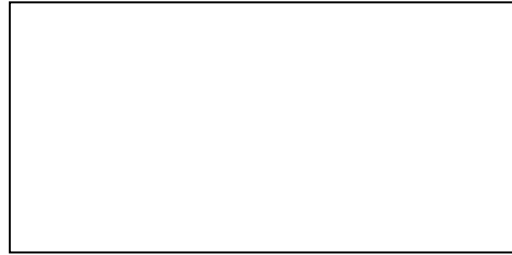
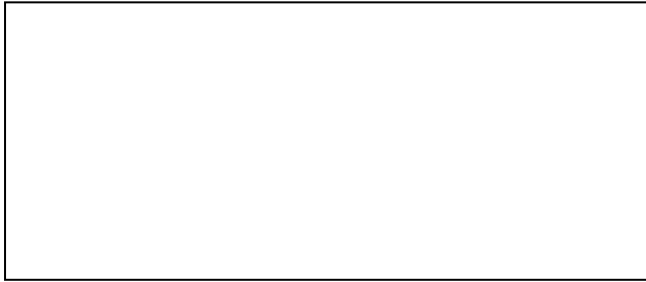


The newsletter for the island of Shapinsay, produced by the Shapinsay Development Trust.
Registered Charity Number SC034818; Registered Company Number SC255127.



The Thorsvoe and Balfour Village by Mike Nicolson

McAdie and Reeve bid a fond farewell to Mervyn after 26 years!

Most of you will know Mervyn well as he will likely have been by your house several times over the years, whether in the post van or the McAdie and Reeve lorry! Well, after 25 years, Mervyn was finally ready to hang up the high viz and retire from his role at McAdie and Reeve to look after himself and spend some well earned time at home! Fear not though, he's not given up his job on the post, so you'll still see him around

(Photo courtesy of McAdie and Reeve)



Medical Focus

Your New Advanced Nurse Practitioners

Lynsey Spittal



I joined the Shapinsay team in August 2025 having been an Advanced Nurse Practitioner since 2014. I have worked in general surgery, trauma and elective orthopaedics, hospital @ home and

primary care all in my native Fife. I also have permanent Australian residency, having lived there for 2 years working in both Perth City and rural Western Australia before Bonnie Scotland called me home!

In my free time you will most likely see me out and about walking my two labradors, Tay and Oban who have made themselves quite at home here and are always happy for a bit of attention!

Emma Hendrick



I joined the Shapinsay Team in January 2026, having relocated to Orkney late last year because the call of an island life was too strong to ignore. I qualified as a nurse in 2005

and completed a Masters in Advanced Clinical

Practice 2016 whilst working in Emergency Medicine. I also have experience in Acute Admissions, Orthopaedics and Primary Care and was previously Clinical Director of a Primary Care Network overseeing care and strategic operations of practices providing care to over 50000 patients. My particular clinical interest is in Acute and Emergency Care delivery.

Outside work, you'll find me hiking in the hills (or exploring the WW2 ruins), riding my motorbike or very slowly knitting misshapen jumpers and hats.

Shapinsay Health Centre Monthly Health Promotions

What are monthly health promotions?

Because we live on the isles, we may not have access to the range of health promotion information available to people living on the mainland. In order to give people as much access to information as possible we have decided to focus on a different health/wellbeing topic each month to highlight in the surgery. This will be displayed on the information board and table in the waiting area and we aim to provide as much information and advice about each topic as possible. There will be information packs, fliers, booklets and pocket guides for you to take away where available. This may just encourage someone to make an appointment or seek support.

July is... Menopause Month

Menopause is the topic for July, a condition which affects everyone in some way, whether you are a woman, live or work with one!



Please feel free to pop into the surgery during office hours to pick up anything you might find useful



**SHAPINSAY
MEDICAL SUPPORT
FUNDS COMMITTEE**

In May's edition of The Shapinsay Sound, Shapinsay Medical Fund Support Fund explained the purpose of the fund, citing examples of equipment purchased. In this edition we would like to showcase some of the equipment which would not have been possible without the kind donations of the local community.

RAIZER CHAIR TO ASSIST UNINJURED FALLEN PATIENTS



TRAINER AED FOR RESPONDER TRAINING



EEZI LATERAL TRANSFER BOARD TO SAFELY TRANSFER PATIENTS ACROSS FROM BED TO TROLLEY



RED AND WHITE RESPONDER KIT BAGS – FULLY STOCKED



June Bacon, Secretary, Shapinsay Medical Support Fund Committee

A first-hand look at being a responder

Before we started, the first step was to make sure we were physically fit, as moving and handling patients is a key part of the job. We then completed around 4 days of first aid training, passed an exam, practised driving the ambulance, and undertook shadow shifts before responding independently. On top of that, we train once per month.

Why do it? When on call, you must be ready to leave within five minutes, day or night. It can be demanding and at times stressful, but mostly, we all wanted to support the island and help maintain a 24/7 emergency response service and someone has to do it. Things don't always go to plan, whether it's equipment issues, communication problems, or the ambulance not starting after a power cut, but we adapt, stay calm, and work together to find solutions.

Unlike the fire service, we aren't on call all the time. We work scheduled shifts, usually covering 12–18 shifts a month to fit around our jobs and personal lives. What makes it worthwhile is being there for people when they need help most - offering care, reassurance, and the knowledge they are in being looked after when they are feeling vulnerable or scared, just a reassuring presence can make a huge difference. It's not easy, but it IS worthwhile!



RECRUITING

Emergency Island Responders

Want to support your local island community?

The Scottish Ambulance Service are proud to provide an emergency ambulance service to the population of Scotland.

Across the isles in Orkney, we have over 50 Responders working in 8 locations supporting their island communities.

SAS are currently recruiting suitable candidates to your island team.

For more information:
sas.northernislesresponders@nhs.scot



Key Requirements

- 18 years old
- Full driving license
- Desire to learn and support your local community



**FOR URGENT MEDICAL
HELP WHEN THE
SURGERY IS CLOSED**

CALL 111



**IF YOU ARE VERY UNWELL OR
THINK YOU NEED AN AMBULANCE**

DIAL 999

PLEASE DO NOT CONTACT THE BALFOUR FOR URGENT MEDICAL SUPPORT OUT OF HOURS, YOU WILL BE REDIRECTED TO CALL 111/999

flow

a day retreat on Shapinsay

yoga • breathwork + sonic waves
nature collage • massage (add-on)

Saturday, July 18, 2026
10:30am - 4pm

Shapinsay Kirk & Reflective Space

Visitors £75 • Community £50
Lunch + refreshments included
Low/no income rates available

Book: picktime.com/regrow



Piece Place ☺ COFFEE Afternoon

TUESDAY
7th July

11th August
2-4PM

IN THE CLUBROOMS

All welcome

Donations towards costs gratefully received as it helps to cover the costs of future events.



July Rubbish Collections



01/07/26 - Paper/thin card and metal cans, foil, aerosols

08/07/26 - Black/grey bins, no recycling

15/07/26 - Glass and plastic recycling

22/07/26 - Black/grey bins, no recycling

29/07/26 - Paper/thin card and metal cans, foil, aerosols





The Smithy
-CAFE RESTAURANT-

Saturday 18th July 5-8pm

PIZZA NIGHT

MARGHERITA PIZZA
MEAT FEAST PIZZA
VEGETARIAN PIZZA
HAWAIIAN PIZZA

LOADED FRIES
CHICKEN NUGGETS

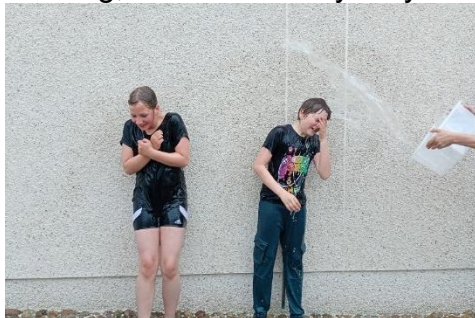
BOOK NOW

SMITHY@SHAPINSAY.ORG.UK
01856711733

Shapinsay School

P7 leavers

We will be saying goodbye to James and Agi at the end of this term. They have enjoyed their visits to KGS, and we wish them all the best as they move to the next stage of their learning. We took the P7s out for their bikeability level 2 on road training in June, thank you very much to all the considerate drivers who encountered us that day. When they returned we held the traditional P7 soaking, which everybody else enjoyed watching too.



Our Leavers and End of term assembly is on

Wednesday 1st July at 1.30pm, and all are welcome to come and say goodbye to the P7s and also to hear what the children have been learning about in school this term. It's lovely for the children to have an audience, so please do come along if you would like to.

Trips and Visitors

We had a visit from the supported classes at Glaitness school, and the following week we



went for a tour of the Bishops and Earls Palaces in Kirkwall, led by the

Glaitness P6 pupils. The tour was amazing, and we were very impressed by the children's delivery. Then we went back to Glaitness school and the children enjoyed seeing another school.

The favourite part of many was the ball pit at Glaitness!

Cast Affs

Many thanks to all who supported our fundraising at Cast Affs– we raised over £480 and this money will go towards our outside developments. Toby has been working really hard with the children to increase the amount of things we are growing at the school, and the pond area is progressing.

Picnic Preparations

PE in June focussed on preparing for the picnic. We were quite lucky with the weather and were able to get outside to practice the long jump, shot put, 400m and 50m. On the few days where the weather wasn't as good, we practiced the high jump in the hall, along with the egg and spoon race and some throwing.

Primary Learning

In the sunshine class we have been creating historical timelines and discovering the difference between primary and secondary sources of evidence about the past. We have also been developing mouse/ touch pad skills in ICT.

In the Stars classroom, the children have been learning about plants and their classification. In literacy, we've been busy writing a persuasive text, and now the children are writing poetry.

Nursery Learning

The nursery children have been out on some walks to the woods and have enjoyed learning more about nature. They have also been drawing self portraits.

Rights

We learned about children's rights in Guatemala, where SoccerAid has been helping children access their right to play. We compared our lives to the children's lives there and thought about how we can help advocate for Children's rights everywhere. One of the things we want to do is keep Rights as a regular feature in our report each month, so we will continue to share what we are learning, and doing, about Children's Rights.

SHAPINSAY LOCAL PLACE PLAN

SHAPINSAY: A LIVING ISLAND

Have we captured what matters to you?

Over recent months, we have been bringing together the evidence, ideas and priorities that will form the Shapinsay Local Place Plan.

The draft Plan builds on the Shapinsay Island Plan 2025–2030, discussions with local groups and organisations, previous community engagement, and everything shared at the Shapinsay **Get Involved Day** in February 2026 and follow up after the event.

The Local Place Plan is not intended to replace the Island Plan or duplicate the work already being undertaken in Shapinsay. Instead, it brings the community's priorities into a recognised planning document, with a particular focus on land, buildings, infrastructure, services and how different parts of the island connect.



It can be used to:

- Provide a strong community voice in future planning decisions.
- Help shape the next Orkney Islands Council Local Development Plan.
- Support applications for funding and investment.
- Build the case for improvements to services and infrastructure.
- Guide the development of community projects.
- Encourage public agencies and other partners to work together around the island's priorities.

We have now reached an important stage. Before the Local Place Plan is finalised, we want to check that it accurately reflects what the community has told us.

SHAPINSAY: GET INVOLVED DAY

The Shapinsay Get Involved Day, held on 28 February 2026, brought residents, community groups and local organisations together to talk about the island's future. The event was designed to be relaxed and accessible, with people able to contribute through discussion, workshops, maps, post-it notes, voting and digital feedback.

The conversations focused on community life and wellbeing, housing and facilities, and the island's economy, regeneration and sustainability. People shared what is working well, what needs to change and what should happen next. The ideas and priorities gathered on the day have directly informed the draft Local Place Plan and the proposals now being shared with the community for further comment.

A STRONG ISLAND COMMUNITY FACING IMPORTANT FUTURE CHOICES

SHAPINSAY TODAY

Shapinsay remains a strong and active community, but the evidence shows that the island is changing.

At the time of the 2022 Census:

- Shapinsay had 299 residents, compared with 307 in 2011.
- There were approximately 151 households.
- Around one-third of residents were aged 65 or over.
- Around 11% of residents were aged under 16.
- There were fewer young children and fewer residents in the earlier working-age groups.
- A significant number of residents worked from home or travelled from the island for employment.
- Housing was predominantly made up of traditional houses, with relatively few smaller or alternative types of homes.

The overall population has remained relatively stable, but that headline figure does not tell the whole story. The reduction in younger age groups, alongside an ageing population, has implications for:

- The future sustainability of the school.
- The availability of people to fill jobs and volunteering roles.
- Demand for health, care and support services.
- The ability of young people and families to remain on or return to the island.
- The long-term sustainability of community services and facilities.

WHAT YOU TOLD US

Across the get involved day, several consistent messages emerged. You said:

- Shapinsay is a good place to live, with a strong sense of community.
- More housing is needed, particularly for young people, families and working-age residents.
- Older residents need suitable options that allow them to downsize and remain on the island.
- Ferry times and transport arrangements do not always work around employment, education, healthcare and everyday life.
- People without access to a car can find it particularly difficult to travel.
- More flexible employment and enterprise opportunities are needed locally.
- Community income and assets will need to remain sustainable as income from the community turbine reduces.
- Local health, care, social and community services are increasingly important.
- Young people need opportunities, activities and a meaningful voice in the island's future.
- Shapinsay's landscape, heritage, biodiversity and special character must be protected.
- New development should support the community without changing what makes Shapinsay distinctive.



WHAT WE HAVE CAPTURED IN THE PLAN

The draft Local Place Plan puts forward the vision:

Shapinsay: A Living Island

Connected, resilient and thriving.

The Plan is organised around five main priorities.



1. HOMES AND BELONGING

You told us that housing is central to the island's future. The Plan puts forward the need for:

- More housing to meet current and future need.
- A wider mix of affordable, market, smaller, accessible and adaptable homes.
- Housing that allows young people and families to stay, return or settle.
- Options that allow older residents to downsize and remain living independently.
- Opportunities for self-build and serviced plots.
- Progress on potential development areas, including Spion Brae and the exploration of other suitable locations such as Furrowend.
- Housing development that is phased, appropriately located and connected to existing services and infrastructure.

MOVING AND CONNECTING

You told us that connectivity is essential to almost every aspect of island life.

The Plan puts forward the need for:

- Ferry timetables that better reflect employment, education, appointments, onward connections and everyday life.
- Recognition of ferry services as essential island infrastructure.
- Continued development of community transport and other options for those without access to a private vehicle.
- Better connections between homes, services, activities and ferry sailings.
- Improvements to harbour access and associated facilities.
- Attention to road condition, potholes, drainage, paths and local walking routes.
- Safer and more attractive opportunities for walking and cycling.
- Consideration of how traffic movement through Balfour could be improved.

The Plan also records the longer-term idea raised by the community of exploring a possible seaward bypass around Balfour. This is not presented as an agreed project. It is identified as a concept requiring substantial further investigation, particularly in relation to coastal change, climate resilience, traffic, harbour access and the historic setting of the village.

WORKING AND THRIVING

You told us that Shapinsay needs a strong and diverse local economy.

The Plan puts forward the need for:

- Support for existing businesses, agriculture and locally based services.
- Opportunities for new enterprises and a wider range of employment.
- Flexible, home-based and remote working opportunities.
- Workspace and infrastructure that can support business development.
- Continued support for community assets such as The Smithy.
- Better use of community-owned land, buildings and infrastructure.
- New sources of community income as turbine income reduces.
- Visitor facilities and experiences that encourage people to stay longer and spend locally.
- A balanced approach to tourism that benefits the island without undermining its character or quality of life.



You told us that Shapinsay's strong community is one of its greatest assets, but that services and volunteer capacity are under pressure.

The Plan puts forward the need for:

- Accessible local health and care provision.
- Reliable connections to services in Kirkwall.
- Support for people to remain living independently.
- Community-led activity that reduces loneliness and isolation.
- Outreach and visiting support for people who are less able to participate.
- Opportunities and spaces for young people.
- Continued investment in The Smithy, the community centre and other shared spaces.
- Welcoming, informal places where people can meet outside organised activities.
- Support for volunteers and community groups.
- Better communication about services, events and opportunities.

CARING FOR PLACE

You told us that the landscape, coastline, heritage and natural environment are fundamental to Shapinsay's identity.

The Plan puts forward the need for:

- Protection and enhancement of habitats, biodiversity and landscapes.
- Recognition and care of historic buildings, archaeology and heritage assets.
- Support for agriculture, community growing and sustainable land use.
- Community-led gardens, conservation projects and shared outdoor spaces.
- Development that is appropriate in scale, location and design.
- Protection of important views and the setting of historic places.
- Greater consideration of coastal change and climate-related risks.
- Use of the Coastal Change Adaptation Plan to inform future decisions.



WHAT DOES THE PLAN SAY ABOUT BALFOUR VILLAGE?

The draft identifies Balfour Village as the island's main settlement, service centre and transport hub.

It proposes that Balfour should continue to be a focus for:

- Appropriate new housing.
- Community services and facilities.
- Local employment and enterprise.
- Ferry and transport connections.
- Improved walking and cycling links.
- Better connections to the school and areas beyond the village.
- Improvements to the relationship between traffic, public space and the historic village environment.

The Plan supports appropriate rural development beyond Balfour Village where this contributes to agriculture, local enterprise and the wider sustainability of the island.



FROM TO

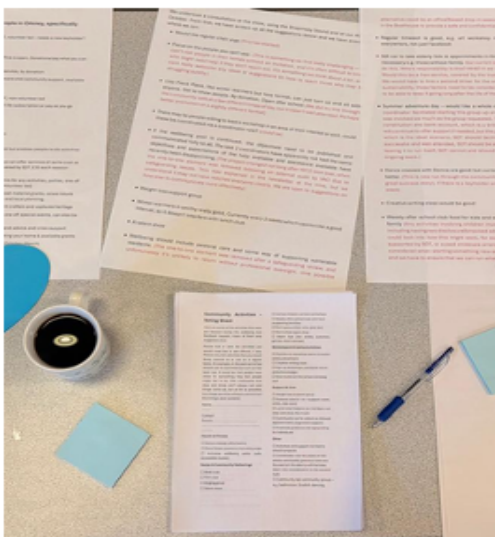
COMMUNITY PRIORITIES

ACTION

A Local Place Plan does not, by itself, fund or deliver projects. Some actions will be community-led, while others will require Orkney Islands Council, NHS Orkney, transport providers, housing organisations, landowners, businesses, funders and other partners.

The Plan is intended to give these organisations a clear and evidenced account of what Shapinsay needs and why it matters. It should help the community to:

- Influence public policy and investment.
- Develop more detailed project proposals.
- Identify suitable partners.
- Secure funding.
- Coordinate work already taking place.
- Maintain a shared focus on the island's long-term future.



HAVE WE GOT IT RIGHT?

This is a further opportunity to check and verify the priorities before the Local Place Plan is finalised.

We would particularly like to know:

- Does the draft reflect the most important issues facing Shapinsay?
- Have we captured what the community has said?
- Is anything important missing?
- Are there proposals that need to be explained differently?
- Are there particular places, buildings, routes or areas that should be identified?
- Which actions should be treated as the most urgent?
- Are there organisations, groups or partners that should be involved?

OVER THE COMING WEEKS, WE WILL SHARE A SERIES OF SHORT TOPIC-BASED SUMMARIES COVERING THE MAIN SECTIONS OF THE PLAN.

PLEASE READ THEM, DISCUSS THEM AND LET US KNOW WHETHER WE HAVE CAPTURED THE RIGHT DIRECTION FOR SHAPINSAY.

THIS IS YOUR OPPORTUNITY TO HELP SHAPE THE FINAL PLAN FOR SHAPINSAY: A LIVING ISLAND.

COMMENT ON THE POSTS OR EMAIL FEEDBACK TO NAOMI@EYLANDSKYN.CO.UK OR BOATHOUSE@SHAPINSAY.ORG.UK. ALSO PLEASE GET IN TOUCH IF YOU WOULD LIKE A COPY OF THE FULL DRAFT LOCAL PLACE PLAN.

Shapinsay Development Trust Update

The summer months are always a busy time for us at SDT, with all the end of financial year accounting to get ready for the AGM in September, things ramping up at the Smithy and Cast Affs and the bike rentals picking up too, it's great being busy though!

Balfour Cottages

Work at the Balfour Cottages development has been quieter than we would have hoped this month, but we are currently awaiting tarmac to complete the road works that are needed to widen the road end and install extra paving, this is done by a specialised team, who are in high demand. Under planning regulations, no further work can take place on the houses until the roads are done.

We are hopeful that there won't be too much of delay in getting the roads completed and work is continuing behind the scenes preparing the kit sections ready to bring over when the time comes. For anyone who has missed it, Balfour Cottages will become 4 x 2 bedroom fully accessible homes that will hopefully allow local residents who are in homes that no longer suit their needs, to be able to remain in Shapinsay in a home that does suit their needs, for longer.

Piece Place Coffee Afternoons

The Piece Place Coffee Afternoons have a steady stream of regulars, with a few visitors joining us at our last one, which was great to see! We don't charge anyone to attend, but we do ask for a donation to cover costs to enable us to continue to provide a welcome opportunity for people to meet, catch up, and enjoy a chat over tea and coffee.

The next one will be on 7th July, and I'm in need of a volunteer to help me that day, just to help serve refreshments, wash dishes, and with tidying up afterwards. It needs more than one person to run these events, so if you think you can help at this, or future ones, please get in touch!

E-Bikes Available for Community Hire

As stated in the last newsletter, we have just taken ownership of two brand new e-bikes which frees up 2 ebikes for residents for short-term hire.

The scheme is intended to encourage active and sustainable travel around the island, providing an opportunity for people to try an e-bike before considering one of their own or simply enjoy an easier way of getting around. There is no hire charge, although users are invited to make a small donation to help support the programme.

Anyone interested in borrowing an e-bike should contact the Trust for further details.

Cast Affs Opening Hours

As part of a summer trial, Cast Affs is now opening on **Tuesdays and Saturdays**, giving residents and visitors an extra chance to browse what is available or an extra opportunity to donate goods. If any local groups would like the opportunity to do some fundraising, please get in touch.

The trial will help determine whether increased opening hours are sustainable and beneficial for the community. If you have not visited recently, now could be a good time to stop by and see what is on offer.

Community support will play an important role in deciding whether the extra opening day becomes a regular summer feature.

Welcome Return to the Board

The Trust is pleased to welcome Steven Bews back onto the Board after a break of seven years.

Steven has been co-opted onto the Board until the AGM to help strengthen governance and resilience, ensuring meetings can continue smoothly even when other members are unavailable. His previous experience and knowledge of the organisation will be a valuable asset.

The Trust is always interested in hearing from anyone who would like to become more involved in shaping community projects and services. Anyone curious about joining the Board is encouraged to get in touch for an informal chat about what the role involves.

Place Plan

Although it may look like it's all gone quiet on the place plan front, work has continued steadily behind the

scenes following the highly successful *Get Involved Day*.

A draft version of the plan has now been prepared and shared with the Community Council, Community Association, and Development Trust for consideration. The document brings together the views, aspirations, and priorities identified by residents during the consultation process.

A summary of the draft plan is shared in this newsletter and will be on the Trust website and social media channels. Residents will also have an opportunity to discuss the proposals and provide feedback directly to Naomi, who is leading the work, during the Piece Place event on 7th July.

The Place Plan represents an important opportunity for the community to influence future development and priorities for the island, so everyone is encouraged to take part in the next stage of the conversation.

Building Island Resilience

Representatives from the Trust and Community Council recently attended discussions with the Community Planning Partnership focused on resilience and equality across Orkney's ferry-linked islands.

The meeting marked the beginning of a wider conversation about island resilience and what communities, Orkney Islands Council, and partner organisations can do to ensure islands are better prepared for future challenges.

The importance of this work was highlighted during the past winter, when some islands experienced extended periods without ferry services and lengthy disruptions to internet connectivity due to fibre cable breakdowns, which turn out to just be wear and tear! These events served as a reminder on how quickly island communities can become isolated and how important it is to have local backup systems and contingency plans in place.

Areas being explored include energy security, food resilience, communications, and emergency planning. Across the islands there is growing recognition that we

are all going to need to do our bit to be able to support ourselves during periods of disruption.

As part of this approach, the Trust installed solar and battery and the building switches over to battery backup if the power goes off, ensuring that, short term at least, there's somewhere that can be used for communication and small electrical needs while the power remains off. We have also chosen to retain satellite broadband at the Boathouse. While fibre broadband remains the primary connection for the island, the satellite service provides a valuable backup option should the fibre link fail, ensuring that at least one location on the island can remain connected when communications are disrupted and a hot desking option could be used if necessary for others to use if other links are down.

Resilience is likely to become an increasingly important topic in the months ahead, and the Trust looks forward to working with residents and partner organisations to help ensure Shapinsay remains a strong, connected, and prepared community.



Shapinsay Development Trust

JOIN OUR BOARD OF DIRECTORS

Help shape the future of Shapinsay

WHY JOIN?

- MAKE A REAL IMPACT**
Help shape projects and initiatives that benefit Shapinsay today and for generations to come.
- INFLUENCE OUR FUTURE**
Have a say in the decisions that support a thriving, sustainable island community.
- WORK WITH GREAT PEOPLE**
Join a committed and friendly team of volunteers who care deeply about Shapinsay.
- GIVE SOMETHING BACK**
Share your skills, experience and ideas to help your island flourish.

COULD YOU BE WHO WE'RE LOOKING FOR?

- Do you know Shapinsay inside out?
- Do you have experience running a business or managing projects or budgets?
- Do you have a passion for your island and its people?
- Are you a good listener, a team player and ready to contribute ideas?
- Do you have the time and commitment to help guide our work?

DIVERSE SKILLS. LOCAL KNOWLEDGE. SHARED PASSION.
Together we can achieve more for Shapinsay.

INTERESTED?
We'd love to hear from you!
Get in touch to find out more.

Email: boathouse@shapinsay.org.uk
Or speak to any current board member.
YOUR ISLAND. YOUR VOICE. YOUR FUTURE.