

Shapinsay Medical Support Fund Committee

Update from Shapinsay Medical Support Fund Committee

After over a year of being unable to meet due to Covid restrictions, Shapinsay Medical Support Fund Committee finally managed to reconvene on 8th April. Sadly the Committee lost one member, the untimely passing of Lorna Foubister last summer. Two other members, Mike Smith and Emma Rendall, stood down from the committee having served for some time and we thank them both for their contribution over the years.

The Committee welcomes new members; Colin Leslie from Shapinsay Community Council, Fiona Summerfield from Shapinsay SAS Responders and Alison Meason from Shapinsay Wellbeing.



Latest Purchases

A new electric examination couch was purchased for the Surgery. This means that both the nurse and doctor's rooms have a couch that patients can comfortably access without trying to climb up using a step.

Also 20 flasks and 20 hot water bottles have been purchased to loan out to those who feel they may benefit from one or both of these, providing water for a hot drink and some warmth in the event of an unplanned power cut. The purpose of the flasks and bottles is for those who have no alternative fuel, e.g. all electric heating and feel particularly vulnerable. The bottles and flasks would be filled prior to distributing to folk. Please contact Alison Meason on 711261 or Fiona Summerfield on 711320 for more information if you wish to access this service. This will be on a first come first serve basis. The next meeting of the Shapinsay Medical Support Fund Committee will be towards the end of September and will be an AGM. Date and time to be confirmed nearer the time and all welcome to attend.



Shapinsay Community Association

Now that we've dropped down to level 1 the community centre is ready to open again. We are all set to go with the correct risk assessments in place, new hand sanitising units, **COVID cleaning protocols and track & trace procedures**. We will be opening gradually as the keyholders need training and familiarising with the COVID procedures and the up to date guidelines to keep everyone safe. With social distancing still in place, this means that we have a limit on the number of people each room can hold. **The music room and clubrooms can take a maximum of 12 people each and the hall can take 45.**

It is late in the year for many of the groups which would normally run over the winter to start so it may well be that some groups don't start up again until the nights are drawing in!

Badminton has been a popular activity and we were running a junior session and a senior session prior to COVID. Unfortunately, neither of the keyholders for badminton are able to continue so if you are interested in running either the junior session or the senior session please get in touch with Annette.

If you are unsure which groups use the community centre have a look at our pages on the Shapinsay Development Trust website, which also has a link to our calendar (it's a bit bare at the moment!).

If you would like to start up a new group, please get in touch as the Community Association is always keen to encourage new activities. There is also a good selection of different funding opportunities available to us at the moment.

We will post updates on the Shapinsay Facebook page and through the newsletter as things get going again and we look forward to welcoming everyone back to the community centre.

To get in touch with Annette (chairperson)

email annettekp@btinternet.com

Meet a Director



My name is Rachel Garson. I am the Principal Teacher at Dounby Community School. I have been teaching for nearly 14 years now.

My family have lived in Shapinsay for several generations. I grew up here, attending the primary school before moving on to stay in the hostel during my secondary education. I then married a Shapinsay boy and there was no doubt we wanted to continue to live in the place where we grew up.

What I like to do in my spare time: I love being in Shapinsay! Being a full time commuter I don't get to be home a huge amount during term time so when I do have time I love getting out and about with my camera, taking walks along the shore, going for runs with our dog or gardening. I also really enjoy sitting on the committee of the Agricultural Association. I love nothing more than standing in the show park on show day watching folk come in through the gate and enjoying all that Shapinsay has to offer in livestock and produce.

Why I joined the Trust: I have actually been on the board twice before now. The first time I sat on the board was in 2004 for 4 years. The Trust had been newly formed the previous year.

One of the main reasons I wanted to come back as a director is that I am very passionate about being active in the community that I live in. The strength of our community all depends on the folk who live here coming forward and helping steer it in a direction that ensures Shapinsay is the best that it can be. That it continues to move forward, encouraging young folk to stay here or making it attractive for families to move here and securing its future sustainability. I hope that my local knowledge and understanding of our community will help support the projects that you would all like to see come to fruition in the island.

SHAC Shapinsay Heritage

Arts and Crafts

The SHAC AGM was held on the 8th May at 2pm with the Trustees in the Boathouse and members invited to join on Zoom. Considering the circumstances it was well attended. Reports were heard from: Acting Chair, Lenka Mellor, about the changes in Trustees and the shift in focus for SHAC for the coming year. Only six people put their name forward as Trustees so no election was necessary.

Valerie Dawson of the North Isles Landscape Partnership Scheme about the projects they are sponsoring and the work they do.

Louise Hollinrake about the Shapinsay contribution to the CUPIDO online exhibition of heritage artefacts in a live event on 28th May at 2pm. See [eventbrite.com](https://www.eventbrite.com) for details.

Julie Watkins about the new SHAC website and the digitalization of Heritage Centre records and exhibits.

Treasurer Robert Grainger, who gave his final Financial Report after many years of sterling service.

Louise and Robert, who have now both resigned as Trustees, were thanked by the Chair for all their hard work and presented with a small gift as a token of appreciation.

Following the AGM, the trustees elected officers and the full board list is now:

Lenka Mellor - Chair

Jenny Hall - Minutes Secretary

Julie Watkins - Treasurer

Margaret Eunson

Chris Perry

Edith Tait

SWAP Fund

What is SWAP? "Shapinsay Way Ahead Programme" What will it fund?

Driving lessons—up to £300 as a one off grant

Equipment: - equipment for individuals to enable activities—we can fund up to 50% of any equipment required up to a maximum of £100 per financial year (April-March)

Accommodation - When an activity requires an overnight stay (conditions apply)

The types of things we support are:

For Young People – Any Sporting, Educational / training or environmental activities.

For Adults – Any Sporting or environmental activities or training and development.

For Community Groups – Any social, heritage or environmental activities, training and development or equipment.

Other activities - We welcome applications from individuals or community groups for activities other than those mentioned above, all decisions would be at the discretion of the full board and would have to meet with the criteria set out by the board. We will fund up to 60% of any individual projects, up to a maximum of £600 per individual in any financial year. (We cannot retrospectively fund projects, so please apply before it begins)

For more information and application forms, please email
boathouse@shapinsay.org.uk

All applications will go before the board and will be advertised in the Shapinsay Sound once successful

May SWAP grants approved: Lisa-Marie Muir for a certificate in Emerging Leaders course £350

Shapinsay School

We now have a new school website which can be found at

<https://blogs.glowscotland.org.uk/or/shapinsay-school/> .

Please take a look to see what is going on at the school.

In May all children from Nursery to P7 had the opportunity to take part in Play on Pedals or Bikeability. All children did well, with the younger children taking part on Play on Pedals or early bikeability skills, and the older children doing the Level One (P5-6) or Level Two (P7) Bikeability Course. Many thanks to Mrs Bews, Ian, Laura and Sue who delivered the training.



We were very fortunate on 17th / 18th May to have the outdoor education instructors in the school. The P1 –4 class had the opportunity to try some orienteering, Nursery to P4 tried out bushcraft and the P5 – 7 children tried out climbing, stand up paddle boarding, raft building and archery. We are sure that some of you will have seen some of these activities as you went past the school, or if you were at the harbour at the right time. The children really enjoyed the activities and it was great that they've had the opportunity.

Many thanks to the Parent Council and the Shapinsay Development trust for funding the visit.

Nursery

During May and June we will be outside getting active and practicing running, throwing and jumping. We are planting seeds and setting up a new planter in our garden. We are also interested in finding out more about fire stations and we have turned one of our play houses into our own fire station.

P1 – 4

P1 – 4 children have been learning about Islam this term, and have learned about key beliefs and traditions.

The learning about our community has continued – thanks to all those who have replied to the children's letters. We are now working at collating all the information about different jobs into a presentation. In Science the children have been continuing to learn about plants.

P5 – 7

In English, P5-7 have been learning how to make their descriptive writing more interesting by using different types of figurative language such as simile, metaphor, personification and onomatopoeia. They have also been learning the meanings of a variety of idioms. In Spanish, they have been learning vocabulary about weather and have been focusing on their pronunciation. Science work has been about forces, which has involved learning how to use force meters to measure forces and carrying out various experiments to do with friction, air resistance, water resistance and static.



Shapinsay.org.uk

Our new website went live on the 14th of May, if you haven't already seen it, check it out!

Over a year ago the board of Shapinsay Development Trust decided that the SDT website needed updating/revamping. They took the decision to future proof it and create a whole island website, this would include all or any island groups that wanted their own page, each group will have control over their own section to update when they have news.

Local businesses have been given the opportunity to advertise on there too, along with a page for the Doctors surgery, healthy living centre etc and a section for bin days! This creates a one stop website for islanders and visitors alike.

We hope that it will become an integral part of island life and we hope to be able to keep it as up to date as possible. The Trust has its own pages where we have the booking system for the boat and details to book the car (And ebikes when we get to that stage). The front page has a local calendar for local events, and we will try and keep the trust news as up to date as possible

This was all made possible with help from the digital boost grant scheme, which we were successful in securing funds for digital equipment and the website.

It's still a work in progress with a lot of updates to add once we have full control from the web builder.

We Welcome any feedback or suggestions for what would work well.

Kirk news

I hope you are keeping well this cold spring. Life after the pandemic is slowly beginning to return to some form of normal. One of those welcome changes is Shapinsay's return to in-person worship at the kirk from the **20th of June. Services will begin at 12 noon.**

Below is a run through of the current arrangements.

We can have a total of up to 25 individuals from up to 17 households in the church—that includes the worship leader.

We are going to have a one-way system – we come in through the side door and leave through the main door.

Offering will be collected at the door as we come in. The service will also be shorter (25 minutes) with musical interludes—no singing is allowed. There will not be opening or closing responses, the Lord's Prayer, or flowers either.

SDT Car service



You may have seen that we have started the car service, albeit slowly.

The plan for the moment is to have it running to coincide with the Drs surgery times.

We will keep reviewing this and if there is more demand, we will start to increase the service slowly



It's been another busy month at the Boathouse. We are in the process of risk assessing getting the building open to the public again, so hopefully we will be able to open up again very soon. If anyone ever has anything they want to bring up with the Trust, please do knock on the door, pick up the phone (711733) or email boathouse@Shapinsay.org.uk or sdchair@shapinsay.org.uk. If there is anything at all wellbeing related that you are concerned about, Alison can hopefully help, or point you in the direction of someone who can, you can email her at wellbeing.shapinsay@gmail.com. We are always happy to listen and will try to help where we can.

The Shapinsay Sound



Shapinsay Development Trust island wellbeing project

TEMPORARY POP-UP CHARITY SHOP ASSISTANT

An opportunity has arisen for the post of a Temporary pop up charity shop assistant. The post is initially for about 8 weeks with a possibility of it being a longer period of time. It will be for 10 hours per week. The rate of pay is £9.50 per hour. Given the temporary nature of the project/post we will need the successful applicant to be able to commence as soon as possible, preferably Monday 14th June.

If you are interested in this post you can either apply in writing to Alison Meason, The Boathouse, Shapinsay or by email to Alison Meason at:

wellbeing.shapinsay@gmail.com

or if you want to find out more about this post contact Alison 07867622814

IMPORTANT - PLEASE NOTE

If you apply for this post you will need to demonstrate in your application how your experience matches what we are asking for in the Person Specification.

We will be using the Person Specification to check that your experience is a match. If you do not demonstrate this in your application, then you will not be shortlisted.

CLOSING DATE FOR APPLICATIONS: Sunday 6th June

Interviews will be held on Wednesday 9th June

Job Title: Temporary Pop up charity shop assistant

Main Purpose: To collaborate with others to assist with the running of a temporary pop-up charity shop on the island of Shapinsay in line with current Covid guidelines.

Main Responsibilities:

Liaising/working with the Wellbeing Coordinator to ensure the shop is run efficiently and effectively.

Sorting, filling and displaying of goods for sale in the pop-up charity shop

Handling cash and keeping daily cash record sheets

Cleaning, tidying up and following all current Covid safety guidelines and keeping a track and trace record log where necessary

Receiving and accepting donations of goods for sale within the charity shop

Responsible for the day to day running of the shop and supporting volunteers

Ensuring that personal practice and the behaviour of shop users comply with current Covid guidelines.

Hours: 10 hours per week
Period of employment: expected to be at least 8 weeks
Salary: £9.50 per hour

Place of Work: This post will mainly be based at the pop-up charity shop in the village

Essential	Desirable
Previous shop work experience	Able to be responsible to work alone on running of the pop-up charity shop
Customer service experience	Experience of working with volunteers
Self-organisation skills	
Experience of working as part of a team	
Experience of handling cash in an employment setting	

Welcome to the team.



We would like to welcome Alex Hall to the team here at the Trust, Alex started as part of the Kickstart scheme, a government funded scheme to provide employment for 18-24 year olds. He has lived on Shapinsay for almost 10 years and is keen for now, to stay on Shapinsay. His

title is "E-bike coordinator". His main role is to get the e-bike hire service up and running when the shed to store them in is complete. He will also help with the website and various other projects. He is a welcome addition to the team and we look forward to working with him more over the coming months.

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CANCER
NOW** The research
& care charity



Lifeboats

Garden Tea Party at Hillcrest

Sunday 20th June

2pm – 5pm

We plan to have this outside in the garden with Gazebos/tents if the weather is poor we will accommodate as many tables as we are allowed inside - and also provide a takeaway service

Due to the pandemic Orkney Isles Preserves has stock with a short sell by date which will be available at £1 jar

Money raised will be split between the two charities

If you would like to book a table please contact Glynis 711219 or on messenger

Also if anyone has a gazebo we could borrow please get in touch

Address label



The Piece Place – island wellbeing project

Having moved into level 1 and guidelines permitting residents to meet up again in houses and the funding coming to an end, the decision was made to hold the final Piece Place on Wednesday 26th May.

Thanks are expressed to all who showed support to enable the Piece Place to happen, to Abbie, Phoebe and Glynis for your hard work behind the scenes and to the Shapinsay Church for permission to use the premises. Thank you all for your support, and generous donations each week to the different charities.

Alison Meason

Flagstones – there is currently an auction for the flagstones from No9 on a charity auction site

<https://www.jumblebee.co.uk/Flagstones>



Shapinsays charity shop
The Smithy, Balfour Village

OPENING TIMES

Thursdays – 2pm-4pm

Saturday –2pm-4pm

(please note new opening time)

DROP OFF for donations is Monday

10am - 12 noon

NO electrical goods or furniture please

All money raised stays on the island to be of benefit to the community

We look forward to seeing you.



During June, July & August health walks will be on the first Tuesday of the month only. Our walk is usually in the surrounding area of the village.

Everyone, any age is welcome. Please meet at the bike sheds opposite the boathouse for 2pm.

We look forward to seeing you!

Alison & Julia