



**Orkney Blide Trust Annual Report  
2021 - 2022**

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## Introduction by Linda Gask Chair of the Board of Trustees



Welcome to the 2021 -2022 Annual Report for the Orkney Blide Trust! It's been another remarkable year during our recovery from the Coronavirus lockdown. Challenging, but also very exciting as the Blide fully opened up its doors once more. We have gone from having only 39 members dropping in during the three months from April to June last year to 548 visits from members and visiting professionals *in February alone* this year, and our total membership has increased to 160 people. There is now such a buzz around, achieved through a tremendous amount of work from everyone in the Blide community, under the leadership of Clare Allison who has done an extraordinary job by taking over the role of Service Director at a difficult time.

Not only have all the core services and activities we provide, such as one-to-one support, housing support and group activities, got back up to speed during the year but the Blide has also been successful in attracting funding from Creative Scotland and the Pier Arts Centre for a hugely popular arts project. The staff team spent several days undergoing training to provide the 'Distressed Brief Intervention' initiative being rolled out across Scotland and are now putting this into action in the community. And it's also been great to have the Haven Café back in action. They know how much I personally appreciate their coffee and sandwiches!

I'd like to thank Eleanor McBeath, Diane Morrison and Jemima Sinclair who resigned this year for all the work they've done for us as board members over the last few years. We also welcomed new members Gaynor Dixon, Duncan Ross and Jamie Stevenson.

We could not survive without the funding we've received from:

Orkney Islands Council/NHS Orkney

Third Sector Emergency Covid Fund

Scottish Government Survivors of Childhood Abuse Scotland Fund (SOCAS)

Scottish Government DBI Central seed fund and Orkney Health and Care (for DBI)

Henry Duncan/Corra Foundation

Hugh Frazer Foundation

The Cruach Trust

James T Howat Charitable Trust

Creative Scotland's Culture Collective

TESCO Groundworks

We have also received generous donations of over £30,000 from Orkney folk (both organisations and individuals).

I'd like to thank all the members who support the Blide by working on reception, garden maintenance, updating our website, redesigning leaflets and other admin duties, the staff team who have worked so hard, our board members and the people of Orkney for their wonderful assistance and help.

Having worked in mental health care all my career, I can honestly say that the Blide is truly a unique place and I feel especially honoured to be its Chair.

## Service Director's Report



This time last year I had just started my new role at the Blide and was feeling “both excited and a little worried” about what lay ahead. Reflecting on the year that has just passed I would say that it has been characterised by changes, challenges and hard work but also by growth, collaboration, creativity, and fun!

One of the challenges was opening up safely once the Covid restrictions allowed and then staying open (we only closed for 2 days the whole year!). For the first few months we had to limit the numbers of people coming in to the Blide then in September we had a successful Open Day, organised mostly by members, to encourage people back into the building. By October and for the rest of the year were welcoming around 500 people per month in to the Blide with between 2 and 10 new members joining each month . Other highlights from this year were the reopening of the Blide café and catering service, the arrival of our new electric minibus, our fantastic Collaborative Arts project, ‘The Map is not the Territory’ and the launch of our new Distress Brief Intervention (DBI) service.

This report gives a good flavour of all of the things that have been going on at the Blide and as you can see it's been a very busy and productive year! Perhaps what it doesn't show is *how* all of this was achieved. The Blide is very much a ‘community within a community’, made up of Blide members, staff, volunteers and Board members all working together towards a common goal. This year we have also been given a huge amount of support from the Orkney community, in the form of donations, access to opportunities and collaborations with creative practitioners. It's fair to say that with 160 members, 11 staff, 3 volunteers and 9 Board members we are not always going to agree, but we all try to listen, understand, offer different ideas and perspectives, negotiate, compromise and get along with one another to make the Blide the fantastically unique place that it is!

## Catering



April to July saw us wind down Cafe@65 and prepare to get the Blide kitchen and Haven Cafe up and running. We erected the marquee in the garden for summer to give members an extra option to sit outside for lunch or just to enjoy a cup of tea or coffee, even if it was raining.

We were back up and running in the Blide kitchen by Monday 5th July, with a full menu for lunches for members and friends of the Blide. The Cafe was then open, up and running, offering a space for people to socialize over a drink or snacks. Outside catering started again on Friday the 9th for 8 people at Orkney College. We also started Sunday lunch on the 18th of July, this took place every Sunday with a variety of meals including Sunday roasts and vegetarian options.

Members were invited to come into the kitchen to help and to learn various skills like cooking, using the coffee machine or serving customers and learning to use the till. Some members like to come in and bake, others like to learn basic cooking skills. This is good and we always welcome people coming in at various times during the week.

Tesco invited us to go to their canteen and choose kitchen equipment they were willing to donate. We went and chose what we could use and arranged to get it delivered on Saturday 4th September.

We signed up to Fareshare Go and through them we get food donated from Tesco, this can be a Tuesday or Friday night if any food is available.

A group of young people come in and use the kitchen on Tuesday nights. Sometimes they arrange for a pre-prepared meal which we are happy to cook, and the young folk just heat it up when they come in.

We planned for Christmas dinners for 22nd and 23<sup>rd</sup> of December and these were available for members and the wider community. This consisted of two courses for £12 or three courses for £15. We even delivered a couple of meals to people who couldn't come in.

Haggis neeps and tatties were made for another successful Burns supper with vegetarian haggis also being served.

In a way we were all starting over again after a difficult period because of Covid. We just continued to progress the cafe month after month and hopefully we are getting somewhere. More importantly the kitchen and cafe are central to, and the beating heart of the Blide, with members all meeting up and people from outside coming in, and there are a few regulars which is nice. We all appreciate the support from Staff and members alike.

## Housing Support Service

Housing Support helps people, who have a mental illness, to live as independently as they can, in their own home and supports them to maintain their home and tenancy. Orkney Blide Trust's Housing Support service has supported 24 people this year with 13 people using the service at the end of the year. Although most of the support was delivered on the Orkney mainland, we have supported people on the islands, either by telephone, email or home visits.

One member said, *"I found this support invaluable."*

Housing Support was agreed with each person, some people needed crisis intervention with others needing more long-term support. Although many people shared the same diagnosis, each person's needs differed so Housing Support has been unique to each person.

Quote from a member, *"I think it is a good service."*

We have supported people with benefit claims and paperwork, shopping and cooking, budgeting and managing debt, or just getting out of the house to access their community. Alongside the practical support, we have offered support to help people manage the symptoms of their mental illness.

A response to the annual survey was, *"I feel the service is very reliable, second to none."*

We had a low response to our annual survey, most of those who replied were completely satisfied but not all. We used this feedback to look at improving the service where we could.

One person said, *"I get help to build my confidence and emotional support with my mental health."*

The Housing Support service is registered with the Care Inspectorate who are part of Social Care & Social Work Improvement Scotland (SCSWIS). The most recent Care Inspectorate report is available online or on request. We worked hard to deliver the National Care Standards for Housing Support services acknowledging the importance of dignity, privacy, choice, safety, realising potential, equality and diversity.

## Befriending Service

It was an exciting year as we ran a volunteer befriender course and got two new volunteers through the procedures to start volunteering with the Orkney Blide Trust's befriending service.

It proved difficult to come out of lockdown and restrictions, but we tried hard to keep this service going, one way we did this was with telephone befriending. One member who receives this service said, *"I must thank the Blide for this excellent initiative. During the recent period of social exclusion caused by the COVID virus, where I mostly only had two people, at most, with whom to talk (phone calls often impossible due to mobile emergency calls only) I was at the stage, being an island resident, that I was reluctant to talk to anyone.*

*Thanks to the befriending scheme, with an excellent island based representative (with whom I hope to meet personally in the near future) I am now on the way back to social inclusion. Thank you, Blide Trust for your valued help during this period of social exclusion."*

Typically, our befrienders offered company to people who were feeling isolated or lonely. They may have lunch together, or a cuppa and chat, go for a walk or a phone call.



The annual conference and AGM of Befriending Networks Scotland was held online so I was able to attend some of the workshops that interested me most and that were useful to our small service.

Befriending relationships have been mutually beneficial as the volunteer contributed to their community (many befrienders said they wanted to give something back) and their partners have met a reliable companion.

Befriending = being a friend.

## Active Blide

Our weekly sports sessions resumed following lockdown in February 2021, thanks to the Pickaquoy Centre for opening up their gym, albeit a socially distanced version in the arena. We ran gym sessions until September 2022 when we were able to branch out into racquet sports, walks and bouldering. On many days we had some members doing one activity while others did a different sport. This showed a progression in independence as members attended gym sessions without a member of staff accompanying them. Some of our members also gained confidence to lead health walks, some were short slow walks to suit the group, other walks were faster, longer walks to suit different abilities.

The Sports Group changed its name to Active Blide as this could include activities that were not necessarily sports. The Blide continued the physical activities as there is evidence that a bit of regular exercise and being outdoors can help people to manage some of the symptoms of their mental illness as well as having a laugh. It can reduce your chances of becoming ill with other health problems and it improves your wellbeing.

*A member said, "The benefits of going to the gym have been invaluable. In overcoming difficulties (I broke my leg) I'm not giving up. At a point when my recovery was limited, Rosalind kindly helped me to access the gym, wiping the machine before and after. Overall, my visits to the gym have been beneficial in many different ways. Physically, I have built up muscle tone and bone strength.*

*It was good to go regularly, and in a nice wee group. It was important for me to go out during 'lockdown' as I just did not like it. I have always been an active person, jogging and doing sports, sadly, I can't do the hurdles anymore or walk my doggies, not yet but I'm not giving up.*

*The gym is part of the present, it's what I can do and what I enjoy. So, thank you, Rosalind, you had a huge impact on my recovery."*



In the past year, we have had 69 active sessions with 188 attendances, 17 different people attended the activities, some coming regularly and others dipping into activities that appealed to them. Our thanks to Orkney Golf Club for their winter, indoor golf lessons, they were fun and we all noticed an improvement in our skills over the weeks, not quite Tiger Woods standards but we felt great when we hit one 'straight down the middle'. We also owe a huge thank you to Chris Jex from Orkney Islands Council for the indoor archery, which was not only very well attended but it was also challenging and fun. The sporting activities brought out people's competitive side, but we encouraged graciousness in defeat and success.

We listened to our members and tried to facilitate activities of their choice. We were fortunate to receive funding from The James T. Howat Charitable Trust and The Hugh Frazer Foundation, this enabled us to vary the activities and subsidise the costs for our members. We offered energetic and leisurely activities so that we catered for all abilities and interests.

If members would like to suggest sports or activities, we are listening.



## Therapeutic Blide

In April the Blide was starting to open up after covid lockdown and people were looking for interesting activities. At that time we had a small stitching group who met weekly and folk were starting to wonder if there might be any opportunities for photography, creative writing.



On the back of this we found that through the Pier Arts Centre we could apply for funding for a creative project and we were happy to be awarded funding for “The Map is Not the Territory”. The aim was to ‘map’ Kirkwall, placing the Blide and mental health at the centre and use photography, creative writing, art, masks/drama and video/audio recordings to promote mental health and provide opportunities for members to explore, look beneath the surface, and connect with our neighbours/community and them with us.



This project started in October and went through to January and many members took part, enjoyed learning new skills, working alongside others, producing wonderful work and having fun.

The buzzword for this project was ‘co-creation’ and at the Blide this started with our members being part of the planning of the project and continued throughout with creative practitioners coming in to work with us:

Rebecca Marr: photography, remapping of Kirkwall through images

Jemima Sinclair Cochrane drama and mask making

Carole Atkins: drawing and painting, introducing a range of artists

Mark Jenkins: sound recording and soundscape

Raggie Ljosland: creative writing and personal maps



The following quotes from participants, and samples of their work, say just how wonderful this project was.

*“It has given me more confidence in myself to try new things. It also gave me the confidence to get a job after three years of unemployment.”*

“The photography was inspiring, helped me get through the winter which normally I don’t like. I enjoyed the amazing winter skies and even found the short nights cosy.”

“I feel I gained some confidence working in groups. I enjoyed being part of something.”

“I can challenge myself to do more and to move a little further out of my comfort zone.”



“I really enjoyed getting to know other members of the group and discovering their talents – and how kind and supportive everyone was.”

“When I’m out walking I look at things differently, I really notice things. Thankyou!”

“The variety of projects on offer and the willingness of individuals offering to be *involved*.”

*“The project has given me the confidence to try something new and to keep going with the photography.”*

“I have learnt I have more skills than expected.”

All the work from the project can be found on The Map is Not the Territory website

<https://themapisnottheterritoryorkneyblidetrust.wordpress.com>

### Linocuts

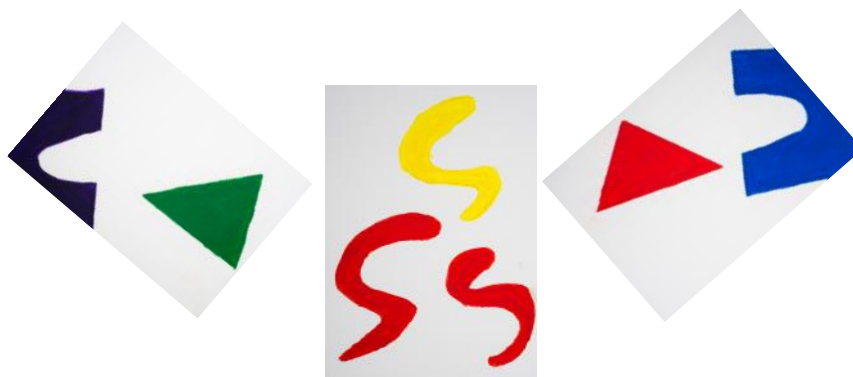
Brogen came in and held a series of a series of rolling linocut workshops where folk created their own images and used these for making cards. These were popular and enjoyable sessions:

“It was good fun, an easily adaptable process where you can learn by your mistakes.”



### Art Group

Sandra offered a series of workshops with live models. People experimented with painting portraits using pastels. These were very enjoyable and for some of the participants rekindled an interest and confidence to try painting and drawing.



## Five Years and Looking Forward



I'm very proud to announce that I will be five years sober on 26<sup>th</sup> January. At the end of my last article, a year ago, I was confident to say that I would be sober in a year's time and I am.

To begin with I was taking medication to help with my cravings for alcohol and I had stopped taking these but during lockdown I started to take them again. I have now been over one year without them. At first I was unsure, I felt scared and nervous, but I never regretted my decision to stop that medication. I did count every day that I went without and on 5<sup>th</sup> January I will have been off the medication for 443 days and on the 26<sup>th</sup> it will be 469 days.

Over the last year I have become a lot more independent and in some ways I thank Covid for this. As I wasn't seeing my housing support officer I had to arrange things for myself, for example, making phone calls about hydro, finances etc and feeling confident to do so. I've gone from being a person who hated making phone calls to a person who loves to make phone calls and I'm now regularly on the Blide reception desk where I welcome people into the building and happily answer the phone. (Thanks to my housing support worker for your help over the time we worked together).

My mum's second anniversary, that was hard but not as hard as the first anniversary of her passing. Even though I still think about my mum I know and I accept that she's in a better place and she would want me to make a life that I can enjoy. I used to be a person who was affected badly by anniversaries of painful events. For a month before and a month after the actual date I would be really distressed. Now I still feel sad on the day, and remember the person or event, but I feel stronger to cope with memories.

Last November I was diagnosed with type two diabetes. To begin with I was scared and couldn't cope and couldn't see a way out. I spoke to the doctor and to the dietician over the phone for a few months. Over this time I HAD to change my ways of eating and began to exercise regularly. At first my blood sugars were really high and this scared me into making changes for the better because the alternative would have been to be put on insulin and I really didn't want that and still don't. So really the diagnosis gave me the kick I needed to change my

lifestyle. I walk regularly and lead a walking group. I eat healthily, more fruit and vegetables; I allow myself the odd sneaky sweet at the bingo on a Sunday night! I have lost weight, one stone, and my blood sugars have come down from 99 to 44. I'm also using medication to help control the diabetes. I'm feeling healthier and fitter than I have for a long time.

I've been thinking a lot about how far I've come over the last years and how hard I've worked for this. I see myself differently. I'm stronger than I used to be. I'm proud of my achievements and I can now accept that when people praise me for what I've done, they really mean it and I really deserve it.

I'm confident that in a year's time I will be writing my '6 years' article. I've been thinking about how far I've come and what has helped me over the years. Coming in to the Blide has given me a routine and something positive to get out of the house for. My CPN was there when I needed to speak to her. Restart offered me a second chance. All these services helped me to gain the strength to keep going. If you are struggling my advice would be to speak to any service that gives you advice and support, don't suffer alone. Thank you to the Blide and other services for all the support. I wouldn't be in this place if it wasn't for you.

## Out with the old and in with the new



Orkney Blide Trust are delighted to have received a generous grant from the Scottish Government's 'Keep Scotland Beautiful' fund to replace their old diesel minibus with a new, fully electric, wheelchair accessible vehicle. Former manager, Frazer Campbell, had the foresight of 'going green' and undertook the enormous task of securing funding and finding a vehicle.

The trusty, old blue Volkswagen minibus, affectionately known as 'the Blide bus', came to the Blide brand new in 2001, with assistance from J & W Tait. 20 years later and having done over 100,000 miles, it had served the Blide members well. The Blide use their minibus for Out & About trips where members can go for a run out of town then a walk. Being outdoors and getting exercise can help some people manage symptoms of mental ill health - it just makes

folk feel better. It is also used to provide transport for members to access health appointments and other essential services if they are unable to use public transport. Recognising that the old Blide bus was polluting the environment and with more frequent trips to the garage, it was decided to renew and go green. Part of the funding agreement was that the old Blide bus had to be scrapped. It was with mixed feelings that Blide staff member, Rosalind Spence, drove the old Blide bus to Orkney Aggregates where it will be scrapped in the proper way. Rosalind said, "I felt quite sad leaving the Blide bus parked among the scrap, but this was a condition of the funding for the new vehicle. The new bus is lovely to drive, having this shows our members that they are valued and deserve a nice new Blide bus."

Following a few delays in delivery of the new Blide bus to Aberdeen, it was picked up at Hatston pier and, the Blide thank Serco Northlink for their assistance. Blide staff then had the steep learning curve of getting used to charging and driving the new electric vehicle. The Orkney EV Owners Facebook group were very helpful and forthcoming with advice for the new drivers. There

followed a period of discussion with Orkney Islands Council about the correct licensing requirements but signposting to the Community Transport Association UK proved very helpful.

Thanks to our two new volunteer drivers, Gaynor and Liz, the new Blide bus is used for regular Out & About trips and for Therapeutic Blide trips out. It is also being used for Active Blide and delivering outside catering. It is being very well used



Sandra Tait, assistant manager said, “Some people feel very alone and don’t get out much. Getting out for a wee hurl in the Blide bus is good for maintaining positive mental health. Exploring new places and meeting new people helps to reduce folk’s isolation. Getting out for trips helps people to manage their anxiety as they have staff or one of our volunteers to help them feel safe. Our members can explore new places, Orkney has beautiful places to explore, this is beneficial to them both physically and mentally.”

## Out and About

In mid February the Out and About trips started after a long break due to Covid. We welcomed two volunteer mini bus drivers, Gaynor and Liz. Gaynor has been driving on the Out and About trips and Liz has been driving people out on field trips as part of the projects.

Out and About trips mean a lot to members, offering a chance to get out in the beautiful Orkney countryside, and enjoy a walk in good company.



Kathleen said “I like to get away from Kirkwall and keep up my exercise. Walking in the country makes a lightsome change.”

Blide member, Carol said, “*Out and About trips, for those of us without cars means we get to go places we would not normally see, a beautiful beach in lovely company means that we get to be somewhere beautiful and have much needed social company as well.*”



## Drop-In Service



The drop-in service is an informal introduction to the Blide where folk can just call in, have a coffee, catch up with friends and use the lounge, café or garden (weather permitting) to socialise or have a quiet moment. It's a good way to see what is going on at the Blide, take part in activities and staff are always available to speak with.



### Weekend Drop-In

On Saturday the drop-in is open, for a shorter day. Carol is on reception and serves teas and coffees.

On Sunday Jackie and Scott are in the drop in and provide a freshly cooked Sunday lunch, often a roast with a vegetarian option.



## Time to Talk Counselling



*"I am very grateful for the service I was given and the chance to help my life with the sessions I received. It give me a chance to see things in a different light"*

Over the year Time to Talk offered 6 counselling sessions per week. These sessions were free and available to all Orkney residents. Our counsellors, Natasha and Noreen, offered these sessions face to face and when appropriate through zoom or telephone. Below are some of the statistics collected by the counsellors over the year.

During this period (1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022) a total of **54** clients were offered a block of 6-8 counselling sessions. Below are stats for **52** clients who attended the service during this period.

**23 (44.2%)** clients seen were members of the Blide Trust, and **29 (55.8%)** were Non-Blide members.

**40 (76.9%)** clients were new clients. **12 (23.1%)** were returning clients.

**16 (40%)** new clients were Blide members. **24 (60%)** new clients were Non-Blide members.

**7 (58.3%)** returning clients were Blide members. **5 (41.7%)** returning clients were Non-Blide members.

**24 (46.2%)** clients identified as Survivors of Childhood abuse. **11 (45.8%)** of those were Blide members and **13 (54.2%)** were Non-Blide members. For **1 (1.9%)** client it was unknown whether they were Survivors of Childhood abuse.

**362** counselling sessions were offered during this period (1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022).

Of these sessions offered a total of **276 (76.2%)** counselling sessions were attended.

Reasons for cancelling or not attending were: Illness or family illness, Covid or isolating, weather, bereavement, car or travel issues, holidays, work, forgot, fell asleep, tiredness, no childcare, did not feel up to it, health issues, disengagement, or no reason given. On a few occasions cancellation was due to counsellor illness.

Feedback forms were completed anonymously by most clients. Feedback was generally very positive. A selection of comments left by clients are included on the following page.



*“The only comment I want to make is that I wasn’t sure about using this service at first, however I gave it a try, and it certainly didn’t do me any harm, but I felt that after 2 or 3 sessions I could go away and deal with the “healing” process in my own personal way and am quite satisfied with the service I received”*

“Noreen was lovely and really helped me make sense of my past and move on. I can’t thank her enough for giving me a brighter future. Thank you so much Noreen and all at the Blide Trust for what you do”

*“An Absolutely fantastic service. My counsellor has been awesome. Whilst talking about experiences has been hard I have felt supported and listened to. I would recommend this service to anyone. My head feels lighter and clearer and I have a new positive outlook for my life. Thank you Natasha for all your support, time and guidance, you have made a really big difference to my life. Thanks x”*

“It is good to have a place to go and be accepted as you are. It is a good service and should always continue. It has helped me a lot, just at the right moment”

*“A really beneficial service that has helped me immensely. The only thing I would change is the ability to make the appointment times flexible”*

“You can tell by my answers how good I have found the Blide’s counselling service. My counsellor was friendly yet professional and I felt comfortable talking with her. She gave me a safe space to talk about whatever I needed to. I have already been recommending this service to my friends, many of whom attend the local mental health support group with me, and I will continue to do so. Having this service available for free is amazing”

*“The Orkney Blide Trust has been so helpful to me, it’s been such an encouraging space which has given me confidence. The staff are excellent and kind, everyone involved deserves a medal! Thank you for everything!”*

“Has been excellent service all around and everything is much appreciated. Nice laid back atmosphere”

*“I can’t praise the Blide and my counsellor enough, if it wasn’t for them I honestly don’t think I would be making the correct choices in life. Thank you for helping me”*

“I would like to thank the blide trust and especially my therapist to show me how to deal with my problems. When I came here about 9 weeks ago I felt very lost and unable to deal with my feelings, stress and my problems. Therapy gave me “tools” and showed me how to use them if I need to. I shared things I’ve never spoken about before, never felt judged and I always felt understood. I believe that with the help I’ve got I will be able to deal with a lot of problems myself because I’ve been shown how and I’ve got more confidence in myself. I am really grateful for giving me hope and a light in many dark days”

## **Distress Brief Intervention Orkney**

Distress Brief Intervention (DBI) is a new service to Orkney offering a 'connected and compassionate' response to people experiencing distress. DBI is a two- tiered service

Level 1 is provided in Orkney by Police Scotland and the Scottish Ambulance Service who can refer anyone who is in distress and does not need (further) emergency service response. Referrals are made to DBI Orkney and are initially answered by Penumbra in Aberdeen.

Level 2 is provided by Orkney Blide Trust in collaboration with Penumbra. On receiving a referral Penumbra attempts to contact the referred person within 24 hours by their preferred method. After contact has been made they offer support to begin immediately and then pass the referral on to Orkney Blide Trust who will support the person for 14 days, focussing on self-managing distress, developing distress management tools and supported handover to other agencies where appropriate.

In Orkney anyone aged 16 and over can be referred to DBI and we recognise that anyone can experience distress at any point in their lives. While DBI can support people who are experiencing mental ill health and this may be contributing to their distress, the service also reaches out to people who are experiencing distress for various reasons. These could include relationship problems, anxiety, low mood, thoughts of self-harm, thoughts of suicide, housing worries, money worries, employment issues to name a few. This approach means that DBI can work well for everyone in the community who may experience distress.

Four Blide Trust staff completed the DBI level 2 training in October and have been working with Police Scotland and the Scottish Ambulance Service. Once they have completed the on-line DBI Level 1 training individuals from Police Scotland and the Scottish Ambulance Service have come along to the Blide to meet a member of staff, discuss the service and ask any questions they may have around DBI and expectations of their role. They can then start making referrals via a secure email.

From February-April 2022 we had seven people referred to the DBI Orkney Service. Five of these completed the DBI process and created a Distress Management Plan. Some also became Blide members.

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**With thanks to all our members for their continued support and contributions to this report.**

**The members, staff, volunteer and board of directors would also like to thank our funders for their support during the year without which none of this would have been possible.**



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# ORKNEY BLIDE TRUST

Support in difficult times,  
Help in everyday life



Our door is always open

*"It has been good to come along. I feel I am in a better frame of mind and able to understand myself better" (quote from member)*



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