The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust. Registered Charity Number SC034818; Registered Company Number SC255127.

Contact Information : Email: SDTOffice@shapinsay.org.uk

In December we have been really busy getting ready for Christmas. As I write this, we have just had an amazing Christmas lunch and are getting ready for our end of term Carol Service. Everyone made their own

hats for Christmas dinner, as we felt that having crackers wasn't very environmentally friendly. The children also made some great decorations at home, and the school is looking very festive.

The Nursery children have been continuing to plan the further development of our front area. They went on a trip to the Strynd Nursery in Kirkwall and came back with some great ideas. Hopefully when the weather improves, we will start the next stage.

The children have been starting to think about sounds, and are playing games such as i-spy, and looking at the letters they know already. Some of the children have

even started to read some really big numbers which are more than 20! In the icy weather they have been exploring the ice.

In the Primary classes the learning has continued with the same topics as last month. The younger class have been choosing their own areas to research in conjunction with their Australia and New Zealand topics, and gave presentations to families and the older class. They have researched Christmas in Australia, while the older class researched Christmas in France and Germany. In ICT the older class have been learning some of the more advanced features of Microsoft Paint, while the younger class have been inputting data in Excel and creating graphs. The older class have learned about Hinduism and Advent in RME.

We start back at school on the 6th January. In the meantime, a very Merry Christmas and a Happy New Year from everyone at the school.

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SHAPINSAY DEVELOPMENT TRUST

The Shapinsay Sound

January 2020

Shapinsay Development Trust





FROM ALL At The **BOATHOUSE**

Shapinsay Development Trust

NEW SWAP APPLICATION FORM AND GUIDANCE

Over the past year or so, the Board has come to realise that an easier application process for SWAP (Shapinsay Way Ahead Programme) grants is needed.

To this end we have put together the attached Application Form and Guidance and ask for comments on whether you find them easy to understand and use.

Please return any relevant comments to the Boathouse by Friday 24th January 2020.

SWAP GUIDANCE FOR APPLICANTS USE IN CONJUNCTION WITH THE APPLICATION FORM

Thank you for your interest in SWAP. Please feel free to talk to a member of the Board about your application and/or ask for assistance in filling out the form by making an appointment via the Boathouse (Tel: 711733 or email: boathouse@shapinsay.org.uk).

GRANTS

The following grants are available via SWAP but with conditions applied:

Driving Lessons:

We will accept applications for funding for driving lessons up to £300 maximum as a one-off grant.

Equipment:

We will accept applications for equipment to enable activities, as part of a SWAP application. We will fund, IN ANY ONE FINANCIAL YEAR (April-March), 50% of any equipment needed up to a maximum grant of £100.00.

Please note that if a community group wishes to apply for equipment at a cost of over £100.00 the Board will consider providing assistance towards the cost.

Accommodation (room only and we will not fund food):

We will accept applications for accommodation when an activity requires an overnight stay. We will fund accommodation up to £50 per room per night (one room per application). This will only be for a maximum of 3 nights in any one stay and a maximum of 5 nights in any 12 month period.

Please note that under exceptional circumstances the Board may agree to additional nights ' accommodation.

PLEASE NOTE THAT YOU WILL NEED TO PROVIDE US WITH RECEIPTS FOR ANY EXPENDITURE ON THE ABOVE. ANY GRANT FUNDING UNACCOUNTABLE FOR BY RECEIPT WILL NEED TO BE REPAID TO SDT.

ACTIVITIES WE WOULD LIKE TO FUND THROUGH OUR SWAP GRANTS

We accept grant applications from young people and, adults if you are resident in Shapinsay, and community groups if your group benefits Shapinsay residents.

Young People

We welcome applications from individual young people for sporting, educational / training or environmental activities.

Adults

We welcome applications from individual adults for sporting or environmental activities or training and development.

Community Groups

We welcome applications from community groups for social, heritage or environmental activities, training and development or equipment.

Other activities

We welcome applications from individuals or community groups for activities other than those mentioned above; however those applications will need to be discussed at a full board meeting before any decision can be made.

Shapinsay Development Trust

We have had several complaints regarding people parking in the disabled parking space at the boathouse and the pier. Can people please be aware that this space is only for blue badge holders and the chevrons/ hatchings are to allow folk access to get into their vehicle. Please do not park on these lines. Thank you,

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The bay is clearly marked in white paint with the word **DISABLED** and chevrons in the prescribed size and shape common in U.K. This is to allow disabled drivers and passengers who have a valid blue badge to have access and to get in and out of the car.

This bay is for blue badge holders. Blue badges are available from Orkney Islands Council. A blue badge is issued to an individual who has undergone the application process and who is deemed to have a gualifying condition by a medical professional.

Not all disabilities are visible. The rules for using the blue badge is that as a driver or passenger holding a valid badge you may park in a disabled parking space. The badge must be displayed clearly. Failure to display the badge correctly renders the driver liable for a penalty charge or fine.

Misuse of the badge is a criminal offence.

Please do not park in any part of the disabled bay at any time unless you have and display a valid blue badge. OIC and Marine Services have a duty to supply and enforce disabled bays.



NHS



TRAVEL BOOKINGS FOR ATTENDING HOSPITAL APPOINTMENTS

IMPORTANT CHANGE OF PROCEDURE

Heilendi Practice has now moved to The Balfour and subsequently stopped doing travel bookings due to their close proximity to the travel administration team.

For Shapinsay patients this should have little effect on most travel bookings. As before, you bring your appointment letter into the Shapinsay surgery *during office hours* and we will make the travel booking for you. Your ticket will usually be ready for collection from the surgery one or two days later.

However **if the booking is urgent (i.e. for the next day)** and it is outwith Shapinsay office hours, you no longer contact Heilendi Practice but instead **phone Central Reception at The Balfour on 888100 to arrange your travel.** The ticket can then be emailed to you or collected from The Balfour.

Please contact the Practice if you have any questions about this new procedure. Thank you.

Shapinsay Development Trust Part 2

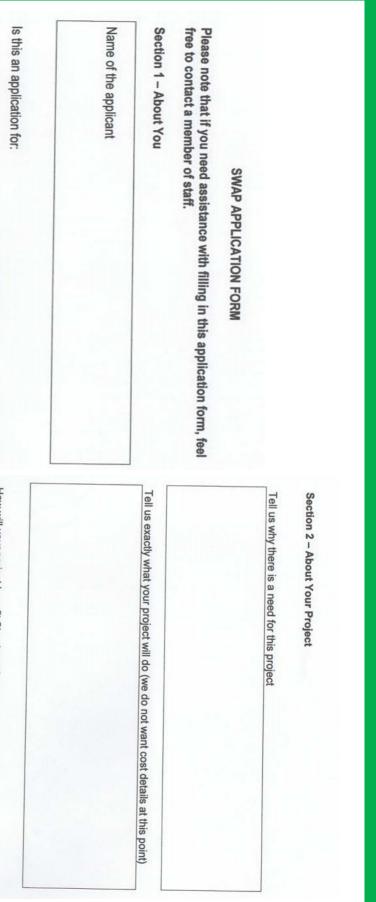
Contact details

Young person / adult / community group (please delete categories not applicable)

| Vhen do you want to start the project? |
|--|
| |
| /hen will your project finish? |
| |

10

5



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Shapinsay Development Trust Part 3

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| TOTAL | ITEM | TOTAL What do you want SDT to fu | ITEM |
|-------|-----------------|---|---------|
| 2 | SDT FUNDING £ | TOTAL TOTAL What do you want SDT to fund and what is being funded from elsewhere? | DETAILS |
| | OTHER FUNDING £ | from elsewhere? | COST £ |

Section 4 - Declaration

I declare that the information supplied in this application is true and complete as of the date below.

I understand that I will have to supply proof of purchase/expenditure to SDT through the provision of receipts within 14 days of completing the activity/spending the money, and that if I cannot provide this proof I will have to repay that part of the grant.

Signed Name in block letters

Date

Section 4 – Your Bank Details

Please provide:

Wellbeing

Ability Net

We have received information and spoken to the volunteers of a charity called Ability Net. They are a charity which provides free help with technology to older people and disabled people of all ages. The volunteers have a range of skills and can help with all kinds of challenges- from device setup and getting online to troubleshooting and solving technical issues.

The advice is free and they can help with computers, tablets, smartphones and other devices. A home visit can be arranged to come and help you in the comfort of your home or if we have enough interest a session could be arranged to be held at the boathouse and you bring along your device if it's easily transported.

I spoke to Simon Brodie(the volunteer from Ability Net based in town) and he is very enthusiastic and encouraging about the service and is more than willing to come out to Shapinsay to provide the free service if we have enough interest, so if you feel this is something which you feel you would like a bit of help with please do get in touch with Alison Meason at wellbeing.shapinsay@gmail.com on facebook enhancing wellbeing Shapinsay or at The Boathouse 711733 and we will pop your name down and see that we get something organised in January. It's not long sessions but if you need some technical help it's a great opportunity for some free help and advice on our island.

New Years Day 1st January

If you feel the need for some joyful company out of the house on new years day why not come along Soond Cinema is kicking off the New Year with a film that has a little bit of something for everyone at the Boathouse on 1st January 2020 at 3pm. If you enjoy watching a movie in good company with a hot drink and some delicious home bakes thrown in for free, then please come along and join us, everyone is welcome. For more details about the film being shown take a look at the Soond Cinema 'billboard' in the Boathouse window or contact Carole opheliasparkle@yahoo.com or Lynne lynnecollinson3@gmail.com or Alison wellbeing.shapinsay@gmail.com or call in to the Boathouse office for more information. Nga mihi o te tau hou (Happy New Year!).

BALL group

Be active long live group meets in the clubrooms at the Community Centre most Mondays at 1030am. So far some of the activities have been tap dancing, salsa dancing, curling, Boccia (bowls), hedgehog book folding, quizzes, table tennis, talk about Malawi music project and always a chat over a cuppa. The group is for anyone over 50 years and we would love more folk to come along to keep the group going. All activities are all inclusive and you only take part in what you feel able and fit to do. It is lots of laughs and fun and we would love if you would come along. Not sure what its about or want to come but don't want to go on your own please do get in touch and we can arrange for someone to take you along. Transport is available via the electric car contact the boathouse 711733 to arrange. Cost of meeting is £2.50. any queries contact Alison Meason 711261.

Dates for January BALL group Monday 13th Monday 20th Monday 27th Who? Ányone over 50 years When? Mondays 1030am to 1230 Cost £2.50 Where? The clubrooms, community centre What? Some gentle exercise and social activity Why? To have some fun, physical activity and socialize

Health walks

Join us for a walk around Balfour Mains on Tuesdays 2pm meeting at The Boathouse. All ages welcome to come along and we have a cuppa in The Boathouse afterwards.

Dates for walks 2pm from The Boathouse All ages welcome

Tuesday 31st December Tuesday 7th January Tuesday 14th January Tuesday 21st January Tuesday 28th January

HE SHAPINSAY SOUND



EUROPE & SCOTLAND European Social Fund Investing in a Smart, Sustainable and Inclusive Future