

## Shapinsay Development Trust update

### Annual General Meeting (AGM)

We're pleased to announce that our AGM will take place on Monday 29th September at 7pm. Please accept this invitation to join us – we would love to see as many members of the community as possible. Formal papers will be sent out to members by post at least 14 days before the meeting. If you're not yet a member but would like to join, please get in touch, drop into the Boathouse, or email [boathouse@shapinsay.org.uk](mailto:boathouse@shapinsay.org.uk) for a membership form. We are also actively looking for new directors to join the Trust. Our board cannot function without volunteers in these vital roles. While it can be challenging at times, being a director is hugely rewarding and gives you a real say in shaping Shapinsay's future. If you're curious about what's involved, please pop into the Boathouse for a chat or speak directly with one of our current directors.

### Wellbeing Project

As many of you know, the Wellbeing Project has now come to an end, with Alison McDougall's last day on 13th September. We'd like to extend a heartfelt thank you to Alison for her energy and commitment over the past two years. More recently, the project shifted away from one-to-one support, due to safeguarding responsibilities, and instead focused on activities that could benefit larger groups, this was something that the board had concerns about already and then the project guidelines changed to reflect this also. This led to the creation of retreats, sauna sessions, guided walks, breathwork, and other community-based wellbeing activities. We're currently gathering feedback on the project to help us decide what might follow. We welcome your ideas about what kinds of activities or support you would like us to explore. Please note, however, that we cannot provide mental health services, counselling, or any activity requiring professional and clinical support – these must be delivered through specialist networks.

### Warmer isles project

We have signed up around 30 households up for this project, at this stage it will look at households to see what they would be entitled to, this is not only means tested, but also based on the house itself, so any household that runs on oil for example, are eligible for help.

We are encouraging everyone to sign up and see what is available, no matter your circumstances. Home Energy Scotland hope to do a visit in September to as many homes as possible. If you would like to sign up, check out the poster for details


## Warmer Isles Project

We have signed up 31 Shapinsay homes so far for free advice on what grants or loans are available for measures to help reduce bills and make homes warmer

- ✓ Solar
- ✓ Insulation
- ✓ Advice
- ✓ Heating
- ✓ Green energy

The Scottish Government's Warmer Homes Scotland programme offers support worth up to £10,000 or more for eligible households for energy-saving home improvements like heating and insulation to help make your home warmer and cheaper to heat.

**Contact Us** 01856711733 Email: [boathouse@shapinsay.org.uk](mailto:boathouse@shapinsay.org.uk)  
<https://www.homeenergyscotland.org/warmer-homes-scotland>



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## Out of Hours Boat Service

The board continues to explore long-term solutions for the Out of Hours service. In the meantime, we're very grateful that Northerly Marine is continuing to provide cover, ensuring the service remains in place for the foreseeable future.

## Board Meetings and SWAP Grants

Our board meetings usually take place on Mondays, towards the end of each month. If you are applying for a SWAP grant or making another request, please aim to submit your application by the 25th of the month so that it can be considered at the next meeting.

## Kirk news

From September, we're hoping to trial a new approach to church fellowship by offering teas, coffees and biscuits before the service from 11:30 am (our services start at 12 noon). This is the alternative to the shared lunches. We'll run these every three weeks to coincide with my visits to Shapinsay.

So, our first cuppa before the kirk will be on the 21<sup>st</sup> of September – all are most welcome!

Anybody can come to church – no matter who you are, what denomination you came from, whether you're currently a church member or not, whether you've got any money or not – some folk give online, some give annually and there is no pressure or obligation to put anything on the plate so don't let that stop you. We're an inclusive and ecumenical community and we value your presence with us.

We always enjoyed our Christmas events with you. Looking ahead, we normally have a Christmas event with carol singing, Shapinsay Music Group coming along and last year a choir and a video of the mouse nativity made by the school children. We could hold it this year either on the Sunday before Christmas (21<sup>st</sup> December) or on Christmas Eve as last year. We heard a few voices, however, requesting a watchnight service at 11:30 pm. Some people may also prefer a 7pm Christmas service. What would you rather have? Watchnight service at 11:30 pm? Christmas Eve service at 7 pm? Carol singing at 2 or 4 pm? The latter on the 21<sup>st</sup> or 24<sup>th</sup> December?

What would work best for you? Please speak to me or any of the elders to help us plan.

Looking forward to seeing you soon!

Rev Julia Meason, 874789/711275,

[JMeason@churchofscotland.org.uk](mailto:JMeason@churchofscotland.org.uk)



## 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**



## Notification of Revised Shop and Post Office Hours for Thomas Sinclair, Shop

### Updated Business Hours

Dear Valued Customers,

We would like to notify you of changes to our shop and post office hours, effective from Monday, 8th September.

The shop will close for lunch from 12:30 to 1:00 pm on weekdays.

### Shop Hours

- Monday: 10:00 am – 2:30 pm
- Tuesday: 10:00 am – 4:30 pm
- Wednesday: 10:00 am – 4:30 pm
- Thursday: 10:00 am – 4:30 pm
- Friday: 10:00 am – 4:30 pm
- Saturday Morning: 11:30 am – 1:00 pm
- Saturday Afternoon: 2:00 pm – 4:00 pm
- Sunday: 2:00 pm – 3:45 pm

### Post Office Hours

- Monday: 10:00 am – 12:30 pm
- Tuesday: 10:00 am – 12:30 pm
- Wednesday: 10:00 am – 12:30 pm
- Thursday: 10:00 am – 4:30 pm
- Friday: 10:00 am – 12:30 pm
- Saturday: 11:30 am – 1:00 pm
- Sunday: Closed

We appreciate your understanding and ongoing support. For any enquiries, please contact Sheena or Toby.

Sincerely,

Sheena



## Shapinsay School September 2025

We are just back at school after a summer where everyone enjoyed the lovely weather and did lots of nice things. We have welcomed Mrs Monika Armet to the teaching team this session. Welcome to Freddie and Noah who have joined us in the Nursery.



### Primary Learning

This term we are learning about Weather, Climate and Energy. We are looking forward to welcoming some visitors to work with us in school as part of the Orkney Science Festival. We will also be swimming on Friday mornings this term. In the first week at school, the primary children have been doing lots of practical learning. Some of the children worked in teams to make a tower using only newspaper and tape, and some of the children found an experiment to make a model tornado so of course we had to try it!



### Nursery Learning

The children have been settling back in. They have been particularly enjoying the sand play and learning about dinosaurs and insects. They have also been enjoying playing with the farm.

**A BEGINNER-FRIENDLY RUNNING  
GROUP — NO EXPERIENCE NEEDED!**

# COUCH TO 5K GROUP

We're thinking of starting a beginner-friendly Couch to 5K group right here on Shapinsay!

Led by Joel Chaney in collaboration with the Orkney Athletics & Running Club, the program helps you build up to running 5K over 9+ weeks — no matter your starting point.

Whether you've never run before, want to get moving again, or just fancy a new challenge with others...

Interested?  
What days/times would suit you?  
Talk to Joel Chaney, Alison McDougall,  
or email: [wellbeing@shapinsay.org.uk](mailto:wellbeing@shapinsay.org.uk)



## SHAPINSAY HORTICULTURAL ASSOCIATION NEWS

Our Annual Show took place on **Saturday 16th August** and in spite of Storm Floris' best efforts, exhibitors rallied round and brought along their best selection of produce. It was inevitable that entries in the flower categories in particular were down this year.

Our gardens had taken such a bashing and things just didn't have enough time to recover. However, the judges enjoyed their day and were happy with their final prize winners.

We were pleased to be able to bring back categories for Baking, Industrial Work and Arts and Crafts this year and to be able to display the photographs from the Development Trust's photograph competition which meant there was plenty of interest for visitors to the show.

### RESULTS

In the Children's Section, Best Exhibits went to Noah Diamond (Under 5yrs) for his flower arrangement; Arella Chaney (5-8yrs) for her giraffe model; Thomas Hall (9-11yrs) for his painted canvas and Anwen Bird (12-15yrs) for her painting.

Laurence Lidderdale grew the Tallest Sunflower overall with a mighty 2m 10cms.



Best Exhibits in the other sections went to Evelyn Nicolson (Window and Greenhouse Plants) for her Planted Container; Claire Ward (Cut Flowers) for her Floral Arrangement in Unusual Container; Karen Evans (Fruit and Vegetables) for her Cucumber; Margaret Eunson (Baking) for her Victoria Sponge; Jean Coomber (Industrial Work) for her Patchwork Article and Pat Hazzledine (Arts and Crafts) for her Landscape Painting.



Refreshments in the Clubrooms are always a popular afternoon pitstop and there was a lovely selection of edible goodies, all baked and donated by members. Many thanks to everyone who helped in any way to make the show happen.

The RNLI also held a stall inside the hall as well as running the popular Quoits competition out on the school field. If you've never tried playing quoits before, you know it's not as easy as it looks but the Ladies trophy was won this year by a complete novice, so it is possible! CJ Battye won the Men's trophy and Claire Ward the Ladies trophy.

Our next event will be the Tattie In A Bucket Competition on **Saturday 30th August** at 2.30 in the Clubrooms. This will be preceded by The AGM and the presentation of Show Trophies.

Tatties are judged by the total weight in each bucket with a trophy for the heaviest weight.

You just don't know what will be under the soil until the bucket is tipped out!



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Fabulous potato-themed prizes will also be on offer. Come and enjoy the fun whether you have a bucket of tatties or not.

We look forward to seeing you.

For any queries please contact Karen Evans on 07810 262785 or email [karen@evanssmallholder.plus.com](mailto:karen@evanssmallholder.plus.com).



*CJ Battye took the men's trophy in the quoits and Claire ward took the Ladies trophy.*



## 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)**

## Reminder

All financial requests and correspondence for discussion at our next meeting should be submitted to [shapinsayclerk@gmail.com](mailto:shapinsayclerk@gmail.com) by 1<sup>st</sup> September for inclusion in our agenda.

Thank you.  
Shapinsay Community  
Council

## REFUSE COLLECTION

03/09/2025 – Black/grey bins, no recycling

10/09/2025 – Glass and plastic

17/09/2025 – Black/grey bins, no recycling

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

01/10/2025 – Black/grey bins, no recycling

08/10/2025 – Glass and plastic

15/10/2025 – Black/grey bins, no recycling

22/10/2025 – Paper/thin card and metal cans, foil, and aerosols

29/10/2025 – Black/grey bins, no recycling

We have been thinking a lot about “Volunteering” recently and what it means to be a volunteer. When we think of volunteering, we often think of visible roles such as working in charity shops, foodbanks, befriending projects etc. But you might be surprised to learn how many people volunteer here on Shapinsay. So, we thought we’d run a mini-series in the Shapinsay Sound to celebrate those that do volunteer roles. This month, it’s the **Shapinsay Parent Council!**

The Shapinsay Parent Council meets once every school term and does incredible work raising funds which are used to enrich the experience of pupils at Shapinsay Primary School.

All the parents of primary and nursery pupils are invited to join the parent council, giving it a very broad membership. It is led by a chair, vice-chair, secretary, and treasurer. It also has some co-opted members who don’t have children at the school but are willing and able to contribute to the parent council’s work.

What does that work look like? A large part of the parent council’s efforts goes to raising money which is then used within the school or for school trips and outdoor education activity days.

For example, in recent years, the primary pupils have requested more stilts for playtime and the nursery has asked for more storage containers and petty cash to buy fruit for snack time.

Recently, some funding was given for P7 pupils to enjoy a week of activities in Hoy.

At each of the council’s meetings, the members hear updates about the school from headteacher Emma Clements. She tells them what the pupils are learning, about any staff changes, and brings forward any requests for support.

They also discuss forthcoming fundraising activities, with different members taking the lead to organise various fundraisers throughout the year. These have included the Winter Market & table top sale in late November, bingo or casino night, the clothes swap and running Cast Affs for a couple of weeks. The parent council also has a tent at the Shapinsay Show and takes part in other community events too.

And that’s not all! It also provides refreshments for the end of term assemblies and biannual school plays.

At the moment, it is raising money to renovate the school courtyard – an idea that came from the Eco

Committee. The children would like to make the courtyard a more attractive place for wildlife as well as a nice place to play outside!

The current chair of Shapinsay Parent Council is Anna Lidderdale, with Gemma Leslie being the vice-chair. Esther Chaney is the secretary and Chris Moore is the treasurer. Anna has been on the council for several years, having taken on more and more responsibility.

She said: “It’s important to support the school and just as important to ensure that parents are well informed and have a say in things that matter to them – and to their children. This year, we’re welcoming several new families. I’m very much looking forward to meeting everyone and working together.



*The leaders of Shapinsay Parent Council. Clockwise from top left: Chair Anna Lidderdale, Treasurer Chris Moore, vice-chair Gemma Leslie, and Secretary Esther Chaney.*

Gemma Leslie has been on the council for the last five years and has enjoyed fundraising and helping to organise events within the community. She said she is happy to volunteer her time as the work of the council helps improve the learning and experiences of pupils attending the school. Chris Moore said: “It’s important to me because it directly supports the school and helps provide valuable opportunities and experiences for all pupils.



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"The fundraising we do makes a real difference, enabling school trips and the purchase of new equipment. This enriches learning and creates long-lasting memories for pupils.

"I'm motivated to be treasurer because I want to contribute actively to the success of these efforts. And finally, the council's secretary, Esther said: "Last year, I took on the role of secretary because I thought I could use my administrative skills and experience to help and in turn benefit the school and its pupils." She highlighted the contribution of local businesses to the parent council, as they were recently asked for raffle prizes. As secretary she wrote letters out to the businesses and went round shops in Kirkwall to deliver them. It was successful and made for a great raffle. Esther said: "We're really grateful for the donations we received to help our fundraising efforts this year from businesses in Kirkwall and from across the community in Shapinsay."

## WELLBEING ACTIVITIES

# SEPTEMBER 2025

## FREE ONE-DAY BICYCLE HIRE

Text/WhatsApp 07471 751791 to book your bike

**2**

Tuesday

### COMMUNITY CAFE

Join us for a Brew (and bake) For The Crew in support of Scotland's Charity Air Ambulance.

2-4pm, drop in anytime. Clubrooms. By donation.

**7**

Sunday

### WILDFLOWER WALK

Explore Shapinsay's wildflowers, learn about pollinators, and collect seeds to grow at home.

2-4pm, meet in Music Room (talk), 1 mile walk

**13**

Saturday

### SNORKELLING ON SHAPINSAY

Explore Shapinsay's underwater world with Kraken Diving to guide and support.

Starting at 10:45am Location TBC. Sign up required.

**20**

Saturday

### SHAPINSAY RETREAT

Meditation, sound bath, breathwork and creative workshop. £30 per person.

10:30am-2:30pm, Shapinsay Church & Shapinsay Reflective Space.

**30**

Tuesday

### CHAIR YOGA WITH MICHELLE

Stretch, breathe, and relax – perfect for all levels and abilities.

Weekly on Tuesday, starting Sep 30 at 11am

WELLBEING@SHAPINSAY.ORG.UK

07867 622814

## Shapinsay Show Winners!

The Shapinsay Show was held on Tuesday, August 5<sup>th</sup>. While Storm Floris made for a breezy show day, it was another successful event. All pictures supplied by Shapinsay Agricultural Association.



The show's top dog was Vara, a German Shorthaired Pointer shown by Gemma Leslie, Quoymorhouse.



Best goat at the show was a kid shown by A&V More, Veantro.

*More on next page . . .*





Winner of this year's cattle section was a Limousin cross Heifer calf, shown by F. Leslie, Odinstone.



Best sheep exhibit at the show was this Blue Texel Ram, Shown by F. Leslie, Odinstone



*Young Handler in both the Cattle and Sheep Sections was Matthew Meason, Frustigarth.*



Horse Champion Shetland Pony *Glenfall Arabella*, shown by J&J Booth, Ostoft







## CHAIR YOGA

with Michelle Strong

Chair yoga is a wonderfully accessible way to stretch, breathe, and relax – perfect for all levels and abilities.

Sep 30 - Dec 10, Tuesday's (weekly)	11am (90 minutes) Music Room
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The first session will be an Introduction to Chair Yoga – a chance to meet Michelle, discuss your needs, and try a class. Followed by a short meditation.

For more information, contact Alan  
07510 283661

## Interested in joining a Shapinsay Women's Group?

I've heard that there's interest in starting a women's group on Shapinsay. It could be a space to connect, share, support each other, and do activities together; creative workshops, walks, yoga, retreats, guest speakers.

Would this appeal to you?  
What kind of things would you like to see in a group like this?  
Feel free to message me, or stop me for a chat. Open to ideas!  
– Alison McDougall  
07835 042659




## SHAPINSAY REPAIR CAFE - ARE YOU INTERESTED?

We're exploring a Repair Café on Shapinsay – a friendly event where you bring broken items (appliances, textiles, tools, instruments...) and repair them with the help of volunteers – for free or by donation. It's about community, skills-sharing, and reducing waste.

We're teaming up with the Orkney Repair Café, the Shapinsay Men's Shed and individuals in the community to pilot the idea – and we'd love your input! Would you use it, volunteer, or support it? Let us know!

**Contact**  
shapinsaymensshed@gmail.com  
07835 042659



**Sat, Sep 13, 10:45am**


**Location: To be announced (weather dependent)**

## EXPLORE SHAPINSAY'S UNDERWATER WORLD

**Open to adults & children 10+**

**All snorkelling 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.**





## Free Bike Rentals – 6 Available Each Month!

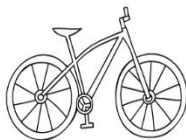
We're delighted to share that the Shapinsay Island Wellbeing Project is teaming up with Shapinsay Development Trust to offer 6 free one-day bike rentals each month from June to September!

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

### To rent a bike

Email: [ebikes@shapinsay.org.uk](mailto:ebikes@shapinsay.org.uk)

WhatsApp: +44 7471 751791



### Looking to Build Confidence on a Bike?

Free 1:1 or 1:2 Cycle Training with Anne who is offering supportive, confidence-building cycle training sessions on Shapinsay for anyone who are new to cycling or want to feel more confident riding on the road.

- Free sessions (thanks to HiTRANS)
- Up to 75 minutes long
- 1:1 or bring a friend (1:2)
- Fun, relaxed and tailored to you
- Borrow an e-bike from SDT

Anne's sessions are described as "very encouraging, helpful and accommodating" – a great way to rediscover the joy of cycling!

### For More Information:

Alison: [wellbeing@shapinsay.org.uk](mailto:wellbeing@shapinsay.org.uk) 07867 622814 or

Anne: [changesquared@gmail.com](mailto:changesquared@gmail.com) 07952 270372

## DISCOVER SHAPINSAY'S WILDFLOWERS

SUNDAY, SEP 7, 2-4PM

MUSIC ROOM + 1 MILE WALK

SPECIES  
on the EDGE



Contact: Alison McDougall  
[wellbeing@shapinsay.org.uk](mailto:wellbeing@shapinsay.org.uk)  
07867 622 814



Join us to explore the wildflowers that support Orkney's pollinators. We'll start indoors learning how to identify key plants, then head outdoors for a short walk to collect wildflower seeds. Together we'll discover how native plants sustain bumblebees and how we can grow them at home. Please wear warm, waterproof clothing and sturdy footwear. The walk will follow tarmac paths, quiet roads, grassy tracks and verges. A basic level of fitness is required for the outdoor session, but all are welcome to join indoors only.



community  
C A F E



Join us for a special community cafe in support of Scotland's Charity Air Ambulance (SCAA). Enjoy homebakes and a selection of beverages, all while helping raise money to bring urgent medical care to those who need it most.

Tuesday, Sep 2 from 2-4pm, Clubrooms

100% of donations go to SCAA





## HARVEST THE LIGHT WITHIN

Gather your light. Honour your growth.

- Meditation + Movement
- Sound Bath + Breathwork
- Lunch + Refreshments
- Creative Integration



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](http://www.picktime.com/lunatribe) or  
email [info@lunatribe.com](mailto:info@lunatribe.com)  
No/low income option available on request.

cost subsidised  
by:

