



# The Shapinsay Sound



The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
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Nursery children have been making a big tree for Nursery, at the children's suggestion. The trunk goes all the way up the wall and they are making leaves by making handprints. They have also been having lots of fun making pizzas in their role play area.

**P1 – 3** children are becoming experts about climates, and can explain why weather is different around the world.

They've also had a go at making their own mini water cycle where they've produced their own clouds. **P4 – 7** have been finding out about life in medieval Scotland, and have also been learning more about Space. This included using playdough to show the relative sizes of the planets compared to each other. **P4 – 7** also entered the George Mackay Brown writing competition last term – a huge well done to Lisa who received a highly commended and to Erland who received third prize. Not bad considering there were 50 entries in their category! **P4** children have started taking part in the Football Fun Fours with other P4 teams. They all did well and showed great team spirit when they met other teams at the Picky Centre. Many thanks to Graham and John for organising this and to the parents who took the children along.

The Pupil Council organised our Children in Need activities, which included selling Pudsey goodies and asking everyone (including the staff) to wear pyjamas or onesies to school for the day. So far we have raised over £120, well done everyone!

Thanks to everyone who donated old clothes etc for our Recycle with Michael project. We collected 280kg but haven't heard yet how much this raised. We will hopefully have another collection in the spring or summer term.

Finally, please do come along to our Christmas events if you can. P7 children will be switching on the tree lights on Friday 2<sup>nd</sup> December at 7pm and all the children will be performing. Our end of term carol service takes place on Friday 16<sup>th</sup>

December at 2pm, with refreshments afterwards provided by Parent Council. All are very welcome to join us.

**Happy Christmas from everyone at the school!**



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## From the Chair

Thank you to everyone who attended our AGM on the 15<sup>th</sup> November. It was great to see such a good turnout and to see an increase in membership. The AGM is a time to look at what has been achieved over the year and during 2015/16 we completed the Boathouse, which was the final piece of work undertaken with our Big Lottery Growing Community Assets funding. We continued to provide a much valued transport service, which includes the Out of Hours ferry service, the electric car and the mini bus.

Through the SWAP fund we have enabled community members to experience trips, training, cultural and educational experiences within Shapinsay, Orkney and beyond. We were tasked with developing 'Responses to Curtailment' and this resulted in the successful BIG HIT bid.

It is also good to report that despite curtailment our trading subsidiary continues to gift profits to the Trust to enable the delivery of our services and grants to the community. Thanks to these funds and successful grant applications our financial position is sound.

For those of you who weren't at the meeting a copy of Trust accounts are available at the Boathouse, as is the full directors report. You can also pick up a membership form there should you wish to join.

I'm delighted to remain chair and to welcome Stuart McIvor to the Board. Simon Meason has stood down as a director and we thank him for his valuable input during his time on the Board.

As this is the December Newsletter, on behalf of the Board and staff I would like to wish you all a very merry Christmas and we look forward to continuing to work together for the benefit of Shapinsay during 2017.



December 2016

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## Shapinsay Development Trust



### FINANCIAL STATEMENT– 6 Months to Sept 2016

	Annual Forecast	Year to Date	% of Annual Forecast
<b>Income</b>			
Monies Received (SRL)	127,700.00	20,000.00	16%
Potential from SDT Reserves	7,389.90	0.00	0%
BIG HIT Grant	41,621.95	41,621.95	100%
Charges/Donations	2,500.00	1,495.00	60%
<b>Totals</b>	<b>179,211.85</b>	<b>63,116.95</b>	<b>35%</b>
<b>Expenditure</b>			
Salaries & Contracts	63,148.00	30,677.24	49%
Rents	22,700.00	0.00	0%
SDT Boathouse Budget	7,741.90	3,813.25	49%
Running Costs & Utilities	12,000.00	7,460.46	62%
Transport Costs	27,000.00	13,278.32	49%
BIG HIT - Project Costs	41,621.95	239.00	1%
SWAP	3,000.00	1,189.09	40%
Here to Help	1,000.00	0.00	0%
Misc	1,000.00	130.00	13%
<b>Totals</b>	<b>179,211.85</b>	<b>56,787.36</b>	<b>32%</b>

**Note: SRL Monies Currently Based on Last Financial Year's figures.**

**Note: Accounts to be Published on a Quarterly Basis**

## Shapinsay Community Association



The executive committee of the Shapinsay Community Association have been busy over the last few weeks. We are in the process of pricing and sourcing funding for new flooring in the music room (carpet and lino), new tables to replace the old green ones and more staging. The staging was a tricky item on the agenda as the company who produce it have discontinued the colour on our staging and we had to agree on another one! We are also still looking for funding for the outside toilet but this is difficult as the building belongs to the council and not to the community association. We are also trying to resolve the ongoing difficulties with the main door into the community centre. Once this is resolved we will be able to do the annual fire inductions for all keyholders.

### Christmas Tree Party

The Christmas Tree Party takes place on Saturday 17<sup>th</sup> December. All island children of primary school age and under are invited. Games start at 2.30pm, tea is at 4pm and Santa will be arriving with presents at 4.30pm.

## Kirk News



So this is Christmas... For some their favourite time of the year, for some the dreaded time of the year! An important one in the kirk's faith though so in 2016 the kirk will be celebrating this special time with a bang! First of all, every Thursday in Advent, beginning on the 1<sup>st</sup> December, we'll have alternative worship which will be far more interactive than our Sunday morning services. We'll be using our sense of smell, touch, we'll be speaking to one another or keeping silent, we'll have fun and eat. Do come along at 7 pm every Thursday in Advent!

On the 18<sup>th</sup> December at 4 pm we're going to hold a Christmas carol singing event at the kirk. We'll have performances from various Shapinsay groups: the Music, Handbells, Singing Groups and the school children. We'll also sing some carols together as a community. We'll have refreshments with a Christmas theme to them (mulled wine, shortbread, mince pies, tea). We should be finished by 6 pm for you to go back home and enjoy your tea. Donations from the event will go towards building the outside toilets at the community centre. We hope you will be there to celebrate with us!

### Merry Christmas!

Rev Julia Meason, 874789, [JMeason@churchofscotland.org.uk](mailto:JMeason@churchofscotland.org.uk)

## Weeping Window



The children who attended Sunday Club on Remembrance Sunday are pictured with the weeping window they created.

After seeing the stunning Weeping Window, poppy display at St Magnus Cathedral earlier in the year, Remembrance Sunday seemed a good time to create a Shapinsay version. We looked at the names on our war memorial and made a poppy for each one of them. This gave us a chance to think about the 13 men from Shapinsay lost during WWI and 2 lost in WWII.





## Shapinsay Health Centre



### Alterations to Service During the Festive Season

#### Opening Times

The Health Centre will be closed for the Christmas and New Year Holidays on Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> December and Monday 2<sup>nd</sup> and Tuesday 3<sup>rd</sup> January.

The Health Centre will be open as normal at all other times.

#### Emergencies and Out of Hours

Emergency arrangements will remain unaltered throughout the festive period. If you require emergency assistance, you should contact either the Balfour Hospital switchboard on 888000 or dial 999. If you want advice or reassurance on symptoms or medication, you can contact NHS24 on 111.

#### Repeat Prescriptions

Please check well before Christmas to ensure that you have sufficient medication to last over the festive period, (at least up to Tuesday 10<sup>th</sup> January). You should order any repeat medication you require by Friday 16<sup>th</sup> December to ensure you receive it before Christmas.

If you run out of medication over the festive period, please contact the Health Centre and we will do all we can to help.

If you have any questions about the above arrangements, please contact Paul Evans, Practice Administrator at the Health Centre on 711284.

**Heilendi Practice would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year.**

## Shapinsay Community Council



On behalf of the Shapinsay Community Council can I please ask folk not to park at either side of the Weigh Bridge at the pier.  
There needs to be access to the bridge at all times..

I have also been asked to remind folk not to park in passing places - especially large vehicles - as these areas need to be used as passing places.

Fiona Summerfield. Chair.



## Orkney Climbing Club



### Well done to two Shapinsay Boys



**Gavin Rendall** was 12th overall in Scotland in the P6-7 age group and had the silver medal in Orkney.

**Sean Dunnett** scored 336 points in the Scottish schools climbing Competition. Sean finished 8th in the boys P4/5 section. He was third in Orkneys P4/5 group getting the Bronze medal



Sean walking the rope

## Shapinsay Healthy Living Centre



There will be no supervised sessions between 23<sup>rd</sup> December and 4<sup>th</sup> January. The buddy system will continue as usual and we will do some Fatburn Extreme sessions during this time.

There is an excellent offer on at the moment. If you choose to pay by monthly direct debit (£26 per month) you can access the gym as often as you wish and your Fatburn Extreme sessions are free (normally £3 per session). Couples who live at the same address can have a joint membership for £39 per month.

**Merry Christmas to all our clients!**

## RNLI



**RNLI Christmas cards available at Astley**



## Garden Notes from Old School



We're fast approaching the end of another year and although there will be bright days when there are odd jobs to do outside, there will also be plenty of opportunities to sit back and reflect on the year gone by, indulge in some fireside reading or looking at books full of glossy photographs of beautiful gardens.



On visits south this year I visited two lovely gardens; Scampston Hall in Yorkshire and the Cambridge Botanic Garden. The walled garden at Scampston has been on my 'must visit' list for a while because it was laid out by the Dutch garden designer and plantsman Piet Oudolf. I love his prairie style planting which can only really be appreciated on a large scale. The idea is that perennials and grasses are planted

together in bold drifts or large groups so that the plants all support each other and there is no need for staking. The overall effect is one of a colourful meadow which sounds an easy style to replicate, but it's not! It takes a lot of skill to get it looking right and not just an uncoordinated mess. The garden at Cambo House in Fife has areas planted in a similar style and is well worth a visit.

My visit to the Cambridge Botanic Garden was on a scorching hot day in July. There is very little rainfall in that area so many of the plants I saw would never do well here in the wet ground, even if they could be protected from the wind, but there were areas that could easily be reproduced on a smaller scale. The flower meadow is a good example; it starts with spring flowering bulbs followed by a combination of annuals and perennials that last through the summer. At the end of summer, the whole lot is cut down like a hay meadow, the grass allowed to dry off and then turned a couple of times to allow the seed

to fall onto the ground and lie dormant until the following year. Another area that caught my eye used a mass of foxgloves; this a plant that we might not think about using but when it's planted en masse like this it's spectacular. A similar effect could be created with a different colour scheme by using seed of Suttons Apricot or on a smaller scale, Dalmation Peach or Primrose Carousel both of which are only 20" to 30" high. There are always

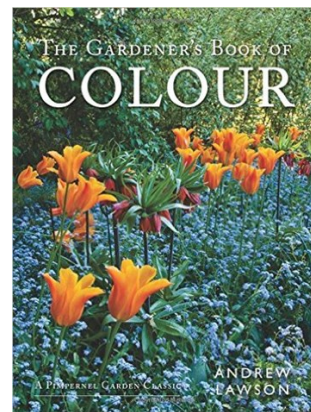
new ideas that we can borrow from other gardens to try out in our own!

If you're thinking about a book you might like for Christmas, what about Garden Plants for Scotland by Kenneth Cox and Raoul Curtis-Machin; there are lots of good ideas in here for many different situations. Or for pure indulgence and escapism choose one of the many books with photographs by Andrew Lawson which never fail to brighten up a winter's day. Happy Christmas!

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

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## Shapinsay Wildlife Matters



### The Ouse Shapinsay

The best place to go bird watching in Shapinsay during the winter months is to take a walk down to the Ouse. You can easily take the track down sign posted to Odin. The word Ouse really just means water, and the Shapinsay Ouse is a tidal estuary where the sea floods in and out twice per day. The Ouse is bounded and cut off from the sea by a series of storm beaches known in Orkney as ayres. The tide comes in and out through a very narrow channel, just a bit too wide to jump across, between the ayres about the middle of the picture, but not visible until you get down there.



*The Shapinsay Ouse*

I have been visiting the Ouse at least six times per year since 1990, once per month from October to March, to count the birds as part of the British Trust for Ornithology BTO wetland bird survey or WeBS. This year is my 27<sup>th</sup> year! There are thousands of people counting on specific weekends each month all over the UK and many in Orkney too. The records create a huge data base and help to give a picture of changing trends in wetland bird populations.

The Ouse is a fantastic larder for wading birds, with lugworms and various molluscs and other mini beasts to hunt for in the mud. At low tide there can be 1000s of birds feeding.



by Paul Hollinrake

I have counted over 2000 curlew for example and once had a flock of over 4000 golden plover there. There are regularly 100s of redshank, ringed plover and lapwing, and up to 500 dunlin. Oystercatchers tend to mostly leave Orkney in winter, but there are nearly always a few in the Ouse. Bar-tailed godwits are often found amongst the curlew flock too.

My favourite wading bird which I occasionally find down in the Ouse is the grey plover. I have only ever seen a maximum of two of these close cousins of the golden plover at any one visit. They are pale grey with striking black oxters or arm pits in flight, and a bold black eye and strong black bill. Very smart little birds.