the inspiring, motivating and energetic keynote speaker – John Loughton, Chief Executive of global leadership company – Dare2Lead, and former, and youngest chair of the Scottish Youth Parliament. John was named Outstanding Youth of the world 2013 and on a lighter note he went on to win the 2007 tv show 'Celebrity Big Brother Hijack'.



During his speech John spoke about how “The scars on my heart are now the lines on my CV”. After his speech, John received numerous comments and messages from young people on how inspired they felt to go for what they believe in and that they have a voice.

Participants attended 4 other workshops throughout the day. Workshops included See Me – Scotland’s programme to tackle mental health stigma and discrimination; Respect Me – a workshop delivered about creating respecting, just, equal and inclusive Scotland, in which all children and young people can live free from bullying and harassment; Who Cares? Scotland delivered by young people and staff sharing their stories of what it feels like to be care-experienced and what care experience means; and Money for Life – delivered by Youth Scotland – a financial education programme addressing issues around money and budgeting.

Time Frew, Chief Executive of YouthLink Scotland closed the conference, thanking everyone involved and acknowledging that “in the ‘era’ of young people we need to be empowering young people to share their voice”.



## The Learning Link's Senior Computer Club

As well as the provision of one-to-one tuition for literacy and numeracy, The Learning Link also runs computer groups, one of which is the Senior Computer Club. This group is popular with older folk and presently takes place in Room 2 at The Town Hall and there are between eight and twelve attendees each week. It runs over the Winter, as several folk who attend like to do gardening in Spring and Summer.



Chrissie and Robin from The Learning Link set up the club several years ago to help the attendees with their computer queries. Robin Taylor who is a volunteer for The Learning Link also kindly donates his time and expertise to help. Volunteer Robin says that he enjoys working with the older folk and is keen to assist with their computer problems. Members of the club also help each other if they already know how to do something. Folk turn up with their own netbooks, iPad, Huddles and phones. There is a friendly atmosphere at the club with many attendees coming back each year and telling their friends to come also.

The attendees' accomplishments in improving their computer skills enables them to communicate with family and friends and increases their ability to find out about the internet and what is going on in the wider world.



## Self-Harm Awareness Training

20 people working for 12 different organisations came together on Sunday 27 January 2019 to participate in a Self-harm Awareness and Skills workshop organised by the Community Learning and Development Team and delivered by the National Youth Work organisation, Youth Scotland.

The training looked to develop environments and staff that are:

- Focussed on early intervention
- More confident about responding to distress
- Aware of self-harm as a coping strategy
- Conducive to seeking support

The key focus of this joint training opportunity was to ensure that anyone disclosing self-harm as a coping strategy and/or seeking support is able to access appropriate and safe responses from staff across a range of sectors. To ensure appropriate and standardise approaches are used a common understanding of self-harm is essential. By reaching a wide range of staff and service providers across both the statutory and voluntary sector this training looked to increase levels of confidence and understanding of self-harm when used as a coping strategy and response to distress.

If you would be interested in accessing the useful training resources that accompanied this training, please contact [kerry.spence@orkney.gov.uk](mailto:kerry.spence@orkney.gov.uk)



## Sports and Leisure

### Fatburn Extreme

On 16 February, Dianne Teo of T30 Fitness Training visited KGS Sports Centre. Dianne is the founder of our popular Fatburn Extreme class and has trained many of Orkney Islands Council's instructors. Dianne and 6 of the current instructors ran a combo challenge for our regular customers in the morning. This was a full class, and it gave a new energy and increased enthusiasm to both the instructors and customers!

Dianne ran a very well-received CPD session for current instructors and trained up 4 new instructors, so we can set up additional classes around Orkney.



### Gamefit

On the Sunday, Dianne trained 4 of our current instructors in Gamefit – a brand new class to Orkney. Gamefit is a sports performance workout for anyone wishing to improve on agility, core balance, strength, stability, speed and power! This new concept was launched on 16 March in KGS Sports Centre and will be included in our exercise programme as a regular class in KGS, Stromness and Dounby from April 2019. Two sports clubs have also begun weekly Gamefit club sessions to supplement their pre-season training, with several other clubs showing interest in arranging club sessions in the coming weeks.



## **Active Schools**

### **Volunteer Profile: Sarah Finn**

Q1. How long have you been volunteering?

A. About 3 years now. Since my kids have been at school and gained an interest in sport.

Q2. How did you start volunteering for afterschool clubs?

A. Me and Matthew started an Orphir school sports club to encourage our kids to make friends whilst playing sport and having fun.

Q3. What motivates you to volunteer?

A. Sport has helped my own 2 kids with their confidence, they know that they are good at something, they are fit, and it has also helped them be confident socially. This is my motivation.

Q4. What activity(ies) do you deliver at your club?

A. We started off with a range of sports: football, rugby, netball skills. Since the summer I have focussed on primary netball. But now that the league is nearly finished we hope to start the sports club again up to the summer. We usually finish the year with a giant water pistol fight that the kids look forward to.

Q5. What do you like most about volunteering?

A. Having fun with the kids. Being active. Even better when we can get outside. Seeing them laughing, working together as a team and learning new skills.

Q6. If someone who was considering volunteering asked you if they should volunteer, what would you say to them?

A. Definitely worthwhile. It is great.

Sarah pictured below with the Orphir Netball Club.



## Golf CPD

School Staff and members of Orkney Golf Club recently attended ClubGolf training, with Active Schools and Scottish Golf.

The course provided information, resources and equipment to enable volunteers to deliver sessions within a school or club setting. Plastic equipment is used to encourage safety, while participants learn the basics of Golf, including skills such as chipping and putting.

Some who attended have started delivering curricular and extracurricular sessions, while others have made plans to deliver throughout the year.

Orkney Golf Club will be offering ClubGolf at their Open Day on Monday 6 May between 10am and 12pm. A fantastic opportunity for new and experienced juniors to ‘come and try’.

A special ‘thank you’ to Willie Mackay (Scottish Golf Club Development Officer for the North), who has supported Golf Clubs’ in Orkney and Active Schools, for many years. Willie has now retired from his role however, as a committed golfer, he’s promised to keep in touch and assures Active Schools that he’ll be back for the Island Games in 2023.

A huge thank you to all who attended the course, Orkney Golf Club for use of their amazing indoor facility and to Willie Mackay for his continued support!



## In Safe Hands training

David Walker, National trainer with Children’s 1st, was up in Orkney to deliver “in safe hands training” in February. A total of 21 volunteers from across 9 different sports were present and took part in the workshops. A big Thank you to Joanne Bamford, Community Sports Hub Officer, for organising this opportunity, in partnership with Active Schools. In the photo below are the group of volunteers who attended training at Stromness Academy.



## **Introduction to Multi-skills**

Six volunteers recently took part in an “introduction to multi-skills” workshop. The aim of the workshop is to introduce volunteers to the “multi-skills jigsaw”, understand what it is and how the volunteers can use it within their coaching sessions.

One of the volunteers:

“It was fun as it contained several practical elements which allowed us to work with other coaches from different coaching backgrounds”.

The workshop was delivered by Active Schools staff and is a must for any clubs who need to get some new ideas/add something different to their coaching toolkit.

# **INTRODUCTION TO MULTI-SKILLS**



## Orkney Sports Awards 2018 and Al Kellock Visit

The Orkney Sports Awards 2018, coordinated by the Active Schools Team was held at Kirkwall Grammar School on Friday 25 January 2019 and was an outstanding success. Throughout the evening awards were presented to 11 winners chosen from a shortlist of worthy finalists.

Netballer, Sarah Macphail, pictured below, was named the 2018 Sportsperson of the Year, in front of a record crowd of 300+ people. As well as Sportsperson of the year, categories included Young Sportsperson, Team, Young Team, Coach, Volunteer, Young Volunteer, School Sports Volunteer, Official, Performance and the prestigious 'Service to Sport' Award which was presented to Mike Stout from Orkney Squash club for 40 years of service to the club.



One of the highlights of the event was the attendance of Al Kellock an ex Scotland rugby captain and now an ambassador for the sport. Al visited St Andrews Primary and Kirkwall Grammar School earlier in the day speaking to the pupils about his journey in rugby and the importance of respect, honour and culture in sport. He also delivered a rugby session to Kirkwall and Stromness secondary pupils during the afternoon. Active Schools were absolutely delighted to have Al Kellock in attendance at the awards, his interview with Robbie Fraser and Liam McArthur was very interesting and informative. He was also a huge hit with the young sports people in attendance at the Awards.

This evening continues to show off Orkney sport — with great sporting performances in 2018 being highlighted, as well as the hard work of the volunteers and coaches.



# Museums and Heritage

## Cataloguing at Kirbuster and Corrigall Farm Museums

Over the 2018-2019 winter a project to record all the objects on display and in store at Kirbuster Museum and Corrigall Farm Museum took place. While many objects have been in the collection since the 1970s and 1980s, others have never been formally recorded. This complete survey of the social history collections on display at both museums means that we now have an up-to-date record of object locations and condition and can address discrepancies in the numbering system.

It also enables us to re-think how and where items are displayed, and whether they are such unique examples of particular types of object, that they should be removed from the challenging environment of the vernacular buildings at both sites and displayed or stored elsewhere.

The process of recording the collection at Kirbuster and Corrigall involved a Curator and several members of the Visitor Services team, each very knowledgeable about the sites where they work. An object data sheet was filled in for each item, including a description, measurements, location, comments on condition, and a photograph. Now that the on-site work has finished, the process of checking information against the historic records kept at Orkney Museum will begin, and previously undocumented objects will be added to the database. The knowledge of which objects are in the collection and where they are is the foundation of all museum work and enables us to care for, display and interpret our collections for visitors to the sites run by Orkney Arts, Museums & Heritage.

Small displays at Kirbuster and Corrigall will showcase the cataloguing project and some of the surprising objects encountered.



## Objects on Loan Return to Scapa Flow Museum

Three naval guns that have been on loan to the National Museum of the Royal Navy (NMRN), Portsmouth since 2015, returned to Scapa Flow at the end of March. The largest is a 105mm SK L/45 naval gun is from the German destroyer B98. Two smaller guns are believed to have come off the British destroyers HMS Opal and HMS Narborough. All three vessels took part in the Battle of Jutland and have been displayed in Portsmouth as part of NMRN's Jutland 2016 exhibition, which ran from 2016-2018 and have been seen by thousands of visitors over that period.

The B98 acted as mail boat for the interned German fleet. She came in to Scapa Flow with mail from Germany on 21 June 1919 just after the fleet had been scuttled. HMS Opal and HMS Narborough were lost in January 1918 when they went off course and ran into cliffs on South Ronaldsay during a blizzard.

Formerly on display outside the Scapa Flow Museum, the guns had suffered from continual exposure to the elements. As part of the loan agreement NMRN undertook conservation work on the objects, which will form part of the display at Lyness where they can be preserved under cover once renovation works are complete.



Pictured above conservation work underway in Portsmouth on the B98 gun.

Pictured below B98 gun on display at the National Museum of the Royal Navy, Portsmouth.



# Papdale Halls of Residence

## Christmas Party

Residents all enjoyed Christmas party on the 19 December with various games.



## Burns Supper

Burns night was held on the 25 of January at PHoR. The meal was Mince, Haggis, Clapshot, and Orkney Fudge Cheesecake. The dining room was decorated with homemade tartan bunting and residents also decorated jars to hold flowers on the tables. Councillor John Ross Scott provided a very animated address to the haggis before saying the Selkirk grace.



## Chinese Theme Night

Our Catering team provided a lovely Chinese meal for our Chinese theme night to celebrate Chinese New Year. The meal was Sweet and Sour Chicken, Rice, Crispy Noodles, Mini Spring Rolls, Mini Ribs, Pancakes, Sweet and Sour Tofu. Pudding was Toffee Tart. Residents also decorated the dining room with Chinese lanterns.



## Safer Internet Day

This year in the UK, Safer Internet Day focused on how consent works in an online context and will ask young people to explore how they ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data.

The campaign encouraged young people to explore how the internet works, who owns the information that is shared on it, and how they can actively take ownership of digital spaces. As a service we feel we need to provide young people with the information, so they can take control of their online lives and to feel that they can harness and use the positive power of the internet for good. Houseparent's held a supported study session with the residents in S1 to S3 encourage learners to discuss each scenario either in pairs or small groups, and write notes on what they would do in each situation, which included;

- Sharing a screen shot with your friends of a conversation with another friend.
- Sharing an image that has been going around school of someone in your year group that spilt food down themselves and didn't realise.

The residents were then asked to consider all the points of view in their group and think about actions that would make everyone in that scenario feel happier.

We also looked at a Data Jargon Buster we asked them if they have seen any of the words listed on the left before. If so, where did they see them? Did they know what they meant?



## Various Activity Nights

Residents have participated in the following activities this term, Arts and Crafts, games hall, discounted swimming, card games/board games, dungeons and dragons, baking, Burns Supper, Slumber Party, Lads pizza and Games, milkshakes, flower arranging, bake off, Chinese themes crafts, Easter crafts, Mother's Day crafts. All activities are displayed on an activities poster a month in advance so residents have the opportunity to see what is available and what they may want to take part in.



## Papdale Halls of Residence Bake Off

Bake off at Papdale Halls started after the February break. We had 3 groups competing over 3 weeks with the winner being crowned on the 12 March. Bakers had to recreate a recipe, follow a brief and produce their bake anonymously to a judging panel.

Bakes included Vegan Walnut cakes, Chocolate chip cookies, blueberry muffins and Brownies for the final.



Week 1 bakers were Maisy Grist, Christopher McBean, Callum Mackinnon and Dunstan Clackson.

Week 2 bakers were Zach Rhodes, Jacob Davies, Stella Kirkpatrick, Molly Cannon.

Week 3 bakers were Archie Cannon, Kyle Dixon, Kai Hanton, Jasmine Walker.

Due to a tie on scores our 4 finalists were Dunstan Clackson, Zach Rhodes, Kai Hanton and Kyle Dixon.

Dunstan Clackson was crowned the winner and received a Mary Berry cook book.



## Transitions

Work has begun on transitions to KGS and PHoR. Staff have been out to some of the Isles to visit pupils coming into 5th Year in June. Residents from Sanday, and Westray have been in to PHoR will be coming in to stay on the 27th of March and have a day at KGS. Transitions are also underway for S1 pupils.

## Residents feedback

We asked all the young people to tell us what things they thought we do well here at PHoR and what things we can improve on. Here are the resident's comments. We are now working through them and formulating an action plan to work on things that we can improve and provide residents with feedback and reasons behind why some suggestions can't change.

## Residents thoughts on what we do well.

- Food Nice
- Staff
- Activities
- Supporting us when we need someone to talk to
- Letting us treat the hostel as our home
- Being Friendly at all times = Brightness spirits after a day at school
- The Staff are lovely
- They feed us well
- They are a second family
- Strict like parents but they love us really

- Great Banter
- I feel more motivated because of you
- Made to Feel right at home
- Everything
- House Parents are nice
- Helpful with any questions
- Tannoy in the morning
- Dinner Variety
- Laundry
- Making people go to rooms on time
- Security
- Wake up calls
- Supported Study
- Stopping bullying
- Board Games
- DnD
- Leaving us to privacy
- Making us feel safe
- Organise activities
- Kind
- Fun
- Party's
- Room
- Bake off
- Games Hall
- Night Checks
- Make everything Fun
- Salmon for dinner
- Friendly night staff

## **What we can improve**

- Let the internet stay on longer.
- Let us out longer
- Let us stay down longer
- If you could say night quietly just in case, we are asleep
- Supported study does not help with studying
- Nothing
- Tannoy does not cover all areas
- Heating does not always work
- Not making up beds as I don't like people touching my stuff
- Our Salty rice
- Food

- Decoration
- New Books in the library (diary of a wimpy kid)
- Age of Empires back
- We need more Board Games
- Laser Tag
- Aloud in the library after dinner
- Supported study for older students
- Study spaces for older students
- More food
- Stop nagging us about registration
- Breakfast
- Bedding “please trust us to do it
- Don’t treat us like Children we are 17
- Get a Hostel Fish
- More Parties
- Salty Veg
- Waiting for 10 mins before dinner
- Food available (not only dinner)