

# FORTHCOMING EVENTS (DETAILS INSIDE)

Wednesday 29th October - Stronsay Stitchers Thursday 30th October - RNLI Halloween Fancy Dress Party Sunday 2nd November - Harvest Thanksgiving Service Saturday 8th November - Community Association Bonfire Night Monday 17th November - Mobile Library Van visit Saturday 22nd November - Pre-Christmas Craft Sale Thursday 27th November - Stronsay Stitchers Saturday 29th November - St Andrew's Sale Saturday 13th December - OIC Special Collection

# **STRONSAY POOL—UPDATE**

The pool is unlikely to reopen until late November. Work is ongoing and re grouting is due to commence in a week or so by which time it is hoped the new heating/ventilation system will have been installed along with new lights and décor. It will then take at least a week to fill, heat and have the pool water ready for use. New doors are to be fitted within the pool area but these are not yet home!

# DO YOU <u>REALLY</u> NEED A PRINTED COPY OF <u>THE LIMPET?</u>

You can download a copy of the Limpet from www.stronsaylimpet.co.uk and then print either the whole thing or just a selected page or two on your own computer.

If you do decide that you no longer need a printed copy please let Olivebank, Ebenezer Stores or the Post Office know so that they can cross you off their list and thus reduce the cost of the Limpet's print run at the Orcadian print shop.

The next edition of the *Limpet* will be published on <u>Thu 27 Nov</u>. Items for inclusion in that edition should be submitted by 7pm on <u>Sun 23 Nov</u>. Contact details on back page

# **STRONSAY FISH MART – UPDATE**

Well, there would appear to have been a distinct lack of progress on the upgrading of the Fish Mart since the last update published in the 'Limpet'! Although there has been little to see other than everything movable in the Fish Mart being put into storage (and thanks to all who have agreed to help store the equipment and artefacts) and Abbo boring ventilation holes through the wall into the roof space, the wheels have been slowly grinding in the background. The upgrading contract had gone out to tender but unfortunately all the tenders came in over budget. Orkney Island Council (who owns the Fish Mart and leases it to the Community Council) has agreed to put some more funding in place for work on the fabric of the building and have also amended some of the tender specifications, including having electric heating instead of a ground source heat pump, to reduce costs. This is due to go out to tender once again in the very near future and it is hoped that work may yet start before Christmas, with a completion date in time for a summer reopening.

The basic plans and layout of the Fish Mart remain as previously agreed and include having en-suite facilities in the bedrooms, upgrading the self-catering kitchen area and providing a comfortable lounge area, all more in keeping with what is expected by modern day 'hostellers'. The café area is to be upgraded to be a more comfortable area and the kitchen made a more 'user friendly' facility. It is planned to have a shower facility in the Fish Mart to help encourage the ever-increasing yacht traffic and also a public toilet in the west end of the building accessible 24/7. In addition, there is to be an office area formed that will be suitable for use when the 'Empowering Communities' initiative goes ahead. Unfortunately, due to space limitations, there won't be room to display all the items previously on show in the museum area and this will probably have to be restricted to small wall displays and interpretation boards.

I think it is worth repeating that the Community Council's aim here is very much to encourage more visitors to the island and not to compete with existing businesses - it was pointed out that the Fish Mart is in an ideal situation to encourage hostellers as it is only a stone's throw from the ferry, there is a pub across the road and a shop only 50 yards up the road! As you may know, the OIC are currently consulting the North Isles population with a view to setting up a North Isles Landscape Partnership Scheme and are hoping to put in an application to the Heritage Lottery Fund for funding. A similar scheme, the Scapa Flow Landscape Partnership Scheme, was a great success and we would hope that if the North Isles bid is successful this may also help encourage more visitors to the island.

Ian Cooper

# **LOBSTER PONDS / ENTERPRISE ZONE UPDATE**

After the excellent progress made on the demolition of the old Lobster Ponds and the provision of the groundworks for the new building, work has been on hold these past two months to allow for a revision of the original specifications of the Building Warrant. It might be useful to review the events leading up to this situation.

In February 2014 the Board of SDT agreed to entrust the management of the Enterprise Zone to its subsidiary, Business Initiatives Stronsay CIC (BIS CIC)

In March tender documents for main build were sent out to 5 interested parties and BIS received 3 completed tender applications. It was immediately apparent that none of the bids were affordable – starting at  $\pm 378\ 000$  and rising to  $\pm 515,000$  - well over twice the monies remaining to be drawn down from the original BIG Lottery grant.

At the Board meeting on 25<sup>th</sup> June the Board was informed of the 3 tender bids by the Project Officer. The Board was then informed that a meeting was to take place to discuss proposed changes to the specifications to the EZ building to reduce build costs. The Board was also told that it had been decided that the best way forward was for the Project Officer under the supervision of the BIS Board to act as the main contractor and employ sub contractors on a job and finish basis, and that the groundworks had already been started. In response, the Board made it clear that they felt that the contract for the EZ build needed to be the responsibility of an established Principal Contractor and that it had not given permission for any work to commence.

Previous to that meeting the Trust had been informed of breaches of OIC planning and environmental law in respect of the waste material that was being deposited from the groundworks at the E Z site. The Board now took the decision to suspend work and secure the site until OIC had completed their investigation and the breaches had been remedied. Once this was done, WRC, the sub-contractor for the groundworks was able to return and complete the work.

The Trust has since taken back the management of the EZ build, approved the change in specifications to the building and, with Big Lottery's approval, accepted a tender from WRC Construction (who are currently working at the school) for the entire E Z build, to include the groundworks already in place. WRC will return to site as Principal Contractor with full responsibility for site security and Health and Safety and the build should be completed within the funds available. The new Building Warrant has been applied for and work should recommence on site within the next couple of weeks.

Carole Cotterill Chair Stronsay Development Trust A Scottish Charity, Charity Number SC0 38888

### **DAHLICIOUS DRESS UP DAY**

By Aiden and Philip

On Wednesday 1<sup>st</sup> October 2014 it was Dahlicious dress up day. Nursery, Primary and some teachers did Dahlicious dress up day. The primary got together and made a new sweet each. Philip was George from George's marvellous medicine. Aiden was the BFG from the BFG. That day it was a bit windy at Stronsay. We were donating money to Roald Dahl's charity called Roald Dahl's marvellous children's charity. The charity helps very ill children in different ways. Thank you everyone for helping us raise over

# **DAHLICIOUS DRESS UP DAY** By Aimee and Mikey

On Wednesday 1st October the nursery, primary and staff all got dressed up for the dahlicious dress up day. The reason we do this dress up day is to raise money for Roald Dahl's charity, Roald Dahl's marvellous children charity. Nearly everyone dressed up. Some who forgot coloured their finger in red for the magic finger. Jamie was a ladybird, Millie, Toni-Anne and Aimee were Matilda, Melvin and Mrs Evans were Oompa Loompas, Eoan and Joshua were Mr Fox, Amber were Rowan were Mrs Fox, Matthew and Philip were George, Tony was Charlie, Mrs D was Violet, Fraser was Muggle wump the monkey and Elizabeth was a Wonka bar. Then we collected all the donations and the end total was more than £30.00. First we watched a little Powerpoint about the charity. Then we went around the table to answer 4 questions. The questions were about what our own sweets would be like. The questions were: What does it look like? What does it taste like? What makes it special? and What is it called?

Thank you to everyone for donating and dressing up!



(Another photograph on next page)



# **BIRD REPORT FOR OCTOBER 2014**

Once again there have been some amazing bird sightings in October, including perhaps the most obliging 'first for Orkney' of all time - a Cattle Egret, which was discovered feeding among the cows opposite Holin Cottage on 17th giving observers the most fantastic close views. We managed to alert as many people as possible to the bird by telephone, and by 'flagging down' passing motorists, but a couple of hours after discovery the bird was flushed by a marauding Goshawk, flew off towards Kirbuster and could not be refound that day. Jim Cooper discovered it by the 'Holland branch' on 18th and it was later seen by Kevin Kent and family at Huip. Sadly what must surely have been the same bird was subsequently found on Westray with a broken wing.



'The Cattle Egret opposite Holin Cottage. A complete surprise, but in perfect habitat for the species - among cattle.'

In complete contrast to the 'all white' egret a 'black' Gyrfalcon was seen several times around the Meikle Water between 4th and 13th October – on one occasion flying right over Sue as she left the house at Daisybank. We saw the bird at close range later that day as it flew down from a hydro pole near Roadside, when we could see that the bird really was almost entirely black with dark grey fringes to some of the feathering - a complete contrast to the dozen or so 'white' Gyrfalcons we have seen here which have all been virtually pure white with small black tips to some of the feathering. This bird may still be around and is very easy to identify given reasonable views. It is bigger and bulkier than Peregrine Falcon and at anything but close range looks entirely black. (Both this bird and the egret featured in our short piece broadcast on Radio Orkney on 17th October).

In late September a surprise find on the Bu Loch was a Pale-breasted Brent Goose on 27th, 28 Whooper Swans – no doubt just arrived from Iceland – were there next day, and a single Taiga Bean Goose flying low near Russland on 29th rose steadily and had soon joined a flock of 14 of the same species flying over. This flock was seen later in the day on S Ronaldsay. Several Song Thrushes arrived at the end of September along with a mixture of finches, after which it was then quiet - apart from a Glaucous Gull on 6th (see photo below) - until a 'fall' of birds on 8th October which included two Ring Ouzels, several small parties of Siskins, and a beautiful Grey Wagtail with bright yellow undertail coverts, striding about the lawn in the Helmsley drive. Many hundreds of Pink-footed Geese were seen flying over in late-September and early-October and the lochs were attracting excellent numbers of Wigeon.

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'The Glaucous Gull at Newfield. This bird was also seen nearby by Leslie Miller around the same time'

A Yellow-browed Warbler spent the day in the Castle drive and garden on 10th, when a Lesser Redpoll was seen at Holin Cottage and a record flock of Wood Pigeons for the island - 13 - were on the hydro wires near the South School. The next week was rather quiet (no winds from the east!) but there were plenty of interesting sightings: a Short-eared Owl hunting around the Meikle Water in daylight on 11th; 5 Blackcaps feeding together in the Airy farmyard; a Greenfinch at Holin Cottage (later joined by a second bird); a magnificent trio of Cattle Egret, Goshawk and Gyrfalcon on the (unlucky!!) 13th, the first Jackdaw of the year on 14th (Kath and Norman Kent saw 3 on 19th), and a Mealy Redpoll in the road by Osen on 17th.

SSE winds on 18th brought the biggest 'fall' of the year, mainly Redwings with a scattering of other species – mainly Goldcrests and Chiffchaffs but only a handful of Fieldfares. There was – as usual – a noticeable increase in the number of Blackbirds on the island around this time – with more yet to come!

To add a touch of winter, the first Long-tailed Ducks have arrived in Mill Bay -a party of ten close inshore between Castle and Linkshouse.



'Jackdaw at Gories – formerly a resident until the early nineties but now just an occasional visitor'

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Thanks once again for all the calls.. John & Sue Holloway.

The last two Minibus Trips organised by Enjoy Wild Orkney were held on 5th & 17th October with mixed success - 40 Brambling and excellent close views of 7 Black-tailed Godwit on 5th, and good views of Gannets at Bomasty Bay, Ravens near the South School, and Brambling (not quite as good as on 7th!) in Don's tatties on 17th. Good fun for all however, and thanks to Maurice for his patience and excellent positioning of the minibus when required!

# **LETTER FROM SCHOOL PLACE**

They forgot it! Yes, this year the UHI really did forget to bring their "doffing cap" to the Orkney College graduation at St. Magnus' Cathedral. So I sat bare-headed throughout the ceremony while my doctoral bonnet was pressed into service for conferring degrees of the University of the Highlands and Islands. I doubt that many of the graduands were *au fait* enough with the details of academic dress to realise they should have been dubbed with a purple bonnet rather than a black one. (Does this mean that technically they all became graduates of my *alma mater*?) I am pleased to say the bonnet was returned to me afterwards. For those interested, I have managed to locate a guidebook to academic dress: "Shaw's Academical Dress of Great Britain and Ireland" published by the Burgon Society. However, at  $9\frac{3}{4}$ "x $7\frac{1}{2}$ "x1" with 452 pages, it is not really a pocket-sized "Observer's" you can conveniently carry along to a graduation and inconspicuously refer to during the ceremony.

At the Policy & Resources Committee meeting, I was elected to serve on the OIC's Change Programme Board. The Change Programme is concerned with transforming council service delivery through fresh approaches, in order (at a time of anticipated public -sector funding reductions) to reduce costs and, where feasible, to improve services. This is a place where the application of Edward de Bono's lateral thinking will be of value. I know from conversations with my ward constituents (on the North Isles' ferries, in the Sanday bus, and over breakfast at the Pomona B&B) that the public always has plenty of ideas. So please keep them coming.

At the Council's General Meeting I suffered one failure and achieved one success. The failure was my attempt to have the Development & Infrastructure Committee's decision to spend up to £245,000 on a fixed-links study referred back for reconsideration, which was overwhelmingly defeated. I have been congratulated by many ward constituents for my stand on this, although there has been a slight increase in the very small number who have expressed to me they are in favour of them.

My success was in getting the Education, Leisure & Housing Committee's decision to maintain the *status quo* for pupils staying at the Papdale Halls of Residence referred back, so that consideration can be given to exploring the feasibility of incorporating some of the creative suggestions made by parents and pupils during the consultation, which could potentially permit students the option of spending three nights at home. (My amendment to this effect at the original ELH Committee meeting was defeated by only a single vote.) I believe the modern child-centred educational ethos compels us to consider this seriously.

The 14<sup>th</sup> October marked the 75<sup>th</sup> anniversary of the sinking of HMS Royal Oak in Scapa Flow, with the loss of 834 lives. One of those lives was that of my uncle, 20-year-old Ronald Clackson, therefore, as we do every year, I attended the memorial ceremony along with two of my children. Because this was a significant anniversary, the Royal Na-vy brought up a minesweeper, HMS Bangor, and councillors were invited to sail on board to the buoy marking the wreck. Jointly with the Vice-Convener, I threw in a wreath on behalf of OIC.

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The crew of the ship were very hospitable, providing us with soup on the way out and rum-fortified coffee on the way back. My children and I were given a guided tour, which gave us an inkling, perhaps, of what conditions were like for the crew of HMS Royal Oak. Afterwards, we were interviewed in the wardroom by the British Forces Broadcasting Service (although regrettably they got some of the details of what I said incorrect).

I didn't have enough space in my last "Letter from School Place" to mention the opening buffet of the Orkney International Science Festival, which, among other local specialities laid out for our delectation, featured my Sanday Honey! The meal was followed by the Grimond Lecture, this year about the Clipperton Project, where a group of scientists, artists and photographers explore the globe in a floating laboratory addressing environmental issues. (Sanday School pupils got the chance to join them and help with a study at Otterswick.) In tackling the world's problems, Jon Bonfiglio, the lecturer spoke of the responsibility on all of us to be "active citizens". "Sometimes we make mistakes and do things wrong, but it is unforgivable not to bother to do things right", was his message — pretty well summing up my attitude as your councillor.

The buffet was also the occasion of the launch of the CD "Music for Maxwell", telling the story of physicist James Clerk Maxwell with some of his poems set to music. In 1856, at the age of 24, Maxwell was appointed Professor of Natural Philosophy at Marischal College, Aberdeen. Four years later the college merged with King's College (Old Aberdeen) to form the modern University of Aberdeen. King's own Nat. Phil. Prof. was senior to Maxwell in years (though not in scientific reputation), thus he was given the new joint university chair, and Maxwell had to leave. However, Aberdeen's loss was London's King's College's gain, and it was here Maxwell was at his most productive, leading to his famous equations which form the foundations of the fields of classical electrodynamics, classical optics and electric circuit theory. 2015 has been designated the "International Year of Light" on account of its being the 150<sup>th</sup> anniversary of his electromagnetic theory of the propagation of light, so I can't help feeling the Orkney International Science Festival has been a year premature in its celebration of him.

Other meetings I have been to are the Creative Orkney Conference reception (where I was able to discuss the "Kirkwall Bay" lyrics written at Dartmoor Gaol), Licensing Forum, Staff Appeals Committee, and the Sanday Development Trust AGM.

I am due to be going out to Westray for their community council meeting on the 27<sup>th</sup> October.

On the 17<sup>th</sup> November I shall be down in Inverness for a meeting of the UHI Foundation. Should I take my bonnet?

Stephen

Cllr Dr Stephen Clackson, West Manse, Sanday <u>stephen.clackson@orkney.gov.uk</u>

#### **BULLY-HEADS AND STICKLE-BACKS**

By Ellie from Newfield He was older than me, my brother, By four years and a bit. But he'd let me tag along with him If he deemed it to be fit And didn't he always have such fun. Exciting ideas for amazing times And the jamiar with the hole in the lid Would aid and abet our crimes. Frog spawn was our bounty. That wonderful childhood treasure. We'd hid it in the shed at home To evolve at its own glorious leisure; Bully-heads and stickle-backs, Yet another prize for us kids. Life would have been dull, I think, Without jamiars with designer lids. Teetering on the brink of the dam We'd balance with perfection Whilst the water drew us invitingly For danger was a thing of rejection. The rope swing was just pure joy Where Tarzan was the theme. We'd swing out over the river Imitating the "Tarzan!" scream. Those summers were heaven on earth A childhood full of riches. Bruises and scratches a daily norm And sometimes even stitches. Hunger would bring us home, More adventure would have to wait. Mother would sigh and say "How do you get in such a state?" With the tadpoles safe in the shed, Evolving as we said A desperate prayer which was uttered "Please, keep mother out of the shed!" So with nettle hives still stinging Which we'd bravely borne, I would say. Sleep would soon encompass us Where we'd dream of the ones that got away.

©Helene Harrison

### GREETINGS, PRIVATE SALES & WANTS, THANKS

#### FOR SALE

Large plot of land at Hescombe, Stronsay for sale with full planning permission, beautiful views over Mill Bay. Additional land available by seperate negotiation. Tel 01857 616306

### FOR RENT

3 bedroom cottage for rent early December, oil central heating, large garden, no smokers, pets only by negotiation.

Tel 01857 616306

# THANK YOU

Coffee at Cleat on 20 September - total so far is £1332.85. Many thanks to everyone who supported us in any way!

# LOCAL BUSINESSES



# **ORKNEY STAR ISLAND SOAP**

www.orkneystarislandsoap.co.uk

In addition to all your favourites, NEW SOAPS are out!

"Rain Fresh Fields" ~ "Shoreline Wildflowers" ~ "Pumpkin Soap" ~ "Rosehip Delight" A selection of soaps are available to buy in Stronsay

at Ebenezer Stores, Stronsay Post Office & from the house by arrangement only please.

#### **NEW FOR CHRISTMAS**

Vanilla, Frankincense and Mistletoe Soaps.

and

Vanilla Body Balm and Frankincense All Over Balm.

Presented in lightweight, attractive aluminium 50ml jars these balms will make the perfect accompaniment to any soap gift this Christmas, or indeed any time of the year. Balms work to help protect, nourish and moisturize your skin to bring back balance against the things in life that affect our skin such as harsh winter weather, sun, pollution, stress, work, age.

Available from 12th November

Please note last date for Christmas orders on my website is 5th December

# **STRONSAY ARTWORKS**

Original paintings of Stronsay Landscape; Limited edition prints, greetings cards and postcards which are available for sale at local shops, Post Office, Hotel, B&B's and the Fishmart. Commissions taken.

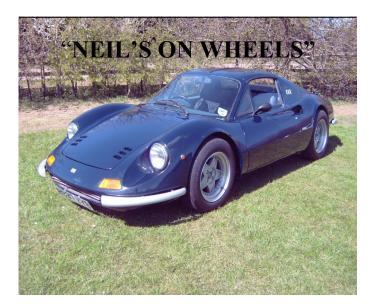
Phone 01856 870075

<u>http://www.jennystoneart.com</u> Email <u>jennystone001@btinternet.com</u>

#### **Business adverts**

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on. The cutoff date for adverts to be included in the next edition of the *Limpet* is on the front page Contact details for the *Limpet* are on the back page

# LOCAL BUSINESSES



- All mechanical work undertaken.
- Tyres
- ECU/ABS/airbag diagnostic testing
- Welding specialist
- MOT prep work
- Home start
- Towing service

MOBILE: 07723 304 260 HOME: 01857 616454



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# **STRONSAY COMMUNITY ASSOCIATION**

**FORTHCOMING EVENTS** 



Dates for your diary!

Saturday 8<sup>th</sup> November 2014 Bonfire Night - Guy Competition Saturday 22<sup>nd</sup> November 2014 Pre - Christmas Craft Sale Saturday 13<sup>th</sup> December 2014 Christmas Tree lighting Wednesday 31<sup>st</sup> December 2014 Hogmanay Dance

# STRONSAY COMMUNITY ASSOCIATION WOULD LIKE TO INVITE YOU TO A





# SATURDAY 22<sup>ND</sup> NOVEMBER

Stronsay Community Halls 1pm – 5pm Teas, coffees & bakes will be on sale With even more craft sellers than before!



# KIRK NEWS

Thanks to all who supported the 'shoe box' appeal - 35 boxes are on their way to brighten up Christmas for some people who otherwise wouldn't have any presents.

Goods for the Harvest Thanksgiving service can be dropped in to the Church Hall on Saturday morning, 1st November.

The kirk St Andrews Sale will be held in the Community Centre on Saturday 29th November at 7.30pm. Donations will be gratefully accepted and can be handed in to the hall that afternoon from 2-3pm.

Services every Sunday at 11am

- 2nd November David Bowen (Harvest Thanksgiving)
- 9th November David Bowen (Remembrance)
- 16th November Martin Prentice
- 23rd November Mike Erdman
- 30th November David Bowen

# **STRONSAY SCHOOL BLOG**

We would like to remind everyone about the Stronsay School Blog which has been up and running for a few months now. The Blog shares some of Stronsay School's highlights through pictures and articles as well as other relevant school information. You can access the blog at <u>http://stronsay-jh.blogspot.co.uk</u>. We hope you find the site interesting.

# **STRONSAY DIABETES SUPPORT GROUP**

Stronsay Diabetes Support Group met on Wednesday 1st October. There was only a small number of attendee's but we had a useful informal discussion on various aspects of diabetes, including socks and footwear, as well as reviewing the speaker's presentation from the last meeting. We hope to be able to invite other speakers to some meetings next year.

The group will take a break in December due to the dark afternoons but will meet again on Wednesday February 4th at 3pm. It would be really good if a few more folk could join us. Why not make it a NewYear resolution? We are a very friendly group and not at all intimidating.

Please speak to Shirley if you want any more information.

# STRONSAY PARENT COUNCIL

Chair: Gaynor Smith, Vice Chair: Andrew Rose, Clerk: Colin McAlpine

Two vacancies have arisen for Co-opted Parent Representatives to join the Stronsay Parent Council which meets once a term.

If you have a child currently attending Stronsay Junior High School and would like to join the Parent Council whose aims are:-

- to work in partnership with the school to create a welcoming school which is inclusive of all parent;
- to promote partnership between the school, its pupils, all its parents and the wider community;
- to work in conjunction with the school to develop and engage in activities which support the education and welfare of the pupils;
- to identify and represent the views of parents on the education provided by the school and other matters affecting the education and welfare of the pupils;

then please contact the Clerk for more details.

Colin McAlpine Clerk to Stronsay Parent Council Tel: 616446

# **STRONSAY TELEPHONE NUMBERS**

Updated Stronsay telephone lists are now available from Stronsay School. We suggest a  $\pm 1.50$  donation per list. We are raising funds for Cancer Research, a charity chosen by our class.

Thanks! Upper Primary.

#### **STRONSAY COMMUNITY ASSOCIATION**

**BONFIRE NIGHT** Saturday 8<sup>th</sup> November 2014 In the hall at 7pm

> Adults £5 Children £1

#### **GUY COMPETITION**

Supper - mince,clapshot,haggis Raffle 100 club draw Bar open

EVERYONE WELCOME Glow sticks—20p each

#### **RNLI HALLOWEEN FANCY DRESS PARTY**

Thursday 30th October 2014 at 19.30 in the Community Hall. All the usual attractions including Splat-A-Rat, Raffle, Tombola, Dookan for Apples, Money on the Choc Bar. Prizes for Fancy Dress and Neepie Lanterns. Sandwiches, teas, coffees and biscuits will be provided. All money to be donated to the R.N.L.I. Please support this worthy cause.



# **STITCHERS**

#### Please note change of day to Wednesday 29th October

Church Hall 7pm - 9.30pm Tea, coffee, biscuits £2.00

We're an informal, friendly group of people who meet up once a month to do our own projects, chat, share knowledge & experience, learn from and support each other. We ask each person for a contribution of £2.00 towards heating & lighting and offer tea, coffee, biscuits. Anyone is very welcome - you can bring any kind of craft work or unfinished project, providing it is suitable for doing in the Hall - it doesn't have to be "stitching".

Next month ....



# **STITCHERS**

Thursday 27th November Church Hall 7pm - 9.30pm

# <u>STRONSAY HEALTHY LIVING CENTRE</u> <u>supervised sessions</u>

These times will run up to the Christmas break.

MONDAY	3.45-5.45
TUESDAY	Buddy system
WEDNESDAY	3.45-5.45
THURSDAY	3.45-5.45
FRIDAY	3.45-5.45
SATURDAY & SUNDAY	Buddy system by request

The gym can be accessed throughout the day if you have a 'buddy' to go with.

A code is required, please speak to one of the team if you have any questions Inductions by appointment only Andy - 616277, Julie - 616335 or Tracey - 616350 Gym during supervised sessions - 616449



Crossroads Orkney have been contracted to provide an additional new service on a 12 month pilot basis only, funded through the Change Fund, to offer direct care and support to people who are living on their own and do not have a carer to provide support. This new service is available on Sanday, Stronsay, Westray, Hoy and Shapinsay. This is to meet the needs of people for care and support where there has been an unpredictable increase in their care needs and generally to be delivered as part of a short term/ unplanned package of care in conjunction with other services.

This is a new service for Crossroads Orkney whose core business is to provide respite services as support to carers of people with support needs. Please make referrals directly to **Crossroads Orkney** by contacting **Olivia Tait** at the Travel Centre, West Castle Street, Kirkwall KW15 1GU, on **870500** or email to <u>carers@crossroadsorkney.co.uk</u>

# **GROUPS, CLUBS & ORGANISATIONS (continued)**

#### **MOBILE LIBRARY**

Next visit:

**MONDAY** 17 NOVEMBER

8.45am - 9.45am
10.00am - 12.00pm
12.30pm - 3.00pm
3.15pm - 4.45pm

Mobile library schedule <u>http://www.orkneylibrary.org.uk/html/mobile2\_timetable.htm</u> Kirkwall library contacts - 01856 873166 or <u>general.enquiries@orkneylibrary.org.uk</u> Kirkwall library website - <u>http://www.orkneylibrary.org.uk</u> Kirkwall library online book catalogue - <u>http://212.219.208.10/TalisPrism</u> Library opening times www.orkneylibrary.org.uk/html/opening.htm#NewHours

### FRIDAY NIGHT GAMES CLUB

Ages 10 or over only Friday night 8pm until 10pm Entrance £1 Come along for a fun filled night Air hockey table Pool table Play station 2 Nintendo WII & Sing Star Snooker Juice, crisps and sweets available

# **STRONSAY COMMUNITY ASSOCIATION**

Rooms for hire from only £2 per hour plus hydro charge.

Special event coming up? Why not hire the disco equipment with rotating glitter globe and pulsating coloured lights for only £5 plus room and hydro charge? A DJ from the Hall list <u>must</u> be used.

Also available for hire: badminton, table tennis and snooker all at £2 per hour plus hydro. All equipment provided.

Adult supervision (over 18) must be present during hire.

For details and booking contact Colin on 616446.



### **POST OFFICE OPENING TIMES**

Monday	8:30—12	
Tuesday, Wednesday, Thursday	8:30—12 and 1—3	
Friday	Closed	
Saturday	8:30—12 and 1—3	
Post collection times 07:30, Monday to Saturday		
Replacement bin bags		
Sunday service at the Kirk 11 am (see <u>http://tinyurl.com/kvk5gfp</u> )		
Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am		
Next Special Collection 13th December and 28 February		
Rubbish collection Tuesday (bags out a	ready by 9am)	

Doctor 616321	
Nurses 616480	
Medical emergency 01856 888000	)
Registrar 616239	
Hall bookings 616446	
Post Office	
Companions	
Kirk 616311	
Stronsay Hotel	
Olivebank 616255	
Ebenezer stores 616339	
Neil's on Wheels 616454	
Taxi 616335	
Castle Bird Reserve 616363	

Balfour hospital 01856 888000
Hydro
All water enquiries 0845 601 8855
Kirkwall Library 01856 873166
Kirkwall Police 101
Vets:
Flett & Carmichael 01856 872859
Northvet
Dentists:
Great Western Rd 01856 879683
King Street
Earls Palace 01856 872958
Golgotha monastery 616210
Email <u>contact@the-sons.org</u>

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# HOW TO CONTACT THE LIMPET

Send an email to <u>stronsaylimpet@btinternet.com</u>, phone Bruce Fletcher on 616297 (<u>after</u> 11am & <u>before</u> 9pm, please!) or write to *The Limpet, Claremont, Stronsay, KW17* 2AR. Details of the deadline for the next edition are on the front page

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