

The Shapinsay Sound



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.

THAW Orkney

SUPPORT TO KEEP HOUSEHOLDS WARM.

If you or someone you are worried about have no electricity or you are about to run out, please contact **THAW on 01856 878388** and we may be able to support you with an emergency electricity voucher/credit.

If you are sitting in a cold home or are worried about anyone who could be, please contact us as we have emergency 'cosy home' packs available for vulnerable households.

These contain essential items including portable heaters, thermal blankets, thermal socks, hats, gloves, thermal cups, baby blankets, heat packs.

Staff will deliver these to households to allow people to stay in their homes.

THAW staff are still available to support people during worrying time so please contact us and we will do our best to help

SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

April 2020



Shapinsay Development Trust

Well, another month has passed, so much has happened and this is not what that I had envisaged writing for this month's edition of the Shapinsay Sound.

You should have all received the extra newsletter last week, regarding Coronavirus advice and also information about the services and help currently being available to all of us in Shapinsay, together with contact details. If you haven't received one of these, or know someone who hasn't, please contact us at the Boathouse and we will get one to you.

This current crisis has highlighted that our community is able and willing to quickly work together to ensure all residents quickly have access and support for essential daily needs, such as food and medications, as well as access to support in the longer term.

All of us are learning as this progresses, it's not something that any of us expected or planned for and we are all trying to do our best in difficult circumstances.

If you would like to volunteer to help in any way during this period, please contact **Helen Jones via Shapinsay CV Mutual Aid Facebook page or phone 711310.**

If you have any issues and concerns that you would like to talk about regarding your wellbeing please contact **Alison** wellbeing.shapinsay@gmail.com

**Enhancing wellbeing Shapinsay facebook page
if you need to contact Alison urgently, 711261**

The Boathouse is shut for any public events or visitors at the moment, but someone will be there occasionally to check post and phone messages and emails are being dealt daily, from home.

To contact us email boathouse@shapinsay.org.uk or 711733 and leave a message



Shapinsay Development Trust

Shapinsay Sound

We would like to keep this going for the next few months. However, we will be short of the regular articles with everything being cancelled or shut down, so we need your input to be able to do this. We are asking you to send in your entries; anything you think will be of interest, amuse, help inspire us all, for example; creative writing, recipes, photos, stories/journals of what you have done/planning to do, artwork, poetry, book reviews, craft projects for all ages, gardening, useful sources of information. etc.....
Please send your entries to Eileen, sdtooffice@shapinsay.org.uk, anytime, you don't need to wait until the end of the month.

Wellbeing Co-ordinator Post

We are very pleased to let you know that we were advised a couple of weeks ago that further funding has been approved for this post for the next 2 years, for 2 days a week. Following positive feedback, we have made the decision to fund an extra day a week, so Alison will now be working in this role for 3 days a week. Her role has changed slightly for the time being, due to the COVID – 19 restrictions, curtailing a lot of the activities that normally take place. However, Alison is, and will continue to be, trying to ensure everyone's wellbeing, as a community and individuals, is being addressed during this period.

Kirkwall Library

All library services have been suspended, including returning books, for the time being. So there will be no Mobile library here for the foreseeable future. For updates on this please go to their website www.orkneylibrary.org.uk

Housing

As mentioned in last month's Sound, we have been working towards applying for funding towards purchasing and renovating 2 properties.

The application for funding towards buying the properties has now been submitted and we have been advised that it we should be informed of the decision towards the end of May..

The application for funding towards the renovation work is due to be submitted at the beginning of April.

E- bikes

We recently had the opportunity to apply for funding for a fleet of e-bikes, for use by residents, as well as visitors.
During March we heard this application had been successful, and have now ordered the bikes and associated items;
6 adult bikes, 2 youth bikes, 1 trike plus stands, helmets, Hi-Vis equipment, chargers and repair sets.
We hope they will arrive in Shapinsay fairly soon and we can work towards getting them available for use as soon as possible.

Shapinsay School

Part 2



We had other visits from Kev and Zoe (the Orkney Drugs Dog), and from Scott and Darren from the Scottish Fire and Rescue Service. The children really enjoyed both visits and learned about the work that both organisations do. Apologies if we worried anyone with the siren!

Finally, we would like to say how impressed the staff were with the calm way that the children coped with the uncertainty of the last few weeks. They really have been brilliant. On our last day in school with the children, it was really sad, but we are keeping in touch virtually and we are still the Shapinsay School team.

All the best from everyone at the school, and we hope everyone stays safe.

Wellbeing Shapinsay

Morning, well life is certainly giving us some challenges and changes at the moment but with sensible precautions and following the guidelines we will get through this as an island and community. Today's advice is: **Stay safe at home**

Post

If you are able to please put out a plastic box for your mail etc deliveries this will help safeguard those doing deliveries.

Surgery 711 284

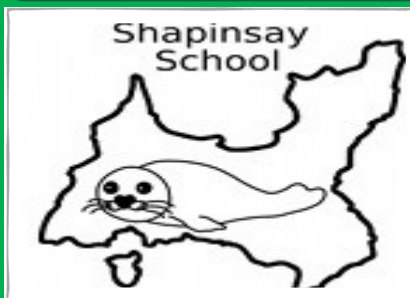
Phone the surgery after 12:30 today as they will sort the deliveries upon arrival and have the islanders responders who can deliver your prescription with the upmost of confidentiality. Please phone the surgery to arrange this.

Shop 711 300

The shop have in place plans to do deliveries please use this service also which helps safeguard the shop and keep the staff healthy and able to provide this service. Phone or email in orders and they will fulfil what they can. Anything that is non medical that you feel I could help with please don't hesitate to get in touch. ALison 711 261

Take care stay safe at home where possible.

Shapinsay School



March has been a very strange month for the school, as I am sure it has for many. The children are now working at home, using a mixture of work from the school and online resources.

All of the children have their own school email addresses now and have been learning how to use them. We hope that soon we will be starting teaching using video conferencing too. The staff and children have been working hard to make sure that we can continue learning in these new circumstances.



We were very lucky that we managed to bring our play "Alice the musical" forward and get it filmed a week early. The children did so well, and we are so proud of every single one of them. Everyone pulled together to make sure that the last few bits were done, and all the stage management team and performers did their absolute best.

We are sorry that we didn't manage a public performance, but the DVDs will be in the shop as soon as we can get them there so we hope that people will still be able to see it.

Thanks to Emily Houston who edited the DVD for us, she's done a fantastic job.



Alongside the play, we enjoyed a visit as part of British Science Week. The children had a go at making circuits using graphite paint, extracting the DNA from strawberries, identifying things using their sense of smell and building stomp rockets.

This was a fun and interactive day which all the children enjoyed.

NHS

Coronavirus COVID – 19

Thank goodness there is none in Orkney.

It is already here and also several cases on the isles including Shapinsay

But I've heard there are no confirmed cases

The policy currently is to only swab ill patients in hospital but not in the community. The best estimate is based on patients with symptoms.

It is only a trivial illness, not as bad as seasonal flu.

Some people will have the infection with no symptoms, some mild, some severe and some will die. The elderly are much more likely to have a serious illness.

I can't see the problem because I had my flu jab this year.

Unfortunately there is no protection from the flu jab. Covid-19 is a totally different virus with no vaccine currently.

There is no point in social distancing if you have no symptoms: you cannot pass on the virus.

But there are many symptomless virus spreaders, assume you could be one and it can be up to 14 days before you might develop symptoms.

I am young and fit so this is really no big deal.

Some otherwise fit people have become critically ill.

Spread in the community is going to reach vulnerable groups, who could easily be your friend or family member.

Oh, I didn't realise it was this bad. What do I do about it?

Don't panic

Please listen to advice from the government – they want to keep us safe and stop the country melting down.

Continue to look out for your neighbours and others that are advised to stay at home. Wash your hands frequently – the virus can survive on smooth surfaces, like door handles, for up to 72 hours

Avoid unnecessary contact with other people. The virus can only spread through humans. Catch your cough and sneeze in a tissue and dispose of it responsibly.

If you suspect you have Covid – 19, self isolate for 7 days.

If you are a close contact of a suspect, self isolate for 14 days. If you get unwell during that time, the self

Isolation requirement is just 7 days from the onset of symptoms.

If you are worried about what to do, phone the surgery, refer to the nhsinform website or phone 111. They will all advise what is best, considering the best advice from the government.

Coronavirus daily updated information
Coronavirus personal advice and concerns

www.nhsinform.scot
www.nhsinform.scot or phone 111

Delia Connolly
Advanced Nurse Practitioner, Shapinsay



Heritage Grants

Do you have an idea for a small project that relates to the cultural, built or natural heritage of your island?

Community groups can apply for grants of between £200 and £2,000

<https://www.nilps.co.uk/small-grants/heritage-grants>

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For more information contact the NILPS team:

48 Albert Street, Kirkwall

T: 01856 879076

E: nilps@orkney.gov.uk W: www.nilps.co.uk



Shapinsay Development Trust

Tenders required

Gardening at the Boathouse



With spring almost here we would like to invite tenders for the upkeep of the garden around the Boathouse

Anyone interested in tendering for this should put their quotes in writing by 19th April 2020 to boathouse@shapinsay.org.uk

or

The Boathouse, Shapinsay, Orkney, KW172DY

Generally the work will comprise of the cutting of grass on land around the Boathouse, to also include strimming where needed i.e. ditches, and areas where mower will not go.

14 cuts with the first grass cut being in April and the final cut in late October/early November according to seasonal growth patterns. Any extra cuts to be at the contractor's discretion, taking into account the growth of the grass, although there should be a minimum of two weeks between cuts

Maintaining the flower beds front and back

The contract will be for 2 years

The contractor will submit a monthly account, in arrears, throughout the cutting season for all work carried out

All grass cuttings to be removed by the contractor and to be cleaned off all hard surfaces

Health and safety. The contractor shall accept full responsibility for compliance with the Health and Safety at work Act, including Personal protection equipment

All persons operating grass cutting machinery must be satisfactorily trained

The Contractor to supply cutting equipment and ensure that all machines engaged in grass cutting operations are sharp and properly set, to produce a true and even cut.