

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
Registered Charity No SC034818; Registered Company Number SC255127



**ADVANCE NOTICE:  
INTRODUCTION TO  
MENOPAUSE TALK  
WITH PETRA:  
SATURDAY MAY 11 FROM  
10:45AM-1PM .**

## Join the Shapinsay Men's Group



### Upcoming dates:

April 4, 3-5 pm (SCIO workshop by VAO)  
April 11, 7-9 pm  
April 18, 3-5 pm  
April 25, 3-5 pm

# SKY SEA LAND

**An Exhibition by**

**Chimene Taylor &  
Pat Hazzledine  
at**

**Northlight Gallery, Stromness  
6-20th April**



**Shapinsay Community Association  
would like to thank Shapinsay  
Development Trust for their generous  
grant in the new financial year.**

**This will enable us to provide  
community activities and events at no  
cost to the Shapinsay community for  
another year.**

**This is very much appreciated!**

# Community Wellbeing



## Remembering Together

On March 20, Louise and Megumi joined the Lunch Club and hosted an open public meeting to discuss Phase 2 of the project. We discussed having an outdoor space which focuses on the changing seasons. We are looking for a generous donation for a temporary placement of the garden. The size is negotiable but 15ft x 20ft would be ideal. The space would be for five years with a modest allowance for upkeep, then after this, the community would decide what its future will be.

The project must be completed by September 2024. We would love to hear from folks with a variety of expertise and in particular those with an interest in horticulture and construction. Louise and Megumi will be back in May to host a brainstorming session to figure out the design of the space. All are welcome.

Thoughts or questions? Please contact  
louisebarrington.art@gmail.com  
or megumibarrington@gmail.com

## Creative Dance

On March 8 we celebrated International Women's Day with a women's only creative dance, "Unity in Motion". Inspired by the work of Norma Canner, a pioneer in dance therapy and her groundbreaking approach, utilizing art, music, drama, and dance in therapy.

What to expect: The space is dimly lit with fairy lights and candles. At the beginning of the dance, we start with gentle movement, tuning into our bodies, and allowing ourselves to be fully present. As the music progresses and energy begins to build movement becomes more dynamic. The music then softens into a more gentle introspective phase.

Alcohol is not permitted. Children under 12 must be accompanied by a guardian over 16.

**Tuesday, April 16, 7-8:30 pm, Community Hall**

## Build a skiff

The Shapinsay Men's Group was pleased to welcome Sandy MacDonald to discuss the idea of building a skiff for and with the Shapinsay community. The skiff kit is for the St Ayles Skiff, designed by Jordan Boats based on the original design by Iain Oughtred. The SMG is enthusiastic about taking the lead and offering guidance if there are members of the community who are interested in participating in the build.

For those interested or with questions, please contact the Shapinsay Men's Group via email at shapinsaymensgroup@gmail.com.

## Volunteers

To ensure our community wellbeing initiatives are sustainable we would like to continue expanding our roster of volunteers. You can commit as much time as you like and take on tasks that interest you.

Example volunteer roles:

- Poster design (using Canva)
- Writer/Editor (Newsletter, Facebook)
- Event Setup / Cleanup
- Event onsite (make teas/coffees, prepare snacks)
- Host a workshop (e.g. share a skill)
- Community Cafe partner
- Walk leader (training provided through Active Scotland)

Please get in touch with Alison to sign up as a volunteer.

**Questions or ideas? Email (Alison) [wellbeing@shapinsay.org.uk](mailto:wellbeing@shapinsay.org.uk)**

**SHAPINSAY COMMUNITY COUNCIL**

In previous years we have contributed funding for:

- Travel grants
- Event insurance
- School trips
- Community books
- Equipment
- Picnic benches
- Bag the Bruck
- Christmas events
- Food, health & hygiene courses

**Applications Open for 2024-25**

Further information & application forms available from:  
Democratic Services, Orkney Islands Council, School Place, Kirkwall, KW15 1NY  
shapinsayclerk@gmail.com or communitycouncils@orkney.gov.uk

SHAPINSAY HORTICULTURAL ASSOCIATION PRESENTS...

## PROPAGATION: NEW PLANTS FOR FREE.

NEW, REVAMPED TATTIE  
IN A BUCKET  
COMPETITION.  
PICK UP YOUR FREE SEED  
POTATOES, AND BUCKET.  
MANY PRIZES, INCLUDING  
FOR CHILDREN.

RAFFLE.  
REFRESHMENTS.

WEDNESDAY 10TH APRIL AT 7PM  
IN THE CLUB ROOMS

## Play Piece

April 11, 2-4 pm  
Community Centre

Join us during the Easter holidays

Snacks included. All ages are welcome. Children under 12 must be accompanied by a parent/guardian over 16.

Questions?  
wellbeing@shapinsay.org.uk  
07867 622814



## Community C A F E

Join us for a monthly drop-in community cafe featuring afternoon snacks and a selection of beverages. Feel free to express your creativity at our open craft table.

April 23 from 2-4 pm, Clubrooms. In partnership with Rev. Julia Meason.

Cost: free or by donation





## Community Council News

### Grant Funding

Individuals and constituted community organisations can apply to the Community Council for small grants. **Applications must be submitted to the Clerk prior to the event/project starting and be of benefit to the local community.** Each application is discussed on its own merits. See poster for other details. **All financial requests should be made via the new form available from Democratic Services:**

[communitycouncils@orkney.gov.uk](mailto:communitycouncils@orkney.gov.uk)

### Vacancy for a Clerk

Could you support Shapinsay Community Council in the role of clerk? This **part-time, paid position** is currently vacant. For further information and an informal discussion, please contact Jenny McGrath or Jackie Montgomery at Democratic Services on 01856 873535 extension 2264 or 2237.

### Correspondence Deadline

If there is anything you would like us to discuss at our next meeting, including grant applications (to be made on the new form), please **contact the interim clerk BEFORE 5pm, Monday 8th April** via:

[shapinsayclerk@gmail.com](mailto:shapinsayclerk@gmail.com)

### Next Meeting

Our next meeting will be held on **Thursday 18<sup>th</sup> April, 6:45pm (Clubrooms).**

### Members

Leanne Bews (Chair & Health Rep), Esther Chaney, Colin Leslie (Vice-Chair & Planning Rep), Val More (SDT Rep), Darren Muir (Transport Rep), Jean Noble and Eileen Philips.

## Successful SWAPS

G Leslie for hairdressing course - £230.00

A Groat – Boat training renewal - £543.57

C Boyd – Accommodation for Rugby trip - £50

A McDougall – Yoga instructor training £353.61

E Moncrieff – Maths Tutor £270

Shapinsay Community Association – allocated £2000 to keep Subs free for another year

H Azham - £18 toward Food Hygiene course

Shapinsay Primary £641.60 towards Hoy trip

H Keuffling £600 toward a degree course

The SWAP budget was fully utilised for this financial year 23/24, with a total expenditure of £11969.18.

The new SWAP budget for 2024/25 opens on the 1<sup>st</sup> of April



**Post of  
CROSSROADS CARE ATTENDANT  
SHAPINSAY**

£11.00 per hour and £12.00 per hour for unsociable hours.  
Mileage paid at 40p per mile.  
Zero Hours Contract.

Crossroads Care Orkney is looking for a caring, capable person to work with people of all age groups and disabilities. The work will include personal, social and domestic care in relation to care needs.

Our respite care scheme allows Unpaid Carers a break. We take on their caring role and support the person they care for, either in their own home or by helping to maintain social links within their community.

A Relevant qualification or experience in caring would be an advantage but is not essential, as training will be given.

Applicants will need to have a full driving licence and access to a car.

For additional information contact the Manager:  
[arlene.montgomery@crossroadsorkney.co.uk](mailto:arlene.montgomery@crossroadsorkney.co.uk) or call 01856 870500.

Application form and job description available from: -  
Crossroads Care Orkney, Kirkwall Travel Centre, West Castle Street,  
Kirkwall,  
KW15 1GU.

Or by emailing [carers@crossroadsorkney.co.uk](mailto:carers@crossroadsorkney.co.uk)

Crossroads Care Orkney operates an Equal Opportunities policy.  
Registered Charity No. SC022786 Company No 164342



## SHAPINSAY HORTICULTURAL

**Propagation: New Plants for Free + Tattie in a Bucket**

**Wednesday 10<sup>th</sup> April**

**7pm in the Clubrooms**

Our next social event will be 'Propagation: New Plants for Free' to be held on Wednesday 10<sup>th</sup> April at 7pm in the Clubrooms. We will be looking at some simple techniques to increase your stock of plants, including division, cuttings, saving your own seed and potting up seedlings from plants that self-seed.

There will be a raffle based on this theme and refreshments will be available.

Also at this meeting, we will be digging up and launching our 2024 'Tattie in a Bucket' competition, completely re-vamped, pimped up and freshly manured as a stand-alone annual competition, which will be judged at one of our social events in the autumn.

In addition to the trophy for the heaviest weight grown in the bucket, we will also be awarding fabulous tattie themed prizes for First, Second and Third, together with prizes for children under secondary school age. There will also be a special prize for the competitor with the lightest weight of potatoes, but competitors potentially targeting this prize should note that evidence must be found in the bucket that you did genuinely plant a tattie!

Hardened competitors will already be aware that tatties must be grown in a 3 gallon bucket, (or container of similar size), with only one seed tattie planted per bucket. Only the seed tatties provided by The Shapinsay Horticultural Association must be used and every competitor can enter either one or two buckets.

For those new to this exciting, (though somewhat slow growing) competition, who may not have suitable buckets, or those who do not want to render their buckets useless for anything else by punching drainage holes in the bottom, the Horticultural Association will provide buckets for you.

So, come along to our event on Wednesday 10<sup>th</sup> April, collect your seed tatties and buckets if required and potentially some tips on how to become the Champion Tattie Grower, (watch out however, for dubious 'advice' from those with a reputation to lose)!

If you can't make the meeting but would like to take part, please contact Karen Evans (07810 262785).

**All Welcome. We look forward to seeing you.**

## **Shapinsay School April 2024** **Cinderella & Rockerfella**

Thank you so much to everyone who came along to see our production of Cinderella & Rockerfella. The children did so well and it was lovely that so many people came along to see it. Thank you for all the lovely comments too – the children really enjoyed reading them. Thank you to all the adults who helped behind the scenes (and on the stage!), including Parent Council for providing the refreshments. DVDs will be available soon, priced at £5 each.



## **Peedie Schools Trip to the Picky Centre**

On 8<sup>th</sup> March all the primary children went to the Pickaquooy Centre to join with the children from North Walls, Rousay, Eday and Papay schools. The children got to meet other children of their age, which really helps them with transition. All the children got a chance to do some fun swimming, play on the inflatables and take part in Run, Jump and Throw, led by the Active Schools team and the Picky staff. Afterwards the children spoke with the Picky staff to find out more about working at the Pickaquooy Centre.

## **Vikings Trip**

On the 19<sup>th</sup> March the primary children went to see some Viking sites across Mainland Orkney, to round up the P1 – 4 class topic about Vikings. The day started at the Brough of Birsay, where we crossed the causeway very carefully before exploring the remains of the Viking buildings. Then the children had a play at the Birsay playpark before we went to Orphir to see the buildings at the round kirk and Earl's Bu. We saw where a mill had been and heard the story from

the Orkneyinga Saga. Lunch was at Scapa Beach where sadly it was too windy to try any Viking cooking. Then we finished the day at the Orkney Museum where Tom Muir told the children all about the Viking exhibits there. Huge thanks to Inga Gilmour who came with us for the day as our guide, and the Community Council who funded the bus for us.



## **World Book Day and Red Nose Day**

We celebrated these events together on 15<sup>th</sup> March. Everyone dressed up either as a book character or something funny. The children learned about how Comic Relief supports children to access their rights around the world and Pupil Council sold Red Noses. We raised £83.98 for Comic Relief. Children brought in books for a book swap and we did a book scavenger hunt.

## **Active Shapinsay Week (timetable overleaf)**

The Sports Committee are organising another Active Shapinsay week in 3 weeks' time. Below is a rough timetable but we are still awaiting confirmation from a few of the coaches, so please keep an eye on the Shapinsay Facebook page and in the shop where we will post the full timetable once we have it confirmed. We really would like to have as many people as possible attending these events, the after school and evening ones are open to everyone, not just for children, so if you have ever fancied having a go at Kickboxing then Sensei Amy would love for you to come along. Or if you love badminton then please pop along and Rebecca Reid from Orkney Badminton would love to show you some skills.



## Active Shapinsay Week Timetable:

Sessions marked in yellow I am still awaiting confirmation for, so may be subject to change. Please keep an eye on Facebook and local noticeboards for confirmation of times.

	Sunday 21st	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th
<b>During school</b>	<b>Bag the Bruck</b> led by Miss Clements Time TBC	<b>Rugby</b> Led by ORFC For primary aged children Time TBC	<b>Daily mile</b> led by school staff	TBC	<b>Kickboxing</b> Led by Sensei Amy Golder For Primary aged children	<b>Spy Dodgeball</b> Led by Sports Committee for primary aged children Time TBC	TBC
<b>After school</b>	<b>Go for a walk</b> Go where and when you want	<b>Basketball</b> Led by Toby Diamond 3-4pm	<b>Athletics</b> led by Kirsty Spence 3-4.30pm	<b>Football</b> Led by CJ Battye 3-4pm	<b>Kickboxing</b> Led by Sensei Amy Golder 3-4.30 For ALL ages	<b>Pirates</b> led by Mrs Bews and Jan 3-4.30pm	TBC
<b>Evening</b>	<b>Senior Football (14+)</b> Led by Chris Moore Time TBC	<b>Badminton</b> led by Rebecca Reid (OBA) Junior 6.30-7.30 Senior 7.30-8.30	TBC	TBC	<b>Group walk</b> Led by Miss Clements 6-7pm	TBC	<b>Have a dance party at home</b> You choose the tunes



## Save the date!

Shapinsay Island Picnic is on Saturday 29th June.

AGM on Thurs 25th April at 7pm in clubrooms if anyone would be interested in joining the committee to help make the event a success, please come along





**Lunch Club diary**

**Spring 2024**

3rd April, 2-4.  
Easter afternoon tea.

17th April, 12-3.  
An illustrated talk about  
Cambodia/Dubai/Singapore,  
with Emma Clements.

1st May, 12-3.  
Time Travel Quiz.

## OVER 50S LUNCH CLUB... EASTER AFTERNOON TEA.

Wednesday  
3rd April,  
2 till 4pm.  
In the  
clubrooms.



Join us for tea  
and home bakes.

New members always  
welcome.



The Smythy  
-CAFE RESTAURANT-



The Smythy  
-CAFE RESTAURANT-

### Takeaway Menu 4.30 - 7pm Friday Evenings

**Chips £2.00**

Curry Sauce or Cheese Topping 50p extra

**Westray Haddock £8.00**

**Sausage/Veg Sausage £2.50**

**Battered Sausage/Smoked Sausage £3.00**

**Harbour Fry Patties £1.50**

**Cheeseburger(Fletts)£5.00**

**Veg Burger £5.00**

**Smithy Chicken Burger £5.00**

Choice of Battered/Plain, Garlic or Tikka

**Chicken Nuggets £4.00**

GF Options Available on request  
Please ask about any allergy information

All orders to be placed before 3pm on Friday via  
Messenger,711243 or [Smithy@shapinsay.org.uk](mailto:Smithy@shapinsay.org.uk)

### Smithy Updates

From 1st April till 15th April we will be Open  
Mon, Wed, Fri, Sat Sun 10-4pm

Takeaway 4.30-7pm every Friday Bar open till  
12pm Fri, Sat