

The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
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Contact Information : Email: SDTOffice@shapinsay.org.uk

Telephone: 01856 711733.

This term the nursery children are planting, growing and learning to care for plants. They especially wanted to plant flowers, we have planted some tomato and flower seeds indoors and peas and beans in the polytunnel. we are planning on putting in some potatoes too (they are chitting at the moment)



P1 – 3 have been focusing on stories. For the past few weeks they have been reading the "Lighthouse Keeper's Lunch" series of stories. They have written their own stories in the same style and used their knowledge of electrical circuits to make their own model lighthouses. In the past few days they have moved on to stories about bears, and we are comparing bears from different stories.



P4-7 have been designing and making climbing toys and marionettes from a variety of materials. They have learnt about the structure and language features of recounts and have written their own. They have used the internet to find information about different European countries and have produced posters about them.

Science lessons have included making elastic band powered boats and investigating which variables affect how far they travel. They also learnt about what pulleys are used for. **French lessons** have focused on the weather and seasons. In **PE** they have been doing gymnastics and dancing.

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SHAPINSAY
DEVELOPMENT
TRUST

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Shapinsay Development Trust



As one of our ongoing projects and based on the results of recent studies, Shapinsay Development Trust has been looking at developing home care and home help in Shapinsay.

As part of a study (Implementing Community Led Care in the Non-Linked Isles of Orkney) the researchers, on January 11th 2018, held an open meeting in the Boathouse with the aim of trying to identify Shapinsay's priorities. Two of the priorities identified by the group were a need for more home carers and developing respite services. In addition to this included in the 2017 Housing Needs Assessment report was a question relating

to local amenities, rating each as excellent, adequate or poor. In this, practical support at home for older residents was rated as poor.

As a result of these studies Shapinsay Development Trust have been working with Crossroads Orkney to try to develop home care and help in Shapinsay.

Crossroads Orkney is keen to develop the service here, which as well as providing home care and home help on a regular basis, they can provide short term home care/help e.g. after hospital discharge. They also offer a respite care scheme, enabling carers to have a break, either on a weekly basis or just when required. Each visit is for a minimum of one hour and there is no age restriction. They can also advise, on an individual basis, on how to access any funding available for these services.

The Development Trust role in this would be to support it financially. For any resident receiving care in Shapinsay from Crossroads Orkney we would contribute towards the cost of care received. This would be done directly through Crossroads Orkney, who would not disclose any personal details to the SDT. We would also help with the costs of the training that any home carer requires (SVQ Level 2).

However, to develop this service the first, and most essential, step is to have one or more Home Carers employed by Crossroads Orkney in Shapinsay.

Recently Crossroads Orkney advertised this post, but unfortunately no-one applied.

As a result we are now no longer to go ahead and develop this project as the current time.

If anyone, now or in the future, would like to consider being a Home Carer in Shapinsay, please contact Crossroads Orkney (www.crossroadsorkney.co.uk) for more information about the role. If anything on the recent advertisement deterred anyone from applying, please contact Crossroads Orkney to discuss this, as they have indicated that they can be flexible with the criteria.

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Part 2



The Pupil Committees have been continuing to work hard. The Eco Group were successful at the Your Island Your Choice meeting and are working on their plans for wild flowers and litter picking.

The Library Group have been planning our **World Book Day** activities. We are celebrating World Book Day on **Friday 8th March**; the children are all doing a sponsored readathon, the children can come into school dressed as

a book character if they wish and in the afternoon we will be holding a book swap event with refreshments. If you have any books which you would like to swap for a new one, please bring them into school on Friday 8th March for 2pm. We will be having teas and coffees and a chance to share some books.

The Pupil Council have been planning our **Comic Relief** activities on **Friday 15th March**. So far their ideas are a scavenger hunt, selling noses, and a "splat the staff".... All to raise money for a good cause! If you would like to come along and help us raise money then please come in from **2pm** on the day.

We are also holding our annual **Sale** on **Friday 22nd March** from 2pm, where the children will be running stalls to raise money for their residential trips to Hoy and Lagganlia. If you have anything which we could sell (eg toys, clothes, books, bric a brac) then we would be very grateful. Please could they come into school from **Monday 18th March**, and anything not sold will be taken to charity shops in town.

There will also be refreshments available, so please come along if you can to support us between **2pm and 3pm** on the day.

So, March is looking like a very busy month but we will hopefully see some of you at our events.

Shapinsay Beavers, Cubs and Scouts



The boys have been working on their musician and chef badges. They have enjoyed making milkshakes and egg bread so far!

Home Grown Season Up Next



Soond Cinema's fortnightly *Winter Warmers* season has been a runaway success, with our biggest audience so far attending one of our most recent movies on 7th February which received spontaneous applause as the final credits rolled.

Our highly ambitious third film season, *Home Grown* will begin on Thursday 14th March 2019. *Home Grown* is a mammoth 18 film British Directors season, showcasing British movies which have been recommended by Shapinsay folk who come along to the film nights.

With films by David Atwood, Mike Leigh, Ken Loach, Christopher Nolan, Stephen Frears, Matthew Warchus, Andrea Arnold, Nicolas Roeg, Bryan Forbes, Tom Stoppard, Nick Parks, Peter Lord, Jay Grace, Richard Eyre, Alexander MacKendrick, Nicholas Hytner, Jack Couffer, Richard Loncraine and James Hawes, *Home Grown's* stellar mix of gritty dramas, action, romping rom coms, shorts, cult classics, comedies and new releases, is bound to unearth some unexpected surprises and new 'treasures' for all of our audiences this season.

Anyone interested in finding out which films are being shown by Soond Cinema, should email Carole opheliaparkle@yahoo.com or Lynne lynnecollinson3@gmail.com or leave their contact details at the Boathouse office. Due to the conditions of the trust's MPLC umbrella charity licence we are not permitted to publicly advertise any films which is why you need to be on the Soond Cinema 'list' for us to be able to give you more information.

Looking forward to seeing you there.

Carole (Atkins) and Lynne (Collinson)

All Tied up Fundraiser

This year I will be walking St Magnus Way to raise funds for the HIV Programme of the Church of Scotland (http://www.churchofscotland.org.uk/serve/world_mission/get_involved/hiv_programme). It's part of a new fundraising initiative called All Tied Up.



Poverty and lack of development often contribute to the spread of HIV which can lead to ill-health and even death. The Church of Scotland works with its partners worldwide (including Scotland) in 18 amazing projects in 13 different countries to support people living with HIV and AIDS in practical ways.

I'll be walking on my days off over the course of the next few months. The provisional dates are: 30th March, 13th April, 1st June, 15th June, 3rd August and 7th September. I'll be walking with a friend, Barbara Cordukes, who will be raising funds for Vital Talk Orkney Counselling Service.

Please help make a difference! You can donate either online

<https://www.justgiving.com/crowdfunding/julia-meason> or by speaking directly to me.

Thank you for your support!
Julia Meason

Quiz

by Abby Summerfield

Shapinsay Farms

1. OSEDNNOTI _____
2. OOTABFER _____
3. AFOURBL ISANM _____
4. HOLTIN _____
5. SGTFITAHRRU _____
6. UAYOQH _____
7. SENWSATL _____
8. REIIEOSGRAC _____
9. MUOEQHORSOYU _____
10. ROGN _____
11. HONFTTAAN _____
12. ALLABAVC _____

Shapinsay Picnic Committee

The Shapinsay Picnic Committee will be holding their AGM on Wednesday 13th March at 7.30pm in the school dining room.

If you are interested in helping with this event, or coming on the committee please come along as we always need more people to help with this Shapinsay Event.

We will also be setting the date for the 2019 Picnic at the meeting.

If you would like to find out more about what coming on to the committee would involve, please contact Emma Clements.

Shapinsay Agricultural Association

Shapinsay Agricultural Association

Ploughing Match

Saturday 9th March



At

Howe and Steaquoy

Entries to Gemma Leslie
711229/07776010225

GAME ON! Shapinsay

Shapinsay is to get its own Board Game Library after Shapinsay Kirk won funding for the venture at the recent 'Your Island Your Choice' public event. Folks on the island voted to support the GAME ON! Shapinsay idea along with two other projects put forward by different groups. On behalf of the kirk I'd like to extend heartfelt thanks for supporting us. It means a lot and we hope that this scheme will benefit the whole community. The idea is that individual games can be borrowed to play with family or friends or a selection of different games can be taken out to play at special events or for use by groups or at regular get-togethers like Lunch Club.

A number of game cafes have opened recently across the UK, including Scotland, as people re-discover the fun of socialising in this way. It's also a chance to find out if a game you're curious about is worth buying for yourself and to learn new games requiring different kinds of skills.

The Library will be free for island residents to borrow from and will include old favourites like Scrabble and Cluedo but *we want your ideas now* for what other games you would like us to consider buying.

We hope to have options to suit all age groups and also welcome donations of any unwanted 'good condition' games which will allow us to expand the range on offer. You are welcome to drop in your games ideas at the Boathouse which will be one of the venues where people can meet up and play.

Or contact jmeason@churchofscotland.org.uk with your suggestions.



Shapinsay Heritage Arts and Crafts



Shapinsay Heritage Arts and Crafts AGM

2.30pm Sunday March 3rd

Community Centre

followed by vintage style

Afternoon Tea & cakes

Free tea for members

Non members - Adults £3 (£1.50 per child) or why not join SHAC on the day and get your 1st membership perk!



Scottish Charities Incorporated Organisation number SC030206

Cashew Nut Roast

by Sue Lawrence



Serve hot, with roast tatties and veg nice with onion gravy or a cheesy leek sauce. Not just for vegetarians!

1 Medium onion, peeled and chopped.

25g. Butter

1 large tomato, skinned and chopped

2 medium mushrooms, chopped

1½ tsp plain flour (or cornflour)

150ml light vegetable stock

1½ tsp yeast extract

1 tsp. dried mixed herbs

50g ground almonds

100g cashew nuts, finely ground

100g fresh breadcrumbs (whole wheat)

1 egg

Salt and Pepper

Butter for greasing.

Garnish (optional) I have never added garnish! Sliced mushrooms, lightly fried in butter few roasted cashew nuts and sliced tomato.

Pre-heat the oven to 190c / 373f / Gas 5. Grease a 450g loaf tin with butter and line the base and narrow sides with greaseproof paper

Fry the onion in the butter for 10mins. Until soft, then add the tomato and mushrooms and fry for 2 – 3 minutes.

Stir in the flour, cook for a minute or two, then add the stock, stir until thickened. Remove from heat and add the rest of the ingredients. Season

Spoon the mixture into the prepared tin, level the top, cover with a piece of foil. Bake for 45 minutes until firm in the centre. (Remove foil for the last 15mins).

Let the loaf stand for 4 – 5 mins, slide a knife around the edges and invert onto a warmed plate.