

# **STRONSAY LIMPET**

**FUNDED BY STRONSAY DEVELOPMENT TRUST**

**ISSUE 128 February 2016**

*Published on the last Thursday of the month*



## **THE 'EXERCISE ON PRESCRIPTION' SCHEME.**

This scheme is available to any Stronsay resident who has a medical condition that would be improved by exercise (i.e. obesity, diabetes, heart disease, hypertension, etc). If you are interested please see the GP or one of the community nurses. It is free so there are only so many places at a time, you really must be committed to the programme.

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## **CAPTION COMPETITION**

See page 3 for the winner of last month's competition and for details of this month's caption competition

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## **LIMPET EMAIL LIST**

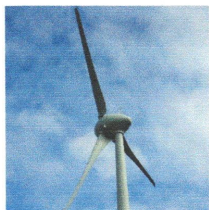
To receive the Limpet emails you must first "sign up" by going to the link on the Limpet webpage <http://stronsaylimpet.co.uk/MailList.html> and you must respond to the email asking for confirmation which you will receive very soon afterwards

There are quite a few folk who have signed up but have failed to respond to the confirmatory email - if that's you then please check your "junk" or "spam" email folder because that is where email software often sends the confirmatory email.

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The next edition of the [\*Limpet\*](#) will be published on **Thu 31 Mar**. Items for inclusion in that edition should be submitted by 7pm on **Sun 27 Mar**. Contact details on back page

# Stronsay Renewable Energy Limited



Company No SC365016. Tel: 01857 6164335

Registered Office: Unit 1, Wood's Yard, Stronsay, Orkney, KW17 2AR

Stronsay Renewable Energy Ltd are looking to appoint up to 4 new directors.

Stronsay Renewable Energy is a subsidiary of Stronsay Development Trust. Presently, all directors work voluntarily in order to provide maximum financial benefit to the community by way of Gift Aid to the Community Fund, held and managed by Stronsay Development Trust.

SREL's highly experienced and dependable staff, Adrian and Steve, are entrusted with the day to day care of our community's biggest asset, the community turbine, whilst our finances are kept in check by our hard working Finance Manager, Diane Elliott, who provides her expertise on a flexible and contractual basis. These team members are the mainstay of our company.

The Board of directors now require a number of 'forward thinking' and innovative individuals with both imagination and enthusiasm to join our small company in order to help us move ahead into 'off-grid' solutions.

As you may be aware, our community turbine is curtailed by up to 60% and there is therefore scope for those with the ideas and energy to seek new and exciting ways of using this surplus power to increase our annual income by a possible £220,000.

Experience is not necessary as training in all aspects of being a director can be arranged. This is an excellent opportunity for someone who may be considering a future career in the renewables sector but it would be equally advantageous to those who wish to gain skills and experience in order to improve employment prospects.

Applicants should be 18 or over and not be disqualified from becoming a company director.

Interested?

Please write to us at the address below telling us why you would like to join the board of srel:

SREL Chair  
1, Wood's Yard  
Stronsay  
KW17 2AR

## **STRONSAY LIMPET—CAPTION COMPETITION**

Each month a photograph will be published and the Limpet's readers will be invited to provide a suitable (non-smutty!) caption. The captions will be judged by John Holloway and the editor of the Limpet. The writer of the best caption will receive a small prize. (The editor's decision is final!).

This was January's photograph and the winning entry was submitted by Sheila Burgher: "*Blow harder. It hasn't moved yet.*" Sheila will be receiving a small prize in the next few days.



Other entries were as follows:

- We could always claim it is part of Stronsay's heritage and have it displayed in the new Heritage Centre!
- Jake's hernia took a turn for the worse after some heavy lifting.
- Captain Webb I presume?
- I didn't realise it took so much puff to play the didgeridoo.
- I always said skydiving was a dodgy pastime!

### **FEBRUARY'S PHOTOGRAPH.**

**CLOSING DATE FOR ENTRIES IS MIDNIGHT ON FRIDAY 25 MARCH**



Please send your caption to the editor of the Limpet - contact details are on the back page of the Limpet. Don't forget include your own contact details with your entry.

## **LETTER FROM SCHOOL PLACE**

Our budget has now been set, and without any increase in council tax. Because the Scottish Government threatened to “bundle” their sanctions (amounting to a potential penalty of £1,709,000!), the amount we would have had to increase council tax by to bring any money at all into the Council would have been more than 22% (far exceeding my calculation in last month’s *Letter*)! This is something we could not justifiably inflict upon the people of Orkney. Given the Scottish Government’s reduction of £4,788,000 in our funding, there have, of course, had to be some increases in charges (Ferry fares excepted) and cuts in spending, but we have striven, after numerous discussions and briefings, to make these as painless as possible. At the Special Policy & Resources Committee meeting for setting the budget, I sought, and was given, assurance that the cuts will not undermine the values and priorities of our Council Plan (*Wur Plan*). Nevertheless, an amendment was brought forward, which I supported, to increase funding to the voluntary sector by 1%. At the subsequent Special General Meeting, I supported a further amendment to retain our early-intervention nursery nurses. Many people ask if we haven’t reached the “rainy day” which we should be using our oil money for. I fear that what we are seeing today is merely a drizzle compared with what is to come. Incidentally, in the last ten years our Strategic Reserve Fund has contributed some £64.9 million to council services and capital projects, so it is not as if we don’t make use of it already.

At the Education, Leisure & Housing Committee meeting we approved a revised staffing policy for primary schools for implementation from August 2016. This policy is designed to help improve the pupil/teacher ratio, provide some flexibility for head teachers in relation to class structure planning, and build in capacity for new enrolments taking place after the start of the school year. This is particularly helpful for our smaller schools. Headmistress of Shapinsay School, Emma Clements was invited to attend the meeting to receive congratulations herself and on behalf of her staff for the outstanding result her school achieved in the Education Scotland & Care Inspectorate joint inspection last September. They were rated “excellent” for “learners’ experiences”—a very rare accolade indeed, believed to be one of only two “excellents” awarded across the whole of Scotland!

I participated in a meeting at which Orkney Ferries had invited representatives from the Rousay, Egilsay, Wyre & Gairsay Community Council to discuss concerns about the winter timetable for the Rousay, Egilsay & Wyre ferry. This was a good example of the Council’s value “working with communities” being put into practice, and I congratulate Orkney Ferries for engaging with the community in this way. One concern, however, that we still don’t seem to be able to resolve (and this was discussed too at the subsequent Ferry Services Consultative Forum meeting) is the matter of books of discounted tickets for children being issued solely for named individual children. This is something I am going to keep working on, and I would appreciate Isles community councils, development trusts and residents engaging themselves in the process as well.

*(continued on next page)*

At a meeting of the Community Development Fund Sub-Committee I was pleased to be able to support an application from the Stronsay Community Play Park Action Group to upgrade the Ward Hill Play Park. As I pointed out at the meeting, there are playparks scattered all over the Mainland, but this is a luxury we don't enjoy in the Isles (where most playparks are separated from each other by a long sea journey) so each one needs to be good.

I succeeded at our Policy & Resources Committee meeting in persuading the majority of councillors to support my wish that the item on island registration services be discussed in public. I had already engaged with officials on this issue at an early stage (see November's *Letter*) and was subsequently overwhelmingly backed up by the many who contributed to the public consultation. As a result, island registrars are going to be retained—a good news story that the public was entitled to hear (it even made it onto Radio Scotland!).

We resumed consideration on what OIC could do for the Syrian refugees. It is unlikely, however, that any will be settling in the Isles, as it was admitted in the meeting that, although some islands have housing available, access to services is inadequate. I did not let this pass without comment, as you may have heard on the audiocast.

Other meetings I have attended this month include: a pre-meeting for Education, Leisure & Housing and my monthly “catch-up” with the Executive Director; Magnus 900 Working Group; Cultural Fund; House Build Programme Board; Air Services Consultative Forum; Centre for Nordic Studies Working Group; Sanday Community Council; Stronsay Parent Council, and Westray Parent Council.

I shall be going to Eday for their community council's meeting on the 16<sup>th</sup> March.

Cllr Dr Stephen Clackson  
West Manse, Sanday  
[stephen.clackson@orkney.gov.uk](mailto:stephen.clackson@orkney.gov.uk)



**E** If you read the February 2016 issue of *Living Orkney*, you'll know what this is!



# **THE COPSE**

By Ellie from Newfield

It's a maze of many directions!  
Intriguing some might say.  
Always tempting one onwards  
Curiosity leading the way.  
I fancy I hear its heart beating  
For life it certainly breeds.  
For a million microscopic insects  
On which the birds feed.  
And the architect of the copse  
Is Mother Nature of course,  
Using mankind as her props  
Ever her willing workforce.  
Whilst on the northern side of the woods  
A guard of honour reaches out  
A salute to Mother Nature  
To whom all credit is due, no doubt.  
Whilst the colourful winter pansy  
Seemingly winks her eye  
At the cheeky blackbird  
Who whistles on passing by.  
Many years in the making  
The copse where wildlife abides,  
Mother Nature in command of course,  
Whilst I am along for the ride.  
All four seasons of the year  
She make her presence known.  
In the maze of many directions  
I am never alone.  
A carpet of apple blossom  
Will appear to soften her steps.  
Many years it was in the making  
But certainly no regrets.

©*Helene Harrison*

## ***SALES, WANTS, GREETINGS, THANKS***

### **LAND WANTED:**

Agricultural land to buy on Stronsay, min. approx. 1 hectare, max. approx. 8 hectares, existing (usable) agricultural buildings on land beneficial but not essential, preferably in close proximity to Greenfields, depending on circumstances (location, state of disrepair etc.) purchase of disused/derelict farm will also be considered.

Phone 01857-616498 (evenings) if nobody home please leave number on answering machine or send an email to [reihls13@yahoo.co.uk](mailto:reihls13@yahoo.co.uk)

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### **LOOKING FOR WORK**

(full time or part time or flexible) between now and September 2016,  
anything considered.

James Davidson, Greenfields, phone 616498 or 0756 528 20 20

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Local sales, wants, etc are free!

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***



**Fish Mart Cafe Opening Times**  
**Mondays and Wednesdays Closed**  
**All Other Days: 10-4**

### **Looking Ahead:**

**Pizza Night: Monday, Feb. 22, 5-8 pm.** Sit in or Takeaway. Pizzas, Salad Bar, and Orkney Ice Cream.

**Mother's Day Special Menu: Sunday, 6 March, 12-2 pm.**

### **On the Menu:**

#### **Sat/Sun, 20-21 February**

Burgers/Cheeseburgers and chips  
Stir Fry Chicken and Rice  
Cottage Pie

#### **Sat/Sun, 27-28 February**

Burgers/Cheeseburgers and chips  
Cheesy Macaroni  
Sausage, Apple and Sage Pie

Phone: 616401, email: [fishmartstronsay@gmail.com](mailto:fishmartstronsay@gmail.com), [Facebook.com/Stronsay Fishmart](https://www.facebook.com/StronsayFishmart)

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Local business adverts are free!

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## ***LOCAL BUSINESSES***

### **STRONSAY HOTEL—TAKEAWAY MENU**

Phone 01857 616213

Six days a week (Tues - Sun)

16.45 to 20.00

Homemade lasagne + chips	£5.95
Homemade sausagemeat pie + chips	£5.95
Homemade chicken curry + rice or chips	£5.95
Homemade chicken masala curry + rice or chips	£6.50
Homemade chicken & veg pie + chips	£6.50
Breaded haddock + chips	£5.50
Breaded wholetail scampi + chips	£6.50
2 sausages + chips	£3.00
2 fish fingers + chips	£2.80
“Stronsay Beast Burger” + fries	£4.50
“Stronsay Cheese Beast Burger” + fries	£5.00
Portion of chips	£1.30
Half portion of chips	£0.80
Portion of cheesy chips	£2.10
Half portion of cheesy chips	£1.10
Portion of onion rings	£1.20

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## ***LOCAL BUSINESSES***

**PATRICK  
McGRATH  
LTD**



**Gas Safe Registered Engineer  
Plumber**

Services include:

- Installation, servicing, maintenance of all domestic gas appliances
- Landlords gas safety checks
- Bathroom fitting
- Bathroom supply
- General heatings
- All other types of domestic, commercial, industrial plumbing works
- Isles work welcome

Call Patrick on **07933 488283**  
Email: [patrickmcgrathltd@gmail.com](mailto:patrickmcgrathltd@gmail.com)



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## **DRIVING TUITION**

Patient and friendly learner driver tuition with Richard. Including Pass Plus for passed drivers. To book lessons call 616268 or 07789104861. Or message my Facebook page 'Drive 2 Stay Alive'. Lesson times are very flexible to suit you, and lessons start and finish at your chosen address.

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## ***LOCAL BUSINESSES***

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### **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 874723

<http://www.jennystoneart.com>

Email [jenny@jennystoneart.com](mailto:jenny@jennystoneart.com)

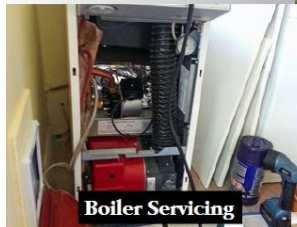
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### **Ebenezer Oil Heating Services**

Oftec trained engineer



**Oil Tank Installation**



**Boiler Servicing**

Oil boiler servicing,  
repair and replacement



**Boiler Installation  
& Commissioning**

A serviced boiler  
is an efficient boiler  
and will save you money

**Tel 01857 616339**  
**[ebenezer@stronsay.org](mailto:ebenezer@stronsay.org)**

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## ***LOCAL BUSINESSES***

### **ORKNEY STAR ISLAND SOAP**

[www.orkneystarlandsoap.co.uk](http://www.orkneystarlandsoap.co.uk)



Isles View, Stronsay, Orkney, KW17 2AG, UK

Tel: +44 01857 616281

Email: [info@orkneystarlandsoap.co.uk](mailto:info@orkneystarlandsoap.co.uk)

Web: <https://www.orkneystarlandsoap.co.uk>

Face Book: <https://www.facebook.com/orkney.star.island.soap/>



### **NEIL'S ON WHEELS"**

- 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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## ***LOCAL BUSINESSES***



### **CRAFTSHIP ENTERPRISE**

**Opening : 11.00 to 16.00 Wednesday 23rd March**

As it is Easter we will be open every day until the 31st. From 1st April we will be open as usual 11.00 to 16.00 Saturday, Sunday, Monday, Tuesday and Wednesday.

New additions to the menu:

- Bacon rolls
- Lunch : dish of the day: for example, macaroni cheese, potato and leek pie, ploughman's platter
- Hot drinks: latte, espresso, drinking chocolate

A complete menu will be available soon including all our popular cakes as usual.

I would like to thank again all the people who supported us last year and look forward to seeing everyone in March. We kept count and we are not too far away from our 500th visitor who will receive a £15 voucher to spend in the cafe or the shop.

Regards Dianne  
Craftship Enterprise  
01857 616249

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper, Midgarth, Stronsay, KW17 2AT. Tel: 616322  
Link Officer: Colin McAlpine, The Hill, Stronsay, KW17 2AT. Tel: 616446

### **COMMUNITY COUNCILLOR**

**A vacancy has arisen for a person entered on the current published Register of Electors for the Stronsay area to join Stronsay Community Council as a Community Councillor.**

A Public Meeting will be held at a date yet to be decided to fill the vacancy.

If you would like more information about the role of a Community Councillor, or are interested in becoming a Community Councillor, please contact the Link Officer.

Colin McAlpine  
Community Council Link Officer

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### **STRONSAY BADMINTON CLUB.**

Monday 15th February saw the first night of the Stronsay Badminton Club starting up again. It was well attended with eight players turning up for a game. Initially the club will run on a trial basis to see how many players are interested in playing on a fairly regular basis. It is an excellent opportunity to improve your levels of fitness and having some great fun at the same time! One doesn't have to be a great player to join in, as long as you're willing. The cost of the two hours playing is only £2.50, and that fee goes back into the club covering the cost of the school hall hire and supplying shuttlecocks for the games. Please come along and support the club to ensure it continues! The next meeting will be on the 22nd of February and hopefully we will be able to continue on a regular basis. All welcome!"

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper

Vice Chairman: Alan Dawson

#### **AYRE OF MYERS PICNIC AREA**

#### **INVITATION TO TENDER**

Stronsay Community Council invites tenders from experienced persons to repair the stone wall at the Ayre of Myers Picnic Area.

Several coping stones have become dislodged, exposing the wall to further damage and deterioration.

The closing date for quotes, which should include written details of the work to be undertaken, the materials to be used and the date by which work could be completed, is **5pm on FRIDAY, 25 MARCH 2016** and should be addressed to the Island Link Officer at the address below. Please mark your envelope – “Ayre of Myers Stone Wall”.

If further details are required please contact the Island Link Officer during office hours - Tuesday, Thursday and Saturday between 10am and noon.

Colin McAlpine,  
Island Link Officer,  
The Hill,  
Stronsay,  
KW17 2AT

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper

Vice Chairman: Alan Dawson

#### **AYRE OF MYERS PICNIC BENCH**

##### **INVITATION TO TENDER**

Stronsay Community Council invites tenders for the repair of the picnic bench at the Ayre of Myers, to improve its appearance and help preserve its longevity.

The closing date for quotes, which should include written details of the work to be undertaken, the materials to be used and the date by which work could be completed, is **5pm on FRIDAY, 25 MARCH 2016**, and should be addressed to the Island Link Officer at the address below. Please mark your envelope – “Ayre of Myers Picnic Bench”.

If further details are required please contact the Island Link Officer during office hours - Tuesday, Thursday and Saturday between 10am and noon.

Colin McAlpine,  
Island Link Officer,  
The Hill,  
Stronsay,  
KW17 2AT

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### **STRONSAY COMMUNITY PLAYPARK ACTION GROUP**

As you may know, the Playpark Group have applied for funding through Tesco's Bags of Help campaign. The great news is that it has been shortlisted as one of three local projects who will receive £8,000, £10,000 or £12,000, depending on the outcome of a public vote.

Voting will take place in Tesco Kirkwall and this will be done by tokens. Three boxes will be placed in store and the public will be given a token with each purchase. They can then place their token in the box for their favourite project.

Voting in the store takes place from Saturday 27/02/16 (that's this coming weekend) to Sunday 6/03/16 inclusive. Please support our project by voting if you can and passing on the message to as many friends and family as possible!

Thanks, the SCPAG committee.

For more information look at: <http://www.tesco.com/carrier-bags>

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### **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper

Vice Chairman: Alan Dawson

### **REPAIRS AT THE VAT O' KIRBISTER** **INVITATION TO QUOTE**

Stronsay Community Council invites quotes from experienced persons to carry our repairs at the Vat o' Kirbister.

Repairs are required to fencing on the entrance path, the shoreline gate and a wooden footpath bridge just beyond the Vat.

The closing date for quotes, which should include written details of all work to be undertaken, the materials to be used and the date by which work could be completed, is **5pm on FRIDAY, 25 MARCH 2016** and should be addressed to the Island Link Officer at the address below.

If further details are required please contact the Island Link Officer during office hours - Tuesday, Thursday and Saturday between 10am and noon.

Colin McAlpine,  
Island Link Officer,  
The Hill,  
Stronsay,  
KW17 2AT

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### **ORKNEY CITIZENS ADVICE BUREAU**

Orkney Citizens Advice Bureau will be on Stronsay 9th March between 1pm and 4:30pm.

To make an appointment to see one of their advisers at the Community Centre - Carpet Room or to arrange a home visit please telephone 01856 875266 by Friday 4th March at the latest, thank you.

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# ***GROUPS, CLUBS & ORGANISATIONS***

## **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper      Vice Chairman: Alan Dawson

### **EMPOWERING COMMUNITIES PROJECT**

#### **REQUEST FOR INFORMATION**

One of the objectives of the Empowering Communities Project, currently being trialed on Stronsay, is to give local residents an opportunity for increased employment.

To help achieve this, Stronsay Community Council would like to receive information on the following:

- the type of work you would be willing to undertake eg. painting, stone wall repair, electrical repairs, concrete work, etc.
- any particular skill you have that you are willing to use eg. working with lime mortar, repairing wire fencing, carpentry, handyman/woman, experienced craftsman, etc

If you are willing to share this information, please contact the Island Link Officer, either in person or by writing to:

Colin McAlpine,  
Island Link Officer,  
Island Link Office.  
Stronsay Fish Mart,  
KW17 2AR

The Island Link Office is open every Tuesday, Thursday and Saturday between 10am and noon,

tel: 616475

email: [stronsaycommunitycouncilclerk@btinternet.com](mailto:stronsaycommunitycouncilclerk@btinternet.com)

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### **STRONSAY COMMUNITY COUNCIL**

Chairman: Ian Cooper

Vice Chairman: Alan Dawson

### **BIGHT OF SCARMA SEAL HIDE, STRONSAY** **INVITATION TO QUOTE**

Stronsay Community Council invites quotes from experienced persons to carry out a total repair of the Bight of Scarma Seal Hide.

The hide is in a poor state of repair and is need of a complete refurbishment, to include repair to a broken window, the re fixing of the entrance door, and the re-painting and repair of surrounding fencing.

The closing date for quotes, which should include written details of all work to be undertaken, the materials to be used and the date by which work could be completed, is **5pm on FRIDAY, 25 MARCH 2016** and should be addressed to the Island Link Officer at the address below.

If further details are required, please contact the Island Link Officer during office hours - Tuesday, Thursday and Saturday between 10am and noon.

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **A BRAND NEW FESTIVAL FOR ORKNEY**



(Image from facebook.com/LaldieHaansOrkney)

You might have already heard about this on Radio Orkney or read about it in *The Orcadian*. As part of this Orkney-wide festival Stronsay crafters are making plans for our own island Laldie Haans Craft Fest weekend right here in Stronsay. We're hoping it will appeal to local folk and visitors alike to come together to share, learn and enjoy. We're looking to offer a choice of make-and-take craft workshops and mini craft tour on Sat 30<sup>th</sup> April and Sunday 1<sup>st</sup> May. There'll be more information coming up in next month's *Limpet* and advertised in the shops, as well as the local media.

You can also keep up to date via  
Stronsay Got Crafty Facebook page:

<https://www.facebook.com/Stronsay-got-Crafty-683003165061846/?ref=hl>

Laldie Haans Facebook page:

<https://www.facebook.com/LaldieHaansOrkney/?fref=ts>

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# SOS Concert

12<sup>th</sup> March 2016

Stronsay Community Cen-  
tre  
7pm

Enjoy an evening of variety  
acts.

**All are welcome!**

**Adults £5 Children £1**

**Entry includes refreshments.**

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## **GROUPS, CLUBS & ORGANISATIONS**



### **Here2Help Service**

Age Concern Orkney are looking to recruit permanent Home-Help Workers for our Here2Help Service starting in Stronsay in the near future.

**Here2Help is a Domestic Service, designed to support people to live independently in their own home by offering services such as cleaning, cooking, laundry and shopping.**

**We are looking for individuals who can work regular hours and access to a vehicle is essential.**

**For further information and an application pack please phone 01856 872438**

**or**

**e mail [office@ageconcernorkney.org.uk](mailto:office@ageconcernorkney.org.uk)**

**Age Concern Orkney, 46 Victoria Street, Kirkwall  
Working in partnership with Stronsay Development Trust**

**Closing date: Monday 8th February at 5pm.**

**Interviews will be held later in the month.**

**Here2Help employees are subject to a PVG check**

**Charity No.SC 007638**

**(See poster on next page)**

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# Here2Help

## **What can Here2Help workers do?**

- Clean the house
- Shop, for a one off item or on regular basis
- Help you with technology - from microwave and mobile phone to getting internet access
- Help you to de-clutter
- Prepare meals - they could even stock your freezer with home cooked meals
- Change the bedding
- Laundry and ironing
- Whatever you need help with - just ask and we'll do our best to find someone.

NOTE: We do not provide personal care (bathing, toileting, dressing, etc.) or clean up after animals (litter trays, fouling, etc.)

**AGE** ORKNEY  
*Concern*

**Need a hand?  
Give us a call!  
01856 872438**



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## ***GROUPS, CLUBS & ORGANISATIONS***

### **ORKNEY HEALTH AND CARE**

#### **Care at Home**

#### **Relief Islands Home Carer – Stronsay**

Orkney Health and Care's Home Care Service is an essential front line service providing care and support for vulnerable individuals enabling them to live as independently in their own home for as long as is possible. We do this by using a Reablement approach where we do things with people rather than doing things for people. The type of support we provide is individualised and tasks we undertake include meal preparation, medication assistance, and personal care such as showering or bathing.

As a relief carer you will hopefully have previous experience of working in Social Care; however we will provide on-going training to develop and maintain your skills. You will enjoy responsible, challenging, varied and rewarding work as part of our team and will receive excellent support from our teams of Social Care Co-ordinators and Home Care Organisers. You will need the sort of personality that enjoys interacting with people and making a difference to their lives. If you are motivated, caring, honest, have a true desire to 'work with' people then this could be the job for you.

You must be willing to work anywhere within the island on which you live so your own transport is essential. A mileage allowance is payable for work related journeys.

These posts are subject to PVG Scheme Protected Adults.

Please apply online at [myjobscotland.gov.uk](http://myjobscotland.gov.uk) quoting ref: number ORK00496 or alternatively contact Customer Services on 01856 873535 to request an application form quoting the same number.

**For an informal chat please call Billy Gunn – Registered Manager. Tel: 01856 888390.**



### **STRONSAY STITCHERS** **THURSDAY 25TH FEBRUARY 2016**

7-9.30pm, Kirk Hall, refreshments & biscuits, £2

We like to meet and craft our own projects and chat in a relaxed atmosphere on a Thursday evening once a month. If this sounds like something you might like why not pop along. Any time from 7pm till 9.30pm that suits you.

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A poster for Orkney Podcasts. The background is light blue with a large, stylized 'L' shape on the left side, composed of multiple parallel lines in shades of green, yellow, and orange. The title 'Orkney Podcasts' is written in a bold, orange, sans-serif font. Below the title, the text 'A chance for you to listen to Orkney's own podcasts created by and recorded at VAO! Just go to' is in a dark grey, sans-serif font. The website address 'www.orkneypodcasts.uk' is in a bold, dark green, sans-serif font. Below the website address, the text 'and you can hear our guests talking about their hobbies, work experience and sharing interesting stories from their lives.' is in a dark grey, sans-serif font. At the bottom right, there is a stylized illustration of a flower or starburst shape with a central orange circle and several petals in shades of orange, yellow, and green. Dotted lines and arrows radiate from this central shape. In the bottom left corner, there are two logos: a blue circular logo with the word 'ORCA' and a stylized figure, and a logo for 'VAO' with a stylized figure. The text 'PosterMyWall.com' is in the bottom left corner.

## Orkney Podcasts

A chance for you to listen to Orkney's own podcasts created by and recorded at VAO! Just go to

**[www.orkneypodcasts.uk](http://www.orkneypodcasts.uk)**

and you can hear our guests talking about their hobbies, work experience and sharing interesting stories from their lives.

PosterMyWall.com

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY DIABETES SUPPORT GROUP**

The next meeting of the Diabetes Support Group will be held at 3pm on Wednesday 13th April in the carpet room at the community halls. There will be a speaker coming across from Orkney to talk about her diabetes journey. Rhiannon works for NHS Orkney and is keen to visit Stronsay, look round the island and meet people who live here. I hope people will support this meeting as I'm sure we will all find it very interesting.

Shirley (616438).

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### **STRONSAY HEALTHY LIVING CENTRE** **supervised sessions**

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

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY BOOKWORM NEWS**



We finally met to discuss “A Christmas Carol” on Tuesday 12<sup>th</sup> January. We reflected on whether humans were capable of change – even Scrooge – before discussing the background characters, and whether we believe in ghosts.

In a rare moment of organisation we decided to plan ahead and the next few books are as follows:

- **March 17<sup>th</sup>** “The Mermaid Bride and other Orkney Folk Tales” told by Tom Muir. Meet at **Mairi’s - Odiness** at 7.30pm
- **April 21<sup>st</sup>** “The Lady in the Van” by Alan Bennett. **Barbara will supply copies of the story (616305).** Meet at **Sarah’s - Sandybank**, usual time.
- **May 19<sup>th</sup>** “The Girl on the Train” Paula Hawkins. Meet at **Barbara’s - School Brae**. Usual time.

We were amused to see that women and modes of transport are overly represented in these titles!

**Everybody is welcome whether they’ve read the books or not.**

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **KIRK NEWS**

With the new sound equipment in the Church it is now possible to record the services. If you are unable to get along to church each Sunday and would like to get a copy of the service week by week please give Elsie a phone on 616331. Services at 11am unless otherwise stated. A crèche is available for children aged 9 and under

- Feb 28th - Viv Erdman
- Mar 6th - Mike Erdman
- Mar 13th - Stephen Manners
- Mar 20th - David Bowen (Palm Sunday)
- Mar 24th - David Bowen (Maundy Thursday)
- Mar 25th - David Bowen (Good Friday)
- Mar 27th - David Bowen (Easter Sunday)

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### **DOG POO BAGS**

Replacement dog poo bags are available free of charge from the local shops and the Post Office, or from the Island Link Office.

Please be a responsible dog owner, clean up after your dog and help keep our beaches, verges, roads and public areas clean.

Thanks,

Colin McAlpine

Island Link Officer

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### **LIMPET EMAIL LIST**

To receive the Limpet emails you must first "sign up" by going to the link on the Limpet webpage <http://stronsaylimpet.co.uk/MailList.html> and you must respond to the email asking for confirmation which you will receive very soon afterwards

There are quite a few folk who have signed up but have failed to respond to the confirmatory email - if that's you then please check your "junk" or "spam" email folder because that is where email software often sends the confirmatory email.

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<p><b><i>GROUPS, CLUBS &amp; ORGANISATIONS</i></b></p> <p><b><u>STRONSAY SWIMMING POOL TIMETABLE</u></b></p>
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**Monday**

Public session 6.30-7.10

Adult lane 7.10-7.50

**Wednesday**

Private hire 7-7.40

Private hire 7.40-8.20 (Prebook through Elsie Dennison please)

**Saturday**

Private hire 2-2.40

Public session 2.40-3.20

**Swim club**

Wednesday Beginners and developers 3.30-4.10

Thursday A and B squad 3.30-4.30

To enquire about Private Hires, phone Elsie on 616238.

To enquire about Swim Club, phone Sarah on 616406 or Andy 616277

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**POOL CHARGES**

**Public Sessions**

Adults (16 and over) £2.40

Children £1.20

**Private Hires**

40 minute session - £15

60 minute session - £20

**Swim Club**

Children will be offered 10 week blocks which can be paid up front (non-refundable)

40 minute sessions - £16 block booking; £2 per session

60 minute sessions - £20 block booking; £2.50 per session

**Men only and Women only Sessions (16 and over)**

Block booking of 10 sessions over a 12 week period (non-refundable)

£24 block booking

£3 per session

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **STRONSAY COMMUNITY ASSOCIATION**

Chairman: Damian Stout, Vice Chairman: Garry Dennison, Secretary: Wilma Holland

### **STRONSAY GAMES CLUB** **VOLUNTEER LEADER/ORGANISER**

Stronsay Games Club is looking for an enthusiastic, volunteer leader to run the long-established Games Club for young people aged between 10 and 18 years who have met every Friday evening between 8 and 10pm during school term times, used a wide range of games and equipment and participated in occasional youth-centred events in Kirkwall. Unfortunately with no one to take the lead, the Games Club has not met for several months.

You will not be alone. A pool of adult volunteers is available to assist and support you. You will need to be a PVG Member, enjoy working with young people, be organised and have a good sense of humour.

If you are interested in taking on this lead role, or require more information, please contact the Association's Secretary.

Go on, be positive and do something to help the youth of our island.

Wilma Holland  
Secretary  
Stronsay Community Association  
Tel: 616 345

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## ***GROUPS, CLUBS & ORGANISATIONS***

### **MOBILE LIBRARY**

Next visit:

**Monday 7<sup>th</sup> March 2016**

Council Houses 9:00 - 10:00

School 10:15 - 12:00

Kirk 12.30 - 3

Fish mart 3.15 - 5:30

Mobile library schedule [http://www.orkneylibrary.org.uk/assets/Isles\\_Mobile\\_2016.pdf](http://www.orkneylibrary.org.uk/assets/Isles_Mobile_2016.pdf)

Kirkwall library contacts - 01856 873166 or [general.enquiries@orkneylibrary.org.uk](mailto:general.enquiries@orkneylibrary.org.uk)

Kirkwall library website - <http://www.orkneylibrary.org.uk>

Kirkwall library online book catalogue - <http://212.219.208.10/TalisPrism>

Library opening times

[www.orkneylibrary.org.uk/html/opening.htm#NewHours](http://www.orkneylibrary.org.uk/html/opening.htm#NewHours)

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## **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 must 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.

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## **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 <http://stronsay-jh.blogspot.co.uk>. We hope you find the site interesting.

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## **USEFUL INFORMATION**

### **POST OFFICE OPENING TIMES**

Mon, Tue, Wed, Thu, Fri . . . .	08:30—12:00
Sat . . . . .	09:00—12:00
Sun . . . . .	Closed
Post collection times . . . . .	07:30, Monday to Saturday
Bank day . . . . .	Tuesday
Replacement bin bags.. . . .	Contact Island Link Officer in the Fishmart
Sunday service at the Kirk ..	11 am (see <a href="http://tinyurl.com/pj7xtg5">http://tinyurl.com/pj7xtg5</a> )
Our Lady's chapel, pier head	Mass 11.30am (weekdays), 10.30am (Sundays & Holidays)
Next Special Collection . . . .	26 Feb 2016
Rubbish collection . . . . .	Tuesday (bags out ready by 9am)

Doctor . . . . .	616321
Nurses . . . . .	616480
Medical emergency . . . .	01856 888000
Registrar . . . . .	616239
Hall bookings . . . . .	616446
Post Office . . . . .	616278
Companions . . . . .	616261
Kirk . . . . .	616311
Stronsay Hotel . . . . .	616213
Olivebank . . . . .	616255
Ebenezer stores . . . . .	616339
Neil's on Wheels . . . . .	616454
Taxi . . . . .	616335
Airy Fairy . . . . .	616231
Castle Bird Reserve . . . .	616363
Craftship Enterprise . . . .	616249
Star Island Soap . . . . .	616281
Driving tuition . . . . .	616268

Balfour hospital . . . . .	01856 888000
SSE/Hydro . . . . .	0800 300 999
All water enquiries . . . .	0845 601 8855
Highland Fuels . . . . .	0800 224 224
Kirkwall Library . . . . .	01856 873166
Kirkwall Police . . . . .	101
Vets:	
Flett & Carmichael . . . .	01856 872859
Northvet . . . . .	01856 873403
Dentists:	
Great Western Rd . . . .	01856 879683
King Street . . . . .	01856 875348
Earls Palace . . . . .	01856 872958
Golgotha monastery. . . .	616210
Email <a href="mailto:contact@the-sons.org">contact@the-sons.org</a>	
FIRE/COASTGUARD . . . .	999

## **JIM HOLLAND HAULAGE—DELIVERIES**

Catalogue deliveries made on Wednesday and Friday only.

Large items will be delivered on Saturday.

## **HOW TO CONTACT THE [LIMPET](#)**

Send an email to [editor@stronsaylimpet.co.uk](mailto:editor@stronsaylimpet.co.uk), phone Bruce Fletcher on 616297 (after 10am & before 8pm, please!) or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page

## **SUBSCRIPTIONS TO [THE LIMPET](#)**

You can send a subscription to a friend or relative for a birthday present?

12 editions for £20.00 including P&P

Please make cheques—UK banks only—payable to “Stronsay Development Trust”.

UK only. Non-UK subscriptions, please ask for a quote. Contact Bruce, details above



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