

October 2019

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

Tuesday 1st October

→ The Taversoe InnQUIZition, The Taversoe, 8pm

Friday 4th October

→ Traditional Dance Class, Rousay School, 7.30pm

Saturday 5th October

→ Rousay Archaeology Day, The Craithub, 10am - 4pm

Tuesday 8th October

→ Rousay SWI, Rousay School, 8pm

Wednesday 9th October

→ Rousay Community Association - Harvest Home Planning Meeting, Rousay School, 7.30pm

Saturday 19th October

→ REW Heritage SCIO AGM, Rousay School, 10.15am

Sunday 20th October

→ Chinese Buffet, The Taversoe **PRE-BOOK**

Wednesday 23rd October

→ Gill's Meet & Greet, The Craithub, 12pm - 1pm

Friday 25th October

→ Harvest Home, Rousay School, Doors open 6.45pm (meal served 8pm)

Weekly Activities

Mondays

→ Coffee Morning, The Craithub, 11am - 1pm

→ Boxercise, Rousay School, 7.15pm ('newbies' start at 7pm)

→ Bridge, Rousay School, 7.30pm - 9.30pm

Tuesdays

→ Yarn & Yap, The Craithub, 11am - 1pm

Wednesdays

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

Thursdays

→ Coffee Morning, The Craithub, 10am - 11am

→ Fatburn Extreme, Rousay School, 7.15pm

Fridays

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

Sundays

→ Fatburn Extreme, Rousay School, 11am

Coming Up

Tuesday 5th November

→ Fireworks Display, Rousay

Saturday 9th November

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

Sunday 10th November

→ Remembrance Sunday Curry Buffet, The Taversoe, 12pm **PRE-BOOK**

Thursday 14th November

→ Orkney Mobile Library visits Rousay & Egilsay

Saturday 30th November

→ REWDT AGM, Church Centre, 10.15am

Friday 24th January

→ Burn's Supper, Rousay School

Sunday 12th April

→ RNLI Easter Egg Hunt, Rousay School, 2pm - 3pm

Saturday 1st August

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

Sunday 2nd August

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

Harvest Home

Friday October 25th
Rousay Community School Hall
music by
The Craig Mainland Band
Doors Open at 6.45pm, Meal for 8pm

RCA

Rousay Community Association

Harvest Home Planning Meeting

Wednesday 9th October, 7.30pm
Rousay School

RCA

Rousay Community Association 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

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 October 2019
5pm**

Late articles are not
guaranteed to be included.



Bar Winter Opening Hours

Monday & Tuesday - CLOSED*
Wednesday to Friday - 5pm to 11pm
Saturday & Sunday - 12pm to 11pm

* The bar will be open from 6pm on the first Tuesday of the month for The Taversoe InnQUIZition



If the bar is empty at 9pm we reserve the right to close early



Food Service Winter Hours

Monday & Tuesday - CLOSED
Wednesday - No Food Service
Thursday & Friday - 5pm to 8pm
Saturday & Sunday - 12pm to 8pm



Remembrance Sunday Curry Buffet

November 10th at 12pm
Please call us on 821 325 to book a table



The Taversoe InnQUIZition
Tuesday October 1st 8pm

Free Entry
Snowball Jackpot
Light Snack Supper



There will be no Taversoe InnQUIZition on November 5th



Chinese Buffet

Sunday October 20th
Please Call to Book a Table



My Favourite Thing to Make for Dinner is a Reservation



Traditional Dance Classes

We are going to have dancing classes again this winter on the first Friday of the month starting in October at 7.30pm in the school please come and join in the fun.

All ages welcome.

Itha

Orkney Mobile Library

Visits to Rousay & Egilsay in 2019:

14th November



SWI

Scottish Women's Institutes

Orkney Tweed with Nancy Fergus

Competitions:

- 1. Fudge
- 2. Patchwork article

Tuesday 8th October, 8pm
Rousay School

Join archaeologists from the UHI Archaeology Institute for a day of activities & talks



Rousay Archaeology Day

Theme of **food & diet** focusing on the **excavations at Skail**

5th October 2019

10am - 4pm

Rousay Craft Hub



10 am Animal & fish bone workshops (Ingrid Mainland & Jen Harland).
Finds - view the latest finds from the Skail dig (Dan Lee)
Archives - explore what we know about Skail & Westness (Sarah Jane Gibbon)

11 am Straw plaiting workshop and corn grinding (Neil Leask. Orkney Museum)

12 noon Skail drone footage & geophysics demonstration (Bobby Friel & Dan Lee)

2 pm Short talks on the latest results from the Skail excavations

3 pm Workshops and finds viewing continues

4pm Finish



Your Islands Your Choice

All Welcome!

The day is free, no need to book. Please feel free to drop in when you can or stay all day!
Contact: UHI Archaeology Institute studyarchaeology@uhi.ac.uk 01856 569225 for more information.

OCTOBER @

THE CRAFTHUB CIC

01856 821359

THE PIER – ROUSAY | CRAFTHUB@BTCONNECT.COM

OPEN

Monday to Friday

11am to 3.30pm

(Open @ 10am Thursdays)

TEA * COFFEE * CAKE

LIGHT REFRESHMENTS

COFFEE MORNING

EVERY MONDAY 11AM TO 1PM

EVERY THURSDAY 10AM TO 11AM

YAP & YARN

EVERY TUESDAY 11AM TO 1PM

GILLS MEET &
GREET WED 23RD
12- 1PM

ARCHAEOLOGY DAY
SATURDAY 5TH

WORKSHOPS COMING UP ...

SPINNING

WATER
BASED
OILS

QUILTING



Workshops Supported by
Rousay, Egilsay & Wyre Development Trust

Let us know if you would like a place...



Notes from Rousay Growers

It is October. Time to buy and apply yellow rattle seed. Sow around trees, and on the ground to deter grass. Mix yellow rattle seed (which is an annual) with low growing perennials, such as sedum, or ajuga. Then, you will have less grass to cut!

Rousay Triangle Club

Post of Club Co-ordinator

Applications are invited for the salaried post of Co-ordinator of the Rousay Triangle Club.

Closing date: Wednesday 9th October 2019

For further information contact
Pat Beal 821 444



Rousay Lap Donations to RNLI

The Rousay Lap donations to the RNLI were £419.51. This was really a tremendous amount of money for it was such terrible weather and only 33 very brave people took part.

We would like to thank everybody for their kindness. Also to the marshals and any other helpers. Thank you all again.

For Sale

Approximately 100 small square bales of last year's hay.

£3 a bale.

Bigland 821 244

For Sale

£5

Double Duvet—15 tog

Very good condition. Laundered and still in polythene wrapping from the laundry.

Telephone 821 259

Allotment
Association



Allotment Association

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



REW Heritage SCIO AGM

Many thanks to the 58 residents who have become Heritage SCIO members. You will all receive an invitation from myself to our AGM and the Chair's annual report within the next few days. The letter will have a return slip for any member who wishes to stand for (re)-election as a Trustee.

If you are not yet a member but wish to become one, we will be very pleased to receive your application, forms can be sourced from Helen at the REW DT offices or by emailing helen@rewdt.org

Our AGM meeting will be held at the School on Saturday 19th October 2019, starting at 10:15, refreshments will be provided. Everyone is very welcome, even if you are not a member.

A full update on all recent heritage activities and the NILPS (North Isles Landscape Partnership Scheme) funding will be shared. We will also be asking members to elect the trustees for the coming year. There will be an opportunity to raise any queries you might have regarding the REW Heritage SCIO.

We look forward to seeing you on 19th October.

Kind regards
Bryan Milner
Chair



North Isles Landscape Partnership Scheme, traditional Skills

Dry stone dyking

Would you be interested in learning the skills involved in dry stone dyking?

The North Isles Landscape Partnership Scheme has funding to deliver this type of training across the north isles, and we would be keen to gauge interest in running a course in Rousay.

Once we know if there is enough interest we can then look at where and when a course could work.

Contact us by email nilps@orkney.gov.uk or tel 01856 879076 to note your interest.





A Very Special Thank You to the Rousay, Egilsay & Wyre Parent Council,
who presented the school with a fundraising cheque
in the amount of **£496.37** raised at their
Family Fun Day!

Rousay, Egilsay & Wyre Development Trust

Community Update: October 2019

REW DT AGM

We are holding our AGM on Saturday 30th November (note change of date). All residents are most welcome to attend, and come and hear all about this year's exciting projects. Members will receive their invitation letters mid-October, from our Chair, which will also have a return slip if any member wishes to apply for one of the director vacancies.

If you are not a member of REWDT, but would like to be, please contact the office for a membership form. These will need to be returned by 22nd October, to allow the current board to approve the application at the Board meeting planned for 23rd October. This will mean that you can vote at the AGM, and, if you wish, apply for one of the director positions.

2019 Rousay Lap

A huge thank you to all the volunteer marshals and the staff for supporting this year's Rousay Lap. The rain poured down and the wind blew but we still had 34 participants. Thanks also to Zoë Flaws and Tesco for supplying us with water and Scottish Water reusable bottles and to the ladies from the RNLI who made warming soup and sandwiches, plus The Craithub for also providing refreshments.

The RNLI donations from the race day totalled £419.51.

The Pier Restaurant

Our purchase offer has been accepted and our solicitors are currently moving this forward. It is hoped that this will not now take too much longer to complete.

The directors have now received the initial feasibility study and we are working on a number of potential options for development of the Pier Restaurant as a 'Community Hub'.

REW DT Website

Our improved website is now live and all of the links, etc. should be working. If you experience any issues with the new site, please can you let the office know ASAP, so that we can get any issues fixed quickly. Thank you.

The Pier Store

The REW DT is now the owner of the Pier Store and will be leasing this to the REW Heritage SCIO for development as a centre for displaying heritage artefacts. The Heritage SCIO will be working with, and funded by, the NILPS (North Isles Landscape Partnership Scheme) to upgrade this building to a high standard to ensure the safekeeping of artefacts, many of which it is hoped will be donated from Rousay families.

The building's roof is in need of repair and very soon the area along the seaward side of the building will be cordoned off for safety reasons.

Well-being on Rousay, Egilsay and Wyre

Update from Sarah Foulds (Community Well-being Co-Ordinator)

Winter is fast approaching...and that doesn't come alone....increased heating bills! If you, or someone you know is struggling with heating bills then THAW...Tackling Household Affordable Warmth...may be able to offer some advice or practical help.

They can be contacted at :

THAW Orkney, 2 West Tankerness Lane, Kirkwall, KW15 1AL

Tel: 01856 878388

Two people have shown interest with running the chair exercise groups- there is no start date as yet, but I will keep you updated. In the meantime I will be leaving some leaflets in the Surgery and The Craffhub that contain some simple exercises for you to follow.

If you have access to the internet you can log on to www.pathsforall.org.uk/strength and follow the simple exercises. These exercises are designed for frailer people, so it may be useful to have a chat with the nurse or GP prior to undertaking any exercise plan and if you feel any pain whilst exercising, stop immediately.

I am on annual leave from week beginning 30th September until week beginning 21st October, I am also going to be away until the end of November. I am working my nursing hours to maintain my registration.

Even though I am away I can still be contacted after Monday 21st October either by email: sarah.foulds@rewdt.org or by mobile: 07756939413.

Sarah Foulds

Community Well-being Co-Ordinator

Tel. 07756 939 413

E-mail: sarah.foulds@rewdt.org



European Union



gov.scot



From the community
For the community

EUROPE & SCOTLAND

European Social Fund

Investing in a Smart, Sustainable and Inclusive Future



Update from Rachael (Project Officer)

The purchase of Trumland Estate land is still in the hands of solicitors, inevitably this type of sale was always going to take time. Meanwhile, I have had meetings with local residents, which has been very useful, thank you to everyone for this information re the historic issues on grazing rights and boundaries, info on assistance with agricultural schemes and other connected information.

I will be meeting with Tamsin Morris ('Walk the Talk', Aberdeenshire) in the next few weeks. The Walk the Talk website shows that they have been successfully involved with a wide range of landowners (including Trusts and other community groups) on a broad variety of projects (e.g. path creation) and schemes of the type that we could pursue here on Rousay.

I am continuing to liaise with Anne Bignall (NILPS) and Christine Skene (RSPB) re potential locations for path/access viewing points and intend to 'survey' one route with them when they are available.

Rachael



Meeting our current and future needs

REWIRE Limited Turbine Productivity Report

Productivity at the turbine for the past 3 months, together with reported energy diversion from the HSO project is:

2018/19	Actual Productivity (kWh)	% Productivity (against 37% target)	% Curtailment (against 7% expectation)	HSO Diversion (kWh) <marginal curtailment only>
June	159622	24.6%	42.1%	1999.248
July	147074	22.0%	33.8%	927.275
August	167753	25.1%	26.1%	2,680.974

August productivity was higher than expected despite master maintenance and blades maintenance being carried out (availability dropped to 97.53% for the month).

REWDT

COMMUNITY HEARTBEAT

Defibrillator Volunteer Request

We now have four volunteer responders for this potential project, but for it to work well, we need a few more, especially as we do not have a volunteer from the Sourin area. If you are interested in being a volunteer, please contact the REW DT Office.

The Community Heartbeat Trust has contacted the REW DT to see if, as a community, we would like to operate a defibrillator scheme. 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 around Rousay and arrange for full training on the use of the defibs.



Heat Smart Orkney Ltd

Heat Smart Orkney Ltd

Volunteer directors are still urgently needed for our subsidiary, Heat Smart Orkney.

If you would like to know more about being a HSO director, we would be delighted to hear from you.

Please call the Office on 821 229.



Meet & Greet

The next Meet & Greet will be on Wednesday 23rd October, from 12 noon until 1pm.

Pop along to The Crafhub for a chat about upcoming projects or to complete any grant application forms.

I look forward to seeing you there.



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.





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.

Our Current Grant Schemes



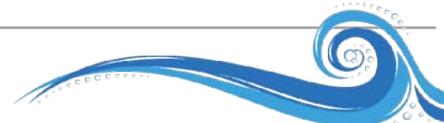
Education & Training

Apply for up to 100% of the cost of a nationally-recognised qualification. A maximum of £500 (adults) or £100 (children in primary/secondary education).



Driving Lessons

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



Child Ferry Tickets

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

Ready to apply to one of our grant funds?

To obtain an application form, please give us a call, or come into the office (we are in the process of uploading new forms to our website). Completed forms can be sent by paper, or electronically to grants@rewdt.org

All applications to the above funds must be received a minimum of **two weeks** before the training or first well being activity takes places, and a minimum of **two weeks** before payment is due, to allow sufficient time for applications to be processed.

Other 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.

Call our Project Manager, Gill, to discuss.

Completed applications to our General Grants fund must be received a minimum of **two weeks** before the Board meeting at which your application will be considered, so please allow enough time to complete.

**The next two Board Meetings are planned for
Wednesday 23rd October & Wednesday 4th December 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](https://www.facebook.com/rewdt)

Directors:

John Garson (Chair), Kayleigh Tipper (Vice-Chair), Carolyn Tunbridge (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

Rousay Horticultural Society
Rousay Show

Annual Horticultural Show

Please browse our special preview schedule.

**The full schedule will be sent
with *The Review* early next year.**

Textile Crafts

Handknitting

1. Knitted lace [TRAD]
2. Knitted kitchen item
3. Item in chunky yarn
4. Item in two or more colours

Crochet

5. Throw
6. Article in cotton
7. Any other crochet article not on schedule

Sewing

8. Patchwork
9. Embroidery

Extra

10. Article using any textile craft not on schedule

Handicrafts

1. Jewellery
2. Pyrography [TRAD]
3. Handwriting - addressed envelope
4. Paper craft
5. Sketch in any medium
6. Recycled article
7. Any other craft not on schedule

Photographs

8. Macro
9. Black & white
10. Shore life
11. Amusing photograph with caption

Entries for the Rousay Show 2020 should be presented on Saturday 1st August 2020, 7.30pm - 9pm, at Rousay School.

The show opens to the public on Sunday 2nd August 2020, at 2.30pm.

Prize-giving commences at 4pm.

Baking Section

Plain Baking

1. Bere bannock [TRAD]
2. Oatcakes, thick quarters (4)
3. Treacle scone (3)
4. Focaccia
5. Gluten free fruit loaf
6. Vegan pasty

Large Cakes

7. Lemon drizzle
8. Madeira loaf [TRAD]
9. Swiss roll

Small Cakes

10. Peppermint slab (3)
11. Mincemeat pies (3)
12. Chocolate éclairs (3)

Under 16s Baking

13. Iced biscuits (3)
14. Cheese straws (3)
15. Rocky road (3)

Dairy & Preserves Section

1. Six hen's eggs [TRAD]
2. Homemade mozzarella
3. Flavoured fudge (6)
4. Lemon marmalade
5. Gooseberry jam
6. Elderflower jelly
7. Chutney
8. Chocolate truffles (6)
9. Homemade wine
10. Home brew [TRAD]
11. Any other preserve not on schedule

TRAD = Traditional Skills; Winners' points earned from these categories are added together, to decide the winner of the *Mainland Salmon Quach*.

Rousay Horticultural Society

Rousay Show

Annual Horticultural Show

Vegetables & Fruit Section

Vegetables

1. Cabbage
2. Beetroot (2) [TRAD]
3. Broccoli
4. Peas (6 pods)
5. Carrots (3) [TRAD]
6. Onions (3)
7. Leek (2)
8. Tomatoes (3)
9. Courgette
10. Any other vegetable not on schedule

Potatoes

11. Potatoes (round, white, 3)
12. Potatoes (long, white, 3)
13. Potatoes (round, coloured, 3)
14. Potatoes (long, coloured, 3)

Extra

15. Container of vegetables (1 each of 5 varieties)
16. Any cut herb

Fruit

17. Gooseberries (6)
18. Blackcurrants (6) [TRAD]
19. Raspberries (6)
20. Any fruit not on schedule

Wonkiest Vegetable **NEW!**

Bring in your wonkiest vegetable for a chance to win a special prize!

Tattie-in-a-Bucket

Our popular annual competition. Seed tattie & bucket available at the RNLI's Easter Egg Hunt on 12th April (Easter Sunday) - look out for reminders nearer the time! There's a trophy for the heaviest crop for adults & under-16s.



Flowers Section

Pot Plants

1. Planted window box
2. Succulent
3. Flowering plant
4. Any herb in a pot
5. Any pot plant not on schedule

Floral Arrangements

6. Foliage arrangement
7. Single colour table arrangement

Cut Flowers - Annuals

8. Sweet Peas (3)
9. French Marigolds (3)
10. Scotch Marigolds (3)
11. Poppies (3)
12. Annual not on schedule (3)
13. Four kinds of Annual in a vase

Cut Flowers - Perennials

13. Pansies/Violas (3)
14. Pinks (3)
15. Rose (3)
16. Flowering shrub (3 sprigs)
17. Perennial not on schedule (3)
18. Four kinds of Perennial in a vase
19. Four kinds of flowering shrub in a vase

Most Exotic Plant

Bring in your most exotic plant for a chance to win the Clark Shield

Children's Section

Pre-School, Primary 1-3 & Primary 4-7

1. Junk Model
2. Pom pom
3. Print on fabric using vegetables
4. Handwritten holiday postcard
5. Pot plant*

*Collect your pot plant from Rousay Horticultural Society, at the RNLI's Easter Egg Hunt on 12th April 2020.

Remember - children can enter all of the other sections too! Also, check out the Under-16s Baking category!

Stephen Clackson's Letter from School Place

Reporting on the exploits of your councillor in Orkney and beyond

September 2019

Soon after we reconvened from the council recess, the council computer system was "reconfigured". This means that councillor e-mail addresses have returned to what they used to be, in my case: stephen.clackson@orkney.gov.uk

Following a whole day's Special General Meeting to allow councillors, as the final stage of the recruitment process, to listen to candidates' presentations and interview them, Orkney Islands Council now has a new Executive Director of Education, Leisure & Housing, Mr James Wylie, replacing Mr Wilfred Weir, who is retiring. James is well known around Orkney schools, having latterly been OIC's Head of Education (Curriculum & Community Learning), and I wish him well in his new role.

At the first meeting of the new academic year of the Orkney College Management Council, community rep, Beverley Clubley was elected the new chair, to replace Cllr John Ross Scott, who failed to get re-elected onto the Management Council.

The draft annual statement of accounts for 2018/19 presented to the Monitoring & Audit Committee shows a Harbour Fund balance of £249,565,000. I asked if any of this was earmarked for the repairs, maintenance and improvement of marine assets, such as North Isles' linkspans. The Head of Finance replied that within this fund sits the Miscellaneous Piers Fund, which is earmarked for this purpose and currently stands at £6,879,000. I believe Sanday's linkspan is scheduled next.

I met with Council officials to discuss speed limits around Isles' schools, which are the only ones in Orkney (and much of the rest of the UK) still above 20mph. To progress this, it would be helpful if Isles' schools ensure they have up-to-date travel plans, and that parent councils and community councils make their wishes known to OIC (again!). I doubt anyone needs reminding that 90% of pedestrians hit by a vehicle travelling at 40mph will be killed, and 50% at 30mph, yet at 20mph 90% will survive—not to mention that at 20mph a driver has more time to take evasive action and avoid collision in the first place.

At the meeting of the Education, Leisure & Housing Committee, it was good to hear of the funding that North Ron and Papay have received through our Strategic Housing Investment Plan. As a corporate parent, I brought up the problem of what our care-experienced youngsters can do with their stuff when they leave their care home to go away to study. Without storage facilities back in Orkney, they have to schlep their entire worldly goods with them wherever they go. OIC is looking into this.



Councillors meeting with members of Extinction Rebellion Orkney (photo by Cllr Steve Sankey)

Along with a few other councillors, I met with members of Extinction Rebellion Orkney in the Council Chamber. We had a constructive dialogue, which demonstrated that our respective ecological aims are really not all that different.

Other meetings I have attended this month include: a members' political session, a meeting of the Sanday Community Council (twice!), planning training, a meeting of the Orkney Health & Care Committee (well done to Kalisgarth on their inspection results), the first meeting of the new Digital Strategy Consultative Group, and an Orkney Ferries' Board meeting. Following a decision we made at an earlier Board meeting, the period that multi-journey books of vouchers are valid for will be extended from 1 year to 500 days from the date of purchase. I'm sure this change will be welcomed by ferry users, especially those who in the past have ended up with vouchers left unused after the expiry date.

Assistance with travel costs to/from hospital may be claimed from the NHS by patients and escorts if the trip involves crossing 5 miles or more of sea, which means all residents of the outer North Isles are eligible. To claim, you submit a form (available from Balfour Hospital reception and island surgeries), which must be officially signed at your appointment, along with your receipts/tickets



Cllr Dr Stephen Clackson
West Manse, Sanday

stephen.clackson@orkney.gov.uk  **Note e-mail address**

You can download "Letter from School Place" from lfsp.pbworks.com



ROUSAY HEALTHY LIVING CENTRE

(01856 821 443)

October 2019

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

October Holidays

Additional Supervised Sessions

Monday 14th	3.30-4.30pm
Wednesday 16th	3.30-4.30pm
Monday 21st	3.30-4.30pm
Wednesday 23rd	3.30-4.30pm
Monday 28th	3.30-4.30pm

- Buddy System Hours -

Due to staff changes at the school the Buddy System hours have been revised.

Buddy System

Term Time

Monday	08:30 - 17:00
Tuesday	08:30 - 17:00
Wednesday	08:30 - 17:00
Thursday	08:30 - 17:00
Friday	08:30 - 16:00
Saturday	x x x
Sunday	11:00 - 12:00**

** During Rousay FBX

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



Thursday 7.15pm



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

POW! BOXERCISE

STARTS

MONDAY OCTOBER 7th
7.00pm Newbies
7.15pm Class Starts



KETTLERCISE®

STARTING IN NOVEMBER

What is Kettlercise?
Posters coming soon with details

Remember Boxercise and FBX are open to anyone over 12 years old
(a 12 or 13 year old must be accompanied by an adult, 14+ welcome to attend alone)



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