



Shapinsay Development Trust

Wellbeing Tree Feedback

We undertook a consultation at the show, using the Shapinsay Sound and at our AGM in October. From that, we have written up all the suggestions below and we have answered where we can.

- Would like regular chair yoga (This has started)
- Focus on the people you can't see (This is something we find really challenging — we can't visit people in their homes without an invitation, and it's often difficult to know who might need help if they don't reach out. It's something we think about a lot, and we'd really welcome any ideas or suggestions on how to reach those who may be struggling quietly.)
- Like Piece Place, like winter warmers but less formal, can just turn up and sit with anyone. Get to know people. By donation. Open after school (We did try this through the community café at a few different times of day, but it wasn't well attended. Perhaps better promotion or a slightly different format)
- There may be people willing to lead a workshop in an area of their interest or skill, could these be coordinated via a coordinator role? (could be)
- If the wellbeing post is continued, the objectives need to be published and communicated fully to all. The last 2 coordinators have apparently not had the same objectives and expectations of the help available and assistance available have recently been disappointing. (The project changed not long after WC2 took over, when the one-to-one element was removed following an external audit by VAO due to safeguarding issues. This was explained in the newsletter at the time, but we understand it may not have reached everyone clearly. We are open to suggestions on how else to communicate more effectively)

- Weight loss support group
- Winter warmers in smithy really good, Currently every 2 weeks which seems like a good interval, so it doesn't interfere with lunch club
- A talent show
- Wellbeing should include pastoral care and some way of supporting vulnerable residents. (The one-to-one element was removed after a safeguarding review, and unfortunately it's unlikely to return without professional oversight. One possible alternative could be an office-based drop-in session — perhaps one afternoon a week in the Boathouse to provide a safe and confidential space for conversation.)
- Regular timeslot is good, e.g. art workshop monthly, same timeslot, advertise everywhere, not just Facebook
- Sdt car to take elderly folk to appointments in Kirkwall and organise on their behalf if necessary e.g. those without family. Our current section 19 license doesn't allow us to do this. Who's responsibility is this? NHS? If we were able to offer it, who pays for it? Would this be a free service, covered by the trust, would the end user pay, the NHS? We would have to hire a second driver for the whole day, plus boat fares, in terms of sustainability, these factors need to be considered as if we start something, we need to be able to keep it going long after the life of the turbine.
- Summer adventure day – would like a whole day or two half days (this is an OIC led thing that we help facilitate and this year we part funded, the number of days are dictated by OIC and the number of people who take part dictates the availability of spaces – it's great it's so popular, but it does mean less time available for each participant, there might be a case to get them over more!)
- Men's group – a great idea but should be men only meetings and ideally led by men. The wellbeing coordinator should only be giving support when needed behind the scenes (The wellbeing coordinator facilitated starting this group up and helped with the setup process. She was involved as much as the group requested. The group has now established its own constitution and bank account, which is a brilliant step towards independence. SDT will continue to offer support if needed, but the group now runs itself without SDT input, which is the

ideal scenario, SDT should facilitate groups starting up, but if they are successful and well attended, SDT should be able to bow out to focus on other things, leaving it to run itself, SDT cannot and should not, continue to facilitate things on an ongoing basis.)

- Dance classes with Donna are good but current time not so good, afternoon would be better. (This is now run through the community association and volunteer led (another great success story), if there is a keyholder willing, it could be run more than once per week)
- Creative writing class would be good
- Weekly after school club food for kids and enables parents to work longer to support family. (Any activities involving children must meet child safeguarding requirements, including having two disclosure-checked adults present. If there's enough demand, we could look into how this might work, for example, whether it would be a free activity supported by SDT, or a paid childcare arrangement, sustainability of projects must be considered when starting something new as our turbine income WILL come to an end and we have to ensure that we can run what we have after its life is complete)
- The wellbeing needs of all residents need to be considered, not just certain sections, (families and children), directed towards able bodied, mid-age range who might also work. They end up feeling excluded. (We've trialled activities aimed at older residents — for example, the Be Active Live Long (BALL) group, which wasn't well attended, and others like Active Movers and Games Nights, which have continued successfully. Some feedback suggested BALL felt a bit patronising, so we're keen to find the right balance and style of activities. We'd really appreciate ideas on what would feel most appealing and inclusive to older residents who may not wish to join mixed-age or family groups.
- The new coordinator seems to be more geared towards new ideas for their benefit, not what the community actually needs. Mental health is being ignored. Folk with mental health issues don't want group activities
(We absolutely recognise that mental health is a serious issue in our community. However, providing one-to-one mental health support

requires professional qualifications, and a support network of professionals, so our focus is on what we can do effectively — creating opportunities for connection, inclusion, and confidence-building. We'll also continue to signpost and advocate for individuals to access specialist support where needed. The “new” coordinator brought a very different set of skills to table and used them to the best of her abilities, despite the project having been run for 3 years prior, the “new” wellbeing coordinator was starting with a blank slate as all previous work was not stored and passed on)

- Quite like the way it is.
- If the shop and smithy are to be included under the wellbeing umbrella (they aren't) they need to meet a wider range of residents needs, at the moment only a tiny minority of residents access them. (The shop isn't part of the wellbeing or SDT remit. Both the shop and the Smithy have trialled different approaches but must also balance finances and minimise waste. We're always looking for ways to improve the Smithy's offering within those limits, and we welcome ongoing feedback and ideas that are cost effective and appealing, and simple enough that our very young workforce can do without high pressure)
- Smithy – a good social meeting place but current menu is limited and uninspiring. Could do with better options for vegetarian and vegan clients and also potentially clients that would like more variety. (We do our best to cater for different dietary needs, but we've found that less common options more often than not, leads to waste. We've encouraged people to pre-order or book ahead for special items, but we understand that's not always convenient. We'll continue to offer at least one vegan-friendly option, such as soup, so there's always something available.)
- Men's shed repair shop? (the mens shed are trying to facilitate this, our population size means organising something like this is harder as we don't have the same number of people with skills and time to put to a project such as that for free, but hopefully mens shed will get on well with it)

- Change the routes on the school climbing wall (feedback from the school – this can be done any time and an instructor is going to take the time to do this)
- Support for lunch club members to allow members to enjoy the meal within being on duty serving food at each meeting. (had a meeting with lunch club members to see if there is any way we can recruit volunteers and published a volunteer profile in the sound to encourage volunteers, hopefully this would enable this to carry on without paid staff to ensure its long term stability.)
- Singing group (being set up)
- Games night a positive, nice atmosphere, mixed ages, regular time frame (another success story of a group supported and facilitated by SDT that is now self-sustaining)
- Reflective space not fit for purpose, not what the residents wanted – too much influence and collaboration with the church and luna tribe. We'd like to clarify that the Reflective Space was not an SDT or Wellbeing Project, and no funding from either source was used for it. The project was funded by the Scottish Government and was originally intended as a COVID memorial. After listening to community feedback that people didn't want a space specifically to "remember COVID," it was changed to a Reflective Space—a quiet place for anyone to pause, think, and enjoy nature in their own way. The Wellbeing Coordinator helped by engaging the community and gathering views to make sure the project reflected what local people wanted. There were several public meetings, including at the Boathouse and the Clubrooms, where everyone was welcome to share ideas and suggestions. At those meetings, the only location put forward and agreed upon by those attending was the small piece of ground next to the church. It was chosen because it offered an unused public space that could be planted with wildflowers and made into a peaceful spot for reflection. The project involved collaboration with local groups simply to make use of shared spaces and volunteer help—it was never intended to promote any particular organisation or belief.

Overall, this was a Scottish Government-funded, community-led project, shaped by the people who took part in the discussions and decisions. The “Luna Tribe” were part of the group of external consultants that the government funded project engaged with to take the project forward and not connected with SDT or WBC at that time.

- Certain projects e.g. reflective space are seen as “church projects” and not for those not sharing church values (As above)
- The “warm hub” with hot drinks, activities, games etc or short courses was excellent. Could it be repeated. (That project was funded by CLD and ran on a very tight timescale, which meant we had to pack a lot in quickly. We’d love to run something similar again - ideally on a smaller scale or with more flexible funding. It’s definitely something we’d like to explore further.)
- We could have pop up workshops as many residents have skills to share
- OOH/Zevi earlier in the evening would aid wellbeing (access to activities with less waiting) (lets hope Zevi works out)
- Wellbeing activities recently seem to be church based like reflective space, which is inaccessible to many residents also upcoming retreat (as it’s in the kirk) (The reflective space project, as mentioned before, wasn’t led by the church or SDT. The Kirk is a great space that can be hired for any kind of activity, much like the hall. We completely understand that not everyone is comfortable in that setting, so we’ll continue to make sure activities are spread across a range of venues.)
- Continuing the wellbeing project seems to be essential but not as it’s been developed by the most recent incumbent (as previous, the direction by latest WC was due to her speciality knowledge and training and due to the loss of the 1:1 from the project.
- Wellbeing walks should prioritise safety and accessibility and inclusivity, this was never followed on any walk I took part in. (ideally this would be volunteer led by a trained walk coordinator if anyone would like to continue it, it’s volunteer led in most places.)
- Any wellbeing factors need to be covered, including signposting, shortfalls, practical and physical support, financial guidance for

individuals, not just health and spiritual wellbeing group options. (This can be done with a dedicated office time)

- A proper unbiased community vote is needed. Anonymity voting. No censoring and comments/views collated by a 3rd party. (I'm not sure what this refers to – a vote on the wellbeing project? This is going out to community consultation extensively, so the public will be the influence on what happens next, everyone with any interest needs to use this opportunity to have their say as if not, it may not go in the direction that you would prefer as it will be influenced by others)
- More fitness sessions, why is it so difficult to get a yoga instructor on the island? (under way)
- Really appreciate SWAP grants, helps afford other activities not available here and to mix with a wider group of people (Great to hear it's appreciated)
- How can the wellbeing coordinator do her job when always on holiday (The wellbeing coordinator worked 14 hours per week and took holidays in line with that contract, with time managed through her line manager. Everyone is entitled to annual leave, but we'll look at how to ensure continuity of cover during those times.)
- Film club (this was previously volunteer led, the SCA looked to pick up this mantle, but it didn't seem to move forward, SDT would support any volunteers taking this forward if there was enough interest)
- Wellbeing going forward needs to cover all aspects included in the job description and focussed on the whole community and all ranges of requirements as much as possible
- Those most in need are being ignored. The ones who are lonely are left out. Far too many group activities, some need a one-to-one chat and regular visits. (The one-to-one support element was removed from the project following a safeguarding review, which we shared publicly at the time. We understand that some people still miss that aspect, so we'll keep exploring ways to provide safe and appropriate points of contact for those who need a more personal kind of support – however, we cannot go into peoples homes without an express invitation, so if people need support, they have to come to us.

- Smithy healthier options and improvement in baking. (due to rising costs, we have cut back on what we offer, but will continue to look at all of this)
- I think the wellbeing of residents would be enhanced by more communication and transparency from SDT i.e. publishing meeting dates. (Meeting dates are published on the SDT part of our website and minutes of meetings are published on the website, usually one month after the meeting, once they have been approved, as is standard practice)
- Wellbeing coordinator apart from a select few, no support for people with mental or physical problems and the elderly. I know numerous people in these categories who are having to support each other. (wellbeing coordinator and trust don't have mental health training and can only signpost, finding ways to support those with physical issues is also hard without training – these types of support are more for occupational health and mental health from the NHS, we need to know what types of support people want, which is why we have done this survey, but nobody has come forward thus far to say this is the type of support they need themselves, or with any specific needs)
- All wellbeing provision needs to be totally unconnected with the church to meet the needs of the majority of the residents (As stated above, there is very little that involved the church and the reflective space is not a church or an SDT project, just a project both were asked to collaborate on, much of island wellbeing used to be connected to the church, moving away from that 100% does not make sense, we as a trust want to partner with all local organisations to enable us all to work together to the betterment of the community, good working relationships is important for that.
- More emphasis on the health and wellbeing of residents and their needs. Home visits/helping individuals, maybe a ride out, change of scenery etc. (See next document for a suggested way that this could happen)
- Many of the initiatives have not been inclusive of the older, infirm etc, but geared towards young and children (It's hard to know what initiatives "older, infirm" etc would look like unless they tell us what it

is they want – check the next document for one suggestion that we have, we need feedback from people as to whether or not this is what they want)

- Activities that have a common purpose e.g. beach cleaning, planting spring bulbs (Previously SDT organised 4 beach cleans which did not garner much interest with only one family turning up to support the first 3 and 2 people turned up to the last one despite wide advertising and picking a day when people said they were free, could other community groups or individuals try? happy to give it one more try, we had great weather the times we did it, so not sure what the barriers were – tide times dictated the time of day)
- Visiting vulnerable people
- Horticultural association enjoy regular gatherings, informative, nice people, learn from each other. (it is great when a community group such as the HA are able to run and organise their own activities and offer them up to the general public, it would be great to see some more groups restart as pre-covid there was so much more going on)
- There's been great consultations with the community throughout (we try, but despite publishing things in the sound, and the website and facebook, we still don't seem to manage to catch everyone and so many still feel they aren't informed
- Good collaboration with community groups in the island (there seems to be some disparity with those that feel that there is plenty of collaboration, coordination and consultation and those who feel that there is not enough openness and consultation with the community, I don't know what the difference is and why some people feel so disconnected but others feel truly involved and included – how do we bridge the gap without spending more resources?)
- Cast Affs has helped so many community groups (we'd love to have more community involvement in Cast Affs as by far the most buzz about the place is when the community are involved)
- Can we get people who complain to come forward and be on committees (All feedback is anonymous, so we often don't know who's behind the comments. Everyone's opinions are valid, and it would be wonderful if more people felt comfortable joining groups or

sharing ideas in person. We'd love to see more residents involved in starting and leading activities — that's how we make things truly community-led, SDT have access to resources to do some activities, but we can't guarantee long term funding for an employee to run groups as revenue funding becomes increasingly hard to source, especially for ongoing projects, so unfortunately that means we need the community to take the lead where possible, with support from SDT)

- Encourage community folk to start their own clubs (SDT can't and shouldn't have to run them all) (as above)
- I really value the ooh boat- excellent for the whole community (the out of hours service, whilst not strictly "wellbeing" is a great asset to the island and does help with the overall wellbeing of the island.
- SDT staff and board are always professional (thanks, we try!)
- Smithy has been so beneficial (Running the Smithy has been a big learning experience for us - balancing local engagement and financial sustainability is always tricky on an island this size. Visitor numbers in summer help keep it viable in winter, and we'll continue to look for ways to make it as beneficial as possible for residents year-round.)
- SWAP fund is so helpful (SWAP has been a great help for many and the hope is to continue that as long as there is funding coming in from the community turbine)
- Highlights to wellbeing project – Piece place (much needed after covid restrictions). Well attended weekly walk sessions in first few years. Confidential help given as needed. (We'd love to restart the weekly walks when a new volunteer walk coordinator can be found. If anyone is interested in helping with this, we'd be very happy to provide support and guidance.)
- Summer outings for seniors to save stress for older folk coping with travel arrangements etc (Transport continues to be a challenge, particularly without a bus or fully accessible boat. It also has become more apparent that interests among older residents vary widely, which makes planning one-size-fits-all trips difficult. This may be something we can re-visit with the lunch club.)

- Potential activities that have been well attended in the past that could be re-introduced – carpet bowls, yoga with a qualified instructor, Scottish dance group. (These were all volunteer led in the past, would be great to have it go back to that)
- All wellbeing factors need to be considered including signposting, shortfalls, practical and physical support, financial guidance for individuals, not just health and spiritual group options. (It would be really helpful to understand more about which specific shortfalls people have in mind — that way, we can look at practical ways to address them, the aim of this survey was to get specific feedback as to what it is people feel is needed and wanted on the island, the feedback so far appears to have told us a lot of what people feel we shouldn't have been doing and less focussing on what types of services folk really feel is needed, for example it's helpful to know that there are people that are feeling isolated – but what could we as a trust be doing to help with that if we can't go into peoples homes without being invited, and those people can't come to the group activities?)

Here is some guidance from SDT

- **How We Support People — and What We're Not Able to Do**
- We know that sometimes people in our community need a bit of extra help at home. We cannot offer any type of mental health support or personal care.

What we *can* do is:

- Helping people feel connected and less isolated through groups, events, and activities.
- Offering friendly advice and signposting people to the right organisations for specialist or in-home support.
- Advocating for residents when needed, to help them access the right help from the right places.

- Look into what is needed to and see where else support can be provided.

Our goal is to complement, not replace, the important work of trained care and health professionals. We'll keep working closely with those services to make sure everyone in our community knows where to turn for safe, reliable support and only take on these responsibilities as a last resort.