

What's On this month

- Tuesday, 5th**
→ Taversoe InnQUIZition, The Taversoe, 8pm
- Wednesday, 6th**
→ THAW Orkney, Church Centre, 10am - 12pm & 1pm - 2.30pm
- Saturday, 9th**
→ Rousay 5K ("Peedie Lap"), starting from the top of the Pier Road, 12pm (registration 10am - 11.45am in Rousay Heritage Centre)
→ Rousay Fire Station Open Day [part of the Peedie Lap event]
- Wednesday, 13th**
→ Rousay & Wyre Ladies Lifeboat Guild, Rousay School, 8pm
- Thursday, 14th**
→ Orkney Mobile Library van, Rousay & Egilsay
- Friday, 15th**
→ Rousay Cinema - "Three Billboards Outside Ebbing, Missouri", Rousay School, 8pm
- Thursday, 21st**
→ Workshop with Blide Trust, The Craffhub, 11.30am - 3pm **PRE-BOOK**
- Tuesday, 26th**
→ Water Based Oils Workshop with Ingrid Grieve, The Craffhub, 11.30am - 3pm **PRE-BOOK**
- Wednesday, 27th**
→ Triangle Club A.G.M., The Manse, 11am
→ St. Magnus Festival - "The Red Note Ensemble", The Space, 7.30pm
- Every Monday**
→ Coffee Morning, The Craffhub, 11am - 1pm
- Every Wednesday**
→ Triangle Club, Church Centre, 10am-1pm
→ Yoga, Church Centre, 3.30pm - 5pm
- Every Thursday**
→ Coffee Morning, The Craffhub, 10am - 11am
→ Drop In Sessions - Knitting with Murray Stewart, The Craffhub, 1pm - 3pm
- Every Friday**
→ Rainbows & Brownies, Rousay School, 3.10pm - 4.30pm
- Every Sunday**
→ Fatburn Extreme, Rousay School, 11am

Rousay 5K - "Peedie Lap"

Run or walk from the top of the Pier Road to the Fire Station and back. Under-12s are permitted to cycle if accompanied by an adult.

See
Page 8
for more!



Starts 12 Noon, Saturday 9th June

Free Entry - Donation to RNLI



St Magnus Festival at The Space, Rousay.
Wednesday 27th June at 7.30pm

For the third consecutive year the Space is delighted to be hosting the St Magnus Festival. **The Red Note Ensemble** is one of Scotland's finest chamber ensembles who will play a richly diverse programme ranging from Haydn and Rousel to music by veteran Scottish composer and traditional musician Eddie McGuire. Tickets £5 at the door. Duration 1 hour 50 minutes (including interval with tea and cakes). This year's concert is being recorded for transmission on BBC Radio 3 so come along and get your handclaps on the wireless! All are welcome - free tea and cakes!

<http://www.stmagnusfestival.com/events/27-jun-2018-red-note-ensemble-in-rousay>



Rousay Cinema

If you're already bored with the World Cup, why not come along to the Rousay Cinema at the school?

We will be showing Three Billboards Outside Ebbing, Missouri on Friday 15th June starting at 8pm.

Send in your article for the next edition to the Editor, Kayleigh Tipper:

E: kayleigh@aroundrousay.co.uk

T: 01856 821360

W: Howdis Meadow, Rousay, KW17 2PR

Deadline for the next issue: **Wednesday 27th June 2018 (5pm)**

Late articles are not guaranteed to be included

Funder logo



The Review is published by
Rousay Community Association



The Taversoe
01856 821 325

My Favorite Thing
To Make For Dinner Is
RESERVATIONS

Dinner Reservations

The summer is here and The Taversoe is getting busier every week. Food service may be affected.

As dining room space is limited, I would kindly ask you to make a reservation should you wish to come in for a meal.

Also please be aware that due to demand on the kitchen I may be unable to fulfil short notice take-away food orders.

Many thanks for your understanding,
Carey - 821 325



**Taversoe
InnQUIZition**

Tuesday
June 5th
@ 8pm

Free Entry

Snowball Jackpot

Light Snack Supper



Rousay Tai Chi Chuan Classes

OIC Active are in negotiations regarding the continuation of these classes under their Active Scheme. In the meantime the REW DT has agreed to part fund classes until September 2018.

New Classes Start on 29 May
Every Tuesday at the School.

1st hour at 3:15 for First hour will be
8 Fine Treasures energy exercises
and the Short Square Form.

2nd hour at 4:15
Long Round Form and Pushing Hands

All ages and abilities welcome.

£2.00 for each hour,
come for one or both.

All ages and abilities welcome.

 www.facebook.com/orkneytaichi

Summer Opening Hours
(commencing Monday May 7th)

Monday - 11am to 5pm
Tuesday - Saturday - 11am to 11pm
Sunday - 11am to 10.30pm

Food served until 5pm (Monday),
9pm (Tuesday to Saturday) and 7.30pm (Sunday).

Yoga



Every Wednesday at the Church Centre, 3.30-5-00pm.



The **AGM** of the
ROUSAY & WYRE LADIES LIFEBOAT GUILD

will be held in the SCHOOL HALL
on WEDNESDAY 13th JUNE at 8pm.

Because of illness and other commitments our guild was unable to do much fundraising last year, therefore we could do with a few more people to join our committee. We also need a treasurer, this all on the computer now. If you would be able to help out by being treasurer, or join the committee, please come along to the meeting.

Thank you in advance.

Orkney Heritage Society Eynhallow Trip 2018

Subject to weather conditions, this year's **Eynhallow Trip** will take place on **Wednesday 11th July**, leaving Tingwall Pier at **7.30pm** and **returning from Eynhallow at 10.15pm**. **Check in at 7pm**. Ticket holders from Rousay can board the boat before it leaves for Tingwall. There is a standby date of Thursday 12th July in case of bad weather.

Cost is £25 per adult and £15 for under 12s. Children under 16 must be accompanied by an adult. No concessions as this is a Society Charter.

Tickets go on sale from the 1st June online only from the Orkney Heritage Society website - www.orkneycommunities.co.uk/ohs

There are no refunds unless the trip is cancelled by the Society.

As usual we will be accompanied by expert guides who will describe the archaeology and natural history of the island. There are no roads on this uninhabited island, therefore suitable footwear is essential.

NO DOGS are permitted as this is a Bird Sanctuary.

If in doubt about the weather, telephone Tingwall Office 751 360 within office hours to confirm sailing.



Photo: Kim Burns MV Eynhallow arriving to take passengers home.

EGILSAY SUMMER DANCE

SATURDAY 7th JULY

DETAILS TO FOLLOW.

Orkney Mobile Library

Next visit to
Rousay & Egilsay in:

Thursday 14th June



Soames Excavations

Worker required for busy summer months.

Duties will include grounds maintenance and agricultural fencing works.

Full clean driving licence would be desirable but not essential.

Working hours can be flexible around other commitments but would expect a minimum of 16 per week with potential for more.

Wage is dependant upon experience.

Please note this job involves heavy manual labour.

For an informal chat, contact Rolf on 0781 8620 228

E-mail soamesexcavations@gmail.com



Rousay Primary School would like to thank the Rousay, Egilsay and Wyre Development Trust for their generous support, which allowed our Primary 4-7 pupils attend the Hoy Outdoor Education Residential Trip and our Primary 7 pupils to attend the Lagganlia Residential Trip.

Pupils learned many outdoor skills, experienced the value of teamwork, and challenged themselves; all important values which will follow them throughout their lives.



For Sale

Sofas and reclining chair for sale

Please contact Trish 821487

Also large old carved unit



For Sale

Solid vintage carved unit

£65.00

Contact Trish 821487



For Sale

Fully working Dyson with spare

£35.00

Contact Trish 821487

For Sale

Old vintage wardrobe

Ideal for upcycling

£45.00

Contact Trish 821487



For Sale

Tractor and trailer planter

£75.00

Article sent by
Trish Prater

Free for collection

Small chicken hut with attached mesh pen. Suitable for two chickens.

Telephone
Ian 821215



First Peedie Lap 5K Race

Almost time for Rousay's first 5K race. The date is set for Saturday 9 June 2018, registration from 10 a.m. at the Heritage Centre. The race is for all ages and abilities to run or walk from the top of the Pier Road to the Fire Station and back. Primary age children can cycle with their parents/guardians, but this is not a cycle race, but more of a 'fun' running or walking event. Everyone who enters will receive a certificate and medal. We look forward to seeing you at the start line.

The RNLI will be providing soup and sandwiches and there will be collection boxes at the start/finish line and in the Heritage Centre if you wish to make a donation.

If you want to help on the day we will be looking for a couple of water stop marshals and people at registration and on the finish line, please let us know ASAP if you can help.

Stone Chippings Scheme

By now all applicants should have received a letter saying if they have been awarded chippings and how many. If you have not received yours, please contact the office. Once again Bryan Kemp Haulage, will be supplying the chippings and Davey Farquhar will be spreading, if requested by the applicants.

Successful applicants will be contacted either by the Development Trust or by Brian Kemp Haulage directly with their delivery date for the Stone Chippings. Please do not contact either Bryan Kemp or the REW DT unless it is to provide additional delivery information after you have been informed of your delivery date. The laying of the chippings will not necessarily be in the same week as delivery. We will keep you all individually informed.

Recent Changes at the Pier Bar and Restaurant

We are currently working with the owners of the Pier Bar and Restaurant and interested community businesses and groups to provide a community space and facility which can be used for our Charitable Purposes. REWDT will only be funding future community events and activities, which will be advertised in the usual manner, including The Review.

Play Park & Allotment Areas

We are sorry to have to report that for the second month in a row we have had damage at the Brinian Play Park. It has been reported to the DT offices that the damage to the bench seat in the pavilion area has been broken due to secondary school age children jumping on the seat. The seat has now been repaired. The Play Park is designed for primary and younger age children to play in. Adults and older children are very welcome but must respect the equipment and sitting areas. The play park is for all residents and visitors, please lets all keep it safe and available for all to enjoy.

Free Swim Sessions Finished on 31 March 2018

The Free Swim tickets are no longer available, as the Pickaquoy Centre is not able to offer the REW DT this service from 01 April 2018. Please do not use your cards at the Pickaquoy Pool.

If you wish to swim regularly but are not going to take full advantage of the Active Life membership offer currently available via the Well Being Grant funding at 80%, then you can apply for an individual Well Being grant for up to the same percentage off your swim ticket costs. We would appreciate one application for 10 (or more) swims and will require proof of attendance in the form of receipts. Please contact the office if you need further information.

Residents Survey 2017/18

The directors at their board meeting on 16 May have made some proposals for projects linked to the survey results. These are in the very early stages of creation and once we have details we will post the information here.

Your Personal Data, REW DT and the new GDPR Act (General Data Protection Regulations)

You may be aware of the GDPR Act which came into effect on 25 May 2018. The REW DT has removed all personal data from our files connected to individuals where we no longer need to hold the information. The REW DT and its trading subsidiaries still have basic details of most residents' and all members' names, addresses and email/phone contact information, so that we can involve you in our charitable activities. We use this to write and very occasionally to email you about our organisations activities, project partners, and when engaging in consultations, including inviting you to our AGM each year.

This is a quick note to tell you how the REW DT (and its subsidiaries) keeps your personal details secure and private, and to explain your right to control the information you have previously shared with us.

- Your personal information is always held securely. The REW DT never has, and never will, rent or sell your information to third parties.
- You can ask us to remove you from our data base and therefore cease to receive information from us at any time, by contacting the office.
- You have the right to request the REW DT change or remove part of your personal information, e.g. email and/or phone number but still hold your address for correspondence.

If you have any questions or would like to know more about how your data is protected the office staff are here to help you.

Land at Trumland Estate

REWDT have met with their Scottish Land Fund Case Officer and the Consultants who are conducting surveys and preparatory work for us to put together a Stage 2 application and work is progressing to meet the very tight timescales available to us.

Year of Young People Training

Are you aged between 18 and 26 and would like to represent younger people on our REW DT board? Or if you know of someone who would be an excellent fit, but they don't quite have the confidence to give it a go, why not encourage them to take part in 'Get on Board'.

HIE have part funded Social Enterprise Academy to deliver two training opportunities for young people. 'Get on Board' is a six-day training programme designed to give young people the leadership skills and confidence to make a difference in their community.

Location: Sabhal Mor Ostaig, Skye – HIE Travel Bursary available. Cost: FREE

Benefits: Accredited qualification (SCQF level 9), gain the confidence to become involved in Social Enterprise boards. Contact the REW DT office if you are interested.

Getting Online for the Over Fifties

This helpful free service has been set up to encourage and help our 'slightly older folk' to get online. The focus of the club is to offer a friendly service where Clare Daintith will help you with any issues, big or small on iPads, Hudls, Kindles, Smartphones, any other tablets and general laptop usage.

If anyone would like some IT Support in their own home, so you can keep in touch with family and friends or to set up internet banking and any other online issues please give Clare a call on 01856 821287.

Clare will be setting up a monthly drop-in computer club at the Manse with refreshments and baked goods and the internet. If anyone is interested in attending, please let Clare know. Dates are still to be confirmed and will be advertised in the Review.

Rousay, Egilsay & Wyre Development Trust

Community Update: May 2018

Shredded Paper - Great for Composting

The REWDT office has, from time to time, bags of shredded paper, which can be used for composting. If anyone would like a bag, please let the office know and we can arrange for you to collect when available.

Here's some of our current funds. For more information, please contact us.



Education Bursaries

Nationally-recognised qualifications only. Up to 80% of costs, up to a maximum of £500 (adults) & £100 (children) per financial year.



Driving Lessons

Via a recognised driving school.

Up to 80% of costs, up to a maximum of £500 per financial year.

Well Being Grants

This grant scheme covers sporting, craft, art and other non-certified learning and general well being courses/workshops/events, including Active Islands or Active Life membership, and is for individuals and groups.

Up to 80% of costs, up to a maximum of £500 (adults) & £100 (children) per financial year.



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

Contact Age Scotland Orkney direct:

Telephone: 01856 872438 (Gillian)

E-mail: gillian@ageconcernorkney.org.uk

Car Club



Our electric car is available to book from as little as one hour (£2.50) or for as long as you need (for example, £18.00 for 24 hours). Application Form, FAQs, & T&Cs on our website or contact us.

Stone Chippings Scheme



2018 Scheme now closed to applicants

2018/19 Grant Applications and Education Bursaries

For a grant application form, please go to our website or contact the Office.

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

Opening Hours

Our 'Drop-In' times are Monday/Tuesday/Wednesday 10am-3pm. Outside of these hours, the inner door to the Manse may be locked. Thursday & Friday is by appointment only; this is to allow staff dedicated time to complete their work, without distraction.

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.

The next two Board Meetings are planned for

Wednesday 20th June 2018

& Wednesday 8th August 2018.



Free Wi-Fi access (plus access to a laptop and printer):
10am to 12 noon (Monday, Tuesday, Wednesday).
Contact us to arrange an appointment outwith these times.

Contact Us

Telephone: 01856 821 229

E-mail: info@rewdt.org

Website: www.rewdt.org



Facebook: www.facebook.com/rewdt

Directors:

John Garson (Chair), Gill Wigley (Vice-Chair), Kayleigh Tipper (Treasurer), Hilary Byland, Christina Cox, Carole Maguire, Bryan Milner, Eric Shortland, & Alan Odling. Mark Hull is a co-opted director.

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

FIRST ANNUAL ROUSAY 5K PEEDIE LAP

9th JUNE 2018

ALL AGES & ABILITIES WELCOME!



Run or walk from the top of the Pier Road
to the Fire Station and back
Under 12s permitted to cycle accompanied by an adult

PLUS...ROUSAY FIRE STATION OPEN DAY!



Enjoy some water, have a look around
the Rousay Fire Station and see the fire engine!



FREE ENTRY - DONATION TO RNLI
STARTS 12 NOON
REGISTRATION 10:00– 11:45

To book a ferry in advance, phone 01856 751360

Tingwall to Rousay- 8:40 & 10:40
Rousay to Tingwall- last boat at 17:30

Further information and entry forms online
www.rewdt.org or phone 01856 821 229



Heat Smart Orkney Ltd



DIVERTING UNUSED RENEWABLE ENERGY INTO AFFORDABLE HEATING



For more information or to join the project contact us:

Phone: **01856 821277**

Email: **info@heatsmartorkney.co.uk**

Alternatively, learn about our progress on **Facebook** by searching **Heat Smart Orkney** and on the web at **www.rewdt.org/HSO**



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

**Advice, assistance and support is available from
THAW Orkney on 6th June 2018**

**10.00am – 12.00noon
& 1.00pm – 2.30pm
at The Manse**

**Could you pay less for your electricity?
Could you be warmer in your home?**

**THAW has helped many Orkney residents reduce their fuel bills by several
hundred pounds a year and be warmer in their homes
– perhaps we could help you?**

Come along to **The Manse** and one of our team will be able to answer any questions you may have and see what assistance is available. **You don't need an appointment**, but if you'd like a specific time to meet with an adviser, or a home visit, then please telephone us on **01856 878388** and we'll make the arrangement.

THAW is a local charity whose services are
independent, confidential and free.

If you'd prefer and would like assistance either in our Kirkwall office or in your own home, then please contact THAW Orkney on:
telephone: 01856 878388
or email: info@thaworkney.co.uk





Allotment Association



Membership

Annual membership is now due for the Allotment Association. If you have a plot, including the use of the sheds, and have yet to pay, please contact the office ASAP. If you wish to hire gardening equipment you will need to be a member, which costs only £5.00 per year.

Equipment for hire

The equipment we have for hire:-

Rotovator (we have both a large and small rotovator available): £10 per day plus fuel

Strimmer: £10 per day or £2.50 per hour (if preferred) plus fuel

Shredder: £10 per day

Hedge Trimmer: £10 per day or £2.50 per hour (if preferred)

Lawn Mower: £10 per day

Trailer (needed for the safe transport of the large rotovator and the lawn mower): £10 per day

Contact for plots or equipment hire

Plots are available now and the equipment is still available for hire. For information about the allotment plots, poly-tunnel plots or equipment hire, please contact Ian on 07879 496 686.

Items for sale

We still have some Tricoflex and blue plumbing pipe, plumbing connectors and plant pots for sale, please ask Ian if you are interested in any of these items.

Rousay Community Association Community Rooms 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 Sally:

Telephone: 821 383

Mobile: 07522 647 794

Rousay Community Association Thank You!

A big thank you to Rousay, Egilsay & Wyre Development Trust for their recent funding support, which has enabled us to put on some great events, including the Eynhallow 30th Birthday Celebrations, and the 2018 Winter Dance.

Thank you!



THE CRAFTHUB

Community Interest Company

By the time you read this we will have been in our new premises for a whole month!

Firstly, a huge THANK YOU to Freda and family for 5 years at The Pier Workshop, we have had a very happy time there and The Pier Workshop gave us the opportunity to establish a successful community venture which has been enjoyed in a variety of ways by both residents and visitors to our islands.

We wish the family all the best for future endeavours.

Our thanks also go to REWDT for their support and assistance during this transitional period

Welcome to Kate Friel and Itha Flaws who are joining us as volunteers in The Crafthub, we look forward to working with you during the busy summer months.

Thanks to everyone who has come down to see us, over what has turned out to be a terrific first month.

You stopped for a chat, browsed, had a coffee and provided invaluable feedback
It was great to see you all!!

If anyone would like to join us as voluntary Directors or Helpers just pop in for a chat. If you can spare a few hours, whether on a regular basis or just now and then, we'd be delighted to hear from you. There may also be part-time work available during the summer months to help us to provide a welcoming environment and promoting all other amenities and facilities on the island. Enquire by email for details - crafthub@btconnect.com

We are always interested in hearing community ideas and suggestions from groups and individuals so please come and talk to us and we'll see what we can do to make things happen.

OPEN DAILY

11am to 5.30pm

Every Monday – Coffee Mornings

11am to 1pm

Every Thursday – Coffee Morning

10am – 11am

Coffee and cake £3



WORKSHOPS

Everyone welcome

WATER BASED OILS – Ingrid Grieve

Day: 26th June - Time: 11.30am to 3pm

Beginners and intermediates welcome

Cost £40 (£8 for residents 80% funded by REWDT) Materials and light refreshments included.

Lunch can be provided £5 extra

FREE workshop including lunch – Blide Trust

Thursday 21st June - 11.30am – 3pm

Nuno Felting Scarf – with Kathy Potts

Aromatherapy sessions – one to one with Carol Shearer (Please contact us to book).

SUMMER HOLIDAY - CHILDRENS ART CLUB

Dates next month– check website!!!

DROP IN SESSIONS – KNITTING

Every Thursday 1pm -3pm - **Beginners welcome, Murray Stewart will be on hand for advice and assistance - £2 a session**

We look forward to announcing a program of workshops and events for the coming year. Please contact crafthub@btconnect.com or phone 821455 during our regular opening hours with any queries.

Booking essential for all workshops

We'd also love to hear your ideas for future workshops

please check our website for updated opening times, upcoming workshops and events

please visit - www.crafthuborkney.co.uk

go to our Facebook page



Orkney Citizens Advice Bureau

Next Rousay outreach visit: Wednesday 22nd August 2018, 11:30am to 2:30pm, in the Church Centre.

We are there to advise on any issue. To make an appointment or arrange a home visit, please contact 01856 875266 no later than Thursday 16th August.

Triangle Club A.G.M.

The AGM is for 27th June 2018 – 11am
Triangle Club, The Manse
And we need a new Chairman and Secretary.
Please invite who ever is interested to
contact me in writing at Brinian House.

Article sent by Julie Morgan

Stephen Clackson's Letter from School Place

May 2018

Telling you what your councillor is doing for you at OIC and beyond

As reported on pages 1, 2 & 3 in *The Orcadian* of the 3rd May, I am delighted and relieved to say that at the Mayday General Meeting my "notice of motion" succeeded in reversing the cut of £65,000 affecting additional support for learning. Although there were a couple of councillors who opposed the suspension of Standing Order 130 "Revoking Previous Decisions", it was not sufficient to prevent the "notice of motion" from being heard, and, in the event, it was carried *nem. con.* I am not convinced, though, that the outcome would have been quite so definite had it not been for the overwhelming public support. And my "notice of motion" would not even have been able to be lodged without the six countersignatures of my fellow councillors Sandy Cowie, David Dawson, Steven Heddle, John Richards, Gwenda Shearer and Magnus Thomson.



Public demonstration supporting my "notice of motion" outside School Place on the morning of the Mayday General Meeting

After the meeting, I was interviewed for *STV News*, but not having a telly, I don't know whether it was broadcast or not.

As pictured on page 3 of *The Orcadian* of the 26th April, I was one of the board directors present at Orkney Ferries to receive the petition calling for a fairer fares policy. I have long been aware of the social injustice inherent in the present system of books of discounted vouchers, and now that I am in a better position to do something about it, I am keen to get it improved.

I enjoyed an evening at the Picky listening to the youngsters performing in the Intermediate Instrumental Music Course concert. This demonstration of hard work, talent and ability is supported by the Council's policy of not charging for musical instrument tuition or for the loan of musical instruments to pupils, and I will continue to oppose any attempt to change this.

I flew to Inverness to attend a meeting of the UHI Foundation, for which I am OIC's representative. The University has reached a critical junction in its path of progression, with some of the larger academic partners (such as Inverness College and Moray College) discussing integration. This is leaving the smaller academic partners, such as Orkney College, in an uncertain position, which makes it all the more important that we have good representation on the UHI-wide bodies.

I went to Stronsay for the AGM of its parent council. I admire the support the Stronsay community gives to its school, and how the school is able to offer such a broad range of subjects and accommodate the exam wishes of its secondary pupils.

Unable to physically get to the meeting of the Highlands & Islands Science Skills Academy Leadership Board, I "attended" by *Skype* from School Place—not a very satisfactory substitute for the real thing, but at least Orkney's voice was heard.

Other meetings I've been involved in at School Place this month include: a meeting about the single authority model; a joint seminar between OIC and Orkney Housing Association Ltd; the Norwegian Constitution Day lunchtime reception; a seminar by Architecture & Design Scotland on design of buildings in the countryside; a seminar on the Regional Improvement Plan of the Northern Alliance (an educational partnership between the eight local authorities in the North of Scotland), and I just made it to the tail-end of the Youth Café open day before having to jump onto the ferry back to Sanday.

I shall be going to community council meetings in Westray on the 11th June and in Shapinsay on the 20th. The 20th June is also the day of this year's community council conference (which I shall be at), and I would encourage each of the North Isles community councils to send a representative along. It is a great opportunity to meet up with your counterparts from other communities and compare notes.

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



ROUSAY HEALTHY LIVING CENTRE

(01856 821 443)



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

"Rousay Healthy Living Centre"

"Rousay Fatburn Extreme"

"RHLC Buddy System"

"Rousay Boxercise"

FATBURN EXTREME

Rousay Community School Hall
 Sunday 11am

FREE - ActiveLife & ActiveIslands
 50p - ActiveBudget Members
 £4.25 - Standard Session Fee

Opening Hours

Supervised Session Hours

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 closes at 20:15 if empty

Buddy System Hours

Monday	09:00 - 17:00 *
Tuesday	09:00 - 17:00 *
Wednesday	09:00 - 17:00 *
Thursday	09:00 - 17:00 *
Friday	09:00 - 17:00 *
Saturday	x x x
Sunday	10:45 - 11:45 **

* During School Term Times

** During Rousay Fatburn Extreme



YOGA

Limited Spaces Available
 Please call the OIC on 873535
 ext 2408 to book your place