

# The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
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## Aladdin Pantomime

We are all busy practising for Aladdin – with songs, acting and jokes. It's funny, action-packed, scary and sometimes a bit sad. Please come along to see the pantomime on Thursday 9<sup>th</sup> March we have performances at 1.30pm and 6.30pm. There is no entry charge but there will be raffles and refreshments at both performances. All are welcome!

## News from the classes

Nursery children have been busy turning their autumn tree into a spring one by making blossom. They've also had great fun making dens in the classroom.

**P1 – 3** have continued learning about Ancient Egypt. Recently they have been finding out about Tutankhamun, the Old Testament stories of Joseph and Moses and have started an experiment involving mummifying apples.

**P4 – 7** have been learning about clothing in French. In science they are learning about the properties of materials. They've been writing reports in English. In Social Studies they are finding out about how needs are met and will be learning about ethical trading.

## Visit from Caroline Wickham-Jones

Caroline came in to visit us to talk to us about archaeology and Ancient Orkney. She was the consultant on the recent programme about Orkney. She brought in lots of things to show us and it was really interesting. Caroline had a stone axe and lots of arrowheads and scrapers. **P1 – 3** learned how to make Neolithic paint using haematite stone and water.

## Recycle with Michael

Thanks to everyone who donated to our last collection. We raised £28 for the school. We're doing another collection so please drop by the school if you'd like a bag. Please can bags be back brought to school between 27<sup>th</sup> and 31<sup>st</sup> March.

## School Sale

The Pupil Council are organising a sale on Friday 24<sup>th</sup> March from 2pm – 3pm to raise money for the Hoy and Lagganlia trips in June. Please bring donations of old stuff (toys, books, clothes, bric-a-brac etc) into school the week beginning 21<sup>st</sup> March. Anything not sold will be donated to charity and clothing will be added to the Recycle with Michael bags. Parent Council will be doing refreshments. As it's Red Nose Day we will also be doing some fundraising activities that afternoon as well.

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March 2017

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## From the Chair

by Sheila Garson

I'm writing this the morning after the 'Your Island Your Choice' event and I'm still buzzing from this hugely positive experience. The event was the final part in the process of allocating £2,300 funding to projects on Shapinsay; our island's share of the £30k plus award to Orkney from the Scottish Government's Community Choices Fund. We had 5 great, diverse projects competing for a share of this pot; Over 12s Drop in Centre presented by Markus Muir, Stacking chairs with arms for the Community Centre presented by Jan Buchanan on behalf of Lunch Club, 'Shapinsay Speaks' an oral history project presented by Kenny Meason, Elwick Bookwrights presented by Lynne Collinson on behalf of Kate Fereday Eshete and Playpark Trim Trail presented by Leanne Bews.



This was no Dragons Den though as the presentations were made, questions answered and final votes cast in an atmosphere of encouragement and support. Once the votes were counted and verified the following awards were agreed; Shapinsay Speaks £850, 12 and over Drop in Centre £500 and Playpark Trim Trail £950.

Your Island Your Choice is part of a Scottish Government initiative, which could see 1% of Local Authority funding allocated annually through a process called Participatory Budgeting or PB for short. The blurb says '...Participatory Budgeting is an innovative process which enables residents to have direct decision making powers over the allocation of resources in their communities in a way that is fair and transparent...'

I'm pretty sure that the term participatory budgeting wasn't at the forefront of any of our minds as we considered the 5 projects put forward or as we used our 3 pieces of Lego to cast our votes, but there's no doubt that Shapinsay's 'Your Island Your Choice' experience ticked all the PB boxes. In statistical terms over 10% of the population turned out on the night to hear each of the project pitches for funding and in total over 25% of the population voted. These are impressive statistics, which will make the funders very happy, but what impressed me far more was how this process has really engaged and involved the community, how it brought together folk of all ages and backgrounds and united us in a common aim. For me it proves that Shapinsay, as a community, is in good heart.

Finally, I'd like to say a big thank you to the local steering group of Lynne Collinson, Jenny Hall, Annette Kikpatrick, Markus Muir and Gavin Rendall who worked hard to make this such a success and to the Development Trust and Community Association for their support.

## THE WINNERS





## Let's talk about Health, Social Care and Wellbeing on Shapinsay...

There's never been a better time for our community to start thinking about the important topics of health, social care and wellbeing on our island both for now and the future.

This is an invitation for all of us to join a conversation about what our hopes, aspirations and sustainable solutions might be to address some of the challenges involved.

For example it's expected that over the next 25 years the proportion of households where the oldest person is 85 or over will grow faster than any other age group and homes that meet the needs of older people will be in greater demand. Added to that the population in Orkney is ageing faster than the national average so there's a lot to think about and plan towards.

With this in mind we are already looking at the housing needs on the island and pursuing a funding application for some type of supported accommodation and have joined together with a number of other island Trusts to apply for a Housing Needs Assessment to gather evidence to move things forward.

Having such an assessment with vital input from the community would position us well to apply to the current Rural Housing Fund and for land/property purchase through the Scottish Land Fund which could allow us to create a sheltered or very sheltered housing project.

In the meantime, what else could we be looking at to help improve health and wellbeing options for Shapinsay? Offering plenty of opportunities for folks to have social contact in the pursuit of hobbies or interests is one aspect.

Tackling inequality of opportunity for the housebound or isolated with innovative volunteer input could be another. Inclusion through new projects which facilitate the involvement of everyone who wants to take part is another option.

Are there new strategies that could be put in place to help those experiencing mental health issues or struggling in some other way? Is there a way to prepare our community as to how to respond when a crisis which has arisen in someone else's life also affects others.

Also, is there enough practical as well as social support? That is another question worth asking. Perhaps new initiatives could be introduced to provide help with general DIY, gardening and making new friends. Could information on what services are available be more easily accessible? Are there grants around which if successfully applied for could help facilitate some of these things?

We have to be resourceful and creative when thinking about ideas and solutions that give people choices especially against a backdrop of cutbacks in local authority funding. It has been good to see that the five projects put forward for the 'Your Island Your Choice' funding for Shapinsay were all offering new activities or better facilitating existing ones for the community. We need more of that kind of thinking and whatever your ideas on the theme of health, social care and wellbeing for this island are, I would love to hear from you.

Email Lynne Collinson at [cao@shapinsay.org.uk](mailto:cao@shapinsay.org.uk) or pop into the Boathouse for a chat between 10am and 2pm weekdays.

**Let's keep the conversation going!**

## Clytus. Klydon

by Kenny Meason

### Ferries

Today's islanders commute to work daily in Kirkwall, others shop or visit or even travel onwards through the modern transport networks of ferries and airplanes without a thought to the past.

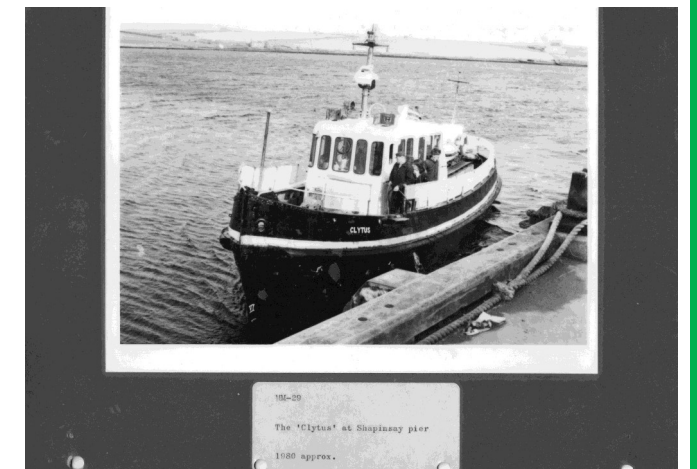
One photo shows the MV Klydon lying at the Shapinsay pier in the 1960's. She was operated by the Dennison family and daily carried all passengers, all goods, groceries, materials, farm requisites, cars, tractors and anything and everything else too.

The Klydon's operations were eclipsed when the present Orkney Ferries took over.

The second picture shows the island's passenger ferry MV Clytus. This photo shows her in the Orkney ferries livery of black and white and taken in the early seventies. All freight was carried by the MV Islander.

Commuters of today would be horrified by the small size and lack of facilities but this sturdy little vessel had excellent sea keeping qualities and if she did not sail due to weather, which was seldom, then most sensible folk were happy to stay at home.

We should pause and take stock of the sweeping changes in all our lifestyles in the island especially involving our modes and standards of transport. Would you like to put the clock back?



## Shapinsay Healthy Living Centre

Following our Open Day at the end of January we had a good look at the results of our survey on opening times for the gym. A new timetable will run from the first week in March. This is for a trial period and we would welcome feedback. We've shortened our supervised sessions so we can fit more into the week and have more sessions during the day. The buddy system will continue to run as usual.

### Supervised Sessions

Tuesday - 1.30-3pm  
Thursday - 8.30-10am & 7.30-9pm  
Friday - 10-11.30pm  
Sunday - 10-11.30pm

### Slimmers' Session

Thursday—6.30-7.30pm ( **booking advised** )

### Tone & Trim

Saturday 4.30-6pm ( **booking essential** )

### Fatburn Extreme

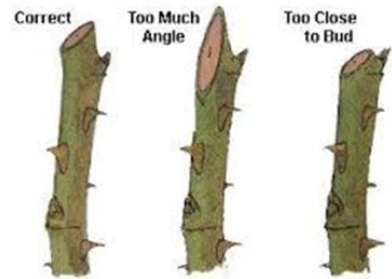
Monday - 6pm  
Tuesday - 8.30am ( **Beginners** )  
Wednesday - 6.15pm ( **clubrooms** )  
Friday - 5pm



## Garden Notes from Old School

What changeable weather we've had lately, cold, wild and wet days followed by calm, sunny warm days! Generally I don't mind the wind but I have to admit that still, sunny days at this time of year are treasured; it's so lovely to be able to really appreciate the early spring flowers without them getting dashed to pieces before they've even had a chance to fully open their flowers. I saw my first bee of the year on 15<sup>th</sup> February and luckily there are a few flowers around to offer some sustenance.

A decision has finally been reached on where we will site our new greenhouse! Various locations have been considered but in the end, it made sense to put it in the existing vegetable garden; water and electricity are close by and it's near enough pop out and gather some veg for dinner. In reality, what we're doing is just using an area that's already well cultivated and putting it under cover. However, there were already fruit bushes growing in the chosen spot so they have had to be moved. Luckily, it's the perfect time of year to be making such moves so the blackcurrants, redcurrants and white currants are now in their new home. Some of the blackcurrants were grown from cuttings and were just a single stem; these have been cut right down to about 4" so that they will produce new stems from the bottom and eventually develop into a bowl shape. Other more established bushes will just need about a third of any old branches cut right down to the base and any that have died back or are crossing over others can be removed. Finally a good mulch of last year's horse manure should encourage them to settle in. Shrub roses can also be treated in a similar way. They are already starting into growth so it's easy to see where the leaf nodes are on the stems; make a slanting cut just above the node of an outward facing leaf bud so that rain will run away from the bud.



The young bare rooted trees I wrote about last month duly arrived and have now been planted. I have always found that an angled stake works better than an upright one for young trees. This keeps the roots firmly in place so they can establish well without rocking but the upper part of the tree is still able to bend and flex a little. However on a bigger tree or one that is planted in a more exposed position I use two stakes at different angles.



The snowdrops are thriving in a sheltered spot but they have now become too congested and need to be split into smaller clumps. The best time to move snowdrops is when they are 'in the green', that is, when the flowers have finished but before the leaves die back. Divide them into groups of about five bulbs and although they will look rather sparse at first, they will quickly establish and flower well next year.

I had a conversation with someone recently about the number of seeds supplied in a packet, particularly things like cabbage, carrot and lettuce. Once a packet is opened the seed will start to deteriorate and although some will stay viable for several years, others

like carrot and parsnip will not, so the remaining seeds are wasted. Most of us don't need 200 lettuces each year so I spent some time looking online for companies that supply smaller quantities of seed. I discovered [www.moreveg.co.uk](http://www.moreveg.co.uk) which has packets ranging in price from 50p to £1.00 and if you spend over £10, post & packing is free throughout the UK. They seem to have a good range of varieties and although some still contain 150 seeds, many contain far fewer so much less wastage. Another option is seed tapes or mats which come ready to simply place in a drill and cover lightly. They are of course a bit more expensive but have the advantage that the seeds are already spaced so no need for fiddly thinning later on. We could of course organise an island seed swap!

If you have any garden tips that you would like to share or any special plants that you would like to tell others about please let me know and I will include them next month.

Karen Evans, Old School, Shapinsay

[karen@evanssmallholder.plus.com](mailto:karen@evanssmallholder.plus.com)

## Whole lotta kindness going on!

By Lynne Collinson

Youngsters on Shapinsay have been making our island an even kinder place to live after taking part in a 'Kinder Scotland' challenge.



Members of Rainbows and Brownies have created a colourful Kindness Tree in the Music Room at the Community Centre and having been adding leaves to their handiwork listing some of the kind things they've been doing as well as filling in individual Kindness Charts.

They also made some lovely flowers as a colourful surprise for the Lunch Club. Their comments about how they've loved going out of their way

to be kind have been heart-warming so we thought we'd share some of them with you.



**"I enjoy being helpful because it makes me feel happy" Anwen Bird.**

**"I'm happy because if other people can't do stuff you can do stuff for them and that makes me happy" Leilah Muir**

**"I like being kind because that makes people happy" Orla Boyd**

**"it makes me feel proud because when I was younger I wasn't very strong but now I am strong enough to help other people" Erika Bews**

Brownies leader Alison Meason and Rainbows leader Sue Brown are delighted with the response. Says Alison "I've noticed them being more polite at snack time and looking out for one another". "It's been nice to see the amount of effort the girls have put in – they've all made a really big difference and are getting on well with each other" adds Sue.



The Beavers, Cubs and Scouts have also taken on the challenge and told the Shapinsay Sound some of the many kind things they've been up to. These ranged from helping Dad in the byres to playing with someone who had no one to play with, feeding the cows and sheep, letting a younger sister play on the Xbox, emptying the dishwasher, helping Mum with the washing up, teaching someone how to steer a skateboard and even helping to tidy a room that hadn't been tidied for 5 months! The group all felt that making other people happy made them happy too. Cubs, Beavers and Scouts leader Emma Clements says "being helpful is something they all try to do as part of their scouting Promise but it's nice to part of something that other people are doing too"



## Shapinsay Development Trust

### **Tenders required.** Grass cutting at the Boathouse



With spring almost! here we would like to invite tenders for cutting the grass around the Boathouse.

Anybody interested in tendering for this should put their quotes in writing by the 31st March 2017

to  
boathouse@shapinsay.org.uk

or  
The Boathouse  
Shapinsay  
Orkney  
KW17 2DY

## Shapinsay Community Council—Road Scheme 2017

### **The Shapinsay Community Council has allocated funds towards road improvement costs**

Island residents can apply for financial assistance towards the cost of road materials, by applying in writing to the :-

Interim Clerk, Shapinsay Community Council, c/o Democratic Services, Orkney Islands Council,  
Council Offices, Kirkwall by Friday, 17 March 2017.

## Shapinsay Heritage, Arts and Crafts — AGM Update

On Wednesday 8<sup>th</sup> February Shapinsay Heritage, Arts and Crafts held its first AGM in its new life as a Scottish Charitable Incorporated Organisation (SCIO). We were delighted both with the excellent turnout, the positive attitude and constructive ideas displayed towards trying to build a successful future in an increasingly challenging environment.

The new organisation is managed by a board of charity trustees, who are elected each year at the AGM by the members from the members. The following trustees were appointed for 2017: Lynne Collinson, Jean Coomber, Paul Evans, Robert Grainger, Louise Hollinrake, Sandra Rodwell, Lisa-Marie Muir and Edith Tait.

The board of trustees met briefly after the AGM and appointed the following officers: Chair – Louise Hollinrake; Vice Chair – Jean Coomber; Treasurer and Membership Secretary – Robert Grainger; Secretary – Paul Evans.

When the previous organisation, Shapinsay Heritage Trust, was replaced by the new organisation last year, a number of the existing trustees at that time 'retired'. They included Karen Evans, Margaret Groat, Jim Hepburn, Ivan Hourston, Dorothy Laird and Ian Tait. Of the seven trustees who continued in order to manage the transition to the new organisation, Marjory Kent, Kenny Meason and Jean Wallace did not wish to stand for election to the board of trustees for 2017. Shapinsay Heritage, Arts and Crafts owes a huge debt of gratitude to all of these people for all their interest, guidance, hard work and dedication in helping to keep the organisation running successfully over the past, (in some cases), many years. We hope they will enjoy continuing their involvement as members, albeit without the management responsibility!

Although Shapinsay Heritage, Arts and Crafts is managed by the board of trustees, it is intended that many of the activities will be organised and run by sub-groups of members, enabling as many members as possible to be involved in those areas which are of interest to them. In our 'transition' year last year, we operated an exhibition sub-group, to set up the exhibition in the Smithy and a craft shop group, to set up the craft shop and manage the Smithy during the public opening times. As the work of the exhibition sub-group needed to begin straight away, in order to be ready for the new season, those members with an interest in this area put their names forward at the AGM and by the time you read this, will have held at least their first meeting. Once a theme has been agreed and further meetings arranged, we will publicise this, at the very least with a notice in the shop, so anyone else who would like to get involved can come and join us.

Publicity for our activities was identified at our AGM discussions as being of particular importance. In the past few years, we have relied on organised cruise liner visits for more than one third of our income. Grants towards running costs, such as have previously been received from Orkney Islands Council, are becoming increasingly hard to obtain, with grants more normally now being focused on the delivery of particular projects. Expanding the range and appeal of our activities, not only to attract tourists visiting Orkney and to encourage visits from within the rest of Orkney, but also for Shapinsay residents, together with improved publicity and marketing will therefore be very important in the future, not only to enable Shapinsay Heritage, Arts and Crafts to continue to function, but also to support other businesses on the island. Activities and Marketing sub groups could emerge to tackle these challenges.

Many excellent ideas were put forward during our AGM discussions, including expanding use of the Facebook page for members which was set up last year to enable the craft shop group to communicate easily with each other. The first full meeting of the board of trustees is taking place on Thursday 2<sup>nd</sup> March where these ideas will be considered further. If anyone has any suggestions to make, would like to become a member, (if not already) or help in any other way, please have a word with any one of the board members. We will be very pleased to hear from you.

Shapinsay Heritage, Arts and Crafts is a Scottish Charitable Incorporated Organisation no. SCO30206