

The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
Registered Charity Number: SD034818; Registered Company Number: SC255127.

Contact Information : Email: SDTOOffice@shapinsay.org.uk

Telephone: 01856 711733.



We are now all fully back into our new routines, and the children have been continuing to learn well. In October we will be taking part in Black History Month and will be learning about Black History in the last week before the October holidays. We will be asking people to wear red on October 9th to show Racism the Red Card. Current guidelines mean all PE has to be held outside for the time being, as we missed out on the picnic we are doing athletics and are also playing some outdoor games. As we have school waterproofs you might even see us out doing PE in the rain!

The outside area at the front of the school now has a stage and the children have been enjoying using it, along with all the other things in the front garden.

Nursery

We have been having a lot of outdoor learning this term so we have been planning for more additions to our garden to help us with literacy and numeracy, we have planted a christmas tree in the garden and are planning to decorate it at Christmas.

P1 – 4

The P1 – 4 children have been continuing to learn about weather. The children have learned about the water cycle and all made their own mini water cycles in a bag. The children have all made their own weather forecasts, with P3 and 4 children writing in the future tense. P1 children are doing really well with their sounds, and are now reading books with words! We have been learning how to say what the weather is in French and have started to learn greetings and colours in Spanish. In music the children are using the key-boards and the P3 and 4 children are learning to play tunes.

P5 – 7

The P5 – 7 children have been playing keyboards in music, trying to use correct finger positioning with the right hand, and beginning to use the left. The children are also learning guitar with Adam from the Youth Music Initiative. In science, the children have been learning about physical and chemical changes to materials. They also been separating a mixture of materials by using filtering and evaporation. RME has been about the Sikh religion, with the children learning about the Gurdwara and langar. In French, they've been learning numbers to 100.

SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

October 2020



Shapinsay Development Trust

At the Development Trust quite a lot has been happening during the last month, as well as now having to work out how best to adapt to carry out our work and provide the services safely and within the more recent Covid restriction imposed on us.

We now aim to get back to producing the Shapinsay Sound monthly, being delivered to you around the first of each month. For the next few months this may be slightly later sometimes, depending on our staff availability to produce it each time. In the past we have had contributions from you sent in to us, as photos, recipes, articles about your interests, short stories, poems, gardening tips etc. We would welcome these again so please send us anything you would like to share, it all makes the Sound more a community newsletter rather than just our news and updates.

Last month we included a questionnaire to find out your thoughts about a cafe/pub/restaurant facility on Shapinsay. We then put this online, advertising it on Facebook. We have received quite a few responses, but more would give us a clear idea of support or not for this project.

The final date has now been extended and is Friday 9th October. Paper copies of this are available from us and, for those that prefer, the online link is www.surveymonkey.co.uk/r/KBXBGMP

So, some updates from us;

AGM

You should all have received a letter by now informing of the change this year to having the AGM later than normal, hopefully early next year, but we are holding an EGM earlier than this as we need to have our financial accounts approved by our membership before this. The EGM will be on **Monday October 19th at 19.00hrs** and held online via Zoom. To join the meeting, please send us your current email address and we will forward the link to you.

If you are aware that the recent letter regarding the EGM hasn't been received by someone or you haven't received it, please contact us and a copy will be sent out.

Housing

No 9 Balfour - As mentioned in the July issue of the Sound, we have now purchased this, and renovation work started during August.

Schoolhouse – We are still waiting for OIC's decision on accepting our offer or not. As some of you might have heard on Radio Orkney last week, the OIC meeting to consider this was held on 22nd September.

Housing sub - group – this has now been formed, and consists of 2 board members, 2 residents and a representative from the Community Association/School together with the project manager, Billy Groundwater of Orkney Surveying Services. Their first meeting is planned to be near the end of October. As well as making sure the project is progressing as planned they will also be liaising with OIC and a Social Housing manager.

OOH service / EV

At the moment there is no change in this, but we are continuing to keep them under review. We plan to start them again, more than likely at different times, as soon as we are able to do so and maintain the safety, in respect of Covid, for passengers and operators, and also when they can be operated within the guidelines set at that time.

Shapinsay Wellbeing

From www.orkneyferries.co.uk

Travelers are advised that ALL travel, including cargo and foot passengers, needs to be booked and paid for prior to travel.

The booking system closes at 16h00 on the day before following morning's travel (and 16h00 on Fridays for weekend and Monday travel) as well as ONE HOUR before each subsequent sailing.

Please plan your travel in advance to ease the load on our call centre staff.

Face Coverings

Free face coverings continue to be available from the portacabin on the Shapinsay pier. Please adhere to all current guidelines when using the portacabin.

Hand Sanitiser

Free Sanitiser refills are available from The Boathouse by contacting 711 733 or 0786 7622814 to arrange a suitable time

Sanitary products

Free sanitary products are available from the portacabin on the Shapinsay pier. Please follow current guidelines when visiting the portacabin

Health Walks

Health walks are permitted to take place as stated on www.gov.scot "to take part in outdoor organised activities for those aged 18 and over " It entails a walk usually up to 1 mile in the surrounding area of the village following current government guidelines on distancing. The walks leave at 2pm on Tuesdays and everyone is welcome to join the walk. Number capacity is 30 people!

If you have any great ideas on projects for the community to enhance wellbeing during the coming weeks and months please do get in touch. We are restricted with not being able to run indoor groups and clubs at the moment but hopefully through time these will resume.

Like many of you I am missing getting out to the groups to meet folk and socialize and if you feel the same its nothing to be ashamed off. Adult befriending in Kirkwall is able to offer a telephone service where someone matched to you can phone up for a chat once a week. If you feel this is something you would benefit from please get in touch.

If you are finding that you need some activities to do or would like to borrow any books, magazines, craft materials etc please do get in touch and I will try to help.

There are some books and magazines available free in the portacabin. Please adhere to current guidelines when collecting.

Alison Meason The Boathouse 711 733 or 0786 7622814



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future

Shapinsay Developmnt Trust

SHAPINSAY DEVELOPMENT TRUST



Development Trust Manager

20 hours per week
£11.00 per hour
Plus Employer Pension Contribution

An exciting opportunity has arisen within Shapinsay Development Trust. The Trust is looking for a flexible and organised person to support the Board of Trustees in achieving the Trust's objects through efficient and effective management of the Boathouse, staff, and all communication with the Trust's members and the wider public.

The successful candidate will have excellent customer service skills; will be skilled in all aspects of office administration and confident in the use of Microsoft Office systems. Previous line management experience would be beneficial.

For further details and an application form, please email boathouse@shapinsay.org.uk or Telephone (01856) 711733 and leave a message.

Deadline for the return of completed application forms is Friday 16th October. For an informal chat about this post please contact Davie Campbell on: 07522144273 between 9am and 5pm weekdays.

Soond Cinema Goes Virtual!

Soond Cinema was all set to celebrate its second birthday on the 12th April 2020 with three film events planned including our first ever Saturday Matinee Marathon, the rest as they say is COVID-19 history!

Since April 2018, *Soond Cinema* has shown 56 films during 4 film seasons and hosted Shapinsay's first Film Festival at the Boathouse, it has also put Shapinsay on the map twice as an official venue for Orkney's *Film Focus Festival* in 2018 and 2019. During our first year, the 16 films we put on scored an average 4 out of 5 on the *Shapinsay Shell-O-Meter*. The 40 films we have shown in our second year, have been rated with an average 4.5 out of 5 by our audiences, with 2 films scoring the perfect 5.0!

Our scheduled 16 film *More Than Just A Chick Flick* season showcasing the work of celebrated female directors from America, Britain, Australia and New Zealand was due to start screening in May 2020. With the Boathouse closure, Lynne and I expected that Soond Cinema's doors would be closed indefinitely until an email from Mark Jenkins outlining the virtual film programme which Westside Cinema in Stromness was starting to offer its viewers in response to the global pandemic gave us the courage to face down our technology demons and give some sort of online option a go.

After many conversations and trial runs with tech-savvy and movie loving friends in Shapinsay, across Orkney and in New Zealand, Greta Gerwig's movie *Ladybird* kick-started our virtual *More Than Just A Chick Flick* season on Thursday 30th April pushing Soond Cinema into new and very uncharted waters. Taking the plunge to use films showing on Netflix alongside optional group pre and post movie Skype cuppa catch ups provided Soond Cinema goes the opportunity to watch films 'together alone' during lockdown and beyond.

Using Netflix has given us the freedom to put together a more varied programme than we can typically offer at the Boathouse as we do not need to worry about any film licensing restrictions as everyone taking part in our virtual programme is watching the film in the comfort of their own home. Naturally, everything has its drawbacks and the bandwidth issues across Shapinsay have meant that many of our regular Soond Cinema goers have not been able to access our virtual programme at all. We have also discovered the hard way that Netflix sometimes removes movies without any warning which has presented the occasional challenge.

Our 25 film *More Than Just A Chick Flick* season, has a stellar international line up of well known as well as up and coming female directors including Mati Diop, Nadia Hallgren, Sandi Tan, Anne Fletcher, Isabel Coixet, Sofia Coppola, Lana Wilson, Catherine Hardwicke, Rhiannon Bannenberg, Nora Twomey, Patty Jenkins, Claire McCarthy, Brie Larson, Rachel Tunnard, Lily and Lana Wachowski. This virtual programme contains films from a range of genres including documentaries, science fiction, fantasy, comedy, drama, historical, anime and our first ever Zombie movie!!



Drawn from a diverse range of cultures many of the movies provide a unique insight into the thoughts, perspectives, challenges and struggles facing people across history as well as in modern day Iceland, France, Singapore, Georgia, Ireland, Spain, Israel, Saudi Arabia, USA, Nigeria, Britain, Poland and Vietnam and has coaxed Soond Cinema out of its comfort zone by including films with English subtitles which have all been well received.

More Than Just A Chick Flick will run until our annual *Winter Warmers* season starts in early October.

Anyone interested in finding out more about Soond Cinema's virtual film programme using Netflix and Skype are welcome to email Carole opheliasparkle@yahoo.com or Lynne lynnecollinson3@gmail.com for more information.

Looking forward to 'seeing' you at one of our virtual films really soon,

Carole and Lynne

NHS

Isles Comms re Dental Practices – September 2020

Earlier this year, as coronavirus swept into Scotland, the Chief Dental Officer (CDO) advised that dentistry should move to a severely limited, emergency service only. All concerned are now working hard to get dental care reopened as the disease ebbs.

On 20th May, the CDO outlined his roadmap for the return to the delivery of routine dental care. The steps are as follows:

Phase 1: Increasing capacity of Urgent Dental Care Centres.

Phase 2: Restarting Dental Practices for urgent care not involving an aerosol spray

Phase 3: Restarting Dental Practices for urgent and routine care not involving an aerosol spray

Phase 4: Introducing a full range of care at Dental Practices.

I am pleased to report that the independent practices in Orkney have been proactive in the return of dental care and both Clyde Munro/Orkney Dental and Deyanov Dental are open in line with phase 3. It is now possible to access a limited amount of 'routine' care at your dental practice.

We are still not back to normal, though.

Spray and aerosols are still considered to present an increased risk of coronavirus transmission. Consequently, treatments involving aerosol spray remain tightly restricted and, while you can now access urgent care involving aerosols much more widely, there remains a limitation to NHS care in the use of aerosol procedures for urgent care only.

This pause in a move to 'full routine care' is also to reduce the footfall into dental practices. When I reflect on the intention that Scottish Government's 'Phase 4' will come into effect when coronavirus presents no further threat to our health, I'm afraid that I'd consider that we are still a way off.

Despite all the above, much dental care does not involve the use of aerosol and can now be carried out. Your own dentist will be best placed to advise what they are able to provide to help you.

More than ever, prevention of dental problems is key and, thankfully, most dental disease is preventable. We are, each of us, the best person to take ownership of our care every day. Making sure we keep to our daily cleaning routines and adopting a healthy diet are still the first best things we can do to help maintain a healthy mouth.

Your dentist can support you in taking control of your oral health. They can advise how you can maintain your teeth and gums in the best possible condition.

Should you need to get in touch with a dentist, the contact details are as shown below:

During working hours:

Patients registered at The Balfour or Garson should contact the Garson Clinic on **01856 850658** where you will be advised accordingly.

Any patient who is not currently registered and who has an urgent dental problem should contact **01856 850658** and you will be directed accordingly.

If you are registered at Deyanov Dental, then please contact on:

Deyanov Dental - 07717477629

If you are registered at Orkney Dental Kirkwall, Orkney Dental Stromness, or the Daisybank Clinic, then please contact them direct for advice on the following numbers:

Orkney Dental Kirkwall – 01856 872030

Orkney Dental Stromness – 01856 852815

Daisybank Clinic – 01856 870547

Out of hours emergencies:

Patients should use the usual process and contact NHS 24 (111)

Orkney Health and Care | Primary Care Dept | The Balfour | Foreland Road | Kirkwall



Orkney | KW15 1NZ

Tel: (01856) 888066 extension 8081 | Email: jay.wragg@nhs.net



That is where NHS dentistry stands in Scotland as a whole at present, I hope the information is of some use. In regard to those living on the Outer Isles, I acknowledge that there are significant additional impacts given the reduced transport links currently in place. In this part, I can speak on behalf of the Public Dental Service, working out of our clinics at Garson and also in the Balfour. We are very aware of the problems that this causes. I have asked our teams to make every effort to accommodate appointments around the timetable.

Again, in the Public Dental Service, we are exploring use of 'NearMe' to facilitate remote consultations. We are finding this to be really helpful in reassuring those with a low level concern and supporting the preventative element I have mentioned earlier.

If attending in person is unavoidable, I am happy that dentistry should work alongside other services and reduce the need for repeated visits. This is not always possible, but I would repeat the intent is there. Please mention if you have any upcoming visits into Kirkwall already booked and we will work to try to link up your care.

To finish, in what is such a difficult time for everyone, I would like to thank all members of our community for their patience and understanding while dental services have been limited.

Jay Wragg
Director of Dentistry
NHS Orkney



Orkney Health and Care | Council Offices | School Place | Kirkwall | Orkney
|KW15 1NY

Tel: (01856) 873535 extension 2601 | Email: sally.shaw@orkney.gov.uk.



Kirk News

Dear all,

As you will know, we are still limited to a maximum of 22 in our church for any acts of public worship so from 20th September we began with arrangements of opening our church for **private prayer only** every first and third Sunday of the month. We will try to re-start other services as soon as it is safe and practical to do so. When our church is open, we would respectfully ask everyone to act responsibly and safely at all times.

This means ensuring:

- that you are not exhibiting any Covid19 symptoms
- that you have not been in contact with anyone who has recently tested positive for the virus (and you should therefore be self-isolating!)
- that you are not putting yourself at risk if you have any underlying health conditions or general frailty.

We are constantly reviewing the situation, taking on board the latest Scottish Government advice as well as advice from the Church of Scotland and our own Presbytery.

CHURCH OPENINGS FOR PRIVATE PRAYER ONLY

every first and third Sunday of the month – 4th and 18th October: 3:00 pm – 4:00 pm

WHAT TO EXPECT WHEN YOU COME TO CHURCH:

- The wearing of face masks in church is now mandatory. Please bring your own masks with you when visiting church.
 - You will be required to sanitise your hands as you enter and exit church. Hand sanitisers will be available.
 - Please enter via the side door ONLY and exit via the main entrance door. Stewards will take your contact details for track and trace purposes and signs will direct you down the corridor and into the designated seats. When leaving church please exit via the main door and follow the signs. Please give way to others who may be exiting at the same time. There will be 9 people allowed in at any one time for a maximum of 15 minutes.
 - Seating areas will be clearly marked to ensure the required social distancing. Family members living in the same household may, of course, sit together. All children should be accompanied by an adult. All hymnbooks and Bibles will be removed so please bring your own for your perusal.
- For those of you who would like to take part in the Blythswood Shoebox Appeal and need either shoeboxes or leaflets or both, please get in touch with me. Please then get your shoeboxes and/or donations to me by the 11th October. I will then get them across to town to the collection point. Thank you for your generous spirit and tremendous support!

Blessings,

Rev Julia Meason (01856 874789, jmeason@churchofscotland.org.uk)

Shapinsay Healthy Living

Shapinsay Healthy Living Centre is re-opening! From Friday 25th September our supervised sessions will be:-

Fridays 9.30-10.15am and 10.30- 11.15am

Sundays 9.30-10.15am and 10.30- 11.15am

Mondays 7-7.45pm and 8-8.45pm

Wednesdays 9.30-10.15am and 10.30- 11.15am

This gives you 45 minutes to work out and gives us time to clean before the next session.

To use the gym please follow these guidelines

1. Book a slot
2. Arrive ready to use the gym – no changing rooms are available.
3. Enter using the gym emergency exit door, wearing your mask
4. Use the hand sanitiser
5. Pay for your session with cash – please bring the exact money
6. Observe social distancing in the gym
7. Enjoy your workout
8. Wipe the machines after use, using the spray and blue roll
9. Leave promptly at the end of your session to allow the instructors to clean

Booking is essential as due to social distancing we are only able to have 3 people in the gym at one time. To book a slot please email us on shapinsay.hlc@glow.orkneyschools.org.uk giving your name, the time and date you wish to book and a phone number for track and trace purposes. Emails will be checked during supervised sessions only and slots will be allocated on a first come basis.

As the ActiveLife and Active Island memberships are currently frozen due to the Pickaquoy Centre being closed, payment is by cash only. A session currently costs £5.40 but look out for an October Deal!

National Entitlement Card

24 September 2020

As from Wednesday 23 September, people aged 60 and over will be able to apply for their National Entitlement Card (NEC) online.

A NEC allows anyone aged sixty or over and eligible disabled people who live in Scotland to travel free on any local bus service and scheduled long distance coach services throughout Scotland.

It also entitles permanent residents in Orkney to two free return ferry journeys to the Scottish Mainland or Shetland per year.

For those who are unable to apply online, paper applications will still be processed.

Anyone requiring special assistance, an appointment can be made with the Transportation Team to talk over the application process. They can be contacted on 01856873636.

www.orkney.gov.uk