

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, email info@bressay.org, or call 01595 820 706.

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

The NHS Room opens!

The first NHS Primary Care clinic was held at Speldiburn on 21st June 2023. The clinic will initially run fortnightly on Wednesday mornings and will be reviewed in 3 months time. It is currently for pre-booked appointments only through the Lerwick Health Centre. The service provides long term condition monitoring, blood tests, ECGs, blood pressure monitoring etc. The staff have already been making contact directly with Bressay residents who are due monitoring appointments (usually carried out at Lerwick Health Centre) and offering them at the Speldiburn clinic. Maggie Henry is the Healthcare Support Worker who will provide the clinic.



Maggie Henry checking IT in the NHS clinic

Tall Ships arrangements

We're looking forward to Tall Ships, 26-29th July. Speldiburn Cafe will be open as usual throughout the four days, and the Heritage Centre will have a special boat display.

There are road closures in Lerwick around the Bressay terminal on these days. The ferry can be accessed from the north end (Commercial Road) only. There will also be disruption to the ferry on Wednesday 26th July during the crew parade. The ferry from Bressay to Lerwick will run at 3pm, returning at 5.15pm, with nothing in between. Any emergencies will be covered as normal.

Shetland Living Well Hub are using the waiting area on Wednesday afternoons between 2pm and 4pm, at the same time as our Social Afternoon. Rita and Theresa would like you to pop in and have a helpful conversation over a cuppa about what is meaningful for you - perhaps positive changes you can make in your life. They can help you to figure out how best to make that happen, and where support can come from if needed. They can assist with services for you and your family such as living independently, local groups and activities, support for unpaid carers and being healthy. The wellbeing team hope to develop their service over time and would love any suggestions from you. The 'wellbeing area' of the NHS clinic will be available whenever Speldiburn is open and has lots of useful leaflets and information.



The Wellbeing Hub area

SIC have made a bookings-only 01.00 ferry available on the Wednesday and Thursday nights for those attending late events. Please get in touch with them for more information.

Bressay is likely to be busy, particularly on the final Saturday afternoon as the ships muster to the south of The Bard for the 'Parade of Sail' before the ships set off for Norway. Folk from outside Bressay are being discouraged to bring cars over, and the south road to the lighthouse will be resident access only between 9am and 6pm that day.

Just a reminder also that if you do head down, there are no toilet facilities at the lighthouse.

What's On

BRESSAY HALL.

Cards - 500s. Wednesday evenings, 7.15pm.

Please note, Badminton and Bowls are currently on a break for summer.

Bressay Garden Show: Sunday 3rd Sept. Bring exhibits between 11.30 and 1pm. Doors open at 3pm, Adults £1, Bairsns 50p

SPELDIBURN

NHS Clinic (by appointment through NHS only): Every second Wednesday morning

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

Social Afternoons, Wednesdays, 2-4pm, Big Room, Speldiburn. Activities and chat, free tea and tab nabs, Good As New Shop open with books free to borrow. Help with transport available from the Red Cross, please contact 01595 695498.

Art Exhibition by Rozanne Perdu. From August. Look out for more details coming soon.

Upcoming Workshops at Speldiburn.

- Stress Relief Guided Meditation with Katrina Christie. Sunday 6th August, 2pm - 3.30pm. £5. To book, contact Katrina on 07747735521 or shetlandspirit@gmail.com
- Knitting: Helen Robertson Fizzy Fair Isle, 11-5pm. Sun, 20th August. FREE (funded by Shetland Arts Trust/Creative Scotland). Learn Helen's way of getting three colours in a row, but only using 1 or 2 at a time. All yarn provided. Please bring a packed lunch. Tea, coffee and cake available. To book, contact us: info@bressay.org, 820706.

Do you have an idea for a workshop? Please do get in touch if you'd like to hire a room for your session, as we're always looking to host workshops at Speldiburn!

CAFE AND GOOD AS NEW SHOP SUMMER OPENING HOURS.

Tuesday - Friday 11am- 3pm

Saturday from 9.30 - 11am for Park Run Breakfasts (everyone welcome) and lunches from 12-3pm

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

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

BRESSAY HERITAGE CENTRE. Open Wednesdays, Fridays, Saturdays, 10-4pm. Special boat display for Tall Ships.

MOBILE LIBRARY VAN. 8th August, 19th Sept, 31st Oct, 12th Dec. At the Hall Car Park, from 10.50am to approximately 11.20am (on quiet days, the van will be back on the 11.30am ferry).

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

Danadays



Seasonal shots from days-gone-by. John Scott (left) and David Manson (right) Clipping and rooing in Noss in 1970. Photos: Jonathan Wills

Mail Shop

If you're not already aware, the shop has new opening times (right). Ali's lovely new signs feature art by Rozanne Perdu. Search 'Bressay Mail Shop' on Facebook for updates on what's in stock!

	01595 820200
	OPEN
MONDAY	0900 - 1730
TUESDAY	0900 - 1730
WEDNESDAY	0900 - 1300
THURSDAY	0900 - 1815
FRIDAY	0900 - 1815
SATURDAY	0900 - 1730
SUNDAY	CLOSED

Lighthouse Lives Film



Sharing stories of their lighthouse lives after the film-screening

We recently welcomed film-maker Martine Robertson to Speldiburn with her wonderful short film 'Lighthouse Lives'. The film was commissioned by the Northern Lighthouse Heritage Trust, and was the culmination of a nine-year oral history project, in partnership with the School of Scottish Studies Archives. It was an interesting insight into a keeper's life, and lovely to find Bressay connections when everyone chatted after the screening! Thank you to Martine, NLB, and also to Shetland Museum for sharing a selection of Bressay Lighthouse archive photographs.

Thanks for your thoughts!

We have finished our community consultation and are collating the results. We had around 130 separate contributions from two open days and household and stakeholder questionnaires. Our open days at Speldiburn and Bressay lighthouse were popular. As well as thinking about Bressay's assets, we were given lots of opinions about housing and ideas for the future of the lighthouse, which we are continuing to mull over. Our young folk told us what they thought through art.

Thank you to everyone who gave a contribution. We'll publish a summary of these as soon as we can, with a fuller description being made available once we have written our Development Plan.

For now we can say that while we heard about understandable niggles about life on our island, it is clear how much everyone appreciates Bressay for reasons that include the landscape, the peace, our heritage, and most of all the people - our community spirit and the way that we support each other both individually and through Bressay's community organisations and private enterprises.



Below: The lighthouse open day

Above: the open day at Speldiburn



Feeling social?

Our social afternoon group takes place on a Wednesday afternoon from 2-4pm. Whatever your age or situation, if you'd like some company for a while, please join us! Now that the Wellbeing Hub is open, there are even more reasons to pop in. If you need help with transport, please give the Red Cross a ring on 01595 695418.

Call out for volunteer drivers

Have you ever thought of using your driving skills to help other islanders? We are investigating ways of helping the community travel together and reach those who would really benefit from some help with transport. One of these ideas could be a volunteer driver bank. Please get in touch if you are interested, or have any other ideas.

Speldiburn Cafe Summer Hours

The Bean Shop Coffee • Art & Craft • GAN Shop • Wi-Fi



TUESDAY-FRIDAY: 11.00AM - 3.00 PM

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

Good As New Shop: Open during cafe hours
Just ask in the cafe or office if you'd like a look

Light lunches, delicious homemade soup
and fantastic homebakes!

Loch of Brough Community Woodland

This year's planting at the Loch of Brough Community Woodland was scheduled for the end of March, but delayed by two weeks due to the poor weather. We rescheduled for April and planted around 800 trees towards the Gorie end of the site. A further morning of planting was held to plant the final 200 trees. Thank you to everyone who came to either or both sessions.

With sheep and rabbits excluded from the site, all sorts of flowers are beginning to thrive. John Bateson has been taking some beautiful photos of the flowers, some of which he's shared with us. Thank you to Jonathan Swale for flower identification.



River Tulloch, Patty Mason and Mariette Lowe



Luckaminnie's oo
Hare's tail cotton grass



Spring squill



Round-leaved Sundew



Northern Marsh Orchid

Spring Plant Sale

Bressay's 2023 spring plant sale was a tremendous success. There were many donations and just over £1,000 was raised! This will go to the Red Cross Ukraine Refugee Appeal. Thank you to all those who helped out, and to all the generous folk on Bressay who donated and bought plants!



Climate Ready Bressay

Bressay Development has recently been involved in a Climate Solutions for Professionals course, facilitated and funded by Voluntary Action Shetland. The course improves climate literacy, enabling organisations to make climate action and resilience plans. We have been looking at how Speldiburn can reduce its emissions from waste, but we would love to hear your ideas and views for how the Bressay-wide community could be supported in a transition to net zero. Please do get in touch.

Hire a room, share a skill!

This year we have held knitting, growing, breadmaking, art and craft workshops, and have played host to RAM knitwear, UHI and more. We're always keen to hear from folk who can provide learning or leisure opportunities for Bressay or who want to try something out. Speldiburn's rooms can be hired at a very reasonable cost, with or without catering.



Growing Workshop

We were delighted to welcome Penny and Alan from Transition Turrieffield for a Growing Workshop at Speldiburn in June. This innovative community growing project has been experimenting with growing vegetables in our wild and windy climate since 2008. They presented their story and gave insight into their use of organic principles, no-dig approach, green manures, and more.

This was the first of a series of events and activities around growing-your-own. We're keen to find ways of supporting islanders to grow more including helping establish a Bressay Growing Group. Look out for more events, coming soon!



Machine knitting with RAM Knitwear and UHI in the nursery.

