

The Shapinsay Sound

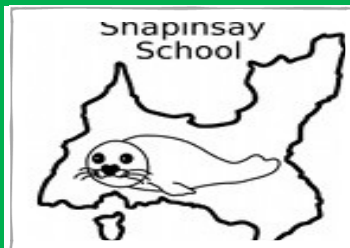


LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
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The last few Fridays have been really busy, with different events going on.

On Friday 8th March we celebrated World Book Day. People came in dressed as their favourite book characters. Erika and Jennifer (the Library group) organised a book swap for the afternoon and the children and adults who came in to join us had the chance to swap books they no longer wanted for some that they did.

We also had a sponsored readathon going on leading up to World Book Day (raising £229) and the library group will be choosing new books for the school for everyone to enjoy. A raffle also raised £67 to go towards the residential trips, and a special thank you to the Orcadian bookshop who donated some prizes.

We also said goodbye to Kirstin Wishart on the 8th March. Kirstin worked with the P4 -7 class as part of her teaching experience and we wish her all the best for the future.



On Friday 15th March the Pupil Council (Jennifer, Calleigh, Paul, Logan and Leilah) organised our fundraising activities for Comic Relief. We held a tombola stall, a scavenger hunt and a "splat the staff". Many thanks to parents for sending in things for the tombola, to Sheena and the shop staff for providing the prizes for the scavenger hunt and to the staff who got wet! We raised an impressive £156.93 for Comic Relief.

Finally, on Friday 22nd March we held a sale to help us raise money for our residential trips. Thank you so much to everyone who donated things and who

came along to support us.

The Parent Council as ever did a fantastic job and organised the raffle and refreshments. Our sale raised £262.41, which will go a long way towards helping the children go to Hoy and Lagganlia next term.



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DEVELOPMENT
TRUST

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Shapinsay Development Trust

April 2019

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Housing Update



Following the open meeting early last year, where a community decision was taken that we needed to develop extra housing on Shapinsay, the Development Trust has been exploring the best way to proceed with this project.

An architect visited Shapinsay in early March to look at the areas of land potentially available to us and assessed the sites for a housing development. He suggested several options, and is in the process of putting together visual maps for us, together

with the pros and cons for each area.

Our next step is a community consultation. To do this these maps and comments will be on display in the Boathouse and available for all Shapinsay residents to view and let us know your thoughts on how to proceed.

We plan to do start this on **Saturday April 27th**, between 11am – 4pm, when the architect will be present as well as some Development Trust board members.

The display will then be at the Boathouse during the following week. We aim to have at least one board member present for each of these sessions.

Monday	29th April	10am – 2pm
Tuesday	30th April	4pm – 7pm
Wednesday	1st May	12.00 – 4pm
Thursday	2nd May	10am – 2pm
Friday	3rd May	3pm – 6.30pm
Saturday	4th May	1.30pm – 4pm

It will also be available to view during normal office hours, **10am – 2 pm, Monday to Friday**. If you are unable to attend at any of these times, please contact us and we will do our best to arrange access at another time.

At every session there will be an opportunity for you to give your comments. In addition, every resident will have an opportunity to place their vote for their preferred option.

As part of the ongoing process we plan to have a steering group, to guide through whatever is decided during the consultation week, made up of some board members and a small number of residents.

If you would be interested in taking part in this, please register your interest, with no commitment at this stage, by contacting the Boathouse before the end of the consultation week.

If anyone requires transport to be able to get to this, please contact Eileen on **(07901575162)**.

We look forward to meeting as many people as possible during that week.

Shapinsay Wellbeing Coordinator

Alison Meason

I was recently appointed as **Shapinsay Wellbeing coordinator** and am taking this opportunity to introduce myself to you and what my role is going to be within Shapinsay.

A need was felt for this role following the research undertaken in 2018 into community led care on the non-linked isles of Orkney, the '**Enhancing well-being in our island communities**'. This project looked at facilitating access to activities and services designed to enhance health and well being.

My role as wellbeing coordinator will be to work with the local community addressing concerns raised by Shapinsay residents as part of the research. This includes but is not limited to increasing access to existing services which reinforce and enhance health and well-being, identifying gaps in the current provision of services, encourage development of new initiatives by community groups and businesses to meet these gaps and assessing and creating capacity for service users to influence and develop these services.

This project is aimed primarily at older people and low income households.

We are hoping to hold local workshops, to engage with as many residents as possible and to attend community group meetings.

I can't promise that I can solve issues but I hope that I would be able to signpost you in the right direction of any help, advice or support needed to enhance the situation.

I will be based at the boathouse and can be contacted there on telephone 711733 or by email at wellbeing.shapinsay@gmail.com

I look forward to working with you and enhancing wellbeing within Shapinsay.

I am looking forward to working on this project with you the islanders and am excited about what can be done to enhance shapinsay's well-being

Disabled Parking Bay



A disabled parking bay was marked out in the car park during the week of the 25th February. It is positioned in the top left hand side of the car park if entered from the road.

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 qualifying 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.

Shapinsay Minibus and EV

The Development Trust operates an Electric Nissan Leaf for Residents on Shapinsay.

This service is in operation between 9am and 5pm Monday to Friday - please ask if you wish to travel out with these times.

Please make your bookings one day in advance whenever possible. Bookings requested 'on the day' may require you to be flexible about timings.

Bookings can be made between 9am and 5pm Monday to Friday by phone 07901575162 or Email: shapinsaybookings@gmail.com

All booking requests are subject to availability.

When using this service please remember other people will be using the car after you so please take care and keep the car clean.

PLEASE NOTE THAT ANY ONE WISHING TO USE THE SERVICE MUST BE AT LEAST 16 OR ACCOMPANIED BY A RESPONSABLE ADULT.

**Parents are responsible for their children at all times.
No Animals allowed in the car**

The Trust is a Charity and accepts donations to further their aims and objects.

Soond Cinema Turns One



Soond Cinema celebrates its first birthday on 12th April 2019, a year during which our audience numbers have continued to grow, despite the embarrassing technical challenges of the early days, proof that miracles can happen right here on Shapinsay!

During its first 12 months, Soond Cinema has shown 16 films with a total attendance of just over 100 Shapinsay folk and has put Shapinsay on the map as an official venue for Orkney's Film Focus Festival. Most of these films have been well received by our audiences, scoring an average 4 out of 5 on the Shapinsay Shell-O-Meter.

In honour of Soond Cinema's first birthday,, a blockbuster new release, which has been on recently at the Picky Centre, will be put on at the Boathouse on Thursday 11th April at 7pm.

Soond Cinema's adventurous second year is set to include Shapinsay's own mini film festival which will dovetail alongside the Film Focus Festival in November 2019. Our current Home Grown season which started on 14th March 2019 will continue to show fortnightly British movies until the end of the year.

Anyone interested in finding out more about which films are being shown by Soond Cinema, should email Carole opheliasparkle@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 celebrating our first birthday with you all.
Carole (Atkins) and Lynne (Collinson)

Quiz

by Abby Summerfield

Orkney islands

W	N	N	S	R	O	N	R	S	E	S	Y	Y	Y
Y	A	D	E	Y	N	E	Y	N	A	S	W	S	Y
P	A	L	S	D	O	A	N	U	N	T	E	A	D
E	Y	A	I	T	L	N	O	D	R	T	Y	O	N
Y	A	Y	Y	A	Y	E	N	K	R	O	S	E	S
A	S	N	S	Y	Y	P	Y	A	R	D	S	O	S
M	U	Y	Y	Y	O	S	Y	S	S	A	A	H	S
A	O	A	I	A	H	D	S	A	N	Y	A	N	A
I	R	S	H	D	A	Y	D	K	A	P	U	A	E
N	O	N	R	N	I	H	R	Y	I	L	S	H	D
L	N	O	Y	A	O	R	A	N	Y	A	A	T	Y
A	N	R	E	S	H	S	S	A	Y	Y	S	D	Y
N	M	T	D	E	N	A	M	S	Y	S	T	Y	O
D	S	S	A	E	Y	P	Y	A	R	T	S	E	W

HOY
SHAPINSAY
ROUSAY
SANDAY
MAINLAND
ORKNEY
STRONSAY
WESTRAY
EDAY

Shapinsay Picnic Committee

The 2019 Shapinsay Picnic will take place on Saturday 15th June. We will include further details about timings and events in the June Shapinsay Sound, but wanted to make everyone aware of the date at this stage.

Please can all those who won shields at the 2018 picnic return them to the school (or to Simon Meason) by the end of April.

One difference at this years event is that we would like to recognise sporting achievements from Shapinsay over the last year. This won't be for a prize, and there will be no voting, but we would simply like to celebrate sport in Shapinsay as there is a lot going on outwith the picnic. We plan that this recognition will take place at the tea. If you would like your name, or that of another person, to be included please can you let Emma Clements know by 8th June.

Shapinsay Fire Station

Cleaner required for Shapinsay fire station

1 hour per week

£9 per hour

**for further details
Please call Lynne on 07823664998**

Pasta with Chicken & Chorizo

by Sue Lawrence

I adopted this recipe from a meal I had in an Italian restaurant back in 2009 in Leith, the night before I ran the Edinburgh marathon. I have made it regularly since.

You will need (serves 2)

Penne pasta 2 - 3 handfuls

Packet of Mini Chicken fillets

Couple of spoons curry powder or mix your own from coriander, cumin, turmeric, chilli powder, ginger, etc.

Garlic

Olive Oil

Chorizo (ring)

Small onion (finely chopped)

Bag washed baby Spinach

Mango ½ or (a few cherry tomatoes)

Grated Parmesan cheese

First fry off the curry spices in the Olive Oil, add some chopped garlic, then fry off the chicken fillets until nicely coated and just cooked. Set aside.

Cook the pasta (as directed on the packet)

In the meantime (use a large frying pan) Cook the onion in the olive oil until soft and golden slice up (whatever thickness suits you) the chorizo sausage ring, use between 1/3rd and ½ of the ring and lightly fry this with the onion until the oils are released

Drain the cooked pasta and add to the onion and chorizo mixture

Stir in the spinach (use ½ a bag) until wilted.

Add the chopped mango (use ½ chopped into small cubes)

Add the spicy cooked chicken fillets (chopped into 2 or 3) and leave on the heat until warmed through.

Serve with grated parmesan on top.

You should have chicken, chorizo, spinach and mango left to make again.



He's Only gone and Dunnnett

Thank you to the **Shapinsay Development Trust** and the **Shapinsay Community Council** for supporting us to take **Sean** to the qualifying rounds of the Youth Climbing Series (YCS) 2019

Each round is 3 top rope routes to climb and 3 bouldering problems to solve. The top route routes are on the climbing wall varying in height from 10m to 15m. Each climber has one attempt to climb the wall. Boulder problems are without ropes, they have 3 attempts to complete these problems. Sean climbs in Group D Boys born in 2008/09. Across the rounds the top 4 boys qualify for the Scotland squad and gain the coveted hoodie! Extra training sessions and the chance to represent Scotland at the British Climbing Competition.

Round one 10m high textured wall in Inverness

This is Sean's least favourite wall in the competition. Bouldering was first, Sean prefers to climb first. He gave each route his all. The competition is fierce between the boys. Sean finished 5th.

Round two 15 metre high wall in Aberdeen



Sean's favourite wall in the competition. Climbing was first, this is how Sean prefers it and it showed as he climbed amazingly securing his first win in the YCS!



He's Only Gone and Dunnnett Part 2

Round 3 - 12 metre high wall in Kinlochleven



This was a tough weekend for Sean. He was sitting 2nd in the North of Scotland after the Aberdeen round but the competition was so close between the boys the results could easily change. It was a tense day for spectators too! It was a very serious day as they all knew it would depend on how they climbed on the day whether they qualified for the Scotland squad. Bouldering first. After the boulders Sean was sitting 5th. Sean reached the top of his first route, others didn't he had moved up a place. Same for the 2nd route he had moved up another place. It was all down to the last route. Sean was the first up out of the leading group. He struggled with this one, it was on a significant overhang and his arms were tired. This is why Sean doesn't like to boulder first as it takes so much out of his arm muscles. The other leading climbers managed to get further than Sean!! It was a waiting game to see if he had done enough to qualify! Eventually the results were published he had finished 4th which was enough to qualify 3rd overall.

He made it to the Scotland squad!



Next for Sean – Scottish Final on 23rd March.

Scottish Final

It was tough 2 days both mentally and physically! Saturday was to complete 10 boulder problems up to a height of 4m without ropes. It was a bit of a fall! They had to do this within 3 hours and without the help of coaches or support of parents as they weren't allowed on the mats. Sunday was roped climbing to a height of 16m. They were tough long routes. Sean finished 6th in his group and improvement from two years ago when he finished 8th. He had a good weekend and learnt a lot as well as meeting climbing friends old and new.

Orkneys team did really well with Kirsty Copeland winning and heading of the British final next month. Kirsty has Shapinsay links as dad Leonard used to play football for Shapinsay.

Katy Wallace	5th
Emma Rendall	6th
Arwen West	8th
Sean Dunnnett	6th
Tia Whitton	4th
Hope Henderson	8th
Kara Corsie	9th

