

Shapinsay Development Trust update

You will find us at the Shapinsay show again this year, alongside Community Energy Scotland. We will have some fun things to do, the photos for the photo competition on display and we will have an opportunity to feed into the future of the wellbeing project.

The wellbeing project started back in 2019 and was set up with aims to support the health, economic, and social wellbeing of island residents and funded through VAO as a pilot project.

This was originally meant to run for 3 years, but it was so successful and so highly valued, that they sought funding to continue it beyond the initial pilot, with SDT funding a further day a week for a period.

However, after 6 successful years, the funding has become harder to source, VAO cannot continue to manage it, so the project, as it's currently known, must come to an end.

There are some thoughts in the wider trusts, to try and continue the project in a cooperative manner, however, SDT are not sure if that is the way forward for Shapinsay. So, with that in mind, now is a good time to get a bit of community feedback on what you see have been the highlights of the Wellbeing project and what you see "wellbeing" as going forward.

We will have a "wellbeing wish tree" at the Show and would like for everyone to have the opportunity to feed into it. So, with that in mind, we've dropped some 'leaves' at the shop, the ferry waiting room and have included 2 in each newsletter, if you could drop them to us at the show, the Boathouse postbox (to the left of the door), the shop, or back at the waiting room, we'd love to see what it is folk feel is needed.

We have put together the following prompts to try to help guide the feedback a little:

What would make life a bit easier for you or the folk around you?

What's something small that could make a big difference to your wellbeing?



What kind of support would help you stay healthy and happy here on Shapinsay?

If the Trust could wave a magic wand to help the island feel even better, what would you ask for?

Home & Energy Wellbeing

Is your home warm enough in winter? What help might make it better?

Would you be interested in advice or support around energy bills or insulation?

Do you have any worries about staying in your home long-term?



Mental and Emotional Health

What helps you feel connected and not alone?

What, if anything, helps with your mental health? What do you do already that makes you feel good that might help someone else?

Training opportunities

Do you have training needs? Classes, art classes, bike maintenance classes, basic maths, basic literacy, computing skills, anything else?

Physical Health & Activity

What would help you move more, walk more, or be active outdoors or indoors?

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Would you be interested in regular fitness sessions, walking groups, or swimming trips?

Is there something that stops you from getting to appointments or shops?

Would sporting activities improve your health and wellbeing? Badminton, football, climbing, Scottish dancing, what about a personal trainer, anything else?

Financial & Practical Support

Would you know where to go for advice about money, housing, or benefits?

Would you use a visiting Citizens Advice service or drop-in session on the island?

What would help you feel less stressed about the cost of living?

Social & Community Connection

What kinds of events or groups help you feel more connected?

Do you feel like you have people to talk to when you need it?

Would more social activities or "cuppa and chat" sessions be helpful?

Would you like winter warmers more often, less often, at different times?

If you have time to fill in some leaves, it would be great to get some feedback! Or come and chat!

Free Bike Rentals – 6 Available Each Month!

We're delighted to share that the Shapinsay Island Wellbeing Project is teaming up with Shapinsay Development Trust to offer 6 free one-day bike rentals each month from June to September!

Cycling is a great way to lift your mood, connect with nature, and stay active.

To rent a bike

Email: ebikes@shapinsay.org.uk
WhatsApp: +44 7471 751791





Let us be your designated driver

For £10 return for up to 6 people, we can take you to the pub and back!

To book simply call, WhatsApp or text 07514568997



Energy saving heroes on hand to help Orkney householders



As Orkney householders continue to face rising energy bills because of recent price cap increases, Home Energy Scotland are here to help. Their team of expert advisors are ready to give you free, impartial advice to ensure that you can navigate these challenging times with confidence. Their advisors are true energy saving heroes. They can help you discover practical solutions to reduce your energy use to save money and create a warmer, more comfortable home. Whether it's giving you energy saving tips or helping you access grants or other support, Home Energy Scotland's advisors are dedicated to helping you take control of your energy bills.

When you call Home Energy Scotland on their freephone number [0808 808 2282](tel:0808 808 2282) you'll speak to a trained energy advisor who'll give you impartial and trusted advice on how to save energy at home. Their advisors are based across the Highlands and Islands, including Orkney, which means they have valuable local knowledge to help you.

SHAPINSAY HORTICULTURAL ASSOCIATION and
SHAPINSAY RNLI FUND RAISING GROUP

PRESENT Annual Show *and* Quoits Competition

Saturday 16th August 2025

In the School Hall, Clubrooms and Playing Field

Show opens from 2:00 pm to 4.00 pm – Admission Free

Quoits competitions for Ladies, Gentlemen and KGS
School Age competitors – entries (£1.00 for RNLI funds)
to be registered by 2.15 pm for 2.30 pm start

Quoits for fun for Primary School Age Children

RNLI Merchandise Stall

Refreshments
in the Clubrooms
(donations to SHA funds
appreciated)

Joint Raffle
Donations of prizes gratefully
received



A bright and blustery 2025 Picnic

Words: Esther Chaney

There was a great turn out for Shapinsay's annual picnic on Saturday 28th June.

Fifty competitors took part in sporting events throughout the bright, but blustery, afternoon, cheered on by friends and family.

Competitors rotated round the various events in groups: P1-3 girls and boys; P4-7 girls; P4-7 boys; under 16 girls and ladies; under 16 boys; men.

The groupings were accompanied by committee members and volunteers to keep track of everyone's achievements. A few people even managed to compete alongside their volunteer duties with other age groups.

Nineteen primary-aged children competed in events involving running, jumping and throwing. The wind gusting across the field added an extra challenge during the egg and spoon races but didn't dent the children's determination to reach the finish line. It was great to see so many children enjoying taking part this year.



The primary girls and boys champions and runners up. From the left: Aine Leslie, Elza Chaney, Finnley Gilbert, Evan Leslie. (Photo: E. Chaney.)

The children, from age five to 12, took part in up to seven events each. They demonstrated great perseverance, especially in each group's 400m running race. A few parents were even



up). (Photo: C Leslie)

persuaded to jog alongside the younger ones to show them the way round the temporary track painted on the grass.

The seven pre-school children, aged 14 months to five years, were all encouraged to have a go at running, throwing bean bags, balancing rubber eggs on spoons and jumping in sacks. Parents, grandparents and older siblings gathered round to praise the children, who were clearly enjoying taking part in all their events. All ages of children were delighted to have finished their events in time to purchase ice creams and sweets, brought over to the field by the team at Thomas Sinclair's shop.

Seven under 16s and seventeen adults competed in one or more events each. These included sprints and long-distance running, long jump and high jump, javelin, shot put and hammer throwing.



Jennifer Meason competing in the women's shot put. (Photo: G Leslie.)

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It was great to see new residents and former residents competing alongside those that have competed year after year, and an increasing number of spectators cheered from the sidelines as the afternoon went on.

Unusually it was the women that took the longest to finish all their events this year, as they had to wait their turn for the track. But once they had concluded with running the mile, around 100 residents and visitors gathered in the hall for much needed refreshment. There were plenty of sandwiches and cakes to go around.



Anwen Bird competing in the under 16 girls long jump
(photo G Leslie)

With results tallied and certificates written, the bairns' prize giving commenced after tea. Firstly, the preschool children were presented with certificates of participation from Alison Meason, Shapinsay's Lead Nursery Practitioner. Next Emma Clements, Leanne Bews and Simon Meason, all members of the Picnic Committee, announced the results from the primary races, presenting the girls and boys with their certificates along with prize money for first, second and third place finishes in each event.

Finally, the children's champions for 2025 were announced. Elza Chaney and Finnley Gilbert were crowned the Primary Girls and Boys Champions respectively, with the runner up trophies presented to Aine Leslie and her brother Evan. The afternoon activities concluded with the tug of war, back outside on the school field. The primary girls had a strong start, almost pulling enough rope to their side, but were defeated twice by the boys in the end.

In the battle between the north end and south end, it was those from the north that twice gained victory.

The evening ceilidh commenced with the prize giving for the under 16s, men's and women's events. Maisie Leslie was declared Under 16 Girls Champion, with Lucy Moore the runner up. It was a close call with the under 16 boys, with brothers Sinclair and Alfie Leslie tied on points. But Sinclair was crowned Under 16 Boys Champion having achieved more first place finishes than his younger brother. Jennifer Meason and Sean Dunnet won the titles of Shapinsay's Ladies and Men's Champions respectively, with Cat Moore and Lewis Moncrieff the 2025 runners up. Attention then turned to music and dancing. The David Bowen Trio played throughout the evening, and all ages joined in the



Primary 1-4 children started off with the sack race. From left to right: Finnley Gilbert, Aster Shepherd, Aine Leslie and Arella Chaney. (Photo: G. Leslie)

ceilidh.

The committee would like to thank the David Bowen Trio for coming out to Shapinsay to provide the music, and at times some guidance, for the ceilidh steps; Community Council for covering the costs of insurance; Shapinsay Development Trust for a grant towards the costs of the picnic; Margaret Eunson and Janice Evans for the baking; Alison Meason for coordinating the catering; Scottish Sea Farms for covering the cost of the band; and Tesco Community Champion for bottles of water and bananas for competitors. A huge 'thank you' goes to the Picnic Committee for organising the events again and to everyone that helped with various roles during the afternoon sports, the evening dance and clearing up the following day - without you none of this would have been possible. If anyone would like to join the committee in time for next year's picnic and sports day, please speak to Emma Clements, Head Teacher and Chair of the Picnic Committee.

Reminder

All financial requests and correspondence for discussion at our next meeting should be submitted to shapinsayclerk@gmail.com by 1st September for inclusion in our agenda.

Thank you.
Shapinsay Community
Council

Summer 2026 Ferry Times

If you are organising an event next summer and require timetable changes, or have comments on the draft 2026 summer timetable please speak to Esther (Community Council Transport Rep) or email shapinsayclerk@gmail.com by 15th August 2025.
Thank you.

SUNDAY 3RD AUGUST 2025

SUMMER EXCURSION

Depart Shapinsay 8am

Please note that there will be no 9am departure from Shapinsay on this day.

Depart Kirkwall 8:40am

Take a day trip to Eday, Stronsay or North Ronaldsay on Orkney Ferries' special Summer Sunday Excursion sailing.

Return Journey

Arrive in Kirkwall 7:40pm. The 7:45pm departure from Kirkwall for Shapinsay will wait for passengers to change vessel.

Bookings

Please book all sailings in advance with Orkney Ferries.

Shapinsay School would like to say a fond farewell to the P7 leavers and Caroline Bird, who received the customary soaking at the end of last term!

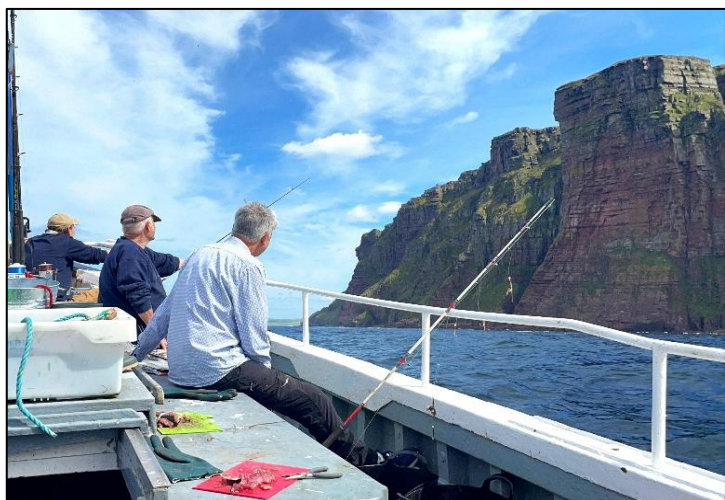


Shapinsay Men's Shed Goes Fishing!

The Shapinsay Men's Shed set off bright and early for a brilliant day of fishing aboard the *Welcome Home* from Stromness. With mackerel, ling, pollock, and haddock caught, there was plenty to show for our efforts (and a few stories to tell!).

CJ, our chairman and organiser, kept us right, setting up rods, providing tackle and bait, and even gutting and cleaning the fish like a seasoned pro. A few of us lost our sea legs, but the scenery near Hoy was breathtaking, bonxies kept us company, and a surprise visit from a pod of dolphins made the day unforgettable.

We meet weekly on Thursdays, 3-5pm. Even if you can't attend our in-person meetings, you're always welcome to join for special outings like this one.



THANK YOU

Chris, Cat, and Wim would like to thank everyone who helped them attend Wim's Scottish Maths Challenge awards ceremony in Aberdeen – where he received a gold award!

Thanks go to the Shapinsay Development Trust, Shapinsay Parent Council, Shapinsay Community Association and the School Fund for their support.



**Shapinsay
Horticultural
Association**

Tattie in a Bucket Competition

will be judged on
**Saturday 30th August at 2.30pm in the
Clubrooms**

Award of fabulous potato-based prizes

Together with

Presentation of Show Trophies and AGM

Spectators Welcome – come and join the fun!

Refreshments provided, (not potato based)

06/08/2025 – Black/grey bins, no recycling

13/08/2025 – Glass and Plastic

20/08/2025 – Black/grey bins

27/08/2025 – Paper/thin card and metal cans, foil, and aerosols

03/09/2025 – Black/grey bins

10/09/2025 – Glass and plastic

17/09/2025 – Black/grey bins

24/09/2025 – Paper/thin card and metal cans, foil, and aerosols

01/10/2025 – Black/grey bins

REFUSE COLLECTION

**August 13, 1-3pm,
Shapinsay, Clubrooms**



**Suggested
Donation:
£3 per adult
£1 per child
(Feel free to
contribute what
works for you).**

**Questions?
Contact Alison
wellbeing@shapinsay.org.uk or text
07867 622814**

CYANOTYPE PRINT WORKSHOP

Facilitated by
Louise Barrington

cost subsidised
by:





Sat,
Sep 13,
11am

Location: To be announced (weather dependent)

EXPLORE SHAPINSAY'S UNDERWATER WORLD

Open to adults & children 10+

All equipment provided and instruction & support from the amazing Kraken Diving team.

Sign Up Required: To reserve your spot, please contact Alison: 07867 622814 or wellbeing@shapinsay.org.uk.



DRY STONE DYKING

GUIDED BY IAN EUNSON

What to expect:

- We'll be fixing a section of dyke at Breckmyres Farm
- Hands-on guidance from Ian
- Teamwork and moderate physical activity
- Gloves provided. Wear sturdy shoes and weather-appropriate clothing
- No experience necessary
- For ages 12+

This is a free or by donation activity in support of the Shapinsay Island Wellbeing Project.

23 AUGUST | 1-4PM

BRECKMYRES FARM, SHAPINSAY

Contact Alison to join wellbeing@shapinsay.org.uk
07867 622814



HARVEST THE LIGHT WITHIN

Gather your light. Honour your growth.

- Meditation + Yoga
- Sound Bath + Breathwork
- Lunch + Refreshments
- Creative workshop by Megumi Barrington-Uenoyama

Community rate: £30

Visitor rate: £40

Supporter: £50 (pay if forward)

Sat, 20th Sept, 25
10:30 am – 2:30 pm

Shapinsay Church +
Shapinsay Reflective Space



Book time for yourself:
www.picktime.com/lunatribe or
email info@lunatribe.com
No/low income option available on request.

cost subsidised
by:



SHAPINSAY DAY OOT



For children with additional support needs and their families.



Email us to book stating the number of adults and children inclusiveorkney@gmail.com

Inclusive Orkney families are coming to you!
Join us for a picnic, play park fun and to meet other families.

Saturday 2nd August
Shapinsay Community Centre

12.15 community centre- packed lunches inside or outside weather dependant

13.00 play park

14.00 optional short group walk

Bring your own packed lunch for the picnic

Made with PosterMyWall.com

The Smithy

Opening hours for August

Open each day except Monday 4,
Sunday 10, Tuesday 19 & 26

See show week times for
alternative opening hours

Cafe open 11.30am - 3pm daily &
11.30am - 5pm on Sunday

Lunches served until 2.30pm

Friday Takeaways: 4.30pm - 7pm

Bar open every Friday - 6pm to midnight
& every Saturday - 8pm to midnight

Show week at The Smithy

4th-10th August

Monday - Closed

Tuesday / Shapinsay Show day

Cafe open - 10am until 5pm

Kitchen serving food up to 1.30pm

Wednesday & Thursday

Cafe open 11.30am to 3pm

Friday

Cafe open 11.30am - 3pm / Takeaway

Bar open in the evening

Saturday / County Show Day

Loaded Fries served from 4.30-7.30pm

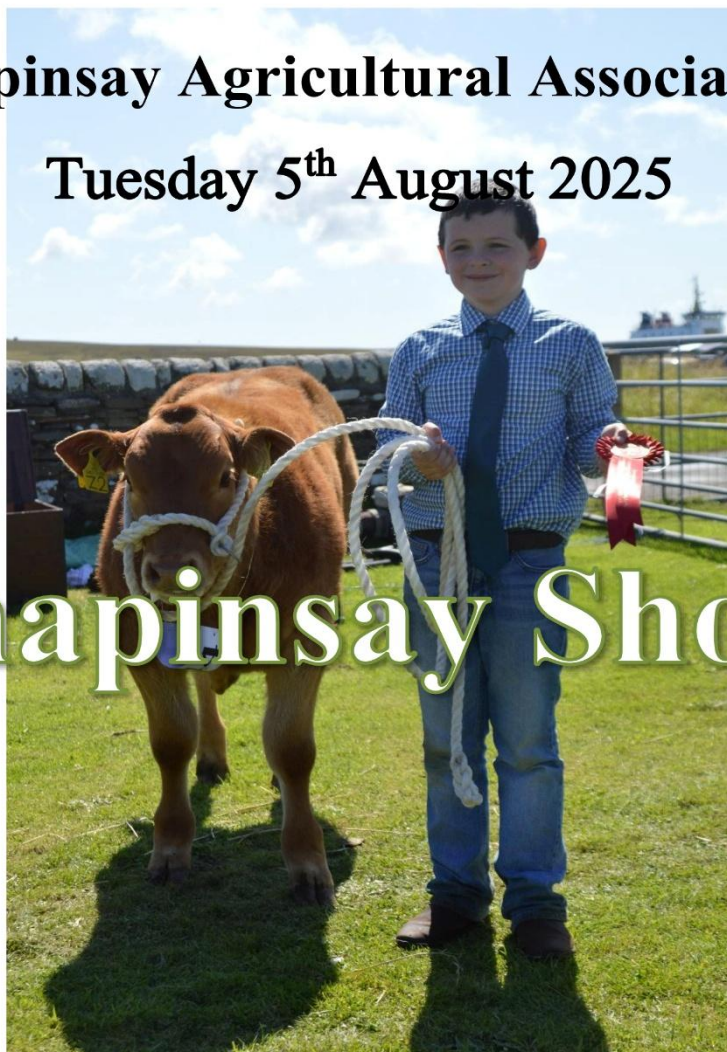
Bar open 4.30 till Midnight

Sunday - Closed

Shapinsay Agricultural Association

Tuesday 5th August 2025

Shapinsay Show



Stalls, Agricultural Stands, Beer Tent
There will be a Burger van for food through the day

Show Admission £5 Adult
Children under 16 Free

(Members wristbands available from Thomas Sinclair Shoreside Shop @ £4)
All exhibitors & helpers to wear wristbands on the day