



WIRELESS WESTRAY

Westray's fortnightly community podcast, Wireless Westray, was established by Westray Development Trust and community volunteers as another means of keeping the community informed and connected during the Covid-19 crisis. The podcast, which functions similarly to an online radio show, shares community news as well as island stories with different volunteer guest speakers each week. There have currently been 6 episodes recorded with 14 different volunteers taking part, 4 of whom are regular podcast speakers.

Wireless Westray is available free online via <https://www.spreaker.com/show/wireless-westray> as well as on Spotify and the apps - Apple Podcasts, Google Podcasts and Castbox. Wireless Westray is also available on free CDs that are posted to those in the community with limited digital connectivity. This podcast was made possible thanks to support from the Covid-19 Supporting Communities Fund which supported the purchase of 5 microphone sets as well as Westray Development Trust's Zoom Software subscription which allows volunteers to record episodes together via a group video call without needing to leave their own homes. Advice and guidance on creating audio content were also kindly shared by BBC Radio Orkney as well as a donation of blank CDs to ensure greater access to Wireless Westray in the community.

The first 5 episodes have been downloaded over 1,000 times.

Project Manager, Isobel Thompson, is happy to share WDT's experiences of setting up and recording the podcast with anyone and is willing to talk through the technical side of things such as editing. Although initially established in response to the pandemic, WDT has had many requests to keep the podcast going post-covid which the volunteers are all keen to do. As Isobel says "as long as folk want to listen we'll keep recording".



ENGAGING VOLUNTEERS

Volunteer burnout is a concern, especially as islands have a limited pool of potential volunteers in the community and it always seems to be the same individuals volunteering again and again. Volunteering can however be very good for a person's wellbeing so WDT really wanted Wireless Westray to be an enjoyable experience that didn't pressurise or guilt-trip people into becoming, and remaining, volunteers. The four regular contributors worked hard to find a balance that worked as they all had numerous commitments and responsibilities.

Isobel explained that Wireless Westray requires a balance of structure and flexibility, as well as giving volunteers creative freedom. Volunteers don't feel they 'have' to do something, they do it because they want to, each task could be easily taken on by other volunteers, so individuals don't feel

pressured into having sole responsibility for a certain task. The bare minimum needed for an episode is two speakers but having more allows for greater sharing of tasks. The time commitment is an hour at most because the podcast is recorded over a Zoom call so contributors don't need to leave home. For example, Ailsa normally collects news items and reads these on the podcast because that is her area of interest. If however she has a busy week or is on holiday someone else can easily step in. If someone can't make the usual recording day on a Tuesday then they can record their segment on their own using their microphone and email it to be edited into the main track. This means that people don't have to commit to taking part every fortnight as they have what they need to record on their own. The Trust also advertises that people can 'give it a go' for one or two episodes as being asked to make a regular commitment straightaway can be off-putting.

There is nothing preventing someone from recording an interview or segment at any time that suits them. This has helped WDT to build a stock of content. For example, when Ailsa interviewed Gavin Seatter in Ep2 about the North Isles Sports she also spoke to him about his experiences of the old island airfields. This recording is ready to be aired if there is a week when volunteers are unable to make a recording. WDT also encourages creative freedom. There is no advertised programme of episodes, so content is completely flexible. If anyone has an idea for the podcast they will be given help to take it forward. This has been done recently when someone suggested that they would like to speak about folktales.

This has worked well as it gives volunteers time off when they want it. Inviting volunteers to undertake specific tasks works really well rather than relying solely on a generic call for volunteers. This has got individuals involved who might not otherwise have volunteered. When members of the community are asked if they will take part in a discussion it is always made clear that it is not a problem if they don't have time or aren't keen as there will be others that can participate.

This approach has worked well and in the 6 episodes there have been 14 different voices including Mike Cooper reading the Storm Witch chapters. Mike records 2-3 chapters at a time and then has a break for a month. His latest recording may have been done on his boat as there were a few creaking sounds in the background which added to the Storm Witch ambience!

The process works because it fits around the commitments, wishes and interests of volunteers rather than asking them to commit to WDT's timetable. It also allows the project to be volunteer-led and to grow with them. A similar approach is being taken with the garden project where specific tasks are advertised e.g. planting daffodil bulbs. This resulted in seven people turning up for one afternoon to plant the bulbs along the footpaths.



*From the community
For the community*



ROUSAY, EGILSAY & WYRE'S PPE PRODUCTION

With support from REWDT and the Hunters Trust and the Orkney Resilience Fund it has been possible to ensure that the local community has a supply of:

- Face masks,
- Face Visors,
- Contactless Door Openers,
- Alcohol Wipes,
- Alcohol Spray,
- Gloves,
- Aprons
- Excess stocks have been distributed at no cost to similar neighboring islands community PPE distribution groups and to Orkney's Food Banks service and to the NHS.

Rousay has also been able to contribute to national supplies of: -

- Face masks
- Face Visors
- Door openers



ROUSAY'S PPE PHONE BOX

The PPE Phone Box was stocked and sanitized regularly by key volunteers and became the 24/7 community hub for the distribution of PPE. Two members of staff from REWDT regularly restocked PPE Phone Box. Ferry staff regularly refer travelers to the PPE Phone Box before boarding.

3D PRINTING AND SEWING MASKS

REWDT accessed external funding to purchase three 3D printers to produce face visors and contactless door openers and enlisted seven sewing volunteers to manufacture washable face masks. The funding covered all the production costs and included any necessary tools. The volunteers were from all age groups and being busy kept their minds off the COVID situation. Face Visors were the first to be made and were designed to meet the need of the NHS and local care-workers. Following receipt of the funding, production at codeOrkney was expanded 5 fold and further orders were met expanding out into other NHS trusts nationally. Each NHS trust required their own specific design of Face Visor. 3x overworked 3D printer machines ran daily, often 24/7, and 1 printer died irreparably during PPE production. Production is continuing using the remaining commercial filters left in stock using both fabric and 3D printed designs. REW local business were invited to place orders for PPE ensuring local business could stay open and stay safe without any cost.

Production has included over 525 face masks in 4 main types with 100s of different designs which range from 15mins up to 13hrs to produce depending on the complexity. There were sufficient facemasks produced for each member of our community to have a filtered mask plus a spare. This has been critical for island residents to continue normal operation such as boarding ferries, shopping, and for keyworkers going to work. The custom designs and special orders have helped reluctant wearers adopt regular wearing of masks.

3D printing has resulted in some innovative products that support contactless day to day operations and the contactless door openers are very popular and come in a range of designs. People are fascinated by having a tool to enable them to not touch the same surfaces as others.





HOY - RESPONDING TO CV-19

Having a Health & Wellbeing Co-ordinator in post was undoubtedly a significant advantage for Hoy and Walls both in terms of baseline in knowledge of the socioeconomic standing of the Community but more importantly in having an individual who had already established strong links with a number of households. This provided information which enabled the Island of Hoy Development Trust (IOHDT) to identify the key priorities and targets for any available funding.

The volunteers provided support in terms of doing and collecting shopping etc. for people who were isolating/shielding. They were also able to provide one-to-one support initially by phone and then face to face as restrictions/guidance allowed. The volunteers also delivered leaflets for IOHDT's Covid initiatives to every household on the island. Although IOHDT also made good use of the Community Facebook page it was recognised that there were a number of households that didn't have access to digital media or simply didn't access the Facebook page.

Initial funding from Foundation Scotland allowed the Wellbeing Co-ordinator to bring forward plans to establish an Advice and Support Hub and to recruit a group of volunteers.

Being unable to travel to mainland for shopping was quickly identified as significant financial challenge particularly for those experiencing loss or reduction in income. Individuals/families being at home increased utility bills and exacerbated the acknowledged high level of fuel poverty in the community. This led to the decision to provide Community Covid Grants and a Community Larder. Successful applications to both the Health & Well-being Fund and the Supporting Comments Fund enabled these plans to be taken forward. take these plans forward.

Cash grants for those meeting the criteria (loss of income, on any government benefit) were available to the end of August and food/grocery boxes provided people able to demonstrate financial need till the end of July. Around 20% of the island population met the criteria for the Covid Community Grants/Community Larder.

One of the IOHDT Electric Vehicles was also made available to deliver prescriptions from the Health Centre to limit footfall in the building. A Mental Health Resource leaflet was produced, and the Wellbeing Co-ordinator gathered a library of resources.

Although the Wellbeing Co-ordinator had a good knowledge of the likely level of need on the island, she has also identified further hidden vulnerable individuals/families who had previously not wanted others to be aware of their difficulties. As a result of the work done over the last few months IOHDT has gathered information that will not only be beneficial in developing the H&W project but will also inform the broader development plans of the IOHDT.



IOHDT's Mental Health Leaflet



Worried about how much alcohol you or someone else is drinking?

Drinkaware -
www.drinkaware.co.uk

This website provides lots of useful information and advice on things you can do to reduce or stop your drinking. There are resources to help you assess your drinking look at the triggers for drinking, how it impacts on mental health and tips on how you can make changes.

If you would like information but do not have access to online resources please contact Denize Laze, Health & Wellbeing Coordinator 01865 701356 who will be able to provide you with hard copies of the information.



Please be aware though that if you feel you are experiencing alcohol withdrawal symptoms it may be dangerous to stop drinking without medication. If you are worried about this please contact the Health Centre to ask for advice.



**Feeling Worried,
Anxious, Down,
Depressed?**

**There are places you
can get advice and
support**



Breathing Space 0800 83 85 87

This service is:

- + Free to call from landlines and all mobile networks and won't show up on phone bills
- + For anyone 16 years and older
- + Funded by the Scottish Government and managed through NHS 24
- + Staffed by professionals from mental health, counselling and social work backgrounds

When you make contact all you need to give is your name, contact details and reason for your call. You will then be offered an assessment appointment with an advisor or put on a waiting list depending on how busy they are.



After assessment by an advisor you may be offered a number of sessions following a Cognitive Behavioural Therapy (CBT) approach that has a proven positive impact on symptoms related to anxiety and depression.

**Urgent help is available from
Samaritans
Tel: 116 123**



Self Help Approach

NHS Inform -
www.nhsinform.scot

This website provides lots of very useful information that can help you to understand the symptoms you may be experiencing and techniques you can use to help to help you feel better.

The website has self-help guides and work sheets you can download.

If you would like to try the self-help approach but do not have access to online resources please contact Denize Laze, Health & Wellbeing Coordinator 01865 701356 who will be able to provide you with hard copies of the information.



SANDAY – PREVENTING ISOLATION

No Home is Alone

Sanday Development Trust knew lockdown was going to have a terrible impact for a great number of people on the island as so many rely on face to face interaction with friends at weekly groups meetings and events. SDT's was keen to promote the use of technology as a means of enabling island residents to keep in touch. As part of SDT's various funding applications they applied for a number of tablet devices, internet hotspots, smart speakers and radios.

The problem was ensuring that the message got out to as many people as possible. SDT produced a leaflet that was sent to every house and also phoned every resident listed in the islands telephone directory to check they were OK and alerting them to the type of support available to them.

Encouraging the use of these devices is a long-term exercise as many of those who did not have technology did not want it out of fear and lack of knowledge. So SDT is now starting a longer-term project to provide training, 1 to 1 support and technology taster sessions.

No Home is Alone - Technology Loans and Support

We have funding to be able to loan technology and internet equipment to those without such services or those in isolation.

If you live on your own or are having to remain in isolation we can help you keep connected to the outside world. We have a variety of technology to keep you in touch and entertained during lockdown, and please note we will provide support to enable you to get the most from

what is available. We have internet radios, standard radio and CD players, smart speakers to talk to and mobile phone and tablet computers. We have already helped many people with new technology. Get in touch for more details.

Zoom Bingo

Zoom Bingo was started specifically for those who were shielding and isolated due to lockdown but it is now open to anyone to join.

It is free to play and just for fun. Bingo books are available from the shops where they can be collected or sent out with deliveries.

SDT provided detailed instructions for everyone to follow and provided support and help to those who needed it and arranged 1 to 1 test calls to help people use Zoom.

In addition to Zoom a little technology is used to help give the best experience and make it easy to play. The Bingo calling is performed by an app on a separate iPad that is screen shared, meaning that during the game everyone can see a large screen showing the numbers as they are called, and a list of the ones previously called. It helps everyone keep up and not struggle if there is an interruption to the call during play.



SHAPINSAY WELLBEING

Shapinsay Development Trust was awarded funding from Scottish Government's Supporting Communities Fund to help the island's 300 residents during the pandemic. The trust worked with volunteers to distribute freshly prepared ready meals and food parcels across Shapinsay each week, making sure that young children, those who were shielding or self-isolating and people on low incomes were all supported.

Ready meals and fresh fruit or a box of groceries containing basic food items (all sourced from the local shop and suppliers) were delivered by volunteer Craig for those staying at home, with the other grocery boxes being ready for collection on Wednesdays. All social distancing rules were adhered to during deliveries and collections. Residents were also asked to return items from their grocery box which they were not going to use so that they could be passed on to others.

The feedback from those receiving the boxes and meals was very positive.

Some quotes

"Much appreciated. Grateful and delighted"

"Very pleased, all the items came in useful"

"A godsend, highlight of my week!"

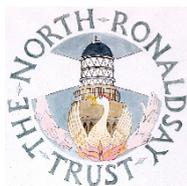
"Fantastic and made a real difference during lockdown"

"A real lifeline, look forward to seeing what is in my box"

"Scheme is really helping the community"

This project continued until the easing of lockdown. A great deal of work went on behind the scenes each week and it wouldn't have been possible to do this project without the hard work and dedication of those helping in the background.

Having a Wellbeing Co-ordinator on Shapinsay provided a point of contact for the community. As a result SDT was able to identify what was needed to support those that were most vulnerable and to apply for funding to meet these needs. At the start of lockdown the Wellbeing Co-ordinator worked with SDT to produce a newsletter designed to provide essential information to island residents. Since the easing of lockdown she has helped those that were anxious about returning to the local shop etc. to feel confident to do so. She has also started to introduce activities such as healthy walks.



Spring 2020 **North Ronaldsay NEWSLETTER**

A big thank you to all our key workers and folk keeping everything going on North Ronaldsay during lockdown

Isabella Scott painting a codfish

NORTH RONALDSAY – NEWSLETTER & FRIDAY FISH, CHIPS & QUIZ NIGHT

The spring edition of the North Ronaldsay Newsletter ran to 32 pages. The publication had a total of 29 contributors and was enjoyed by island residents as well as people with island connections around the world. Many people asked to purchase additional copies to send to family and friends. The Newsletter has become a lovely/positive record of North Ronaldsay's lockdown.

Funded by the Wellbeing Fund, Friday night on North Ronaldsay is fish and chips night. It is also Quiz Night. The weekly quiz has been very well received within the community and has been a great morale booster. Provided by the North Ronaldsay Bird Observatory the food has been described as being really top notch food.

North Ronaldsay was one of a number of islands that produced a leaflet with useful information about the support available to residents.

Please Help Keep North Ronaldsay Virus Free

Please continue to follow government guidelines to keep our community safe.

- Use PPE provided in public places, please help yourself to what you need. The pier store and airport have plenty of stock. Give us a shout if any needs topped up.
- Maintain 2m distance, especially when coming into contact with people from outwith the island at the pier and airfield.
- Handle packages coming from outside the island (including post) with caution – remember Covid-19 virus can live on certain surfaces for up to 72 hours.
- If you are going off-island for medical appointments please feel free to take any PPE you need such as masks, hand sanitiser and please remember to self-isolate - yourself and any household members - for at least 7 days after your return.

A big thank you to all North Ronaldsay's key workers!

Useful Contacts

North Ronaldsay Resilience Group
 Web - www.northronaldsay.co.uk
 Email - cdm@northronaldsaytrust.com
 Phone - 01791 752368 (leave a message and we will return your call when we can).
 Search for us on North Ronaldsay Trust Facebook page for useful information.

NRIBO Shop
 01797 633 200

North Ronaldsay Surgery
 01797 633 226 or 07976651885

Age Concern UK - Scotland
 Helpline for those feeling lonely and general info
 Phone - 0800 12 44 222 (Mon-Fri 9am-5pm)
 Web - www.ageuk.org.uk/scotland

Samaritans
 Whatever you're going through you can call
 Phone - 116 123 (24 hours a day, 365 days a year)
 Web - www.samaritans.org

THAW Oilkey
 Help for the vulnerable without electricity/heat
 Phone - 01856 876888 - Web - www.thaworkney.co.uk

Citizens Advice Scotland - General help and advice
 Web - www.citizensadvice.org.uk/scotland

Highlands and Islands Enterprise (HIE)
 Support and advice for businesses & communities
 Web - www.hie.co.uk

Voluntary Action Orkney
 General advice - Web - www.vaorkney.org.uk

North Ronaldsay Trust

In partnership with

North Ronaldsay Resilience Group

Community Information - May 2020

This leaflet contains information about new services NRT has created to help get support to folk who need it during the Covid-19 pandemic. It is being sent to every household. NRT have secured funding through HIE from the Scottish Government's 'Supporting Communities Fund' and through the Wellbeing Fund, processed and managed by The Corra Foundation. Please contact NRT if you have any questions, contact details are listed under 'useful contacts'.

Community Support Fund

The Community Support Fund launched on the 30th March is for those who need support during the Covid-19 crisis.

1- Emergency Food Supplies

The funds open to North Ronaldsay residents in need of immediate support for food and general provisions and includes free delivery to your house. You are eligible if:

- you are vulnerable (as defined by the NHS with pre-existing health conditions)
- you are over 70 years of age
- your income is directly affected by the COVID-19 crisis (such as jobs related to tourist industry, zero hours contracts etc.)

How it Works

Each eligible individual is entitled to receive up to £50 per week towards food and general provisions. Essential purchases include fresh or frozen fruit and vegetables, bread, grains, pasta, rice, dairy (or dairy-free alternatives) such as milk and yogurt, eggs and essentials, toilet rolls, sanitary products etc. This will initially be for up to a 12 week period. Some of those thought to be eligible have received an initial phone call regarding the fund. If you have not received a phone call and feel that you may be eligible and require support please get in touch. The first step is that individuals sign and return a form to confirm they are eligible and that they wish to take part in the scheme, individuals will then receive food tokens which they can exchange for essential groceries at the local shop, and orders can be placed over the phone.

2- Emergency Fuel Support

How it Works

We have been in touch with eligible households regarding one-off £50 fuel vouchers (one per household). Those that are eligible and have expressed interest, will now receive an application form to complete with details of their fuel supplier, such as name and account number. We will gather the forms and for each provider issue a letter listing all the accounts we wish to add to and forward payment. We will ask for confirmation that this payment has been received. For oil fuel, electricity providers etc. we will add the funds to individual accounts. For solid fuel we will pay the shops/suppliers the money and then people can claim with an authorising letter or voucher. Again, if you have not received a phone call but feel you may be eligible, please do get in touch.

3- No Home is Alone

We are launching an island wide scheme to reach out and stay in contact with anyone who is on their own or feeling isolated during this time.

We know that many residents are already reaching out to others and doing an amazing job of looking after our community. This scheme is not meant to replace any of the wonderful work that is already being done by individuals or groups but is simply to ensure that no one on the island is left out and that everyone has someone to reach out to.

How it Works

The calls will be organized by North Ronaldsay Community Resilience Group who will manage the calling schedules for everyone.

You can request to be called on a basis that suits you or you can volunteer to call others on the island, or both. We also hope to get everyone set up digitally so that we can run island quizzes etc. Any other ideas most welcome! Please get in touch if you have any.

To sign up for the scheme:

- Please get in touch with a member of the resilience group.
- Let us know
 - If you are without any connection, i.e. no phone (fixed/mobile) or internet access
 - If you would like to be called, to volunteer to call others, or both
 - Your contact details – phone number, mobile number and email
 - The times you would like to receive a call or make calls, i.e. such as 9am to 6pm
 - If you have internet at home and would like video calls.

Any information you provide will be handled in the strictest of confidence. No calls are recorded and we will not pass on your details unless required by law (in compliance with general data protection regulations) or contact any other organisation unless you ask us to do so or we believe there is a risk to life.

Well Being Fund

An application has been made for a weekly hot meal delivery to those who are eligible and support increased digital connectivity—more details to follow.