



The Orkney Partnership

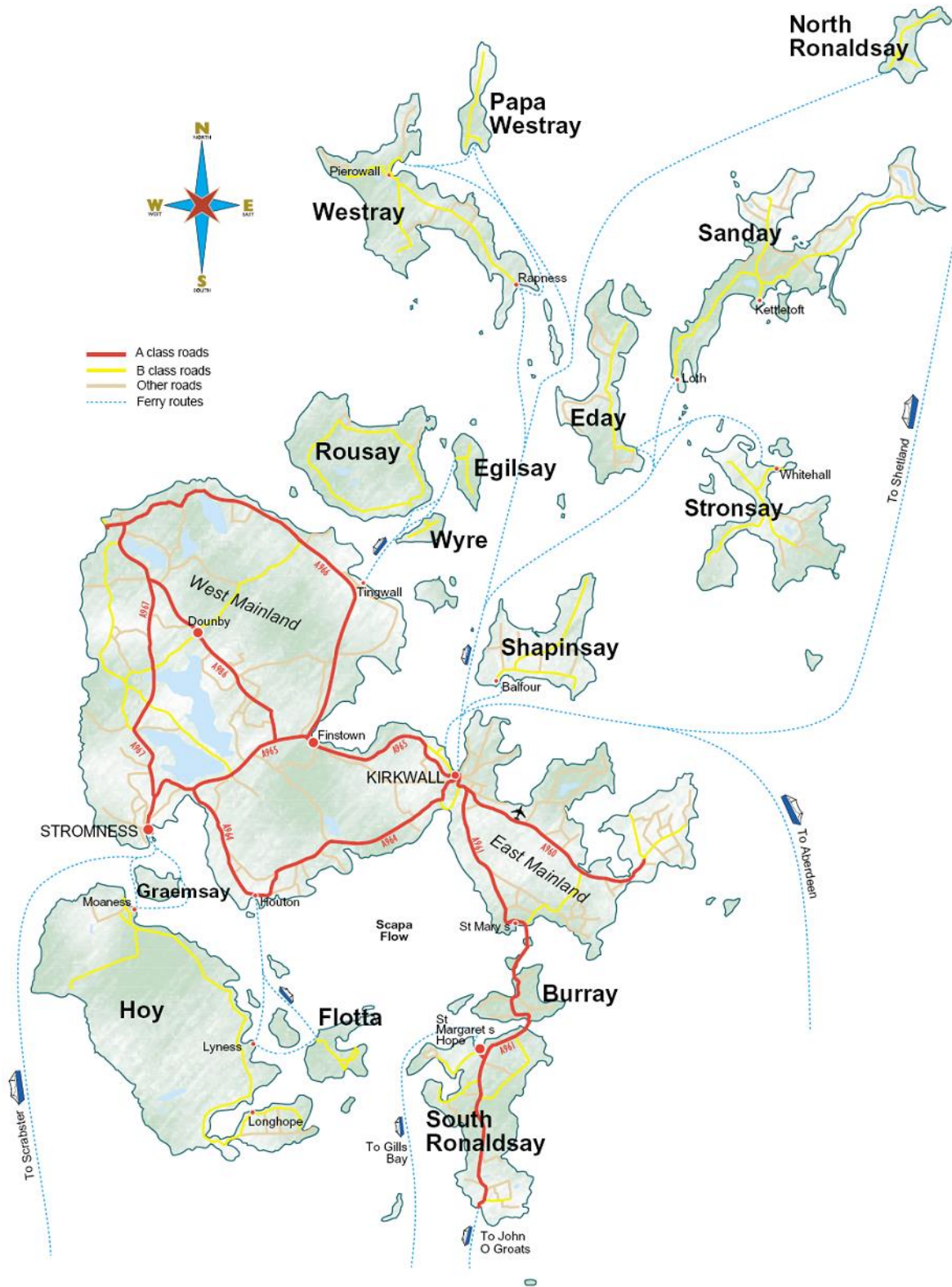
Working together for a better Orkney

Orkney Community Plan

Incorporating Orkney's

Local Outcomes Improvement Plan

2016 to 2019



If you would like this plan in a different language or format, please contact the Community Planning Business Manager, Orkney Islands Council, School Place, Kirkwall KW15 1NY. Tel: 01856 873535 ext 2153. Email: corporateservices@orkney.gov.uk

Contents

1. Introduction	4
2. Orkney Partnership Board	5
3. Executive summary	6
4. Our values as a partnership	7
5. A profile of Orkney	8
5.1 Promoting survival	8
5.2 Promoting sustainability	9
5.3 Promoting equality	10
5.4 Working together	11
5.5 Working with communities	12
5.6 Working to provide better services	12
6. Our Partnership structure	13
7. Our strategic priorities	14
7.1 Positive ageing	15
7.2 A vibrant economic environment	17
7.3 Healthy and sustainable communities	19
8. Endnotes	21

1. Introduction

The purpose of community planning is for providers of public services to work together to improve outcomes for the people living in each local authority area. It is outcomes that matter: what is actually achieved and how people's lives change as a result.

Orkney Community Plan shares a vision with Orkney's Local Development Plan:

"By 2030, Orkney will be a first choice location for people to live and work. Orkney will have nationally significant training and investment opportunities. Orkney will attract visitors from around the world to admire its natural environment, heritage and cutting edge business and industrial facilities. Above all, Orkney will be the place to enjoy an exceptional quality of life, a fulfilling career and a sustainable lifestyle."

Our vision is moving closer to fruition. Many people living and working in Orkney do indeed enjoy an exceptional quality of life and a fulfilling career. But others are held back from fulfilling their ambition by circumstances outwith their control. We want everybody in Orkney to have an equal opportunity to share in its success, and we will stay focused on our vision until this has been achieved, in accordance with our shared mission:

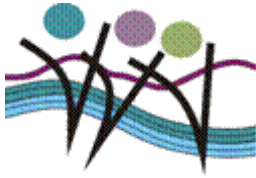
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Demand for public services is increasing all the time. In Orkney, the number of older people is rising faster than anywhere else in Scotland. It is good news for all of us, but as people live longer they do tend to need more support. This is why the principle of prevention is central to our plan. Applied to health and care services, it means providing just enough support early on to help people remain active and independent in their own homes, and prevent them needing more acute services, such as residential care, later on. Not only does this save public money, it is a much better outcome for everybody concerned.

The Orkney Partnership is designed to focus the collective resources of the Partnership on a small number of strategic priorities at any one time. Our structure has at its centre the Orkney Partnership Board, assisted by an Executive Group, while three Delivery Groups lead each of the Board's strategic priorities. Currently, these strategic priorities are:

- Positive ageing
- A vibrant economic environment
- Healthy and sustainable communities

During 2016-19, the Board will formally welcome the member representing Orkney's statutory Community Justice Partnership, formed in response to the Community Justice (Scotland) Act 2016 with a mission to bring together all the agencies involved in the planning, delivery and monitoring of community justice services in order to improve outcomes for service users and the wider community. In preparation the Orkney Partnership is already working in tandem with the Shadow Orkney Community Justice Partnership which is represented on the Board.



Orkney Partnership Board

Partners with a duty to facilitate community planning



Partners with a duty to participate in community planning



Local and co-opted partners



3. Executive summary

Every community planning partnership is required to publish a Local Outcomes Improvement Plan (LOIP). Orkney Community Plan incorporates Orkney's LOIP and is a three-year rolling plan which is refreshed, updated and reissued every year. It describes what we aim to achieve by working together in partnership, over and above what we could achieve as individual organisations.

Section 5 of this plan (starting on page 9), provides a statistical profile of Orkney, establishing the evidence base which underpins the selection of the Orkney Partnership's strategic priorities for action:

- Positive ageing
- A vibrant economic environment
- Healthy and sustainable communities

Our priorities address the challenges which no single agency can solve on its own, and this plan presents a concerted effort to tackle these challenges. It does not record partnership working in areas where it is already working well, but focuses exclusively on problem areas which will take imagination and innovation to resolve.

The National Census of 2011 evidenced a welcome rise in Orkney's population to 21,349, an increase of nearly 11% since 2001. However, we are living longer and Orkney's demographic profile has aged significantly in recent years. A key priority for the Partnership is to encourage and support everyone in Orkney to "age positively" – to maintain a healthy lifestyle and to remain active and independent in later life. Not only will this improve individual lives, it will prevent increasing demand for support services in future years.

At the other end of the age scale, Orkney's younger generation are the most likely to travel away in pursuit of education, training or employment. Our challenge as a Partnership is to ensure that there are equally good education and employment opportunities available in Orkney which will encourage them to return, and others to stay. Orkney has a unique opportunity to position itself as a location for innovation and the application of experimental thinking in sustainable development in an island context. Maintaining a vibrant economic environment is key to this ambition.

Orkney is not immune to the health and social problems of our time, and our most pressing public health issues are associated with alcohol and obesity. Access to services is a perennial issue, particularly challenging in the outer isles, where it is difficult to maintain a sustainable health and care workforce. Inequality and social isolation also impinge on individual and community well-being. Our third priority, "Healthy and sustainable communities", takes a holistic view of how we can address these issues collectively for the benefit of all of Orkney's communities.

These strategic priorities are being progressed by three Delivery Groups, and their action plans are summarised in this plan. Progress towards our planned outcomes is regularly reviewed and quarterly updates are posted to the Partnership's website at <http://www.orkneycommunities.co.uk/COMMUNITYPLANNING/news.asp>

4. Our Values as a partnership

The Orkney Partnership has six key values which guide the way we work, together or independently. These values influence everything we do.

Promoting survival

For Orkney, survival is about maintaining our fragile communities as viable places to live and work. Our smaller islands are distinctive and highly valuable assets, which need investment to secure their future. Young people often move away to study or travel, but we will ensure that we have a thriving community to which they will want to return.

Promoting sustainability

Sustainability is about meeting our present needs without compromising the ability of future generations to meet their own needs. We all acknowledge our shared responsibility to protect Orkney's unique environment. We will ensure that future development in Orkney is sustainable and that economic, environmental and social factors are well balanced.

Promoting equality

Promoting equalities means recognising that everyone has different needs, and taking positive action to ensure that everyone is able to contribute to society. We will do our best to provide equal opportunities to our most remote communities and hard-to-reach individuals, while respecting everybody's right to privacy.

Working together

Partnership working is the most effective way to improve our community. We will improve co-ordination between public, private and voluntary organisations and will work closely together to prevent duplication of effort and find innovative solutions to shared problems.

Working with communities

Each community in Orkney should be able to determine its own future. Orkney is unusual in that its communities are still very close knit, each with a distinctive local identity. We will engage actively with community councils, associations, groups and trusts to help them achieve their ambitions.

Working to provide better services

Orkney's geography presents unique challenges to the agencies which provide local services. We try to meet needs as locally as we can, but inevitably some services will be available only in Kirkwall or on the Scottish mainland. We will be innovative in how we improve service planning and delivery, and help people to access the services they need, wherever they may be.

5. A profile of Orkney

This section of our plan presents a statistical profile of Orkney, setting out the evidence base which sits behind each of our Partnership values. This evidence base is pivotal in the selection of the Partnership's strategic priorities for each planning period.

Orkney comprises 70 or so islands and skerries, of which up to 19 may be inhabited depending on the time of year. The total land area of approximately 1,000 square kilometres raises some of the best livestock in Scotland, and Orkney enjoys an outstanding natural environment with clean air and water, fine scenery, diverse wildlife and a unique cultural heritage. But Orkney is not immune to the difficulties facing other remote and rural communities, including an ageing population, under-employment, low wages, a high cost of living, limited affordable housing, fuel poverty and access to essential services.

5.1 Promoting survival

Survival is a very real issue to a remote island community. From a peak of 32,339 in the 1861 censusⁱ, Orkney's resident population declined to a low of 17,077 in 1971. Since then, the population has recovered steadily. The natural growth rate (births minus deaths) is still negative, but birth numbers have been increasing and inward migration has boosted the population. Figures released during 2013 from the 2011 census results^{ii iii} show some dramatic changes since 2001^{iv}.

	2001 Census	2011 Census	% change
Total population	19,245	21,349	10.9%
Population aged under 15	3,572	3,316	-7.2%
Population aged 15-64	12,453	13,814	10.9%
Population aged 65+	3,220	4,219	31.1%
Population aged 85+	405	479	18.3%
Number of households *	8,340	9,730	16.7%
Average household size (people)	2.28	2.05	-4.0%

* *Household Data are rounded to the nearest ten*

The increase in population aged over 65 is the largest such increase in Scotland and will be very significant in planning future services. This is discussed under our strategic priority of "Positive Ageing".

The General Register Office for Scotland gives a snapshot of Orkney's demographic profile in recent statistics^v:

- The estimated total population of Orkney in 2015 was 21,670.
- By 2039, the population is projected to rise to 22,098. Over this 25 year period the age group that is projected to increase the most is the 75+ group.
- 191 births were registered in Orkney in 2015.

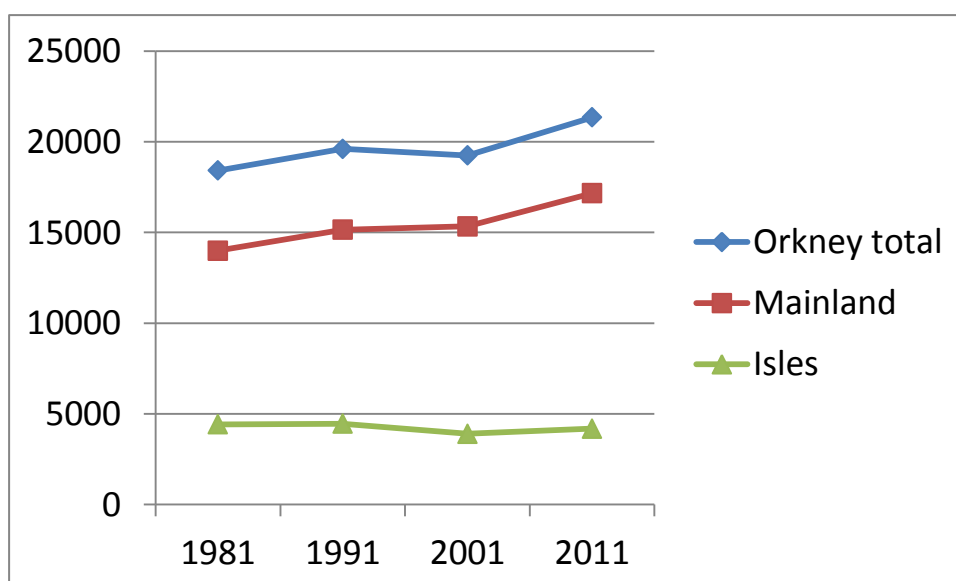
- The most popular names registered in 2015 were James for boys and Ruby for girls.
- 222 deaths were registered in 2015, the most common cause in this year being cancer.
- Female life expectancy at birth (82.8 years) is greater than male life expectancy (78.7 years), and both are greater than the Scottish average.
- From 2013-15 there was an average net inflow of 83 people into Orkney per year, including 38 aged 0-15 and 5 aged 65+. On average 742 arrived and 659 left per year. 16 to 29 year olds were the largest migrant group both ways.
- There were 114 marriages registered in Orkney in 2015 and no civil partnerships.
- In 2015 Orkney had an estimated 10,146 households and 10,924 dwellings; of the latter 90% were occupied, 7% vacant and 4% second homes.

5.2 Promoting sustainability

Orkney's natural and cultural heritage illustrates how natural processes and human activity together have shaped the islands as we see them today. The social and economic sustainability of the islands is heavily dependent on the continued health and diversity of the features which collectively make up 'the environment' of Orkney. In turn, the future of our natural environment is equally dependent upon being recognised and valued by the community, both for its contribution to our quality of life and as an economic and educational resource.

Sustainability is an especial challenge for Orkney's smaller isles. While the overall population may be growing, there has been a steady drift away from the isles towards mainland Orkney. In 1961, 28% of the total population lived on the isles, by 1981 this had fallen to 24% and by 2001 it was 20.4%. The 2011 census figures show a continuation of this trend at 19.6%.

Population of Orkney mainland and isles



Access to services is a key driver behind this trend, with all of Orkney's smaller isles ranking among the most deprived 10% of communities in Scotland in this regard^{vi}. Local development trusts in several of the isles have taken decisive action to improve

their sustainability by investing in community wind turbines. This is generating income to invest in local enterprises, services and projects of benefit to the community. Wind and increasingly marine renewable energy have huge potential to revolutionise the sustainability of Orkney as a whole for generations to come.

A research report, "Our Next Generation: Young People in Orkney Attitudes and Aspirations", was published by Highlands & Islands Enterprise in 2015. This reported that 58% of young people in Orkney described themselves as "committed stayers", compared with the regional average of 42%. It is hugely encouraging that Orkney's younger generation are so well committed to Orkney's future.

5.3 Promoting equality

The 2011 Census gave us an update on equalities data for Orkney. The table below shows some of the demographic changes which have occurred since the 2001 census:

Equalities census data for Orkney	2001	2011	% change
Total population	19,245	21,349	10.93
Population living on the Orkney mainland	15,339	17,162	11.88
Population living on the isles	3,906	4,187	7.19
Total male population	9,497	10,566	11.26
Total female population	9,748	10,783	10.62
Children (under 16)	3,840	3,626	-5.57
Retirement age and over (65 and over)	3,804	4,219	10.91
Average (median) age of the total population	40	42.6	6.50
People with a limiting long-term illness	3,354	4,029	20.13
Carers (people who provide unpaid care)	1,706	1,978	15.94

Some of the effects of unequal life circumstances are apparent in the results of the 2016 release of the Scottish Index of Multiple Deprivation^{vii}. The SIMD measures relative deprivation against seven domains: income, employment, health, education, skills and training, geographic access to services, crime and housing. It divides Scotland into 6,976 small areas, or data zones, and ranks them for each domain, with 1 the most deprived and 10 the least deprived. Orkney has 29 datazones, each containing around 350 households, which vary in size from a few streets in central Kirkwall to several of the outer isles grouped together. Orkney's data zones range in position on the SIMD scale from 2,061 (Hoy, Walls, Flotta and Graemsay) to 6,380 (St Ola – East). The non-linked isles score particularly badly on access to services and housing.

The SIMD is good at measuring deprivation in urban communities, where it mostly occurs in clusters, but deprivation in rural, remote and island communities tends to be disseminated. Individual families may be struggling but will be hidden in the statistics which show that an area is generally well off. Small numbers may also skew results.

Nevertheless, the SIMD is useful in helping to pinpoint the areas where people are experiencing poor outcomes, so that the Partnership can tell where best to target its resources and more analysis will be carried out to inform our plans

Peripherality—being on the edge—is a significant equality issue in Orkney because access to goods and services can depend very much on where you live. We are disadvantaged in accessing national services due to the high travel costs of crossing the water: isles residents doubly so. The "Our Islands Our Future" campaign has succeeded in putting this issue on the national agenda and aims to embed in legislation a requirement for new national policy to be "island-proofed" at the developmental stage.

Because our evidence tells us that our smaller isles have their own challenges we are developing a locality plan for that area to underpin this Plan. This will ensure that decisions about services provided to them are made at the most local level possible. At the time of writing an extensive consultation and engagement exercise is taking place. The Partnership has joined together with the Integration Joint Board and taken a new approach in linking their engagement activity with a participatory budgeting project being run by Voluntary Action Orkney. Development Planning is also interested in the outcomes of this Locality Planning project.

5.4 Working together

The Orkney Partnership was reconfigured in 2015 to bring a wider range of community planning partners onto the Orkney Partnership Board. Membership of the Partnership includes all the community planning partners listed in the Community Empowerment (Scotland) Act 2015 with a duty to facilitate or participate in community planning. Documentation relating to the Partnership, including terms of reference, minutes of meetings, joint plans and strategies, adopted policies and guidelines, reports and more, may be found on the Partnership's website hosted by the Orkney Communities platform.^{viii}

There are number of priority areas for the Partnership where the issues are too big for local action alone. Here, working together means working closely with the Scottish and UK Governments, and with European Union associations such as the Conference of Peripheral Maritime Regions. Innovative solutions are being pursued to break down barriers and enable Orkney to maximise its contribution to national progress. Board members are currently addressing the following priorities in partnership with government:

- a. Strengthening Orkney's grid capacity to support its renewable energy industry.
- b. Securing essential investment in Orkney's internal ferry fleet, and possibly a new management model.
- c. Establishing parity of funding for all Scottish islands authorities.
- d. Supporting remote and rural housing development
- e. Extending the National Concessionary Travel Scheme to include ferry travel.
- f. Finding a partnership solution to the provision of ambulance services on the smaller isles.
- g. Ensuring equality of access to fast, reliable and affordable broadband in remote, rural areas.
- h. Filling in the gaps – or "not-spots" – in mobile telephone networks.

- i. Restoring business travel to the Air Discount Scheme.
- j. Extending the Road Equivalent Tariff scheme to Orkney.
- k. Island-proofing new national policy at the development stage.
- l. Addressing fuel poverty

5.5 Working with communities

Orkney encompasses a complex network of interlocking communities. Geographic communities are represented by community councils, development trusts, community associations, hall committees etc. Orkney's community council network is the most active in Scotland, with all 20 areas normally contested. Eleven local development trusts, each focused on one island or mainland locality, initiate and manage new community development, business ventures, social enterprises and other projects. The Community Directory, maintained by Voluntary Action Orkney, can be found at <http://vaorkney.org.uk/9-uncategorised/488-orkney-community-directory>. This lists around 600 voluntary and community organisations currently active in Orkney, of which 112 maintain active websites on the Orkney Communities platform^x.

Consultation and engagement with all of these bodies, and with individual residents of Orkney, are a high priority for the Partnership. The Partnership has a shared Communications and Community Engagement Strategy, and practical guidelines for community consultation and engagement have been developed and adopted^x. Taking engagement a stage further, the Council is piloting an "Empowering Communities" initiative which promotes resilience by facilitating the co-production of services between service providers and users on the smaller isles. This project, if successful, will be rolled out to more isles and partner agencies.

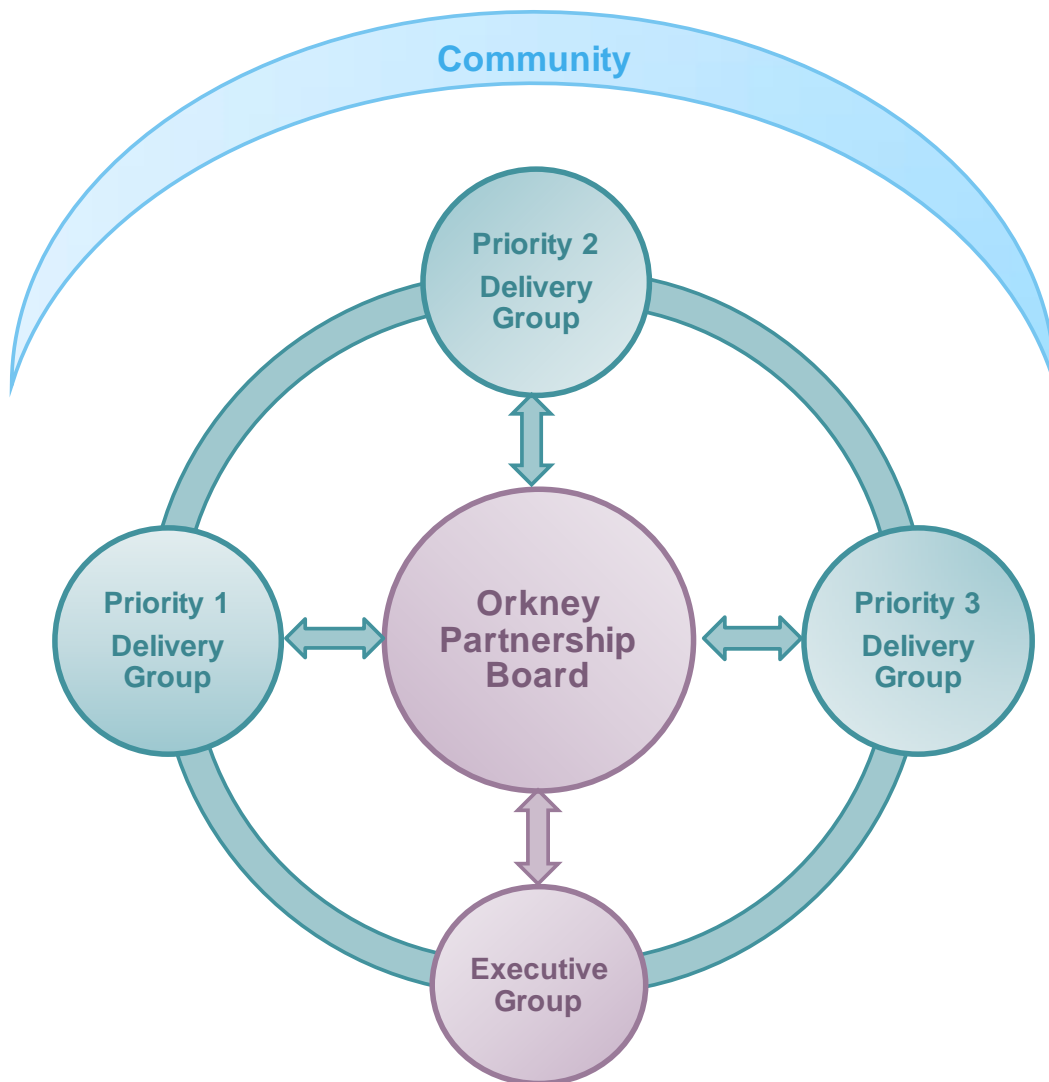
5.6 Working to provide better services

In line with the Scottish Government's challenge to community planning partnerships to move from incremental to transformational change, our emphasis for improvement has shifted over recent years from performance management to innovation.

Public services in Orkney cover a very wide scope. Few local authorities on the Scottish mainland are responsible for harbours, an oil port, airfields, an air service, a ferry fleet and a pilotage service, as well as putting in place the infrastructure required to support a rapidly growing marine renewables industry. Even the regular range of public services in Orkney – health, schools, emptying the bins – present significant challenges when the public to whom they must be delivered are distributed across 18 islands.

Accepted practice elsewhere is that neighbouring public authorities should get together and pool services as the optimum approach to public sector reform but, in a remote island region, it makes much better sense to look to coterminous local partners for synergy and efficiency gains. In a partnership which bridges both approaches, the three islands councils – Orkney, Shetland and the Western Isles – have been working together to develop a new model for islands governance. "Our islands, Our Future" calls for greater subsidiarity for each island group, with more devolved decision making. With the support of the Partnership, this campaign is expected to gain momentum over the life of this plan.

6. Our partnership structure



Membership of the Board comprises all of the partner agencies shown on page 5 of this plan. The Executive Group supports the Board and comprises the five partners shown on page 5 with a duty to facilitate community planning. Each of the Board's strategic priorities is assigned to a Delivery Group. At present there are three, but this number could change. The Delivery Groups are chaired by members of the Board.

The Orkney Partnership works in tandem with two other statutory partnerships: the Integration Joint Board for Health and Social Care (Orkney Health and Care), and the Shadow Orkney Community Justice Partnership, which came into being on 1 April 2016. Each of these partnerships is represented on the Orkney Partnership Board.



The Partnership is supported by the Community Planning Business Manager, a jointly-funded post which is based at the Council Offices. Contact details for the Business Manager are on page 2 of this plan.

7. Our strategic priorities

The most difficult problems tend to arise in areas where challenges exist for all partner agencies, both individually and collectively. The biggest challenges locally are transport, housing, connectivity and fuel poverty, which impact on everything we do. The Board has oversight of the shared challenges and ensures that relevant aspects are being addressed by partner organisations and all three of the Delivery Groups.

Orkney Partnership Board selects its strategic priorities in the light of a number of criteria, including the evidence base set out in section 5, community consultation feedback, issues in need of joint action and/or joint resourcing, problems which no existing agency or partnership can solve on their own, the need for preventative action to limit future demand on services and our shared mission to tackle inequalities.

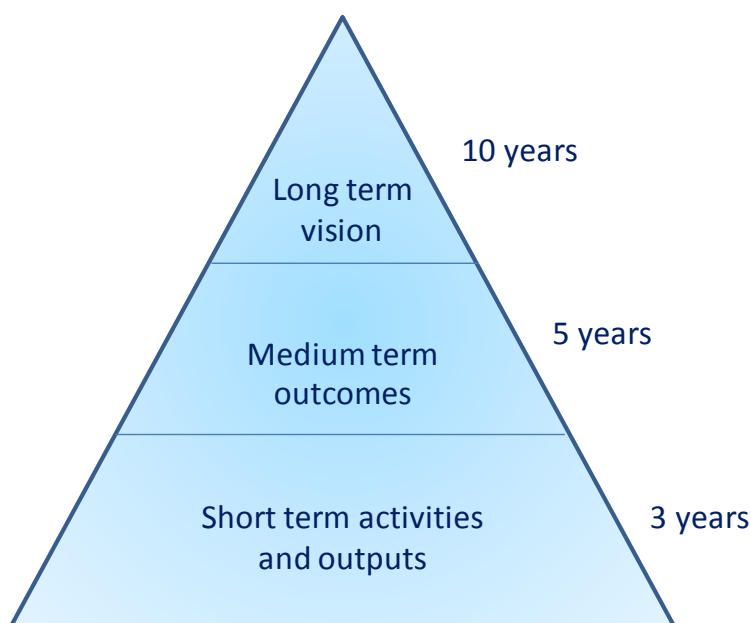
Local Outcome Improvement Plans can be used to demonstrate how community planning partnerships contribute to the Scottish Government's National Outcomes. All public bodies support the National Outcomes in the work they do individually, and partnerships can add value and do more collectively than any one partner could achieve on their own. The table below shows how the Orkney Partnership is supporting the National Outcomes through its strategic priorities.

 Local strategic priorities	 National Outcomes
<p>Positive ageing</p> <p>Independent living; positive and valued participation in the community; long-term health and wellbeing</p>	<p>6. We live longer, healthier lives.</p> <p>15. Our people are able to maintain their independence as they get older, and are able to access appropriate support when they need it.</p>
<p>A vibrant economic environment</p> <p>Opportunities for young people; Orkney innovation zone; community-based enterprise and employment</p>	<p>1. We live in a Scotland that is the most attractive place for doing business in Europe</p> <p>2. We realise our full economic potential with more and better employment opportunities for our people.</p> <p>3. We are better educated, more skilled and more successful, renowned for our research and innovation.</p>
<p>Healthy and sustainable communities</p> <p>Healthy lifestyles; inclusiveness and equality; access; a sustainable health and care workforce</p>	<p>6. We live longer, healthier lives.</p> <p>7. We have tackled the significant inequalities in Scottish society.</p> <p>8. We have improved the life chances for children, young people and families at risk.</p> <p>11. We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.</p>

Each strategic priority is the responsibility of a Delivery Group to plan, progress and report back to the Board. The Delivery Groups may include representatives of any organisations in Orkney which can help to achieve their outcomes. Current chairs are:

Positive Ageing	Gail Anderson, Chief Executive, VAO
Healthy & Sustainable Communities	Cathie Cowan, Chief Executive, NHS Orkney
Vibrant Economic Environment	Graeme Harrison, Area Manager, HIE

The Chairs of the Delivery Groups, working with their stakeholders, compile plans comprising their planned outcomes and the actions needed to achieve them. Each Delivery Group selects a suite of high level performance indicators, aligned to their activities and outputs, which demonstrates how well they are progressing towards their planned outcomes. The resources, in cash and kind, which are needed to implement planned actions are documented collectively in a Joint Resourcing Plan. Delivery Group plans use the planning triangle model:



7.1 Positive ageing

Long term vision

	People in Orkney enjoy long and active lives.
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Medium term outcomes

A.	People live independently in their own homes or a homely setting where possible.
B.	People are participating positively in their communities and the economy and are valued for their contribution.

C.	People are enabled to take responsibility for their long term health and wellbeing.
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Short term activities and outputs

A.	<ul style="list-style-type: none"> • Hold a mapping workshop to identify current housing support and related advisory services. • Pilot community gardening project(s) for delivery to people unable to maintain the external environment around their homes. • Establish a central point of information [hub] for all to inform, raise awareness and educate on matters relating to older people. • Recruit an information contact person within each statutory and third sector service. • Research options for support for carers to identify needs and issues and make recommendations from which to inform future services.
B.	<ul style="list-style-type: none"> • Develop and deliver retirement packs and workshops for people nearing retirement, recognising their positive contribution whether paid or unpaid. • Increase and promote intergenerational activities involving older and younger people. • Explore and establish two pilot projects to increase the number and type of activities and services within community halls. • Develop and support older people's forums to enable effective consultation and engagement.
C.	<ul style="list-style-type: none"> • Establish a "know what your options are" campaign to ensure effective signposting to alternative community services to achieve early intervention. • Develop a toolkit/resource/training to increase awareness of diet/nutrition and physical activity in later life. • Establish activities related to men's interests to increase health and wellbeing.

Key indicators

PA1	Emergency hospital admissions per 100,000 population (65+) (source: Information Services Division, NHS National Services Scotland)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	959	Maintain or decrease	Maintain or decrease	Maintain or decrease

PA2	% of residents aged 60+ with a very or fairly strong feeling of belonging to a community (source: Scottish Household Survey)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	96%	Increase	Increase	98%
PA3	Mortality rates per 100,000 for people aged under 75 (source: National Records of Scotland)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	378.5	Maintain or decrease	Maintain or decrease	Maintain or decrease

7.2 A vibrant economic environment

Long term vision

	Orkney has a vibrant economic environment.
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Medium term outcomes

A.	Orkney is an attractive location for young people to live, work and study.
B.	Orkney is widely recognised as a location for innovation and the application of experimental thinking in sustainable development in an island context.
C.	Orkney's economy offers a broad range of community-based employment opportunities.

Short term activities and outputs

A.	<ul style="list-style-type: none"> Support for the development of greater employment opportunities within Orkney's businesses/sectors; including work placements apprenticeships, graduate placements and supported employment. Development of a broader range of high quality locally-based study opportunities. Fostering of closer links between education/training and the workplace, and the promotion of the full range of local opportunities including entrepreneurship and the third sector/volunteering.
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B.	<ul style="list-style-type: none"> • Exploration with Scottish/UK Governments of the potential to establish Orkney as an “Innovation Zone” in relation to sustainable development practices, with associated investment incentives. • Investment in infrastructure and development of strategies that help position Orkney as an exemplar in sustainable development, and facilitate a low carbon future. • Attract high value academic/commercial research and development activity in areas relevant to Orkney’s future prosperity.
C.	<ul style="list-style-type: none"> • Develop strategies to attract/retain younger people to/in outlying islands and recruit to hard-to-fill vacancies in essential services. • Utilise Orkney’s enhanced digital connectivity to deliver new opportunities for home working, self-employment and social cohesion in outlying islands and parishes. • Delivery of “Empowering Communities” pilot initiative and other social enterprise opportunities at a community level.

Key indicators

VEE1	Employment rate (16-64 years) (source: Office for National Statistics)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	86.8%	Maintain or increase	Maintain or increase	Maintain or increase
VEE2	% of 16-19 year olds participating in education, employment and other training and development activities (source: Skills Development Scotland, Annual Participation Measure August 2016)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	94.1%	Maintain or increase	Maintain or increase	Maintain or increase
VEE3	% of 16-19 year olds with an unconfirmed status (source: Skills Development Scotland, Annual Participation Measure August 2016)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	3.6%	Decrease	Decrease	Decrease

7.3 Healthy and sustainable communities

Long term vision

	Orkney's communities are healthy and sustainable.
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Medium term outcomes

A.	People in Orkney are encouraged and supported to adopt healthy lifestyles.
B.	People in Orkney are supported to plan and develop sustainable living and participate in community activities that improve access, build inclusiveness and reduce inequalities.
C.	Orkney has a sustainable workforce.

Short term activities and outputs

A.	<p>More people have a healthy body weight, have access to information, physical activity and healthy eating options:</p> <ul style="list-style-type: none"> • Co-produce sample menus for use in secondary schools, residential care and NHS Orkney. Develop a working group of people to support this activity. • Develop a brief for a menu of "Happier, Healthier ME" options : FIT programme: <ul style="list-style-type: none"> ○ Fighting Fit - Dietary support and Advice ○ Information: Healthy weight sessions - establish healthy eating and cooking classes (using video conferencing facility for Isles), identify organisation(s) best placed to deliver. ○ Tasters: Practical support and access to physical activity that suits you. Taster sessions on healthy menus. • Engage with people of all ages to explore how to access/provide more outdoor access to physical activity using a rewards type approach. • Feasibility for cycle routes on main link roads. • Work alongside ADP on reducing alcohol consumption.
B.	<p>Develop and test more enterprising activities to support sustainable communities:</p> <ul style="list-style-type: none"> • Consider delivering service and support differently via enterprising activity (social enterprise model) and sustainable principles. Invest in ideas and consider application for funding a feasibility study. Set up a small working group to scope this approach. • Explore opportunities with partners for development of employment

	<p>opportunities, for example modern apprenticeships for people with long term conditions (LTC). Link to employability Pipeline/Forum in Orkney and Job Centre Plus.</p> <ul style="list-style-type: none"> • Support referrals to Tackling Household Affordable Warmth (THAW) and develop evaluation criteria with THAW. • Following completion of the Mental Health review to review and agree priorities to meet any gaps that could be supported by the Third Sector - future action.
C.	<p>Orkney communities have sustainable routes to employment and opportunities for people of all ages:</p> <ul style="list-style-type: none"> • Investigate the need for childcare places to define the baseline in order to identify current and forecast future needs. Investigate and recommend options for delivering sustainable support locally for families (Mainland and Isles). • Work with Community Councils and Development Trusts locally to agree an approach to maximise current public sector assets (which are not in use/limited, reducing use) for community benefit across individual isles and develop support in rural areas on the Mainland.

Key indicators

HSC1	Number of adults participating in some form of sport or exercise, including walking, in previous 4 weeks (source: Scottish Health Survey 2014)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	83%	Increase	Increase	87%
HSC2	% of households in Orkney with a Universal Leisure Membership Card (source: Education, Leisure and Housing, Orkney Islands Council)			
	2015-16 Baseline	2016-17	2017-18	2018-19
	14% (based on current Orkney Islands Council and Pickaquoy Centre membership)	19%	22%	25%

8. Endnotes

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- ⁱ <http://www.orkneyfhs.co.uk/facts/population.htm> (Orkney Family History Society)
- ⁱⁱ [Scotland's 2011 Census Release 2 Statistical Bulletin](#)
- ⁱⁱⁱ [2011 Census Reconciliation Report - Households GRO Scotland](#)
- ^{iv} [Scotland's 2001 Census Results Online \(SCROL\)](#)
- ^v <http://www.nrscotland.gov.uk/files/statistics/council-area-data-sheets/orkney-islands-factsheet.pdf>
- ^{vi} Scottish Index Of Multiple Deprivation (SIMD) 2016: Geographical Access to Services
- ^{vii} <http://www.gov.scot/Topics/Statistics/SIMD>
- ^{viii} <http://www.orkneycommunities.co.uk/COMMUNITYPLANNING/>
- ^{ix} <http://www.orkneycommunities.co.uk/COMMUNITYPLANNING/index.asp?pageid=2865>
- ^x <http://www.orkneycommunities.co.uk/COMMUNITYPLANNING/documents/community-engagement-guidelines-v2.1-july-2015.pdf>