

July 2019

What's On this month in Rousay, Egilsay & Wyre

ROUSAY SUMMER FÊTE AND DANCE

20TH JULY

RAFFLE PRIZES FROM
NORHLINK FERRIES, ORTAK
JEWELLERY, THE TAVERSOE AND
MANY MORE...

ALL PROCEEDS TO CHEST,
HEART AND STROKE SCOTLAND,
ROUSAY SCHOOL,
THE TRIANGLE CLUB AND
ROUSAY 1ST BROWNIES



AT ROUSAY SCHOOL
FAMILY FUN FROM 12 NOON WITH
FOOD FROM THE SNAK POT
DOORS OPEN FOR DANCE WITH
THE GABLOS AT 7PM
COMPETITIONS FOR ALL AGES!!

Entry to dance: £5 Soup and sandwiches available.

BOOK FERRY FROM TINGWALL
OFFICE: 01856 751360

Visit: www.discoverrousay.co.uk for
available accommodation

Underage drinking will NOT be tolerated

Contact the Editor

to submit an article or to subscribe:

kayleigh@aroundrousay.co.uk

01856 821360

Kayleigh Tipper, Howdis Meadow,
Rousay, Orkney, KW17 2PR

Deadline for the
next edition:
27th July 2019
5pm

Late articles are not
guaranteed to be included.

Tuesday 2nd July

- Rousay Horticultural Society Planning Meeting, Rousay School, 8pm
- Taversoe InnQUIZition, The Taversoe, 8pm

Friday 5th July

- Book Club, The Crafterthub, 1pm - 3pm

Monday 8th July - Friday 26th July (Open Day: Sunday 21st July)

- Excavations at Skail Farm, Westness, 9.30am - 4.30pm

Saturday 13th July

- Rousay Sailing Club's Fun Day
 - Yacht Races, 10am & 2pm
 - Boat Trips, 12.30pm
 - BBQ & Bar, Old Shop, Pier Restaurant, from 5.30pm
- Viking Day, Rousay Pier, 11am - 3pm

Wednesday 17th July

- Well-Being 'Drop In' Session, The Crafterthub, 11am - 12pm
- REWDT Meet & Greet, Triangle Club, 11am - 12pm

Saturday 20th July

- Rousay Summer Fête, Rousay School, from 12pm
- Rousay Summer Dance, Rousay School, 7pm
- Sea Glass Jewellery Workshop, Crafterthub, 11am - 1pm **BOOK**

Sunday 21st July

- Orkney Rune Talk, Rousay Heritage Centre, 2pm - 3pm

Thursday 25th July

- Orkney Mobile Library visits Rousay & Egilsay

Weekly Activities

Mondays

- Coffee Morning, The Crafterthub, 11am - 1pm
- Bridge, Rousay School, 7.30pm - 9.30pm

Tuesdays

- Yarn & Yap, The Crafterthub, 11am - 1pm
- Tai Chi Chuan (Energy Exercises), Rousay School, 3.20pm
- Tai Chi Chuan (Tai Chi Form), Rousay School, 4pm
 - No Tai Chi on 9th or 16th July

Wednesdays

- Triangle Club, Church Centre, 9.45am-1pm

Thursdays

- Coffee Morning, The Crafterthub, 10am - 11am

Fridays

- Rainbows, Brownies & Guides, Rousay School, 3.10pm - 4.30pm

Sundays

- Fatburn Extreme, Rousay School, 11am

Coming Up

Saturday 3rd August

- Rousay Show Entry Evening, Rousay School, 7.30pm - 9pm

Sunday 4th August

- Rousay Show, Rousay School, Show opens 2.30pm (prize-giving at 4pm)

Monday 12th August

- Dementia Workshop, Church Centre, 1pm - 3pm

Saturday 24th August

- REW&G Community Council Meeting, Rousay School, 10.15am

Wednesday 28th August

- Orkney Citizens Advice Bureau Outreach Visit, Church Centre, 11.30am - 2.30pm

Saturday 31st August

- Rousay Lap, 12pm start



REW Heritage SCIO

invites you to our

Viking Day

Saturday 13 July 2019

11 a.m. to 3 p.m.

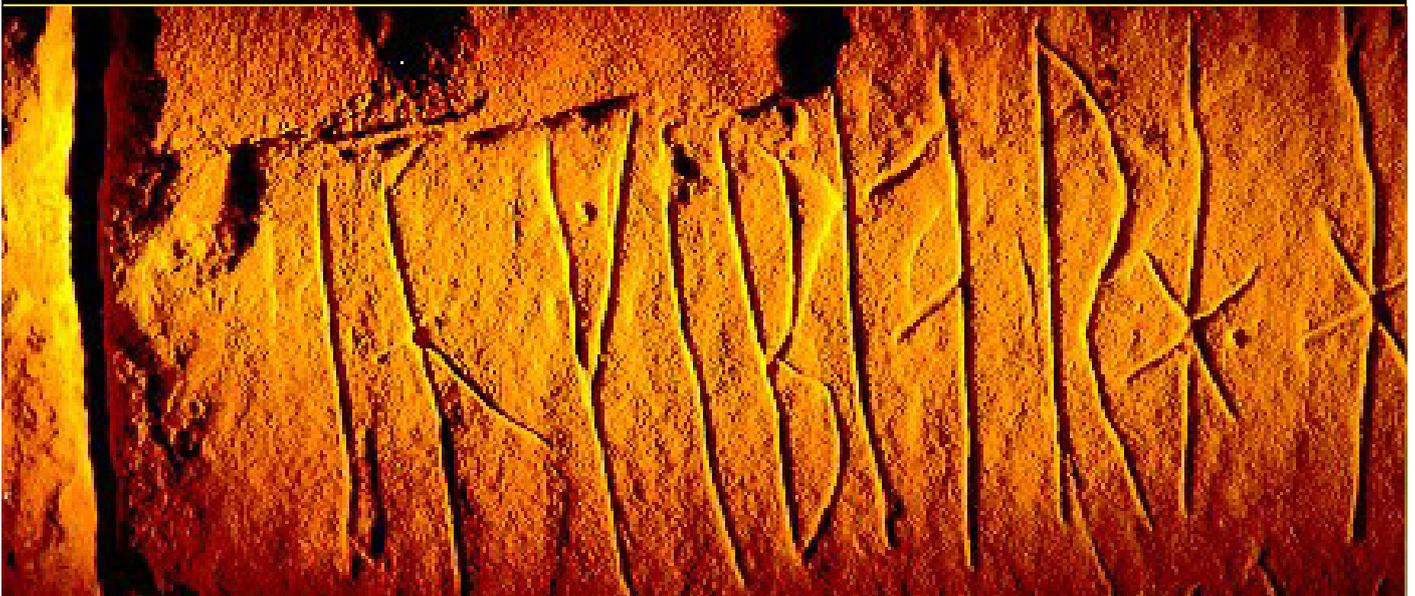
at Rousay Pier

Swandro & Skaill Farm Dig Experts

will be here for a 'Show & Tell' on the Dig Sites



Our Vikings will be producing replica artefacts from Rousay dig sites using bone, antler and stone, plus have on show many Viking items such as weapons, coins, jewellery and lots more.



ANDREA FREUND

ORKNEY RUNE TALK

ROUSAY HERITAGE CENTRE

SUNDAY 21 JULY

2 TO 3 P.M.

COME AND HEAR ABOUT THE PEOPLE BEHIND THE
RUNE WRITING, WHY DID THEY CARVE RUNES,
AND WHAT THE SPECIFIC OBJECTS MEAN



Institute for
Northern Studies



Rousay Sailing Club's
Fun Day & BBQ on 13 July



Today's events include: -
Yacht Races along the Wyre Sound at 10 a.m. & 2 p.m.
The Kirkwall Lifeboat will be here for
people to look around during the day.
Norman will be offering boat trips at 12:30
BBQ & Bar open at 5:30
At Old Shop, Pier Restaurant
Please bring your own instruments
for an impromptu music night.
So come along for a fun filled day.

Skail farm, Rousay excavations

A Viking/Norse settlement mound &
post-medieval farm through time

8 - 26 July 2019

Visitors welcome!

Site open 9:30am - 16:30pm

Join the team and volunteer

OPEN DAY 21 JULY

To find the site: park at Midhowe cairn/
broch car park, walk down the path, turn
left at shore, follow the path beyond the kirk

Visit the excavations at Swandro as well ...

Walk along the shore from Skail and visit this coastally eroding site (10 min walk)

Contact: UHI Archaeology Institute for more information & to
book a placement on 569225 studyarchaeology@uhi.ac.uk



July 2019

The Taversoe

01856 821 325



Opening Hours

Monday - CLOSED

Tuesday to Saturday
11am to 11pm

Sunday 11am to 10.30pm



Food Service Hours

Monday - CLOSED

Tuesday to Saturday
12pm to 9pm

Sunday 12pm to 8pm



The Taversoe InnQUIZition

Tuesday July 2nd @ 8pm

Snowball Jackpot

Light Snack Supper

Last food orders 30 minutes before the kitchen closes

The summer is fast approaching and The Taversoe is getting busier everyday.

With limited space in our dining room, to avoid disappointment, I would
kindly ask you make a reservation should you wish to come in for a meal.

Many thanks for your understanding, Cxx

We can not guarantee take-out availability during this time

My Favourite Thing to Make for Dinner is a Reservation



Rousay Tai Chi Chuan

Classes in July will be only on Tuesday 2nd, 23rd & 30th July (at the School) as Jim is away.

1st session Energy Exercises at 3:20
2nd session Tai Chi Form at 4:00

Only £2.00 for one or both.

All ages and abilities welcome.

Please contact Helen for information on



07879 686509



Thanks to REW DT for part funding this.

www.facebook.com/orkneytaichi

Wanted

Has anyone got an unused android smartphone that they would be willing to give/sell to my grandson Jake? He has managed to break his own one!

Mike Topham, Ivy Cottage
07729 616 530



TICKET

County Show Tickets

Available from Angus Firth at Laingskaill (821 200).



Hydraulic hose repairs & Hydraulic oil in stock

Available from Danny Hall
Call 07919 335 744



Orkney Mobile Library Visits to Rousay & Egilsay in 2019:

25th July
19th September
14th November

Orkney Citizens Advice Bureau

Orkney Citizens Advice Bureau has an outreach visit to Rousay:

28th August 2019
11.30am to 2.30pm
Church Centre.

We are there to advise on any issue.

To make an appointment or arrange a home visit, please contact (01856) 875266, no later than Thursday 22nd August, thank you.

RCA

Rousay Community Room Bookings

Community Rooms must be booked in advance.

Failure to book may lead to the room you require being unavailable.

To book for your function, contact Laura:
Mobile: 07884 041 901
E-mail: lar.06@hotmail.co.uk

Want to Learn the Accordion or Guitar on Rousay?

IT COULD BE POSSIBLE!

Register your interest at: jamesgrieve06@hotmail.co.uk





Allotment Association

Polytunnel plots are all taken, but we still have 3 outside plots available if anyone is interested, and the equipment is still available for hire. This year's plot fees are now due (for those that have not already paid) and you will be getting an invoice in the post very shortly.

For information about the allotment plots, polytunnel plots or equipment hire, please contact Ian on 07879 496686.

We have the following item for sale: -

Tricoflex 25mm pipe @ £3.15 per metre

Please ask Ian if you are interested.

Orkney Native Wildlife Project

The Orkney Native Wildlife Project (ONWP) is now up and running in its efforts to eradicate stoats from Orkney. Stoats arrived on Orkney Mainland around 2010, and are a major threat to our native wildlife. They are now well established across Orkney Mainland and the linked isles.

So far, we have no confirmed cases of stoats reaching any other islands, but they are strong swimmers and the eventual spread of stoats beyond Mainland is highly likely. Residents of Rousay may have already had contact with ONWP, or seen stoat traps already out in parts of the island. We are very grateful to the Rousay landowners who have already kindly granted us permission to place traps on their land. These traps form a biosecurity network designed to prevent stoats from establishing on the island. In time, the team will be bolstered with specially trained stoat-detecting dogs, but for now these traps are the first line of defence.

As biosecurity officer for the Orkney Native Wildlife Project I'll be co-ordinating the biosecurity effort to prevent the spread of stoats to the islands, and I hope to meet many of you personally on regular visits to Rousay, Egilsay and Wyre.

In the meantime if you'd like to get in touch, we'd love to hear from you. If you do see a stoat on any of the islands, then please let us know, or if you would like to help our efforts, we are very keen to find volunteer trap checkers. You can reach me on phone or email, whether a general enquiry or just to say hello!

Chris Bell (Biosecurity Officer, Orkney Native Wildlife Project)

Tel: 01856881448

Email: chris.bell@rspb.org.uk

JULY @ THE CRAFTHUB CIC

01856 821359

THE PIER – ROUSAY | CRAFTHUB@BTCONNECT.COM

OPEN DAILY 11am to 5.30pm
(Open @ 10am Thursdays)



WORKSHOP

SATURDAY 29 JUNE 11AM TO 1PM

SPINNING– MURRAY STEWART

£5 TO REW RESIDENTS (MATERIALS PROVIDED)

WORKSHOP

SATURDAY 20TH JULY 11AM TO 1PM

SEA GLASS JEWELLERY WITH MURRAY STEWART

£5 TO REW RESIDENTS (MATERIALS PROVIDED)

BOOK CLUB

FRIDAY 5TH JULY - 1PM TO 3PM

COFFEE MORNING

EVERY MONDAY 11AM TO 1PM

EVERY THURSDAY 10AM TO 11AM

YAP & YARN

EVERY TUESDAY 11AM TO 1PM

COMING UP

WATER BASED OIL PAINTING WORKSHOP – INGRID GRIEVE

FOR ALL OUR WORKSHOPS

PLEASE PHONE OR POP IN TO REGISTER INTEREST – MANY THANKS



Workshops Supported by
Rousay, Egilsay & Wyre Development Trust



Rachael Harris

Welcome to Rachael, who is now in post as our new Project Officer, and will be working with Gill, covering the Trumland Land purchase and development, and the Rural Housing projects, plus covering the grant applications process. Rachael has only recently started work, and once she has a clearer understanding of the projects, Rachael will be in touch with residents connected to the Trumland Land purchase.

The Pier Restaurant

To clarify the situation at the Pier Restaurant, the REW DT have rented the entire property from the owners since 1st March 2018 and sublets a defined area of this to the Craithub Community Interest Company. The Craithub as a business pays rent and has acted as an unpaid facilitator for the 'community activities' that also happen at the Pier Restaurant which are **not** part of the Craithub business. These include the Teenage Social Group on a Friday evening, the weekly Book Club as well as one-off events such as the recent Accordion Weekend, the Community Led Care meeting & IT Digital Support. These community activities are mostly run on an unpaid voluntary basis by residents some of whom are also employees of the Craithub, however these social activities are conducted outside of their normal working hours.

If anyone wishes to book the premises, please contact Chris Cox at the Craithub by email: craithub@btconnect.com

Following the community mandate in 2018, REW DT is in the process of purchasing the Pier Restaurant, with a view of creating a Community Hub and providing a permanent home for The Craithub Community Interest Company and potentially other community groups.

Gill's Meet & Greet

This month's Meet & Greet will be held at The Triangle Club on Wednesday 17th July, from 11.00am - 12.00pm.

Please feel free to pop along for a chat, complete grant application forms, or have a discussion about any of the projects currently on the go.

Looking forward to seeing you there.



Rousay, Egilsay & Wyre Development Trust Community Update: July 2019

**REW DT has a vacancy on their Board of Directors for a director/treasurer.
Do you want to make a difference to your community?**

If you would like to be involved in the work of the REW DT and you have **financial/budgeting skills**, we would like to hear from you.

The board usually meets each month to discuss the current projects, future project plans, and business generally.

If you want more information, please feel free to contact the staff who will be happy to answer any questions you may have.



We look forward to hearing from you soon.

Closing date is **Friday 26th July 2019 at 5 p.m.**

Registered Office: The Manse, Rousay, Orkney, KW17 2PR. Telephone: 01856 821229. E-mail: info@rewdt.org

For Sale Tracmaster BCS 740



Tracmaster BCS 740

Two Wheel Tractor with the following attachments:

- ◆ Rotovator
- ◆ Cultivation Kit (includes Reversible Plough, Adjustable Ridger, Potato Lifter)
- ◆ Rotary Mower & Collection Box
- ◆ Additional steel wheels

**Very good condition
2010 model
but hardly used
and annually serviced.**

If interested please send a sealed bid to the REW DT offices by 31st July 2019.

If you wish to arrange a viewing before bidding, please contact REWDT.

Offers must be over £1,900.00. Sold as seen.

Rousay Lap Half Marathon

The Rousay Lap Half Marathon will be on **Saturday 31st August.**

We look forward to seeing you there either taking part, or as a volunteer cheering cyclists, runners and walkers over the finish line, or as a Marshal, at one of our water stations.

If you are able to be a volunteer Marshal for the Lap, please let Helen know. Thank you.



Peedie Lap 5K

A big thank you to all who came and took part in our second Rousay Peedie Lap 5K and to those who cheered on at the finish line. What a fantastic day, with 66 people taking part on a dry mainly sunny day (30 people were local to Rousay with 36 travelling on the ferry). The Lap began at the Rousay War Memorial taking runners and young cyclists up the hill to the main Rousay circular road, and then on to the Fire Station and back to the finish line at the entrance to Trumland House.

All participants received a certificate and finishers medal at the finish line, whilst at the Heritage Centre, the Rousay and Wyre RNLI Guild sold soup and sandwiches and raised £171.36 (including the donations received at registration in the buckets). We are always so grateful to the RNLI ladies, they provide such valuable sustenance at the end of our races.

Huge thanks also go to Rousay Fire Station for holding an Open Day at the Peedie Lap's half way point, and to local firefighters for spending time showing the children the fire engine.

Our Laps couldn't take place without the support of our many volunteers, the finish line can be a busy place! We thank Kayleigh Tipper for taking photos which can be found on the Around Rousay Facebook page. Our thanks go to the Kirkwall branch of Tesco and to Scottish Water for providing the marshalling point and finish line water and to Zoë Flaws from Scottish Water for arranging for all the children taking part to receive a reusable water bottle. And lastly, but by no means least, our thanks go to the Orkney Ferries staff at Tingwall Office and the crew of the MV Eynhallow for getting everyone to and from Rousay on the day.



Defibrillator Volunteer Request

The Community Heartbeat Trust has contacted the REW DT to see if, as a community, we would like to operate a defibrillator scheme. This requires volunteers to make it work effectively. The volunteers would be allocated a section of Rousay (normally the area they live in) and if an emergency occurred in their area they would be required to go to the nearest defibrillator and get this to the incident scene and if needed, operate the defib until the emergency services arrive. The defibrillators also require a daily check which takes around 15 seconds to do.

If we have enough volunteers the REW DT will look at getting defibrillators installed in zones (agreed with the Community Heartbeat Trust) around Rousay and arrange for full training on the use of the defibs. The REW DT will also cover the replacement battery, pads and any other costs involved in ensuring these machines are kept in perfect condition and ready for use.

If you are willing to be a volunteer, please contact the Office.

WELL-BEING ON ROUSAY EGILSAY AND WYRE

What does well-being mean to you?

If you or someone you know needs support or information that may help enhance well-being, then maybe I can help.

Whether it is seeking practical support, or maybe it is for seeking advice to manage physical or emotional issues.

If you would like to arrange a visit I can be contacted on : Tel 821 229

Or email: sarah.foulds@rewdt.org my normal working hours are Wednesdays and Thursdays 8am - 3pm, visits can be arranged for any day of the week. All calls will be treated in the strictest confidence.

What's coming up.....

Dementia workshop - Monday 12th August 1 - 3pm at The Church Centre Rousay - open to everyone to provide advice and information about dementia and how we can make our community dementia friendly.

I am also hoping to organise a balance group - the aim of these groups is to demonstrate gentle exercises that can strengthen muscles and help reduce the risk of falls - they are mainly aimed at older folk but anyone is welcome. Dates, times and venues to be confirmed.

Wednesday 17th July 11.00am - 12.00pm - 'drop in' session at The Craffhub.

If you have an idea about promoting well-being please give me a call.



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future



Free Wi-Fi access

(plus access to a laptop and printer):

Monday: 10am to 3pm
Tuesday: 10am to 3pm
Wednesday: 10am to 3pm

If you need to use the Wi-Fi and/or the laptop and printer outwith these times, you will need to make an appointment with staff, who will be as accommodating as possible.



Regular help with a range of household tasks, at a rate subsidised by the Trust.

Contact Gillian at
Age Scotland Orkney direct:
01856 872438
gillian@ageconcernorkney.org.uk

Car Club

Hire our electric car from as little as £2.50 for 1 hour, or for as long as you need (e.g. 24 hours costs £18).



Book the car online or via the Office.

Car Club FAQs and T&Cs are available online.

Shredded Paper for Composting

We occasionally have bags of shredded paper available for composting. If anyone would like a bag, please contact the Office.



Our Current Grant Schemes



Well Being 100 Fund

Apply for 100% of the cost of well being activities, including Active Islands/Life memberships.



A maximum of £100 per person, up to 31st March 2020.
Open to adults & children.



Educational Bursary

Apply for up to 100% of the cost of a nationally-recognised qualification.



A maximum of £500 (adults) & £100 (children in primary/secondary education).



Driving Lessons

Apply for up to £500 towards the cost of your driving lessons with a qualified instructor.



A maximum of £500 per applicant.



Child Ferry Tickets

Apply for one book of 50 ferry tickets for children (5-18, in full-time education).

General Grants

Looking for funding which doesn't fit into one of our specific grant funds?
Individuals and groups are also welcome to apply for funding from our 'General Grants' fund.

Ready to apply?

To obtain an application form, please ring or call into the office. Completed forms can be sent by paper, or electronically to grants@rewdt.org

All applications must be received a minimum of **two weeks** before the training/event/payment due date, whichever is earliest, as well as a minimum of **two weeks** before the planned Board meeting date, to allow sufficient time for applications to be processed.

The next two Board Meetings are planned for
Wednesday 17th July & Wednesday 14th August 2019.

Does Your Organisation or Community Group Need Financial Support?

Why not let REW DT support you in finding external funding opportunities and then help you with your grant application. If you would like to speak to staff about this offer, please contact the office. Alternatively, Megan McEwen from VAO in Kirkwall also offers to support community groups with finding funding opportunities.

Opening Hours

Monday	10am-3pm (<i>drop-in</i>)
Tuesday	10am-3pm (<i>drop-in</i>)
Wednesday	10am-3pm (<i>drop-in</i>)
Thursday	<i>By appointment only</i>
Friday	<i>By appointment only</i>

Please feel free to call in with any queries, advice, or grant applications during drop-in times.

Occasionally, all of the staff are away from the office on DT business, so if you wish to speak to us, it is always better to phone first, to make an appointment.



Telephone: 01856 821 229
General E-mails: info@rewdt.org
Grants E-mails: grants@rewdt.org

Visit our website:
www.rewdt.org



facebook.com/rewdt

Directors:

John Garson (Chair), Kayleigh Tipper (Vice-Chair & Acting Treasurer), Christina Cox, Clare Daintith, Angus Flaws (co-opted), Mark Hull (co-opted), Carole Maguire, Alison Mainland, Bryan Milner, Eric Shortland.

Rousay, Egilsay and Wyre Development Trust is a charitable company limited by guarantee.

Co. Reg. No: SC318527 Charity Reg. No: SC040407

Registered Office: The Manse, Rousay, Orkney, KW17 2PR

Stephen Clackson's Letter from School Place

Reporting on the exploits of your councillor in Orkney and beyond

June 2019



**A pod of pilot whales circling at Stywick, Sanday on the 26th May 2019.
Were they corralling a shoal of fish or hoping to join in the Soulka?**

At the first Education, Leisure & Housing Committee (ELH) meeting since the “reshuffle” I was reappointed to the Orkney College Management Council, the Education Quality & Standards Consultative Group, and the Housing Strategies Consultative Group, and I shall be continuing in my roles as OIC’s representative on the Highlands & Islands Science Skills Academy Leadership Board and the University of the Highlands & Islands Foundation.

At the Monitoring & Audit Committee meeting there was an internal audit report about OIC’s scheme for employee review, development and training. I asked about how these are achieved for OIC staff living in the Isles, and the chair has requested that an exercise be undertaken to ensure that Isles-based employees are not disadvantaged and have access to the same service provision as those Council employees who live and work on the Mainland.

I had an enjoyable day at the 70th anniversary North Isles Sports in Westray. The North Isles Sports is an occasion where I am able to meet constituents from a large part of my ward all in the same place at the same time. The adult results were: Sanday 26, Westray 70, Stronsay 24, Papay 36, Eday 12. The school results were: Sanday 44, Westray 49, Stronsay 25. Stronsay won the tug-o-war. Now, last year’s Sports in Stronsay were billed as the 69th, which would make this year’s the 70th, however, if the first North Isles Sports took place in 1949, they should be the 71st! Were they cancelled one year?

Sadly, owing to air transport intransigence, I was unable to attend the North Ronaldsay Schoolhouse Opening and Island Conference. I was particularly sorry to miss this event, given my past involvement (as Vice-Chair of ELH) in determining the future of the North Ronaldsay School and its schoolhouse (see the February and March 2017 issues of my *Letter*).

At the Policy & Resources Committee meeting it was encouraging to hear that a “participation request” from Westray Community Council related to improving the safety of pedestrians and vehicle manoeuvring at Rapness Pier was granted, and that the resulting “Outcome Improvement Process” is proving reasonably successful in the interim.

Other meetings I have attended this month include: a Community Led Support meeting in Sanday; North Ronaldsay Community Council; a meeting about the use of North Ronaldsay School; a meeting about the island swimming pools; Orkney Health & Care Committee; presentations on progress with the outline business case for our inter-island transport (one together with community council chairs and transport reps), and meetings of the Board of Orkney Ferries.

I have been making enquiries about where our recycled rubbish goes: waste paper is utilised by Saica Natur for paper manufacture; corrugated card is sold to Belgian card manufacturers; aluminium goes to Novellis in Cheshire, where it is made into ingots and exported to Europe; glass is retained by OIC to use as an aggregate in concrete; garden waste is composted by OIC; and the residual rubbish is sent to the Energy Recovery Plant in Shetland, where it is incinerated to supply a district heating system in Lerwick.

Cllr Dr Stephen Clackson
West Manse, Sanday
stephen.clackson@council.orkney.gov.uk

You can download “Letter from School Place” from lfsp.pbworks.com





ROUSAY HEALTHY LIVING CENTRE



(01856 821 443)

Opening Hours

Supervised Sessions

Monday	19:00 - 21:00 *
Tuesday	19:00 - 21:00 *
Wednesday	x x x
Thursday	19:00 - 21:00 *
Friday	x x x
Saturday	16:00 - 17:00
Sunday	x x x

* The gym will close at 20:15 if empty

Buddy System

Term Time Buddy System

Standard hours until Saturday July 6th

Sunday Morning Buddy System

11am to 12pm - During Rousay FBX

During the School Holidays

Additional Supervised Sessions

Murray will be at the gym on
Wednesday July 10th 3:30-4:30 and
Wednesday July 17th 3:30-4:30

Buddy System Hours

Helen Castle has kindly agreed to make the Buddy System available during Tai Chi and on Saturday July 13th during the REW Heritage SCIO Viking Day between the hours of 11am and 3pm

We will publish any changes to the above hours and any additional hours of opening on our Facebook pages:

FATBURN EXTREME

**Rousay Community School Hall
Sunday 11am**

**FREE - ActiveLife & ActiveIslands
50p - ActiveBudget Members
£4.40 - Standard 30min Class Fee**



ActiveIslands



ActiveLife

Class and Gym Prices

- 30min Classes - £4.40
- 45-60min Classes - £6.20
- Gym Session - £5.20
- Gym Inductions - £14.20
- Personalised Programme - £13.40

ActiveLife

- Monthly Individual - £22.50
- Monthly Family - £32.50

ActiveIslands

- Monthly Individual - £12.50
- Monthly Family - £17.50

ActiveBudget

50p per person per activity

**FULL MEMBERSHIP INFORMATION:
www.pickaquoy.co.uk/membership/**



Keep up to date with our official Facebook page and groups:

- "Rousay Healthy Living Centre"
- "Rousay Boxercise"
- "Rousay Fatburn Extreme"
- "RHLC Buddy System"



ORKNEY ISLANDS COUNCIL