



The Rousay Cinema returns at 20:00 on Saturday 27th October at the school with Avengers: Infinity War (Cert 12A, 149 mins).

October 2018

What's On this month in Rousay, Egilsay & Wyre

Tuesday 2nd October

- Rousay Horti. Society AGM, Rousay School, 8pm
- The Taversoe InnQUIZition, The Taversoe, 8pm

Thursday 4th October

- Mobile Library visits Rousay & Egilsay

Friday 5th October

- Parent Council AGM, Rousay School, 10.15am
- Book Club, The Craffthub, 1pm

Friday 12th October

- Youth Social Group, The Craffthub, 3.15pm - 4.30pm

Tuesday 16th October

- Children's Holiday Art Club (Halloween Sand Art Theme), The Craffthub, 1pm - 3pm **PRE-BOOK**

Tuesday 23rd October

- Children's Holiday Art Club (Encaustic Art), The Craffthub, 1pm - 3pm **PRE-BOOK**

Friday 26th October

- Traditional Dance Class, Rousay School, 7.30pm - 9.30pm

Saturday 27th October

- Rousay Cinema (Avengers: Infinity Wars), Rousay School, 8pm

Tuesday 30th October

- Encaustic Art Workshop, The Craffthub, 11.30am - 3pm **PRE-BOOK**

Wednesday 31st October

- Halloween Party, The Craffthub, 4.30pm - 6pm

Regular Events

Every Monday

- Coffee Morning, Craffthub, 11am - 1pm
- Bridge, Rousay School, 7.30pm - 9.30pm

Every Tuesday (16th October onwards)

- Boxercise, Rousay School, 7pm

Every Wednesday

- Triangle Club, Church Centre, 10am-1pm (including Silent Auction on 24th & 31st October)
- Fatburn Extreme, Rousay School, 7pm (classes start 17th October)

Every Thursday

- Coffee Morning, The Craffthub, 10am - 11am

Every Friday

- Rainbows & Brownies, Rousay School, 3.10pm - 4.30pm

Every Sunday

- Fatburn Extreme, Rousay School, 11am

Coming Up

Friday 9th November

- Parent Council Meeting, Rousay School, 10.15am

Saturday 10th November

- REW Development Trust AGM, Church Centre, 10.15am

Saturday 24th November

- Rousay Cinema, Rousay School, 8pm

Thursday 29th November

- Mobile Library visits Rousay & Egilsay

Saturday 1st December

- Christmas Preview, The Craffthub, time TBA



NEW!! Book Club

- Do you enjoy reading?
- Do you use the library?
- Do you like socialising with friends?

How about joining a new local book club this winter?

Pop along to The Craffthub for our first meeting to learn more and choose our first genre/book.

Friday 5th October

@1pm

All abilities welcome

Large selection of different books available including audio and E-book option.

For anyone who may be interested or would like to learn more but cannot attend first meeting please email...

bjmillerrousay@gmail.com

Send in your article for the next edition of The Review to the Editor:

E: kayleigh@aroundrousay.co.uk

T: 01856 821360

W: Howdis Meadow, Rousay, KW17 2PR

Deadline for the next issue: **Saturday 27th October 2018 (5pm)**

Late articles are not guaranteed to be included



Funder
logo

The Taversoe - 01856 821 325



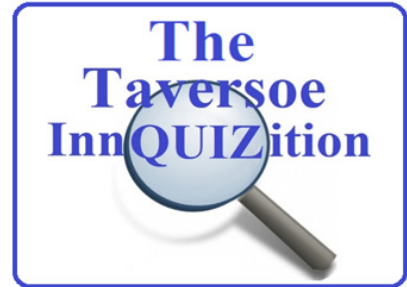
Bar Winter Opening Hours

Monday & Tuesday - CLOSED*
Wednesday - 5pm to 11pm
Thursday & Friday - 12-2pm & 5-11pm
Saturday & Sunday - 12-11pm



Food Service Winter Hours

Monday & Tuesday - CLOSED
Wednesday - No Food Service
Thursday & Friday - 12-2pm & 5-8pm
Saturday & Sunday - 12-8pm



The Taversoe InnQUIZition Tuesday October 2nd 8pm

Free Entry
Snowball Jackpot
currently £154
Light Snack Supper

EARLY CLOSING

If the bar is empty at 9pm we reserve the right to close early

* The bar will be open from 6pm
on the first Tuesday of the month
for The Taversoe InnQUIZition

My Favourite Thing to Make for Dinner is a Reservation

Horti

Rousay Horticultural Society AGM

Tuesday 2nd October

8pm

Rousay School

Weekly Bridge

Community School

Mondays

7.30pm-9.30pm



WANT TO LEARN TO DANCE?

Then the place for you is the SCHOOL HALL
on FRIDAY 26th OCTOBER, 7.30pm - 9.30pm,
where traditional dancing classes will be held for all ages.

This is the second of six classes.

Primary School age children must be accompanied by an adult.



*From the community
For the community*

Funded by REW DT



AUTUMN OPENING

Monday to Friday
11am to 3.30pm

(Thurs 10am)

Local Crafts,
Tea, Coffee, Cakes,
Soup + Bannock,
Orkney Cheese Platter



NEWS - THANKS A MILLION

to everyone who supported the
Macmillan World's Biggest Coffee Morning last week
- **YOU** raised a whopping £416.10!!



CRAFTHUB Coffee Mornings

Monday - 11am to 1pm

Thursday - 10am to 11am

Coffee and Cake £3.00



Children's Party

31st OCT - 4.30 - 6pm

**FANCY DRESS, PRIZES,
FOOD, GAMES**

£4.50 per child

(SEE POSTER)

WHATS NEW this Autumn

New Book Club (supported by Orkney Library)
Meeting - 5th Oct - 1pm (see separate poster for details)

Youth Social Group - First Meeting
Fri 12th Oct 3.15 - 4.30pm - All Welcome (S1 Upwards)

OCTOBER WORKSHOPS

Encaustic Art : Tuesday 30th Oct, 11.30am – 3pm

Tutor : Itha Flaws, **Cost** : £40 including all materials and refreshments
(REW residents £8 – REWDT grant pays 80%) Lunch £5 extra

Children's Holiday Art Club : - Tuesday 16th Oct, 1pm – 3pm

Halloween Sand Art Theme (3 – 12 years)

Tuesday 23rd Oct, 1pm – 3pm Encaustic Art (8 – 16 years)
£3 each including all materials and refreshments **PLEASE BOOK**

COMING SOON

IT Club, Kids Christmas Baking,
Festive Fun, Christmas Crafts,
Patchwork Quilting, Yarn and Yap

DATES FOR THE DIARY

Sat 1st Dec – Christmas Preview
**Sun 9th Dec – Mince Pies + Mulled
Wine with Santa 2pm – 4pm**

Islands View Surgery

Surgery Opening Times

GP present on Monday and Friday mornings, and until 14:10 on Wednesdays.

Monday	09:00-13:00	
Tuesday		14:00-18:00
Wednesday	09:00-11:00	16:00-18:00
Thursday	11:00-15:00	
Friday	09:00-11:00	16:00-18:00

We recently received this year's supply of **Influenza Vaccines**. This year, different age-groups will receive different vaccines. To reduce the chances of a mistake being made, we ask that anyone who is aged over 65, or who usually receives a Flu vaccine, or who thinks they should, **please contact the surgery to make an appointment**. We can then ensure that the correct vaccine is available at the correct time.

We will not be offering drop-in sessions for vaccinations this year.



Rousay Parent Council

Firstly we would like to thank Rousay, Egilsay and Wyre Development Trust for their generous grant to assist with Parent and Child boat tickets to allow our children to attend music, sport and cultural events on the mainland.

Secondly anyone needing tickets please get in touch via email rewparentcouncil@gmail.com marking for the attention of the treasurer to make arrangements to collect tickets and a monitoring form.

Reminder that the AGM takes place on the 5th of October at 10:15am at Rousay Primary School see you there!



*From the community
For the community*

CHILDRENS HALLOWEEN PARTY

****FANCY DRESS****

FOOD

****FUN AND GAMES****

**PRIZES FOR BEST COSTUME
PRIMARY AND SECONDARY**

WEDNESDAY 31ST OCT

4.30PM - 6.00PM

AT THE CRAFTHUB

£4.50 PER CHILD



Orkney Mobile Library

Next visits to Rousay & Egilsay:

Thursday 4th October

Thursday 29th November

Subscribe to The Review

Subscribe to The Review by e-mailing the Editor: kayleigh@aroundrousay.co.uk

RCA

Rousay Community Room 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 Lap Donations to RNLI

A correction to the donations collected at Rousay Lap last month - the total amount was £850.00 after expenses. Thank you.

REWGCC

Rousay, Egilsay, Wyre & Gairsay Community Council

The upcoming meeting for the Community Council is the 8th of December at 10:15 at the school.

Big Thank You



We would like to thank Ann for arranging the trip to the Fossil Centre on the 20th September. The weather held off and we all had a good time.

For Sale

Upright fridge-freezer,
electric cooker,
and tumble dryer.

Phone 821 204



Calling all Farmers!

The gas guns and scary men are here!

Anyone interested in using them please contact Laura in the first instance so we can get organised.

821485 or 07769976177

laura_french@btinternet.com or Facebook



Rousay Tai Chi Chuan

Due to many of our regulars being away between now and Christmas, Tai Chi is being postponed until the New Year.

My apologies for any inconvenience this may cause.

For more information on Tai Chi classes starting in the New Year, please call Helen on 821 410.



www.facebook.com/orkneytaichi



Thanks to REW DT for part funding this programme



SILENT AUCTION

Wednesday 24 October – 7 November 2018

Raising funds for the Triangle Club

The Triangle Club is arranging a “[Silent Auction](#)” to raise funds for its members.

The sessions will be on Wednesdays when the club is open and you are welcome to join the members for tea/coffee and biscuits.

Thanks to everybody who has given generously but we need **more** please.

If you have any items for the auction please contact Ann Strickland on 01856 821332.

Silent Auction

Raising funds for the Triangle Club

Weds – 24/10/18 – final bid on

7/11/18

Donations greatly appreciated

Come along for tea/coffee and biscuits

TRIANGLE CLUB

The Manse
Rousay
KW17 2PR

Wednesdays - 9.45 - 13.00

MARIONS SHOP – WINTER HOURS		
MONDAY	12-1	2-5.30 pm
TUESDAY	CLOSED	
WEDNESDAY	12-1	2-5.30 pm
THURSDAY	11-1	2-5.30 pm
FRIDAY		2-5.30 pm
SATURDAY	CLOSED	
SUNDAY		2-4 pm

Table Tennis

Anyone for Tennis
(table variety)



New club forming, provisionally meeting Sunday afternoons at 1500 or 1600 ish at the school (during the winter months).

Please contact Eric 821 252 evenings

REW Heritage SCIO

The REW Heritage SCIO held its inaugural AGM on 1st September and we were very pleased to see 20 members attend. Our membership now stands at 57 Full and 2 Associate members. At the board meeting Bryan, as acting Chair, reported on the background of the forming of the SCIO, shared the draft new logo and went through the various projects that will occur over the next few years under the NILPS (North Isles Landscape Partnership Scheme), plus the future renovation work at the Wyre Community & Heritage Centre. The accounts for 2017/18 for Rousay Heritage Trust were presented by the Secretary.

A vote was then held by the members present for the election of the trustees which resulted in the following being elected: -

Bryan Milner, Alison Mainland, Alice Mainland, Robert Cormack, Eivor Cormack, Margaret Flaws, Itha Flaws, Kayleigh Tipper, Sheena Marwick and Jacqui Marwick.

Following the AGM, the new trustee board met to elect the office bearers who are: -

Bryan Milner – Chair, Kayleigh Tipper – Vice-Chair, Alison Mainland – Treasurer, and Helen Castle remains as Secretary.

If you have not already done so and would like to become a member please contact the Secretary at The Manse, Rousay for a form or phone on 821 229.

Tender Advertisement

Rousay, Egilsay and Wyre Heritage invites tenders for the projected renovation/development of the Wyre Community and Heritage Centre.

This substantial project, which is anticipated to commence in the spring of 2019, will include:

- replacing the tired asbestos roofing sheets with box profile sheeting;
- installing a kitchen area;
- installing a WC and shower facility;
- installing above-ceiling insulation
- upgrading the electrical wiring and heating.

Full details are available from REW Heritage, Everybist, Rousay, KW17 2PS or everybist@gmail.com



Rousay, Egilsay and Wyre Heritage SCIO is a charitable company
Charity Reg. No: SC048300

Registered Office:
The Manse, Rousay, Orkney, KW17 2PR.

Telephone: 01856 821229.
E-mail: info@rewdt.org

Rousay, Egilsay & Wyre Development Trust

Community Update: October 2018

AGM

The REW DT's AGM will be held at the Church Centre on Saturday 10th November at 10:15; see notice in The Review for further information.

10th Rousay Lap Half Marathon

A huge thank you to everyone who helped out as volunteers on the day of the Rousay Lap, and to those who cycled, ran & walked the course plus those who cheered at the finish line. We had 125 taking part; 80 cyclists, 28 runners & 17 walkers. All those taking part received a certificate and finishers medal at the finish line.

The results are available on our website under the 'Events' section and photos are available on both the REW DT Facebook page, and on the Around Rousay Facebook page.

Thanks to the RNLI ladies for providing soup and sandwiches, with the final amount of £909.55 raised for the RNLI.

REW DT Website

We have been experiencing occasional issues with our website not working correctly. This is outside of the staff's expertise to fix and we are currently working with an organisation to build a more user friendly and up to date site. This may take a little while, so we ask you all to be patient with us. If you need information or forms, please let the staff know at the office and they will be happy to help.

Idea for a New Car Driving Service

One of our residents has asked the REW DT if it is possible to provide a car driving service using the electric vehicle. The idea is to have a pool of volunteers preferably PVG registered, who could hire the car and drive mainly but not exclusively the older residents who do not have access to a car, to appointments both on REW and Mainland Orkney. The car hire would be paid for by the resident, not the driver.

If you would like to volunteer, please let Helen know in the office, we would like to discuss with all those who offer their help, how this service could be managed successfully.

Stone Chippings

Bryan Kemp has now begun deliveries to REW. Bryan or Davey will be in touch directly with residents who have been notified of their award regarding delivery and spreading dates. Please be patient as there are 24 properties to deliver to, we will get to you as soon as we can. Once again we are competing for ferry spaces and we have made a representation to the REW&G CC for a change of ferry to support the community's wishes for this busy summer period and requested Bryan Kemp to use the quieter ferry times.

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.



Land at Trumland

The Scottish Land Fund application was submitted in September and REW DT will find out if we have been successful in this grant application during November. Watch this space for news.

New Project Manager

REW DT would like to welcome Gill Wigley as the new Project Manager. Gill starts on 2nd October 2018.

REWIRED Ltd.

We thank those of you who have told us there is a noise at the 900kW Community Turbine, we have reported this to Enercon and they are looking into this. Whilst we are always grateful for the vigilance of all residents please call the turbine responder telephone number 07425 012002, please do not call the team at their homes as this is not fair on the 'off duty' responder.

Grants for Active Island and Active Life Membership

The board of directors are concerned that some (not all) of those who have been received Well-Being grants for the 'Active' scheme have not been using the Rousay gym, classes and/or Pickaquoy Centre regularly.

If you are unwell and unable to exercise, please let the office know but for all others with little or no usage, the board is monitoring attendance at the gym and Active funded classes both here on Rousay and the Mainland and the use of the Active facilities at the Pickaquoy Centre.

All grants for Active have a Grant Specific Conditions which states that: -

I may be liable to repay an amount proportional to the remaining period in a 12 month membership if I do not attend an activity at least once in 3 months, or will inform REWDT if I am unable to attend.

If the grant awardee does not use the funding accordingly this offer will be removed.

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: October 2018

Here's some of our current grant schemes and projects. For a grant application form for an educational bursary, driving lessons, well being grants, or our general grant fund, 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.



Here2Help

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

Well Being Grants

This wide-ranging grant covers sporting, craft, arts, and other non-certified learning and general well being courses, workshops, and events. It also includes Orkney Islands Council's ActiveIslands and ActiveLife memberships. This grant scheme is open to both individuals and groups.



Car Club

Our electric vehicle is available for hire for as little as 1 hour (£2.50), or for as long as you need (24 hours costs £18).

Book the car online, where you will also find our Car Club FAQs and T&Cs, or call the Office.



Learning to drive?

Apply for a bursary for up to 80% of the cost of lessons (a maximum of £500 per financial year).



Apply for an **educational bursary**, for up to 80% of the cost. A maximum of £500 (adults) & £100 (children) per financial year.

Nationally-recognised qualifications only.



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 Board Meeting is planned for **Wednesday 21st November 2018**

Board meeting dates for 2019 will be agreed on 21st November, and will be published in the next Review.



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.

Telephone: 01856 821 229

E-mail: info@rewdt.org

Website: www.rewdt.org



Facebook: www.facebook.com/rewdt

Directors:

John Garson (Chair), Kayleigh Tipper (Treasurer), Hilary Byland, Christina Cox, Carole Maguire, Bryan Milner, Eric Shortland. 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

Allotment
Association



Allotment Association



Plots are available now and the equipment is still available for hire. For information about the allotment plots, polytunnel plots or equipment hire, please contact Ian on 07879 496686.



*From the community
For the community*

Annual General Meeting

Our annual AGM will be held on 10th November 2018 at 10:15 at the Church Centre, Rousay.

All members are very welcome and we look forward to seeing as many of you as can make it. Refreshments will be provided.

The Trust is keen to hear from members who would like to become directors and a return slip has been included in the information we are about to send you.

For all members who are unable to attend the AGM but would like to vote for which of the members who wish to become directors in the election (Helen can provide the names after the Monday prior to the AGM – 05/11/18) please remember that you can use your 'proxy vote', Helen can provide details if needed.

If you have not received your invitation letter by 26th October with your agenda and Chair's report please contact Helen at the Trust's office, The Manse, ASAP (821 229).

If you are not currently a member but would like to come along to find out more about us, you are very welcome.

Orkney International Science Festival Update

On Wednesday 12th September our pupils travelled to Maeshowe to explore the engineering of medieval buildings to discover how huge castles and abbeys were built - and why many still stand tall today. This tied into our learning about Ancient Egypt and the building of the pyramids and other great buildings of the time. Pupils took part in fun, interactive demonstrations as they followed the journey of a block of stone from quarry to arch. Science and technology principles such as levers, pulleys, gravity and other forces are examined along the way.



Stephen Clackson's Letter from School Place

September 2018

Telling you what your councillor is up to in Orkney and beyond

At the meeting of the Monitoring & Audit Committee, our *Internal Audit Annual Report & Assurance Statement* graded us only 3 (adequate) for "openness". I suggested we might have received a better grade had we instituted the regular question & answer session I supported, but which was overwhelmingly rejected, at our last General Meeting (see my last *Letter from School Place*).

On my request, the latest meeting of the Dounreay Stakeholder Group (on which I represent OIC) was preceded in the afternoon by a tour of the "Home of Decommissioning Excellence". This was my first visit to a nuclear establishment for over 30 years, when I did a course in reactor physics (as part of my physics degree) at the University of London Reactor at Silwood Park in Berkshire. I was disappointed to learn that the iconic dome (see photographs below) is to be demolished rather than being retained as a national monument to Britain's nuclear industry (and continuing to be a landmark for shipping). At the evening meeting I asked about diffusion of tritium (a β -emitting isotope of hydrogen) from low-level radioactive metallic waste stored at the site, and I received a reassuring reply a week later. As a result of my conversations outwith the meeting, the UK Vertical Launch Project team is making arrangements to meet with Orkney councillors to explore areas that may be of mutual benefit.



Tagged-up for the tour - note the Dounreay dome behind my left shoulder.

The *Northern Alliance* is an educational partnership between the eight northernmost Scottish local authorities. Despite its including the three islands councils, its *Regional Improvement Framework Plan*, as I pointed out at the Education, Leisure & Housing Committee (ELH) meeting, lacks any recognition of the concept of "insularity", something quite distinct from "rurality", especially when it comes to connectivity and poverty of access. It is important we get this concept recognised before the *Northern Alliance* becomes the first regionalisation step on the road to Government Scotland's ambition to centralise everything. On the housing front: OIC's *Strategic Housing Investment Plan 2019/20-2023/24* is ready to be submitted to Government Scotland. This is a document I had input into in my role as Vice-Chair of ELH in the last council. It outlines how OIC will facilitate the use of available funding to provide affordable housing. Of particular interest to the Isles are the opportunities offered by the Rural Housing Fund and the Islands Housing Fund. With the assistance of OIC's Housing Services, the North Ronaldsay Development Trust has just received £90,000 from the latter towards the redevelopment of the island's schoolhouse.

The day before the meeting of the Orkney Health & Care Committee, I, along with the other committee members, had the opportunity to meet with our new Chief Officer for Health & Care and the Integration Joint Board, Sally Shaw. Folk in Sanday may remember Sally, as she lived on the island for a while.

At the meeting of the Orkney Ferries Board, I raised the matter of the inherent communication shortcomings highlighted by the break-down of the *Earl Thorfinn* after normal office hours on Friday 14th Sept, and steps are being taken to improve these. The first to be implemented is an after-hours recorded telephone message. Another innovation, which will be welcomed, I'm sure, is that discounted multi-journey books of tickets for cars will now be available for up to two registrations at a time per household.

Other meetings I have attended in Kirkwall include: an update on the Repsol oil terminal at Flotta; the first members' political session since the recess, and corporate parenting training.

Out in the Isles, this month I attended an event for all parents organised by the Sanday School Parent Council, and a meeting of the Stronsay School Parent Council. I was accompanied to the Rousay, Egilsay, Wyre & Gairsay Community Council meeting by Andrew Blake, the Orkney Ferries Services Manager. Andrew was available to address the concerns of the community councillors and the public and answer their questions. He has already been to Shapinsay to do this, and he will be visiting the other North Isles community councils in due course.

The next Community Council Conference will be on the 2nd October—a golden opportunity for community councillors to get together and share experiences.

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

You can download "Letter from School Place" from lfsp.pbworks.com



ActiveLife
More people, more active, more often



ActiveIslands
More people, more active, more often

ROUSAY HEALTHY LIVING CENTRE

(01856 821 443)

Opening Hours

Supervised Sessions

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 will close at 20:15 if empty

Buddy System

Term Time Buddy System

Monday	08:30 - 17:00
Tuesday	08:30 - 15:00
Wednesday	08:30 - 17:00 ** 19:00 - 20:00 ***
Thursday	08:30 - 17:00
Friday	08:30 - 15:00
Saturday	x x x
Sunday	10:45 - 11:45***

** Except Wed Oct 3rd - 08:30-15:00

*** During Rousay FBX

School Holidays

October 15th - 30th (inclusive)

Additional Supervised Session

Wednesday 17th & 24th - 15:30 - 16:30

FATBURN EXTREME

WEDNESDAY 7pm & SUNDAY 11am

Rousay Community School Hall

First Wednesday class - October 17th
7pm for an introduction to the
FBX concept, and demonstrations
of some of the core exercises.

Class will begin at 7.30pm

Changes to

(from October 1st)



Monthly increase of £0.49 on
Individual & Family Memberships
(ActiveIslands & Budget remain unchanged)
Induction fee to be reintroduced
(Class Prices remain unchanged - £4.75)

Full details at: [www.pickaquoy.co.uk/
changes-to-activelife-membership-2018/](http://www.pickaquoy.co.uk/changes-to-activelife-membership-2018/)

VACANCY

Relief Leisure Assistant

Why not join our small team?

If you are interested, or know of anyone who may be, please encourage them to apply for the role at

<https://www.myjobscotland.gov.uk/>
Keyword search "Rousay"

Closing date for applications: Sunday October 7th

BOXERCISE
Classes start on Tuesday
October 16th @ 7pm
Suitable for all fitness levels



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

"Rousay Healthy Living Centre" "Rousay Boxercise"

"Rousay Fatburn Extreme" "RHLC Buddy System"