

# The Shapinsay Sound



## LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
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Thank you to everyone who came along to support the school sale before Easter. The children raised over £140 for their trips this term, as well as over £100 for Comic Relief. We would also like to thank the Shapinsay Development Trust, Community Council and Parent Council for their help with funding the trips to Lagganlia and Hoy. The older children will be going on their trips in June so we will report on them in the summer.

At the end of last term the children finished some great artworks – 3D birds made from card by the

older class, and pandas by the younger class. We hope you will agree they are fantastic!

This term the Nursery children's topic is "All about me" and they will be focusing on themselves, their families and their friends. The preschool children will also be becoming more independent as they think about moving into Primary 1.

**P1 – 3** are learning about plants this term and will be experimenting to find out what plants need. They will be doing lots of gardening this term in the polytunnel too and hopefully growing some vegetables and fruit to eat.

**P4 – 7's** topic is the Human Body and they will be learning about how bodies change as we grow up as part of this topic.

The whole school will also be doing some work around the topic of St Magnus as Orkney takes part in the Magnus 900 project. We hope to do some work around the theme of pilgrimage as part of this and will also be using the story of St Magnus as inspiration in Philosophy and music.

It's going to be a busy term this term, with events like Bag the Bruck, transition activities for the P7s as they move to KGS, residential trips, the Picnic and much more.



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May 2017

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## From the Chair

by Sheila Garson

As you know the Board has been working over the past months implementing the staffing review undertaken last summer and this is now complete. Davie and Rachel are both well established in their new posts and we're seeing the benefits that fresh eyes bring to an organization with Rachel as Boathouse Coordinator, Nic's role has been slightly amended to allow him to focus on our projects.

Having the Boathouse manned at regular times is proving popular with island residents and visitors alike and we have seen a significant increase in footfall over the past few months. Initiatives such as the coffee afternoons hosted by the Kirk as part of their Path of Renewal project have proved very popular and this may come back to the Boathouse when they resume in the autumn. In addition, we have been working with the young folk who were awarded funding for a Drop in Centre through Your Island, Your Choice and look forward to providing a space for this very soon.

The transport provision has also undergone some changes, mainly the recruitment of an additional driver, Hazel Perry. This will allow us to expand the service provided by the electric car to cover 7 days a week, with Eileen covering weekdays and Hazel the weekends.

Lynne continues her work as Community Action Officer and has been focusing on social care, one of your key priorities. You'll find more about this further on in the newsletter. She has also been working with Nic on a number of funding applications and we'll have further news on these soon.

One exciting piece of news which we can share is that we have been successful in securing funding to employ a graduate placement to look specifically at the impact of the Trust. This is a highly important piece of work both in terms of measuring the difference the Trust has made to the life of the community, but also in supporting our future work.

As we embark on an exciting and busy time its great to have a good, strong staff team in place to facilitate this work.





## Hearts of gold and service to match

by Lynne Collinson



From everyday tasks like checking peoples blood pressure to coming to the rescue in an emergency our two Nurse Practitioners aim to provide the best possible service to our island population.

Newest to the role is Linda Buchan who has been on Shapinsay for just over 9 months and who has previously worked on Hoy and Flotta, coming back to Orkney after a spell as a Nurse Practitioner in Huddersfield and Halifax.

Of her return to Orkney, Linda says "I enjoy the slower and quieter pace of life and the chance to build up more of a relationship with patients".

Linda, who lives in Stromness, spends a fortnight a month on Shapinsay with fellow Nurse Practitioner and island resident Ian Hall covering the other 2 weeks.

Together they are a consistent and reassuring presence on Shapinsay with a relaxed and friendly style that many appreciate, "we've both got a good sense of humour and can always see the positives in situations" explains Linda about their work as a team.

Says Ian, "I believe that here in the isles we provide an excellent gold standard of service compared with what's happening in the NHS in other parts of the UK – people can always get a same day appointment and have choices of who they want to see". Ian's clinical special interests include long term conditions management such as asthma, COPD and diabetes. "Working in a small community" he says, "means we know the people, their medical history and their context which makes it much easier to treat them."

As isles nurses Ian and Linda have one of the broadest nursing job descriptions in the country and that makes for great job satisfaction. "We are not dealing with lots of different people but we cover so many aspects - no two days are the same" says Linda "we also get great support from our GP's"

### So how do the pair relax when not on duty and on call day and night?

For Linda, time out is often spent walking her two beloved 'westie' dogs along the coast on the mainland, reading or being creative with some cross-stitch.

For Ian a spot of fishing for trout in the Laird beside their croft which he and the family help his wife Jenny to run, is a great way to unwind. With 30 ewes, 23 lambs, 6 goats plus hens, ducks, rabbits, cats and a dog there's plenty to keep him occupied in his two weeks off duty.

There was a recent welcome boost for Ian when he was selected by the Queen's Nursing Institute as one of the top 20 community nurses in the whole of Scotland. He's now part of a year long special development programme at the end of which he will have earned the coveted title of Queen's Nurse. Says Ian, "it was a particularly joyous moment and the more so as it's not just about me - I see it as recognition of what all the isles nurses in Orkney do and I just happen to have been amongst those they picked".

## Shapinsay Heritage Centre

### Shapinsay Heritage Centre

The Smithy, Balfour Village

*Explore the island through our displays, collection of local photographs and documents covering all aspects of island life*



### Special Exhibition for 2017

### *Artistic Reflections: Crafting Past and Present*

#### Opening Times

- From 7th May to 21st May and 12<sup>th</sup> September to 24<sup>th</sup> September  
Tuesday to Sunday from 12.00 noon to 3.00pm
- From 23<sup>rd</sup> May to 10<sup>th</sup> September: Tuesday to Saturday from 12.00 noon to 4.30pm and Sunday from 2.00pm to 4.30pm

Please note: We are closed on Mondays and County Show Day

**Admission free – donations welcome**  
**Also local crafts and gifts for sale**

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



## Garden Notes from Old School

It feels as though everything is in a hurry at this time of year, rushing to make as much new growth as possible; the appearance of a plant can change noticeably from one day to the next. Unfortunately, the weeds are growing just as strongly as everything else and I have had to resort to drastic measures to keep control! Generally, I try to avoid using weedkiller but I have had to use it this year as the ground elder is creeping further and further into the borders.

The sparrows are busy collecting materials for their nests and I love to hear them chattering to each other in the shrubs but I'm not so keen on a different aspect of their behaviour. For some reason known only to sparrows, they have tweaked off every single head of the primroses planted in the spinney garden! Thankfully, they have left them untouched in other areas of the garden and when they have finished flowering naturally, I will divide the plants and re-plant them in small groups elsewhere.

It has been a good spring for catkins and pussy willow which is excellent news for the bees, providing them with an early source of pollen. One of my favourites is an alpine willow which creeps along the top of a gravel-filled wall and has the tiniest red catkins. Another plant loved by bees is the bugle, *Ajuga reptans Atropurpurea*; I know it spreads and roots itself around but it's really not difficult to pull out and at this time of year the bronzy leaves and deep blue flowers are the perfect contrast to some of the brightly coloured tulips. Tulips Havran and Prinses Irene are flowering together in a pot nearby and the colours are fantastic.



As I walk around the garden I'm constantly looking at the way in which groups of plants work together to create a picture and thinking about what I might add or remove to improve the effect. Last autumn, we completely removed a small round lawn that was virtually impossible to mow and planted the area with perennials and a few shrubs, using stepping stones between to allow access for weeding etc. At the time, the plants were dormant so we are only now beginning to see them re-emerge and it

will be interesting to see, as the seasons progress, just how well they all fit together. I can already see gaps where I can plant more bulbs and I will certainly use more of the small

narcissus W P Milner which is a perfect height not to get battered by the wind and a very subtle colour that blends easily with other spring flowering plants like aubretia and the pasque flower, *Pulsatilla rubra*. Another definite is to plant grape hyacinths underneath the broom, *Cytisus Apricot Gem*; I will use *Muscari latifolia* which are mainly a dark purple/blue but with a lighter coloured hat. Brooms can get very leggy and untidy so it's important to trim them back after flowering to keep them tidy but make sure that you don't cut hard into old wood as it won't regenerate. The cherry tree, *Prunus Shirotae*, also planted last autumn, is now showing off its delicate pure white flowers and before long a sea of aquilegias in various shades of pink, blue and plum will swirl around its base.

The veg garden is being re-organised to accommodate the new greenhouse so my crop rotation system will go 'out of the window' this year; some things that I have previously grown outside will now be grown under cover so I'll have to work out a new system. The early potatoes are planted and modules of peas, broad beans, cabbages, kale and lettuce are bursting out of the coldframe. I will start planting them out very soon but unless the temperature becomes consistently warmer they will be protected by net clothes for a while so they don't have a set-back in growth.

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)



## Kirk News

At the beginning of the year we have identified a need in the community – a lack of a gathering space for folk in the winter months (the Smithy provides that in the summer). To address it we organised coffee afternoons. Four times since we provided teas, coffees, baking and biscuits at the Boathouse.

Shapinsay Development Trust kindly agreed to provide a venue for it and our partnership has been very successful.

Thank you so much for your kind support for this venture – the attendance has exceeded our expectations and we've had lots of folk offering to bake and host as well. It's all much appreciated and we would like to say a heartfelt thank you!

Thank you also to the Shapinsay Development Trust for letting us hold the afternoons in the Boathouse which proved a fantastic venue. We're not going to be having any coffee afternoons during the summer months but we'll be back in autumn – do watch for the adverts coming out nearer the time!

May is going to be quieter on the Shapinsay kirk front (that's me hoping!) but nationally it's the month of the annual General Assembly. I will be going there this year as a delegate together with an elder from Kirkwall East (Kirkwall East and Shapinsay elders take turns to accompany me to the General Assembly). I'm truly looking forward to this important event in the life of the Church.

Rev Julia Meason, 874789,

[JMeason@churchofscotland.org.uk](mailto:JMeason@churchofscotland.org.uk)

## Shapinsay Picnic



The Shapinsay Picnic is almost upon us again, taking place this year on **Saturday June 17<sup>th</sup>**. For those not familiar with the Picnic, this is an opportunity to come together to compete in sporting events such as running, shotput and high jump. There are events for children and adults and we'd really like to see as many folk there as possible whether competing or spectating. There is also a picnic tea with food and drink provided, raffles and a dance and prize giving in the evening. Sporting events start on the field at 1pm, with the tea at 4pm. After tea the primary and pre-school children's prizes are given out before the North v South tug of war (please see June's edition of the Shapinsay Sound for a map showing which side of Shapinsay your house is on, and who to contact if you'd like to be on the team). The evening dance to the Shapinsay music group starts at 8pm with the prize giving at 8.30pm.

The Picnic Committee are , **Leanne Bews, Simon Meason, Emma Clements, Sue & Ian Brown, Jan Buchanan, John Dunnett, Barry Moncrieff, Graham Rendall, Ian Eunson, Colin Leslie and Jean Coomber**. If you'd like to help at all on the day – either making sandwiches, helping to serve refreshments or to help record the sporting successes please speak to a member of the committee.

Enclosed in the June edition of the Shapinsay Sound will be an envelope where people can contribute towards the costs of the event. Envelopes can be returned to the shop or the school before the Picnic, or can be given to any member of the committee. If you would like your envelope collected from your house please contact a member of the committee.

**Please can shields won last year be returned to a member of the committee before the Picnic.**

There will be more information about the Picnic events in the June Shapinsay Sound, and also a time when the committee will be checking the equipment which is a chance for anyone not familiar to come along and see what's used.

We hope to see as many folk as possible on **June 17<sup>th</sup>**, and fingers crossed for a sunny day!





## Where next with Health and Care ?

by Lynne Collinson

The provision of health and care continues to be high on the agenda in Orkney not least with the local elections pending and issues of concern such as how to fund the care needs of an ageing population and the shortage of home carers amongst topics flagged up by some candidates. Also, the need to make more provision for those with mental health problems has been in the news with Prince Harry recently bringing this important subject to public attention.

Anxiety and depression can affect people even in seemingly idyllic island settings and there are many who agree that more support is needed. Here on Shapinsay I'm pleased to say that SDT is partnering with the Blide Trust for a number of initiatives following their successful bid to the 'Your Island Your Choice' fund which will see them coming out regularly to some of the isles including ours for projects and drop-ins.

On the sheltered housing front we await the outcome of our joint application with other isles for funding for a Housing Needs Assessment ahead of our application to the Islands Housing Fund to build such units here. The assessment will include questions about what kinds of support are needed for people wanting to stay living in their own homes longer when affected by health or age-related challenges. We also await the outcome of an 'Aspiring Communities' application headed up by Voluntary Action Orkney to look at models of community led care which might facilitate such accommodation on the isles.

There are at present numerous meetings, discussions and initiatives in Orkney to look at what is needed both now and for the future and to that end we welcome the visit of Sophie Brinkhorst to Shapinsay later this month, whose planned research will be a welcome resource. She has written to folks over 75 years old to invite anyone interested to contact her if they wish to take part, as she explains for us here:-



*"I am a trainee General Practitioner from Amsterdam. I have just finished my first year of GP training. I planned to undertake a project in a rural area to broaden my development both as a doctor and as an individual and that's how I chose Orkney."*

*I am curious about how people over 75 years old on the islands experience their health care system, which organisations they are in contact with, how they rate their social contacts, their health etc.*

*My questionnaire has three main themes: health, social contacts and access to care. The format of these interviews will be like a normal conversation in which I will explore their situation, guided by the questionnaire.*

*I'll summarise the results in a report for the Isles Network of Care and NHS Orkney. We will also share the report with Voluntary Action Orkney, Cross-roads Orkney, Age Concern Orkney and Development Trusts who have helped in preparing the project, so that this study can have maximum benefit. Thank you for helping me so much! I'm planning to visit Shapinsay 8th to 10th of May"*

Sophie will be a guest at the Lunch Club on May the 10<sup>th</sup> so if you are attending you may see her there. Meanwhile we continue to look at what an enhanced care package might look like on Shapinsay as well as how it might be funded and very much welcome your thoughts and ideas. Contact Lynne Collinson [cao@shapinsay.org.uk](mailto:cao@shapinsay.org.uk) or ring the SDT office on 711733

## The Smithy gears up for a busy season ahead



The seasonal re-opening of The Smithy Café at this time of year to coincide with the new ferry timetable always brings a sense of cheer on our island that the dark days of winter are well and truly behind us! This popular venue at the centre of Balfour Village, just a short walk from the pier is much frequented by visitors and locals alike. The traditional Island fayre offered features eggs, vegetables, jams, chutneys and other local produce from both the Island and Orkney mainland in a wide variety of tasty dishes - as well as some superb home baking. Proprietor Fiona Summerfield has been in the catering business since she left school at 16 to become a chef. She later went into nursing but has kept up her culinary interests and started running The Smithy on the Island that's been her home for over 24 years - in 2014. It's something she has a real passion for.

Says Fiona, "I love providing a service for people on the Island - as well as meeting people who visit Shapinsay from all over

the world - it's also great working with local lasses to run the business." As its name suggests the tastefully renovated 19<sup>th</sup> century building within which the café sits was once home to the blacksmiths who serviced Balfour Castle and its surrounding estate. The old blacksmiths forge is the café's impressive centre piece. It shares its historic premises with the Island's Heritage Centre and gift shop upstairs where visitors can learn about Shapinsay's fascinating history and buy original items produced by talented local craftspeople.

As well as providing a valuable stopping off point for sight-seers with local advice, maps and packed lunches available, the café is also being increasingly used by the community as a gathering place and as somewhere to hire for special events like wedding and birthday parties.

"Families are always welcome", says Fiona "I like mums and dads being able to come in with their kids and just relax - we provide an area with toys and crayons for kids to play" and for adults there's a growing range of books on Orkney to browse through.

"The premises are now licensed and we offer dairy, gluten free and vegetarian food options on the menu - we've always got something for everyone so that no one misses out" Home bakes are a particular favourite with customers - with Fiona's chocolate banana cake and peanut mallow her best-seller as a special treat.



Customer feedback reflects the restaurant's personal touch ranging from 'lovely little café with attentive, pleasant staff' to 'fantastic home bakes' and 'a wonderful warm welcome from Fiona'.

The Smithy is open every day from 12 noon until 5pm between May and September. There is also a 'chippy' take-away and 'dine-in' service on a Friday or Saturday night most weeks. Fiona can also turn her hand to making wedding cakes like the vintage fruit, vanilla, raspberry and salted caramel one pictured. Doors open again at the Smithy on Saturday May the 6<sup>th</sup>.

For more details phone 01856 711269. The Smithy's website can be found at <http://www.islandcafe.co.uk/>

