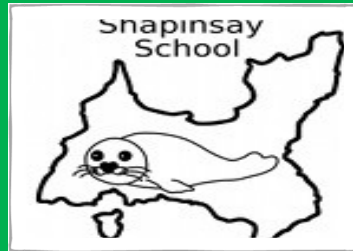


The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
Registered Charity Number: S0034818; Registered Company Number: SC255127.

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

Telephone: 01856 711733.



HANDBELLS GROUP

WANTED!



MORE RINGERS

We need more people to join us. You don't need to be able to read music, we play by colours!

We are learning all the time and there is no pressure to play in public if you don't want to!

Just turn up and see what it is like.

We meet in the music room at the school on Monday evening from 7:30pm to 8:30pm and have some fun.

Any questions contact Emma Clements. 711740

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SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

March 2020



Shapinsay Development Trust

SHAPINSAY DEVELOPMENT PLAN CONSULTATION

As you have seen from recent publicity as well as the public consultation sessions held on February 26th, we are currently inviting all residents, of any age, and interested parties to complete questionnaires, either online or paper copies.

Thank you to all who attended one of these sessions and also to those that have already submitted their thoughts.

To give anyone who hasn't yet had a chance to reply, the closing date has been extended to **8th March**, for both online and paper questionnaires.

Paper copies of the questionnaire can be collected from the Boathouse and are on various local noticeboards.

For online completion, go to; surveymonkey.co.uk/r/Shapinsay_Community_Survey

If you would like any further information or were unable to attend the consultation session but would like to feed through ideas, please email:-
Douglas Westwater at douglas@communityenterprise.co.uk

HOUSING UPDATE

Following the last housing open meeting in October 2019, where the consensus of opinion, as outlined in November 2019 issue of the Shapinsay Sound, was that the way forward with providing affordable houses in Shapinsay was to look into purchasing existing houses and renovate them to a high standard rather than building new houses, the Development Trust has been working towards achieving this.

Shapinsay Development Trust are currently looking at the possibility of purchasing 2 houses in Balfour village and having them renovated, to include an energy efficient heating system and insulation, before offering them for rental.

We are currently in the process of preparing to apply for funding, both towards the purchase of these properties and also the cost of renovation work. As part of the process we have an architect, Shane Scott, working with us. Shane's work has been fully funded from external sources, he has also put forward plans for the renovation works needed, with the aim of making the properties comfortable and attractive to live in, as well as aiming to reduce energy costs.

The rental of the properties will be managed by an outside agency, yet to be decided, but we will be involved in the setting of criteria for prospective tenants, with a view of working towards the Trust's objectives.

As always, all developments will be reported to residents via the Shapinsay Sound.

Shapinsay Development Trust Part 2

The next stage, prior to being able to put funding applications forward, was to offer the work out for tender. To make this process fair and transparent Shane is fully responsible for the tender process, including the choice of successful tenders, with no involvement from Shapinsay Development Trust.

When the tender process is completed we will be able to submit the funding applications. We anticipate this being towards the end of March and we should know if we are successful with our applications towards the end of May.

If successful, it is hoped the renovation work will begin during July and the properties completed by Spring 2021.

The rental of the properties will be managed by an outside agency, yet to be decided, but we will be involved in the setting of criteria for prospective tenants, with a view of working towards the Trust's objectives.

As always, all developments will be reported to residents via the Shapinsay Sound.

Wellbeing Shapinsay

Monday's group continues to meet fortnightly in March. The dates are Monday **9th March** and Monday **23rd March**.

It is run by Susan from Voluntary Action Orkney. **We meet at 10.30am**. So far we have tried curling, target mat, tap and salsa dancing, had various talks such as Fire Safety, THAW, Malawi music project, and tried out several crafts, had lots of cuppas and shared many laughs.

IF you are over 50 why don't you come along to see what it's about? All equipment is provided. Cost is £2.50 to cover instructors costs and for refreshments. No-one has to do anything they are not comfortable doing and you don't have to attend every week.

There is no membership or membership fees. No committee to join. All very welcome to come along no matter what your ability. If you would like to come along but not sure what it's about or don't want to go along on your own I am more than willing to come along with you. They really are a friendly bunch and we would love to see some more folk join us.
Alison Meason 711733 'The Boathouse' Monday – Friday 10am to 2pm

Do you enjoy gardening? Do you sometimes have some left over plants or cuttings? It is hoped to have a plant exchange in May. So rather than let anything go to waste please keep anything surplus and more details to follow in next month's newsletter.

If you enjoy getting out for a walk and would like some company why not join us on **Tuesdays 2pm** from The Boathouse. Our walks are local to the village and then back to the Boathouse to share a cuppa and chat. All ages welcome.

Darn Good Yarn is held fortnightly – **Saturdays 14th and 28th March. 2pm to 4pm** in 'The Boathouse' Refreshments provided. No costs. Bring along a craft you enjoy and have a yarn. The satellite map of Shapinsay is available for anyone who would like to add some embroidery to it.

If there is something which you would like to see happening on the island which would enhance wellbeing please do get in touch

Alison Meason 711733 Facebook 'Enhancing wellbeing Shapinsay'

Or email:- wellbeing.shapinsay@gmail.com

Wellbeing

TAKE A STAND AGAINST

TELEPHONE SCAMS

Scammers often use the telephone as a method to gain personal details and con people out of their life savings. Avoid being one of them, protect yourself.



Top 5 Tips To Take A Stand Against Telephone Scams

1. Never give out personal or bank details over the telephone.
2. Don't feel pressured to making a decision over the telephone.
3. If the caller is vague about giving out their company information, hang up.
4. Don't open texts or answer calls from unrecognisable numbers.
5. Consider a call blocking device to filter out unwanted calls.

Remember if you're not sure, get advice and always report a scam



For advice on scams call
Citizens Advice Consumer Helpline: **03454 04 05 06**

To report scams contact
Action Fraud: **0300 123 2040**

NATIONAL TRADING STANDARDS
Scams Team

Wellbeing



Befriending Volunteers Needed

The Adult Befriending Service are looking for one to one befriending volunteers

- Do you have an hour a week to spare to visit an older person?
- Have you got good communication skills?

You could make a real difference in someone's life!

Some activities you might take part in as a befriender are:

- visit your befriender in their own home and chat
- play a game or share a hobby
- give support with IT or other practical activities
- go for a drive or visit a place of interest
- visit a café or the shops together

Mileage will be paid and full training will be given.

If you are interested in becoming a befriender please contact the Adult Befriending Service on 01856872897 for a chat.

Wellbeing Shapinsay

What is a men's shed?

Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Sheds typically attract older men, but many have younger members and women too. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members.

Sheds are about meeting like-minded people and having someone to share your worries with. They are about having fun, sharing skills and knowledge with like-minded people and gaining a renewed sense of purpose and belonging. As a by-product of all of that they reduce isolation and feelings of loneliness, they allow men to deal with mental health challenges more easily and remain independent, they rebuild communities and in many cases, they save men's lives.

Watch this space and a Men's Shed may become a reality for Shapinsay if there is enough island interest. If it is something you would like to have on the island and be involved in please let me know.
Alison Meason 711733

Kirk News

The Measons travel diary

A good few folks have been asking about our travels so this time we took the plunge and decided to write about our latest trip to southern France and northern Spain. We went at the beginning of February. The French couldn't understand why because the weather was soooo bad! We couldn't comprehend what they were on about as the temperature was between 14 and 19 degrees, light breeze and overcast skies. Seriously?? That's almost Orkney summer!!

We flew into Toulouse from Inverness. We had two nights there. Toulouse is an aircraft city. Airbus is made here with British wings. We visited a vintage aircraft museum (Ailes Anciennes Toulouse) where Kenny climbed in to a MIG21 with a pilot who had ejected from the thing twice! He doesn't think the missiles worked though... We then hired a car and drove to Roquebrun where Julia used to work in the vineyards as a student for a few summers. It's such a beautiful little spot! We stayed overnight in Saint-Chinian though where Julia's pal Laurent lives. He's a great friend of Poles and have helped Julia and her teams in the past. We've been in touch ever since.



From there we drove to Montpellier where we enjoyed a very long but lovely walk along the coast – 12 miles (with Kenny's wonky knee!). We spotted plenty of flamingos, kestrels and other birds. A restaurant in the middle of the stretch was a true lifesaver! After two nights there we drove first to All Saints Héroult, the English Church at Saint Pargoire. It was a Church of England congregation (Diocese of Europe) meeting in a Reformed Church in Saint Pargoire. The minister was away on holiday in the UK (sic!) so the service was led by a female reader.

Kirk news Part 2

The congregation were very friendly but very apologetic about not having the minister and therefore communion there. Little did they know that our churches rely hugely on readers and elders to take services because there aren't enough ministers to serve all the churches! Bread and butter for us and yet for them, even though they only meet fortnightly, something new to deal with. We had a lovely time with them and would go back if we are ever in the area on a Sunday when they worship.

From there we decided to take a scenic route (we had a satnav with three options: fastest, shortest or eco route – we opted for eco). What a surprise that it took us again through Saint-Chinian! We quickly caught up with Laurent and were on our way to Irun, near San Sebastian in Spain – on the Atlantic side of the Pyrenees! Soon we realised that this was going to take many hours and we had a long way to go so after an hour or two we diverted to the motorway which took us straight to Irun. Still, we arrived at 8.30 pm that night! A very long day indeed!

We then had a day in San Sebastian. Beautiful views of a 'stormy' day in paradise. The following day we were on our way to Toulouse airport to catch our flight home. We stopped at Lourdes to drink the water from the grotto there.

It's been another whistle-stop tour of another part of the world. Great views, great roads (really good!), good wine (needed to compare my Saint-Chinian area with the Spanish Rioja – Saint-Chinian wins every time!!). Good break even though we then got back on the very rolly Hamnavoe. Good to be back home again!

Julia and Kenny

Shapinsay Picnic

The annual Shapinsay Picnic will take place on **Saturday 13th June**, and we aim for it to take place on the second Saturday in June each year so that people can plan ahead. We hope that it won't then clash with anything else. For anyone not aware, the Shapinsay Picnic combines athletics for all ages, a picnic tea and a dance in the evening. If anyone wants to practise before the event we are planning to hold a practice evening on Thursday 4th June. Further details about the practice and the picnic will come out nearer the time.

The Picnic committee will hold their pre-Picnic planning meeting on Tuesday 28th April at 7.30pm. At this meeting we will be looking at the events themselves, the scoring and the timings for the day, among much more. We would welcome anyone who would like to come and help to organise this event. Please get in touch with Emma Clements if you would like to find out more or come along to the meeting.

RNLI

Shapinsay Lifeboat Guild



Many Thanks to everyone who supported our Ceilidh and Dance on Saturday 1st Feb

Lifeboats We took in £1141 and after expenses hope to bank £750 in aid of the RNLI.

Special Thanks to all the Helpers, Musicians and Artistes

Shapinsay School



As we are only a few weeks away from performing **"Alice the Musical"** we have all been practising.

The children are doing a really good job of learning their lines and the songs, and have done really well with the props, costumes and stage management.

Please come along to see it on **Thursday 26th March at 1.30pm and/or 6.30pm**. There is no entry fee but there will be a raffle and refreshments provided by the Parent Council.

We counted up all the money on our Australia map, and we had raised over **£200!** It took a while to count but all the children worked together to do it. Thanks to everyone who gave their loose change. The article in the Orcadian was read by someone who now lives in Australia, and he wrote to us and sent everyone a small koala to say thank you, which was really kind.

The new wall bars are now installed in the hall, and the children enjoyed having their first go on them. We have also received new laptops and the children have been enjoying using them as they are much faster than the old ones!

The Nursery children have been making patterns and learning to count on and back. There has been a lot of block play going on, with some amazing structures produced! The children have been continuing to learn some of the letter sounds and have been making their own phonics book. They have also been planning for the front garden area, and you may see some new things arriving there soon.

In **P2 - 4** the Viking topic has continued. The children have learned about Viking gods and giants and have been making their own fact sheets. Longships have been made, and runic writing has been practised. We were lucky enough to get a visit from Ragnhild Ljosland (Raggie) and she came with lots of different things. The children re-enacted the Scar boat burial, complete with small replicas of the whalebone plaque made from chocolate. They also learned to play the Viking game Hnefatafl. In PE they have been doing gymnastics and racket skills. In French they have learned about clothing and classroom instructions. The children have also been trying to improve their writing through personal targets. They have started learning computer coding, learning how to make things happen through the instructions.

The **P5 - 7** children have been doing badminton and tag rugby in PE. In French they have learned prepositions and how to say where they live. In Spanish they have learned parts of the face. When writing in English, the children have been trying to use compound and complex sentences. They have been learning about invertebrates in Science and the Trinity in RME. The children have been putting their IT skills to good use by designing their own digital games.

We hope to see as many folk as possible at "Alice the musical"!