

# Weel Bressa, Whit News?

**We need you!** Are you interested in community activities? Do you have ideas for a thriving and resilient Bressay? We are looking for new committee members. We meet monthly, and welcome members even if they can only commit their time to the meetings, as it's important to hear as many island voices as possible to direct our projects. Please do contact us if you're interested.

Look up [www.bressay.org](http://www.bressay.org), email [info@bressay.org](mailto:info@bressay.org), or call 01595 820 706.

Our Development Officers, Heather and Aimee, are always happy to hear you comments, questions and suggestions about any of the projects in this issue, or any other ideas.

## Own a Bressay Stone!



Bressay History Group has been in the news recently with their commissioning of souvenir replicas of the Bressay Stone. The original Pictish stone with its distinctive carvings was discovered in the 1852 near St Mary's Church and is probably from the 9<sup>th</sup> or 10<sup>th</sup> century. It is considered very important because of the combination of Norse, Gaelic and Pictish words and names - so important that the real stone is on display in the National Museum of Scotland, Edinburgh. The text on it reads "the cross of Necrudad, daughter of An (in memory of her husband) Benises son of Droan". The mix of Norse names (Benises) and Gaelic (Droan) suggests that families of mixed Pictish/Norse decent were living in Shetland at that time. We think it may once have even been coloured, but after 900 years standing in the Shetland weather there is of course no trace.

Scottish artist Alice Martin was commissioned by the History Group to create the 15cm high 3D souvenir replica. They are made in resin and individually hand finished. You can buy one from the Bressay Heritage Centre or email [bressayheritage@btinternet.com](mailto:bressayheritage@btinternet.com).

A fine autumn or winter day is a great time to get out and see the life size replica in St. Mary's Kirk at Culliesbrough. St. Mary's itself is the earliest known cruciform (cross-shaped) kirk in Shetland and sits within an interesting graveyard, perched on the ruins of an Iron Age Broch. There is evidence that the township has been inhabited since Neolithic times, finally abandoned in 1897. For more information and a printable walk leaflet visit [www.bressay.org/visit](http://www.bressay.org/visit).

(Left to right) One of the replicas and Bressay History Group's model of the stone is now on display at Speldiburn. It is thought that stones like this were painted - the model suggests a possible colour scheme.

## Shetland Wool Week

What a great week! Thank you to everyone who lent us their knitted pieces for our display. It was lovely finding out the stories behind each garment, from heirloom haps to bairns' clothes, and even recently created gifts for family members. Thank you also to those who came along to mak and yak, and those who contributed to our knitted blanket project, organised by Amanda McCartney of Peerie Makkers.



Left: A sample of woolly crafts available at Speldiburn, which were popular at Wool Week. if you'd like to sell what you make at Speldiburn, do get in touch!



Our Wool Week display of heirloom and vintage knitting and textiles, made by or for Bressay residents

## What's On

### BRESSAY HALL.

Cards - 500s. Wednesday evenings, 7.15pm.

Badminton Monday evenings from 7pm. Equipment is provided, or feel free to bring your own. No need to book.

Chinese takeaway evening. Friday 10<sup>th</sup> November

Takeaway only this time, but feel free to sit and eat in the hall. Ordering from 4-8pm, bar open until late (cash only).

National Islands Plan Review. Wednesday 1<sup>st</sup> November 6.15 - 8.15pm. Share your views with the Scottish Government.

Over 60s Christmas Meal. 3<sup>rd</sup> December. Look out for more details nearer the time.

Bairns Christmas Party. Sunday 17<sup>th</sup> December 4 - 6pm.

### SPELDIBURN

Cafe and Good as New Shop Winter Opening Hours. From 1<sup>st</sup> November. Friday 11am- 3pm, Saturday from 9.30 - 11am for breakfast, then lunches 11.45am to 3pm. The GAN open during cafe hours or by appointment.

Social Afternoons. Wednesdays, 2-4pm, Big Room. Activities and chat, free tea and tab nabs.

NHS Clinic (by appointment through Lerwick Health Centre only). Every second Wednesday morning.

Winter Vaccine Clinics. 31<sup>st</sup> October and 14<sup>th</sup> November. 9:45am to 15:45pm.

Book at 01595 743319 or [shet.vaccination-team@nhs.scot](mailto:shet.vaccination-team@nhs.scot). The cafe will also be open on these days.

Living Well Hub. Wednesdays, 2-4pm, NHS room. Drop in, all welcome.

- Lesley from Sports & Leisure will visit the Hub with pre-loved sportswear for all ages. Anybody can come along and take what they need or make donations if they wish. More info here: [www.sportscotland.org.uk/kit-for-all/](http://www.sportscotland.org.uk/kit-for-all/)

\*Please note, the Living Well Hub will be closed on 8<sup>th</sup> November.

#### Upcoming Events at Speldiburn.

- Open Art Exhibition. From November. Come and see a range of beautiful art, with many pieces for sale.
- Stress Relief Guided Meditation with Katrina Christie. Sunday 29<sup>th</sup> October, 2pm - 3.30pm. £5. To book, contact Katrina on 07747735521 or [shetlandspirit@gmail.com](mailto:shetlandspirit@gmail.com)
- Book Reading and Q&A with author Stephany Wilkes. 5<sup>th</sup> November, 1 - 2.30pm. Stephany is visiting from California and will read excerpts from her book 'Raw Material, Working Wool in the West', all about her search for local wool. Free. Includes refreshments. Please contact us to book.
- Reuse & Recreate Season. The start of series of events celebrating up-cycling and creativity - more details opposite.
- Christmas Market. Sunday 26<sup>th</sup> November, 2-4pm. Cafe and Good As New Shop also open. £5 per table.
- Christmas Cookie Decorating. Sunday 10<sup>th</sup> December. 1 - 2.30pm. Free.

BRESSAY UNDER 5s. Friday mornings from 10.30 to 12.30am. £2 per family, all welcome.

PARKRUN Every Saturday. Meet outside the Heritage Centre. Turn up around 9.15am for a 9.30am start.

MOBILE LIBRARY VAN. 31<sup>st</sup> Oct, 12<sup>th</sup> Dec. At the Hall Car Park, from 10.50am to approximately 11.20am

*Keep a look out on notice boards, social media, our website and online calendar for updates.*

## A taste of Bressay, in Lerwick!

*Our island is home to many businesses which are part of Shetland's renowned food reputation. We recently spoke to two of these - restaurants run by Bressay folk that have been receiving recognition for their work.*

### Da Steak Hoose, 5 Mounthooly Street.



The Steakhouse Team

Bob and Mandy from Voeside have been running this popular restaurant since Dec 2021. In February this year, they won the prestigious Lux Life Magazine Steakhouse of the Year Award. As well as specialising in steak, they use a range of other island produce, including local seafood, and they

have vegetarian choices too! Mandy also grows herbs and flowers to decorate dishes, and has plans for a polycrub to grow even more, ensuring fresh, locally grown ingredients. [facebook.com/lerwicksteakhouse](https://facebook.com/lerwicksteakhouse)

### No88 Kitchen & Bar, Commercial Street.

John and Ross have made No 88 a popular and respected eatery on 'Da Street'. They say, "When we first started No.88 our main aim was to highlight fantastic Shetland produce. We pride ourselves in using as much local produce as possible, including Bressay produce - vegetables, salad, edible flowers, lobster, crab, eggs, lamb, beef and pork. We are finalists in the 2023 Highlands and Island Tourism Awards and also the H&I Food and Drinks Awards and feel it's important to represent our suppliers and the Shetland folk who support us all year round. We can't wait to put on our fancy frocks and keep Shetland the flag flying, John and Ross wont be wearing frocks but they do scrub up well". [www.no88shetland.com](http://www.no88shetland.com)



The No.88 Team



## Make do and mend season - reuse, recreate, reconnect!

*This winter, Speldiburn is celebrating recycling and repairing with a series of special workshops and events. Our aim is to encourage and promote more sustainable practices and make changes to our lifestyles that help us consume and waste less, and protect the environment. Reuse is traditionally a big part of island life, and we want to help Bressay stay connected to these traditions. Practicing new skills and crafts is also lots of fun - you may find a new favourite hobby*

### Good As New Shop Sale - Half Price on Everything!

The GAN is always a great place to find useful hidden treasures that you can up-cycle or adapt. Not sure if you have the skills? No problem! Browse our book section - there's a wealth of knowledge about all kinds of handicraft and mending skills. It's a great recycling resource and we're also looking for donations of fabric and craft materials for this winter's workshops

**Upcycling Workshop with Wendy Hand.**  
Saturday 11<sup>th</sup> November, 1.30 - 4.30pm. FREE.

Choose an item from the Good As New Shop or bring your own to transform into something new! You could even make a thoughtful Christmas gift or decoration. Wendy will guide you with a project of your choice. All welcome - you don't have to have any sewing experience. Contact us to book.

### Christmas Workshops

**Recycled Felt Christmas Wreaths with Mandy Moore FREE. Saturday 18th November. 2 - 5pm**

Do you have knitting that you can't bear to part with but is no longer useable? Perhaps a sweater that got accidentally put in the washing machine or has been worn until it's falling apart? Why not make a festive Christmas wreath! In this class you use felted woollen knitwear and basic sewing skills to create a beautiful wreath out of knitting mishaps! Patterns, thread and sewing needles will be provided as will felted wool pieces, however you may wish to bring along some of your own work to incorporate.

**Bairns Peerie Christmas Trees with Mandy Moore. FREE. Also Saturday 18th November. 2 - 5pm**

A festive activity for the bairns! Suitable for ages 8+

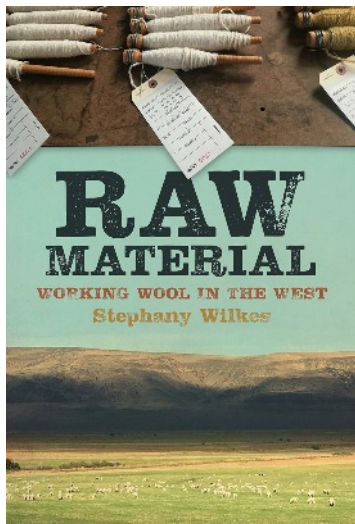
With both classes all materials are provided, but you're welcome to bring along anything you might have to incorporate too.

*Whilst the cafe is open this winter, everyone is always welcome to come and knit, craft, or bring some clothes to mend - we love seeing what craft projects people are up to!*



We recently welcomed Helen Robertson to Speldiburn with a demonstration of her 'Fizzy Fair Isle' technique. The participants really enjoyed their day - the Big Room is a lovely cosy place to craft and socialise!

### Sheep Shearer and Author to Visit Bressay



Join us for a social afternoon with Author Stephany Wilkes who is visiting from California. Stephany will read excerpts from her book *Raw Material: Working Wool in the West* with a Q&A and discussion after. Hear about what started as a search for local wool became a dirty, unlikely and irresistible side job. This event is free, and coffee, tea and homebakes will be served. Book by contacting the office. Sunday 5<sup>th</sup> November 1pm - 2.30pm.

★ **CHRISTMAS MARKET!** ★

★ Our popular Christmas Market takes place on Sunday 26<sup>th</sup> November from 2-4 pm. ★

★ It's always a sociable afternoon, with lots of presents and cards to buy, and of course the cafe will be open too. All artists and crafters welcome. A table costs just £5 - call or email to book. ★

### Speldiburn Cafe Winter Hours

From 1<sup>st</sup> November



**FRIDAY:** 11am - 3pm

**SATURDAY:** BREAKFAST ROLLS 9.30 - 11AM  
LUNCHES 12.00 - 3PM

**Good As New Shop:** Open during cafe hours  
**Please note, we'll be open for the Winter Vaccine Days, Tuesdays 31<sup>st</sup> Oct and 14<sup>th</sup> Nov.**

*Light lunches, delicious homemade soup and fantastic homebakes!*



## A blooming great garden show!

The annual Bressay Garden & Produce Show took place on Sunday the 3rd September. A brilliant display of flowers, vegetables, photos, junior art, home baking and jams were on show, and the organisers were delighted to see such wonderful entries across the categories, as well as the great turn out of folk during the afternoon. Bressay's crofters & gardeners produced a large and fantastically varied display.

As well as the exhibits, tea and delicious homebakes were enjoyed by all, a raffle was held, and a small table sale of plants in aid of the IRC Ukraine Appeal raised £22.13. Bressay Community Council also chatted with visitors about a new community garden project near the Bressay playpark. Although the day was windy and cool, a crowd gathered outside for the fun of the Tattie in a Bucket Competition, and the winners unearthed amazing crops, Calvin Bremner growing a bumper crop of 27 tatties and Charles Christie-Henry producing the heaviest crop at 1.73kg.

Thank you to all the exhibitors who took time and such care in entering. Your entries together made a bumper show which was full of colour and skill. Thank you also to all of the bairns who entered - entries in all categories looked lovely and it was great to see such creativity, well done!



*From the top, left to right: Magnus and Freya with their fantastic photographs. A stunning display of flowers being enjoyed by visitors. Astrid Paton, Magnus Tulloch, Freya Paton and Ella Tulloch waiting for the raffle results. Winner of the Junior Shield Mariette Lowe, with her very skilled miniature 'forest' theme garden, in celebration of the Bressay Community Woodland. A packed hall and lots of raffle tickets being sold - thank you to all the many people who helped out on the day and made the show happen! Charles Christie-Henry with his trophy winning rose. Congratulations to Jonathan Wills for winning Best in Show and for a wonderful basket of vegetables.*

## Grow-your own!

We also recently held an Open Garden Day in Bressay. Thank you to Rozanne Perdu at Papilion and Beatrice Lowe at Da Knowes for showing visitors your fantastic plots where a variety of produce is expertly grown. Rozanne also raised £45 with a Plant Sale for Ukraine.

The Open Gardens were part of Bressay Development's series of grow-your-own events supported by Highlands and Island Climate Action Hub. Look out for more Bressay Growing Group activities coming soon!



## Tall Ships Parkrun

Alongside the beautiful Tall Ships that graced Bressay Sound, 72 runners and walkers participated in the Bressay Parkrun on 29th July. What a fantastic morning! The Speldiburn Cafe ran at full speed serving 46 portions of bacon, 42 eggs, 20 portions of sausage and 36 pieces of cake, along with countless cups of coffee, tea and hot chocolate. All of this served in just over an hour to locals and visitors from 36 locations.

This was our busiest Parkrun breakfast so far and our volunteers outdid themselves. Our volunteers included Elizabeth Edwards, Katie Kent, Julie Johnson, Maureen Burke, Lesley Roberts, Noel Kelly and Kathy Kelly. Our Parkrun mornings are a lovely way to get involved in a friendly social atmosphere and we're always looking for new volunteers. Volunteer as often as it takes your fancy - you won't regret it, there's a breakfast roll for you afterwards! Contact Speldiburn or Kathy on 07753191474 or [kathyl17@hotmail.com](mailto:kathyl17@hotmail.com).