

ROUSAY COMMUNITY ASSOCIATION

The Rousay Community Association (RCA) is looking to become a Scottish Charitable Incorporated Association (SCIO)



Saturday April 23rd @ 10.30am
at the Rousay Community School

AGENDA

1. Welcome to the EGM
2. Motion to dissolve the RCA
3. Motion to transfer funds to the RCA SCIO
4. Any other business



Saturday April 23rd @ 11.00am
at the Rousay Community School

AGENDA

1. Welcome to the AGM
2. Elect Office Bearers for the RCA SCIO
3. Future community projects
4. Any other business

Rousay Church Centre

WORLD DAY OF PRAYER



Friday, 4th March 2022

2pm

Rousay Church Centre

All welcome



'I know the plans I have for you'

Written by Christian women
of
England, Wales & N. Ireland

World Day of Prayer Scottish Committee – SC020446



THE WELCOME BACK ORKNEY PROJECT

COUNTY WIDE COFFEE MORNING

WHEN: SATURDAY 12TH MARCH 2022

TIME: 11:00 AM – 1:00 PM

WHERE: ROUSAY COMMUNITY HALL

SUPPORTED BY:



March 2022

The Taversoe

01856 821 325



We are OPEN

Opening Times:

Friday 6-11pm

Saturday 12-11pm

Sunday 12-11pm

Food Served

Friday 6-9pm

Saturday 12-2pm & 6-9pm

Sunday 12-2pm & 6-9pm

(Last Food Orders at 2pm & 8.45pm)

Evening Reservations Required

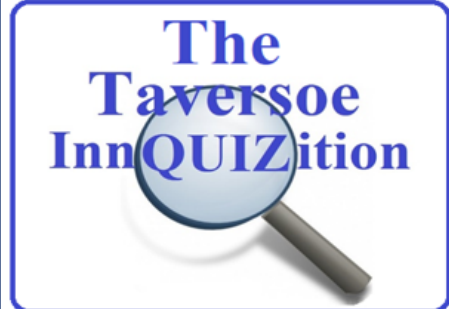
If the Bar is empty at 9pm we will close for the night.

If the Dining Room is empty at 8.30pm we will close the kitchen.



Takeout available on Thursday, Friday & Saturday evenings. 24hrs notice would be much appreciated on your order.

Like our Facebook page "The Taversoe"



General Knowledge Quiz Wednesday March 2nd 8pm @ The Taversoe

Join our Facebook group "Taversoe InnQUIZition"



Please wear a face covering

Please remember to respect the personal space of other people



Please use the hand sanitiser

The Taversoe - Rousay - Orkney - KW17 2PT / www.taversoehotel.co.uk / taversoe@hotmail.com / 01856 821 825

Date for your Diary !
Saturday 16th April
Easter @ The Space - Rousay
Raising funds for RNLI
Everyone Welcome - hope
to see you there !
More details to follow in
the April Review



Natural Heritage Project for Rousay, Egilsay & Wyre

Katy Firth, for the North Isles Landscape Partnership Scheme (NILPS), is looking for information and ideas to promote RE&W's island's unique cultural and natural heritage amongst particularly regarding young people. Katy wants ideas for projects they would like to see developed, which could potentially be funded by NILPS over the next two years. This could be for example if a heritage centre wanted to develop a new resource/display/tour/walk they could involve young people in its creation. But it could also be anything else our islands would like, e.g., if it were an arts project perhaps a local artists would like to lead on this, or a wildlife project to use local wildlife experts.

If you are interested, please contact **Katy** on katyfirthorkney@gmail.com



Donations of Books

The Rousay, Egilsay and Wyre Heritage SCIO is looking for donations of books relating to Rousay or Orkney for the refurbished Heritage Centre. This will complement the information in the new displays and be accessible for visitors to enjoy.

If you have any suitable material, please contact **Alice Mainland**: 821243 or alicemnld@btinternet.com.

Rousay Community Archive Project

Do you have any old or interesting objects around your home? Or even an object which mystifies you, which you would like to have identified to discover its story?

The Rousay, Egilsay and Wyre Heritage SCIO are hoping to set up a Rousay Community Archive which will be accessible to all. We would like to hear from anyone who has anecdotes, stories, general information about daily life, traditions or special events in the past. We are also planning to produce an inventory of 'objects of interest', to illustrate bygone ways of life in Rousay, by photographing and making written descriptions of privately held items, particularly those related to traditional skills and crafts.



To find out more or to express your interest in participating in this exciting project, please contact either:

Jacqui Marwick - at the Post Office: 821352 or email: jacqui_m@postinbox.com

Alice/Alison Mainland - 821243 or email: alicemnld@btinternet.com / cedarlee@btinternet.com

A contractor is sought for the following works in Rousay:

Replacement gates, new signage and various repairs to infrastructure on the Faraclett footpath route

For a detailed brief please contact
anne.bignall@orkney.gov.uk

Allotment Association



Plot Fees

For 2022/23, if you would like an allotment or polytunnel plot, please contact Helen at REW Development Trust, to go on our waiting list. Helen will then let you know if a plot becomes available in April 2022, before advertising any spaces.

More Information

For information about the allotment plots, polytunnel plots or equipment hire, please contact Ian on 07879 496686.

Tenders Invited

PROVISION OF CLEANING SERVICES OIC/ PROC/1419

Orkney Islands Council seeks expressions of interest from suitably qualified and experienced individuals or contractors for the provision of cleaning services at the following establishment:

H611 Wyre Pier Public Convenience

The contract start date is 1 April 2022 with a contract duration of 36 months with an option to extend for a further 2 x 12 months. It is estimated that the contract value will be in the range of £1,500 to £1,800 per annum.

An Invitation to Quote document can be obtained from the advertising portal www.publiccontractsscotland.gov.uk or from Joanne Tait, Procurement, Council Offices, Kirkwall tel 01856 873535 ext 2390 or joanne.tait@orkney.gov.uk. The deadline for the receipt of quotations is Tuesday 29 March 2022 at 1200 noon. Quotations submitted after the deadline will not be considered.

Rousay Snooker Club



Rousay Snooker Club A.G.M.

Rousay Snooker Hall, Wester
Sunday 27th March, 2022
at 2 p.m.

Membership fees to be paid **before** this date, as only full members can attend. Keys will be issued on payment.

New members - £50
Renewal for existing members - £30

Payments to: Grant Mainland, Daisy Cottage, Rousay

For more information contact
Grant on Facebook or 07833454792

Job Vacancy

Customer support person required to support purchases of digital mapping.

30 hours/week, initially home based, later office based in Wasbister.

£17,940pa, 20 + 9 days holiday and pension contributions.

For more details please see
www.coplasystems.com/cs2022

For Sale

Rousay Gun Club

Due to lack of interest it has been decided the best course of action is to close the club and dispose of the assets. Any money currently held and raised from the sale of equipment will be gifted to local charities.

Expressions of interest in club equipment which include 4 x remote control traps, clays & other consumables should be made to Tony, Billy or Rolf within one month of this notice.

Editor's Note: Article received 03.02.2022; Review published 28.02.2022

For Sale



For sale due to kitchen refurb
- Slimline Dishwasher, only about 18 months old £120
and silver grey Fridge-Freezer £25



Also, we have a Ford Ranger,
for sale/open to offers, good engine,
runs well but chassis broken.

Phone Jean at Innister on 821 202, or call round.

For Sale



A kids bike – open to offers



A small Ideal brand sink – open to offers

Contact Dan Priestley - 07532 339 827

Community Artist Required

We are seeking an enthusiastic community artist/s to lead projects in Rousay, Egilsay and Wyre inspired by maritime heritage for of the Seas of the North Isles project, part of the North Isles Landscape Partnership Scheme. The art project is currently expected to run from May until September and will involve community engagement in the development of a final piece to be installed in each pier waiting room.

You can apply for individual islands or all three. Any medium will be considered but each final piece MUST be suitable for display on a wall in an unmanned setting and inspired by the theme of maritime heritage.



The closing date for proposals is the **11th of April 2022 at 17:00**. For more information and a project brief, please contact Natalia Bain from Wessex Archaeology at nilps.sea@wessexarch.co.uk or call 0330 313 3568



RNLI

Rousay Ladies Lifeboat Guild

Can anyone interested in rekindling the
Rousay Ladies Lifeboat Guild
to help organise fund raising events for the RNLI
please contact Zoë Flaws at zoebegg@hotmail.com
or call 821 454 in the evenings?

Thank you and I look forward to hearing from you.

Rousay Post Office

Opening Hours:

MONDAY 9.00 - 10.30 am

TUESDAY 9.00 - 10.30 am

WEDNESDAY 2.00 - 3.00 pm

THURSDAY 9.00 - 10.30 am

FRIDAY 2.00 - 3.00 pm

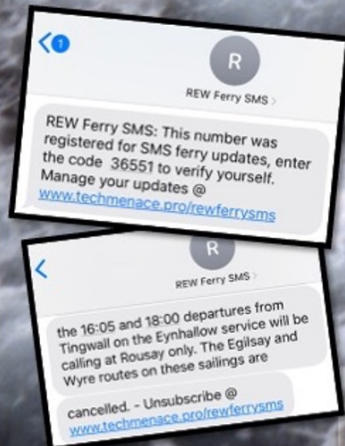
SATURDAY 9.00 - 10.30 am

UNOFFICIAL

REW Ferry SMS

Get updates for the Rousay, Egilsay and Wyre ferry service to your mobile via SMS message.

Visit: www.techmenace.pro/rewferrysms



Scan Me

REW Farmers

NORTHVET
VETERINARY GROUP

FLOCK HEALTH CLUB

A HEALTHY FLOCK IS A PRODUCTIVE FLOCK

GREAT VALUE!
Annual membership: £180 (or £15/month)

THE AIMS OF THE HEALTH CLUB ARE:

- To provide advice to members regarding their flock health.
- To gather data to benchmark the flock and identify problem areas.
- To increase flock productivity by planning preventative treatments through the year to reduce losses.
- To create a community of like-minded sheep farmers, for mutual advice and support.



For more information:
- phone 01856 873403
- email info@northvet.co.uk
- speak to our vets

WHAT IS INCLUDED?

- 2 x vet visits per year - health plan visit & pre-lambing visit
- Free participation to members' only events
- Discount on Faecal Egg Counts (10%)
- Discount on fees (10%)
- Flock-tailored parasite control plan



Community Update

Keep up to date throughout the month:

www.rewdt.org

 facebook.com/rewdt



*From the community
For the community*

OSCR

Scottish Charity Regulator
www.oscr.org.uk

Registered Charity
SC040407

The Pier

The report of the consultation sessions, compiled by Alan Jones Associates, is now available to view on our website (please go to the 'News' section on www.rewdt.org to download the report), along with the appended response from our Board, with a number of actions points.

The next stage in this project, is that we are forming a 'Task Force', and we are keen for people in the community who are interested in the project to come forward and join the Task Force, to take part in the development going forwards.



This is not simply another consultation exercise, but rather it is an opportunity for volunteers to actively participate in the short-term and long-term future of the project. We would expect volunteers to play an active role in discussing, researching, reviewing, and implementing solutions and plans going forwards, and it will involve attending meetings with other volunteers. Interested in joining the new Task Force? Then please note your interest to Helen (email helen@rewdt.org or telephone 821 229) no later than **Tuesday 15th March** and we will arrange a first meeting of the Task Force.

If you would like a paper copy of the consultant's Report, please call our Office on 01856 821 229.

Here2Help & Crossroads Carers

For many years, we have subsidised the rates charged by Age Concern Scotland's Here2Help service, and, more recently Crossroads Carers. We recognise that this is a valuable service for a number of our residents, and we are pleased to have been able to support you in this way. We are delighted to continue our support for the forthcoming financial year.

From 1st April 2022, our subsidy will be capped at £8 per hour. Our subsidy had previously been for two-thirds of the total cost per hour rather than a fixed amount, with service users funding the remaining third. A standardised amount of £8 per hour ensures that both organisations will now be subsidised by exactly the same amount for every hour of care provided in our community, and, with our commitment to continue our total annual budget for these services in the 2022/23 financial year, it means that more residents can access this subsidy. The subsidy is automatically claimed by Age Scotland Orkney or Crossroads Carers, with the service user being billed for the balance.

If you would like more information on the services, you can contact Age Scotland Orkney or Crossroads Carers directly, or you can contact our Wellbeing Co-Ordinator, Nicky, who is able to provide information on the support available.

Trumland Land

Check out the new webpage on Trumland Estate Community Land on the REWDT website. This is a work in progress! Information and updates linked to the community land and associated projects will be shared on this page. Visit at www.rewdt.org/trumland.php

Springing into life!

Birdsong is filling the air; males mark out their territories and try to attract a mate as they return to their breeding grounds. One of the most obvious displays is the Lapwing. Found in wetland areas, listen for its 'pee-wit' call and aerial acrobatics of swooping, rolling and diving. They nest on the ground from late March – May.

Snowdrops can be seen battling against the strong winds and shoots of daffodils give promise of the colour to come! When walking on the coastal cliffs, especially Faraclett and North West cliffs of Rousay, look out for the Spring Squill, a delicate lilac flower, approx. 1.5cm wide, that typically blooms from April to May.



Lapwing adult



Lapwing nest



Spring Squill

If you have any queries, contact our Countryside Management Ranger at eleanor@rewdt.org or call 821 229.



Rousay, Egilsay & Wyre Memories Group

This group offers a warm welcome to people living on Rousay, Egilsay & Wyre who have memory loss or dementia, along with their family or carers. Come along and join us for tea, cake, and a chat. The group will also provide support and information. Look out for more details nearer the date!

The group will meet next on:
Thursday 14th April, 2pm to 4pm at The Taversoe, Rousay.

To find out more, contact Nicky Jacques.
Tel. 821 229
Email nicky@rewdt.org

Or drop-in and see me at The Manse, 10am-2pm, on Thursday 3rd, 10th, 17th, and 31st March.



COMMUNITY FUND

This work is supported with funding from Life Changes Trust.
The Trust is funded by The National Lottery Community Fund.



Creating better lives.

REWDT Grants awarded to community members January 2022



3 Child Ferry Tickets grants



1 Community group grant



Total grant funds awarded in January 2022: £2,668.75

Grant News



Internet Installation grant

The Internet Installation grant fund will soon be closing. If you would like to apply for this grant, applications should be submitted to the office by 31st March 2022.



Coming Soon.....

We are currently working on new grant funding for 2022-23 and further details will be coming next month.

If you would like an application form for a grant fund, or wish to discuss grants in general, please contact grants@rewdt.org or call the office on 01856 821229.

Wellbeing

Island Wellbeing Coordinator

Our wellbeing can be adversely affected by any money worries we have. This is really brought to the forefront right now with the ever increasing cost of food, provisions and for heating our homes, and this is expected to get more expensive in coming months.

There is help and support available locally with this and there are a number of excellent support services available in Orkney, including:

THAW Orkney

THAW Orkney can help support you if you are finding it difficult to heat your home, struggling with debt or are looking for any further assistance with energy efficiency matters required. They can also advocate and act as a third party on your behalf.

t: 01856 878388 2 West Tankerness Lane, Kirkwall, KW15 1AL www.thaworkney.co.uk

Orkney Citizens Advice Bureau

Orkney CAB is independent, and provides free, confidential and impartial advice to anyone living and/or working in the local community. They provide information, advice and representation covering a wide range of subjects, including; benefits, debt and money advice, consumer issues, housing issues, neighbour problems, family and personal problems, legal matters including eviction, mortgage repossession and small claims, employment advice, immigration and NHS health care.

t: 01856 875266 www.orkneycommunities.co.uk/CAB

Orkney Foodbank

Orkney Foodbank provides emergency food parcels for the whole of Orkney including Rousay, Egilsay and Wyre. There is a voucher referral process in place and as the Island Wellbeing Coordinator I can assist you with this. Food parcels are delivered free to Rousay, Egilsay and Wyre and I can help the parcels to be delivered discreetly to you if preferred.

t: 07719 293 378 Dunkirk, Shore Street, Kirkwall, KW15 1LG e: info@orkney.foodbank.org.uk

If you would like any help, advice or support with this or anything else affecting your wellbeing, please do get in touch with me.

Email nicky@rewdt.org or please telephone the office on 821 229 .

I am also available at The Manse between 10am and 2pm for drop-in visits on Thursday 3rd, 10th, 17th and 31st March for all wellbeing or dementia enquiries.

Drop-In Sessions

Our Drop-In Sessions are held in our offices at The Manse, Rousay, following Covid safety protocols. We are open from Monday to Thursday, 10am - 2pm. Please feel free to drop in between these times, without needing to make an appointment. Our Wi-Fi is also available to use during these times. If you prefer to make an appointment with a member of staff, or to arrange an alternative time, please contact us using our contact details below.



Call Us

Development Trust: 821 229
Heat Smart Orkney: 821 277
Turbine Responder: 07425 012 002*
**Urgent issues only*



Email Us

Development Trust (General): info@rewdt.org
Development Trust (Grants): grants@rewdt.org
Heat Smart Orkney: info@heatsmartorkney.co.uk
REWIRED: rewired@rewdt.org



Visit Us

The Manse, Sourin,
Rousay, KW17 2PR
See **Drop-In Sessions** above.

What else do we do?



Care Subsidy

We subsidise Crossroads Carers & Here2Help. Contact the services direct to find out more.



Car Club

Join our Car Club and hire our Electric Car!



Free WiFi

Use our Internet during office opening times.



Next General Board Meeting Dates

Saturday 26th March 2022
Saturday 9th April 2022

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

Directors: Kayleigh Tipper (Chair); Peter Roebuck (Vice Chair); Carlyne Tunbridge (Treasurer); Callum Flaws; Sarah Foulds; Carole Maguire; Alison Mainland; Eric Shortland; Richard Tipper; Mark Hull (Co-Opted)

We are identifying the actions needed to tackle food insecurity in Orkney and we need **your** help.

Join a Community Conversation

Share your story or idea anonymously

Work with us as an 'expert by experience'

Find out more and sign-up:
www.vaorkney.org.uk/food



Thank You

Thank you to the Rousay, Egilsay, Wyre and Gairsay Community Council for funding the re-lettering of the memorial stone to James Leonard at Digro.

The work was carried out by James Dowell and Son, who as you can see, did a great job.

Alice Mainland

ROUSAY, EGILSAY, WYRE & GAIRSAY COMMUNITY COUNCIL

DEVELOPMENT AND INFRASTRUCTURE

ISLES SPECIAL COLLECTION ROTAS



The dates for the reintroduction of restricted isles special collections up to 30 September 2022 are detailed below.

If you wish to have domestic bulky items uplifted you can apply online via the Councils Website, see link <https://www.orkney.gov.uk/Service-Directory/S/Special-Refuse-Collections.htm>, if you do not have internet access then please contact Customer Services on telephone number 873535 to book. Bookings must be placed as soon as possible and up to 2 working days prior to the week commencing collection date, any special collection bookings received after 5pm on the Wednesday prior to the week commencing collection date **will not be processed and will be held over until the next available collection date.**

Please note that payment for collection is required on application and prior to collection. **Only items that are on the request form will be collected by the contractor.**

Special collections from commercial premises can be arranged by contacting Development and Infrastructure on telephone number 873535 extension 2725.

Rousay, Egilsay and Wyre

Week Commencing: 9 May 2022 and 8 August 2022

For further information on refuse and recycling services please refer to the Council's website www.orkney.gov.uk



**Orkney Care
and Repair**

Fire and smoke alarms: Changes to the law



The law on fire alarms is changing from February 2022 which means all Scottish homes will need to have interlinked alarms. Guidance for homeowners on what you need to know can be found here: - <https://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/>

Orkney Care & Repair have funding to install this equipment for **home owners** who are on either in receipt of **Guaranteed Pension Credit** or **Employment Support Allowance** and placed in the **Support Group**.

For everyone else, Orkney Care & Repair can offer an advice service regarding meeting these new requirements.

Please contact Orkney Care & Repair on 01856 873369



Stephen Clackson's Letter from School Place (actually from West Manse)

Keeping the folk of the North Isles ward informed — with Orkney's only councillor newsletter

The Seven Principles of Public Life, otherwise known as the Nolan Principles (after Lord Nolan, the founding chairman of the Committee on Standards in Public Life) are: 1) **Selflessness**, 2) **Integrity**, 3) **Objectivity**, 4) **Accountability**, 5) **Openness**, 6) **Honesty**, 7) **Leadership**. They apply to anyone who works as a public office holder, including local authority councillors. At the beginning of this year, the Orkney & Shetland Valuation Joint Board (VJB) was presented with a second, even more damning audit from Deloitte, this time highlighting unlawful behaviour, and condemning the competence and effectiveness of its leadership and lack of scrutiny and challenge by the Board. For a 2nd time, the reasons I resigned from the VJB in August 2020 (*Letter*, issue 91) have been vindicated. As per the rubric of Principle 7, I was "willing to challenge poor behaviour", but my challenge went unheeded by other members. To have remained on the VJB thereafter would have prejudiced my integrity (Principle 2). As I said to *The Orcadian* and *The Shetland Times*, lessons could have been learnt 2 years ago, had members respected my concerns and conducted themselves and the affairs of the VJB in accordance with the Nolan Principles.

I was delighted to be invited to deliver the Immortal Memory at Sanday Community Association's Burns' Supper. I made a reasonable case (I believe), on the grounds that Robert Burns' father often spelt his surname "Burness", that he possibly had a distant family connexion with Sanday (although I conceded that there is also a Burness in Westray), noting also that his wife shared her maiden surname with that of Sanday's radical Free Kirk minister (and Orkney County Councillor), the Reverend Matthew Armour (1820-1903). One hundred and eighteen people attended the event, with great participation and a really good atmosphere. A much needed tonic for the island. I could not resist ending my talk with William McGonagall's tribute to the Bard, and in true McGonagallesque style I say: *Robert Burns, poet sublime, may he be remember'd for a very long time.*

According to folklore:

If Candlemas Day be dry and fair, half the winter's to come and mair.

If Candlemas Day be wet and dull, half o' winter's gane at Yule.

Well, Candlemas Day (2nd February) was rather mixed this year, being fairly dry and fair in the morning but turning wet and dull later on. So that has left us in a Schrödinger state as far as forecasting how much of this winter remains. We've been hit by a few storms, and there may be more to come. If anyone in Council property is experiencing water ingress or damp (or worse) which is not being attended to, do please let me know.

Whereas I support Council Leader, James Stockan's "open letter" to the First Minister, it disappoints me that he did not distribute it more widely. I am not convinced that many people in influential positions are avid readers of *The Orcadian*!

The letter addresses 3 areas of unfairness in the way Orkney is treated in the Scottish Government's "Fairer Scotland":

- 1) Lower per-head funding for Orkney compared to other island authorities (referred to in my *Letter* last October, issue 105);
- 2) Ferries – need I say more?
- 3) Digital connectivity – despite R100 ("reaching 100%"), Orkney is being left with the lowest level of coverage in Scotland.

The full open letter can be found on the OIC website at: <https://www.orkney.gov.uk/News?postid=5083>

I can also report that the Highlands & Islands Leaders' Group is calling on the Secretary of State for Business, Energy, and Industrial Strategy to end the legacy electricity distribution charges that consumers in this region are saddled with. It is a supreme irony that, while we are net exporters of "green" energy to the rest of the UK, we pay the most per kWh for our power.

At a meeting of the Orkney College Management Council, we received an excellent College Housing Report by student reps Duncan Foxley & Francesca Meneghetti. Unlike many councillors, they fully appreciate the need for student accommodation if further and higher education are to thrive in Orkney. I've helped them understand the (often insurmountable) challenges Outer Isles students encounter when they want to attend courses at Orkney College and have nowhere to stay overnight in the town. If re-elected in May, I shall be working hard to overcome the stifling attitude towards Orkney College that is endemic at OIC.

Other meetings I have attended "virtually" this month include: a seminar on tourism infrastructure; Education, Leisure & Housing Committee; a budget seminar; and Monitoring & Audit Committee. The community council meetings I have "been at" are those of Sanday (in person), North Ronaldsay, Westray, Shapinsay (reported in *The Orcadian*), Papay, and Eday.

Many of you will have stayed at the Kirkwall Red Cross Hostel for medical-related reasons overnight or longer term. Currently, the Hostel is temporarily closed and is under review. Losing this facility would be a big blow for folk in the Isles, therefore, I urge everyone to leave messages of support at: <https://www.redcross.org.uk/about-us/contact-us/complaints-and-comments>

Although the pandemic restrictions have eased considerably, Covid-19 has not gone away. There have been recent spikes in infection rates in Orkney. So please take care everyone.

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

You can download *Letter from School Place*
from fsp.pbworks.com



Beauty by Han Han

Hands and Feet

<u>Gel Polish</u>	from £20
<i>(High shine, Chip free polish. Lasting up to 2 weeks)</i>	
Manicure	£20
Pedicure	£25
Manicure with Gel Polish	£30
Pedicure with Gel Polish	£35
Gel Removal	£10

Massage

Full Body Massage	£45
Back, Neck and Shoulder	£25
<i>Relax and unwind with these soothing treatments to ease aches and reduce tension</i>	

Tinting

Eyelash	£12
Eyebrow	£8
Eyelash and Eyebrow	£18
<i>(Patch test required)</i>	

Waxing

Eyebrows	£8
Lip	£5
Chin	£8
Nostril	£8
Underarm	£8
Forearm	£11
Full Arm	£15
Back	from £10
Full Leg	£20
½ Leg	£14
Bikini	£10
Full Leg and Bikini	£27
½ Leg and Bikini	£21



Call Hannah on 07731 428809
to book an appointment



ORKNEY
ISLANDS COUNCIL

Rousay Healthy Living Centre

Supervised Session Times

Monday 7pm & 8pm

Tuesday 7pm & 8pm

Thursday 7pm & 8pm

Saturday 4pm

To Book a Gym Session

Please phone 01856 821 443 during session hours to speak to an advisor. Outside of session hours you can leave a voicemail message on this number, or send a message to Carey on 07746 489 973 (WhatsApp or text).

Alternatively you can email us at rousay.hlc@glow.orkneyschools.org.uk

FATBURN
EXTREME

Monday @ 7.15pm

All fitness levels welcome.

Please give Carey a shout should you have any questions about the class.



Why not keep up to date on Facebook? For info, updates & reminders "Rousay Healthy Living Centre" and "Rousay HLC - Group X Classes"