

## Argyll and Bute

Agreed commitment - £88,532.80

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
1	Pennyghael Community Hall	Pennyghael Community Hall - Phase one Renovations	Mull	Mull	£44,680.80	Funding to renovate community hall kitchen and bring it in line with required regulations. Currently the community hall (without renovations to its kitchen) cannot re-open. The grant will include construction work and new kitchen equipment, enabling them to re-open the community hall; thus supporting an extensive range of multigenerational community activities.
2	Mull & Iona Community Trust (MICT)	Our Islands' Community Well-being Project	Mull	Mull	£ 9,800.00 (Capital) £4,800.00 Revenue £5,000.00)	Wellbeing activities and equipment, includes filming equipment, a storm kettle, functional specification document (FSD) nature guides and equipment for 'loose parts free play': magnifying lenses, clamps, pegs, bungees, wooden balls, buckets, commando netting, sit mats, carabiners etc. Revenue funding to commission specialist sessional workers including: woodland practitioners, ranger for guided walks, family cycling events, nature picnics and 'yoga in the forest', a zoologist for fungi and lichen identification and foraging and professionals for woodwork and technology in the trees workshops. Includes local community bus hire to enable wider engagement.
3	Project Trust	BicyCOLL/Green Travel Policy	Coll	Coll	£30,000.00 (Capital) £25,000.00 Revenue £5,000.00)	Project Trust hope to inspire their visitors by promoting greener, healthier working practices. Funds to purchase 4x electric bikes, 4x pedal bikes, cycle safety equipment and a bike shed. The equipment is to be used predominantly by Project Trust staff as part of a wider plan to promote health and wellbeing among staff. Members of the community and tourists will also have opportunities to use equipment as part of a reciprocal arrangement with 'Development Coll'.
4	Tobermory Harbour Association	Aros Waterfront Development	Mull	Mull	£4,052.00	Initial feasibility study for stage one of the Aros waterfront development. On completion the project will include (among other things) accessible walkways and a new slipway for water sports and wild swimming. £20,086 is required for feasibility work and £16,034 has already been identified.

**Na h-Eileanan Siar**

Agreed commitment - £471,306.02

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
5	Carloway Community Association	Carloway Community Centre Redevelopment	Lewis	Lewis	£9,784.60	In 2017 CCA purchased the former local primary school and community centre. Funding was sourced to renovate the buildings for community use by March 2022. Due to construction cost increases, savings were required and the improvements to the sports hall had to be omitted from the plans. This project will allow the original plan to be realised and improvements to the sports hall to take place as part of the larger project; providing a local sports facility and equipment for people to be active.
6	Comunn Eachdraigh Nis	Day Club - aig an taigh (in the house)	Lewis	Lewis	£3,750.00 (Capital £500.00 Revenue £3,250.00)	CEN run a weekly Day Club, for housebound and elderly members of the community, many of whom live alone. The group meet at the centre for lunch and activities. This is perceived as a lifeline service for these individuals - in both physical and mental health terms. Volunteers provide transport/assistance for the infirm through the only provision of this kind within 25 miles. The project will fund additional hours for a staff member to carry out outreach phone calls to households, food preparation, prepare activity programmes and coordinate the volunteer effort. This will also refund volunteers fuel expenses and purchase eco-friendly packaging for delivered/takeaway meals.
7	Point and Sandwich Coastal Community Path	Stornoway to Iolaire	Lewis	Lewis	£104,000.00 (Capital £100,000.00 Revenue £4,000.00)	Development of a new section of coastal path that highlights the cultural and historical links of the Iolaire disaster in addition to the recreational links and benefits it creates between Stornoway and the wider Point and Sandwich path development. This new path will create a 1.5 m wide route from Lower Sandwich to the iconic Iolaire monument. The 1000 metre path follows the shoreline along half its route and turns to the top of Cnoc nan Poll Urra and onwards to the Iolaire memorial (as visited recently by the FM). The car park

						will also be enlarged. The work includes installation of self-closing gates, a wooden bridge, drainage and fencing.
8	Horshader Community Development Trust	Slàn san Dachaigh (Healthy at Home)	Lewis	Lewis	£9,342.44 (Capital £8,067.44 Revenue £1,275.00)	Funding for equipment and training to deliver outdoor physical activities, including kayaking, surfing, coastal rowing, paddle boarding, high intensity interval training sessions and weekly walks. Purchases include 5 paddle boards, 5 kayaks, safety helmets, wet suits, buoyancy aids, fitness class equipment, training for staff to deliver activities and staffing costs.
9	Guth Airson Iartasan Nis	EDP - Cothrom a Bhith Fallan (Opportunity to be Healthy)	Lewis	Lewis	£10,158.00 (Capital £7,918.00 Revenue £2,240.00)	This project application is for the maintenance, replacement and purchase of new equipment at the Eorpie Dunes Park, Lewis. Due to the park location, the equipment is fully exposed to the extreme Atlantic coastal weather and requires regular painting and maintenance to help protect it against the elements. Revenue funding would cover labour/staff costs. An annual inspection is required and the finance would also meet the cost of this. Items reaching the end of their life, including a rocker and seesaw will be replaced with new equipment. Spare swing seats are also required and repairs will be undertaken to the skateboard ramp and the largest pieces of play equipment (pirate ship and wooden maze) will be painted. A secure area for cyclists to leave their bikes will also be installed.
10	Tagsa Uibhist (Uist Support)	Promoting Healthy Activity and Social Inclusion through Community Gardens Volunteering in Uist	Baleshare; Benbecula; Berneray; Flodaigh, Benbecula; Grimsay; Grimsay, South East Benbecula; North Uist; South Uist	Benbecula; Flodaigh, Benbecula; Grimsay; Grimsay, South East Benbecula; North Uist; South Uist	£20,000.00 (Capital £15,000.00 Revenue £5,000.00)	Funding to build a volunteer shed at the organisation's community gardens in Benbecula with toilet and kitchen facilities, improved pathways around the site and funding for volunteer coordinator costs to March 2022, to support the community gardens volunteering project.

11	Newmarket Gateway	Newmarket Gateway Inclusion Project	Lewis	Lewis	£97,470.64	The 'Inclusion Project' is located in a community owned park and will deliver provide new exercise and play equipment that is accessible to all. The project includes purchase and installation of a multi activity frame and a range of sensory and imaginative play equipment. Accessibility will extend to pram and wheelchair users.
12	Falmadair: Outer Hebrides Maritime Trust	A seoladh air adhart ('Sailing forwards / making progress' in Gaelic)	Lewis	Lewis	£4,464.00 (Capital) £2,370.00 Revenue £2,094.00)	This investment will fund a series of 5 training workshops through to March 2022, covering subjects such as knot skills, navigation, collusion regulations (akin to The Highway Code for the sea) and allowing 15 people to reach a level where they are competent crew members and ready to take part in longer sails during the summer season 2022. In order to facilitate this the current stock of lifejackets will be serviced. The group will purchase additional waterproof trousers and gloves to ensure no impediment and/or more comfortable participation. A Protective cover for An Sulaire (the largest boat) is included to maximise time spent on the water (a major constraint during training is the time required to carry out maintenance as a result of rain water collecting in the hull, which can also cause damage).
13	Breascleite Community Association	BCA - Active for All	Lewis	Lewis	£21,105.53 (Capital) £18,705.53 Revenue £2,400.00)	Funding for indoor sports equipment for the community centre, kayaking equipment, paddle boards, water sports tuition for 20 people, a shipping container (kayak storage) and repairs to the loch access road, supporting the local community to be physically active.
14	The Stornoway Trust	Shore Road Lighting	Lewis	Lewis	£104,160.00 (Capital) £99,960.00 Revenue £4,200.00)	Project will create an illuminated route to enhance outdoor physical activity options in the Castle Grounds in Stornoway using solar powered lighting columns. At a latitude of 58 degrees North, Stornoway has around six and a half hours daylight in December. Comhairle nan Eilean Siar's Sport and Health team identified the installation of solar lighting on Shore Road would extend the existing lit route to enable walkers, runners and cyclists to follow a route of over three miles, whatever the time of day. The objective is to create a lit activity space which can be used by a wide demographic for physical activity. The use of solar lighting columns minimises disruptive groundworks and reduces the carbon footprint of the project.

15	Stornoway Community Sports Hub	Stornoway Community Sports Hub Weather Shelter Seating	Lewis	Lewis	£13,942.72	Purchase of outdoor weather shelter and seating area overlooking a 3G pitch in Stornoway (2 Shelters with 10 seats in each). The project aims to boost participation in sport, including targeted inclusion groups (Pre-school/primary/elderly/additional support needs/targeted adults and children who do not normally access sport) through 'Coach Development and Education Workshops'. Seating will provide a safe, controlled and comfortable environment to develop sport, health and wellbeing in an outdoor environment.
16	Third Sector Hebrides	Safe Haven Drop In Area	Harris; Lewis	Harris; Lewis	£20,000.00 (Capital) £15,000.00 Revenue £5,000.00)	Funding to develop a drop-in listening space to target mental wellness. Includes dual language signage (Gaelic and English) to attract and direct clients, a relaxed and comfortable seating area and multi-sensory features. The project will create an outdoor area with raised beds made from recycled materials, seating, lighting and features that encourage wildlife. Revenue funding supports project management and volunteer expenses.
17	Advocacy Western Isles	Mental Health Advocacy	Barra; Benbecula; Berneray; Eriskay; Great Bernera; Grimsay; Grimsay, South East Benbecula; Harris; Lewis; North Uist; Scalpay; South Uist; Vatersay	Barra; Benbecula; Berneray; Eriskay; Great Bernera; Grimsay; Grimsay, South East Benbecula; Harris; Lewis; North Uist; Vatersay	£4,835.00 (Revenue)	Funding to cover an extra 5.5 hours a week of the salaries of 2 mental health advocacy workers (up until the end of March 2022) as a result of an increase in demand for Advocacy Western Isles' services due to Covid. The organisation anticipates working with up to 200 clients over the year across the Islands of Barra, Benbecula, Berneray, Eriskay, Great Bernera, Grimsay, South East Benbecula, Harris, Lewis, North Uist, Vatersay.
18	The Pairc Trust	Get Fit For Free	Lewis	Lewis	£2,997.09	Running costs to provide a free gym, servicing the local community (preventing locals from having to travel 45mins to Stornoway for other gym facilities). The gym compliments the Trust's delivery of 'Health Walks' (again free and accessible

						to all) aimed at Dementia and Cancer care (as well as more general health and wellbeing).
19	Volunteering Hebrides	The Embark Project	Harris; Lewis	Harris; Lewis	£5,000.00	Funding to increase activity sessions offered and the training of volunteers; increasing the pool of Cycle Ride Leaders/Walk Leaders. Increasing the number of people benefitting from positive choices and engagement in outdoor activity/exercise. The Embark Project is about enabling people to have new beginnings/opportunities, being supported to learn and develop, connect with others and lead healthy, fulfilled and independent lives.
20	Western Isles Association for Mental Health	Heart & Soul	Great Bernera; Harris; Lewis	Barra; Benbecula; Great Bernera; Harris; Lewis; North Uist; South Uist	£5,000.00	Funding for sessional staff costs to deliver a range of physical activities designed to promote and support positive mental health, for example healthy walk and talk group, community gardening, yoga, relaxation and tai-chi and outdoor activities taster sessions.
21	Ness Sports & Recreation Association	Subsidised sports activities	Lewis	Lewis	£5,000.00	Funding to provide a broad range of multigenerational health and wellbeing activities for the local community at a subsidised rate. Activities include swimming, shinty and carpet bowls.
22	Western Isles Foyer	Supporting young people to secure, develop life skills, and thrive in their own tenancy	Lewis	Lewis	£5,000.00	Funding to provide supported housing and independent living skills support for up to 60 young people in Lewis. Used to deliver activities on topics such as nutrition, cooking, smoking cessation and sexual health. WIF aim to improve mental health and wellbeing and support young people to be more resilient.
23	Cothrom	Go Uist!	Barra; Benbecula; Bernera; Eriskay;	Baleshare; Barra; Benbecula; Bernera; Eriskay;	£5,000.00	Funding to deliver outdoor learning sessions including walking activities, strength and balance and growing in outdoor spaces; includes staff training in outdoor learning pursuits.

			North Uist; South Uist	Flodaigh, Benbecula; Grimsay; Grimsay, South East Benbecula; North Uist; South Uist		
24	Bethesda Care Home & Hospice	Acitivites Coordinator	Lewis	Lewis	£3,800.00 (Capital £1200.00 Revenue £2,600.00)	Funding to engage (part-time) activities coordinator and purchase interactive boards, to support the care home residents to participate in a programme of various activities, to be determined by feedback from residents and their families. Revenue application, however £1200 is for capital items (the interactive boards).
25	The Shed Project	The Shed Stornoway Youth Project	Lewis	Lewis	£5,000.00	Funding for youth worker to support the school mentoring programme and youth drop in clubs.
26	Sgoil Uibhist a Tuath Parent Council	Weaving Resilience and Well-being into our School Communities	Baleshare; Berneray; Grimsay; North Uist	Baleshare; Barra; Benbecula; Berneray; Eriskay; Flodaigh, Benbecula; Grimsay; Grimsay, South East Benbecula; North Uist; South Uist; Vatersay	£5,000.00	Project to improve and enhance wellbeing through weaving and tapestry creation in primary schools. The project will provide tutorials and workshops for school pupils and benefit all Uist and Barra primary schools – through activities strategically linked to School Improvement Plans due to the focus on mental health/well-being. The project is innovative, providing gentle exercise, and cognitive engagement designed to improve mental health and wellbeing and raise awareness of the environment by basing activities on the local landscape.
27	Urras Oighreachd Ghabhsainn	The Hebridean Community Garden	Lewis	Lewis	£5,000.00	Funding to host and facilitate 12 art workshops, 12 cooking workshops and 6 photography workshops with a focus on the associated wellbeing benefits.

28*	Scottish Rural Health Partnership, University of Highlands and Islands	Literature Review on Scottish Island Mental Health and Wellbeing	Lewis; Orkney; Shetland	All Na h-Eileanan Slar; Orkney Isles; and Shetland Isles	£1,496.00	Funding is requested for a UHI staff researcher to undertake a global literature review on Scottish Islands Mental Health and Wellbeing. This is part of a wider research programme with NHS Western Isles and will provide the framework on which to build research in this field. The research will encompass data corresponding to all the islands located across the Western Isles, Orkney and Shetland.
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\* This project is being delivered across Na h-Eileanan Slar, Orkney & Shetland.



## Highland

Agreed commitment - £108,067.21

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
29	Edinbane Community Company	Lyndale multi-user path	Skye	Skye	£53,600.00	Construction of a 2.45km all-users walking and cycling path to link several scattered townships in the north of the settlement with the community hub of Edinbane village, encouraging visitors and residents to use healthy active travel options for short local journeys.
30	Lochaber Environmental Group	Active Islands	Canna; Eigg; Muck; Rum	Canna; Eigg; Muck; Rùm	£3,792.75	Support cycling as a mode of transport for small isles school pupils. The project aims to support riding proficiency and cycle maintenance. Training will delivered in partnership with Highland Council. Mallaig High School residence will provide care/accommodation to the small isles pupils during the week of training.
31	Raasay Community Association	GYMTASTIC: Creating space for a healthier place	Raasay	Raasay	£22,306.64 (Capital £17,806.64 Revenue £4,500.00)	Funding to create new spaces within and around the Raasay Community Hall, providing a local community health and wellbeing suite and outdoor recreational space. The main aim of this project is to create a gym, exercise, and multi-functional facilities for local people to access. To achieve this, RCA requires capital funding for Internal building works in the hall, together with funding for the development of outdoor space, gym equipment & an outdoor marquee for community events. To include public advertisement costs and promotion and PPE such as cleaning equipment and sanitiser.
32	High Life Highland/Skye & Lochalsh Community Sport Hub	High Life Island	Raasay; Skye	Skye	£19,715.00 (Capital £14,938.00 Revenue £4,777.00)	Funding to run a diverse range of activities on the Isle of Skye, training coaches and purchasing equipment to run Body Pump classes, training an additional coach for Zumba to providing cover for the existing coach. Also coach training for fitness classes and an associated outreach programme in Broadford and Carbost/Minginish areas of Skye (funding to provide coaches & hire halls). Purchase an Aquagym and Aqua Boards (especially good for those with limited mobility), refresh the changing facilities in Uig and purchase a kayak rack to improve the lifetime and security of equipment.

33	Kyleakin Primary School	Orienteering in the wider community	Skye	Skye	£6,780.32 (Capital £5,940.32 Revenue £840.00)	Funding to support and enhance orienteering in Kyleakin Primary School and schools on Skye (as well as community events). Purchase of two sets of electronic orienteering equipment will allow sessions to resume in a Covid safe manner and opening up opportunities for participants in the area. Funds will also be used to train 12 people on the 'Get Into Orienteering' course.
34	Raasay Parent Council	Ride on Raasay	Raasay	Raasay	£1,872.50	Funding for a mountain bike instructor for 6 sessions with the pupils (with travel costs) and a day long course on bike maintenance.

## North Ayrshire

Agreed commitment - £135,198

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
35	Cumrae Primary School	Cumrae Plant to Plate Growing Hub	Great Cumrae	Great Cumrae	£20,000.00 (Capital £15,000.00 Revenue £5,000.00)	Project supports construction of an outdoor shelter and secure space with enclosed area & large covered veranda adjacent to the current (and well utilised) allotment. This will allow a café to operate as well as providing cooking facilities for community use all year-round. Solar lighting & water collecting systems will be installed and 2nd hand furniture purchased. Purchases include cooking equipment for classes and used by the café, gardening equipment including tools, growing mediums, planters, barrows, water butts, bulbs, seeds & other necessities to grow more produce and outdoor clothing/footwear. The project includes specialist training sessions and accredited awards for pupils and the wider community together with work experience for locals and operation of free after school holiday clubs - normally only delivered/accessible on the mainland.
36	Millport Town Hall	Healthy Hobbies and Paving the way to a Healthy Cumrae	Great Cumrae	Great Cumrae	£100,690.00	The Town Hall Regeneration project involves a lengthy programme of capital works, but this project is to specifically purchase musical instruments and internal sporting/activity equipment needed for sports, music and creative activities for the entire community. This includes 3 x table tennis tables, circuit training equipment, badminton, indoor bowls and 5-a-side-football equipment. The application also covers the purchase and installation of appropriate and recommended flooring for Millport Town Hall. The community hub will provide flexible spaces for all ages of the community to have access to a variety of opportunities for socialising, creative and musical learning and support. The large main hall can be used for indoor sports and community performances and events.
37	The Arran Pioneer Project CIC	Building Infrastructure on Community Gardens Around Arran	Arran	Arran	£14,508.00	Funding to support the development of 7 existing community gardens, providing people with opportunities to be active, including mains water connections, building materials for various gardening projects, electric fencing, hard standing and fruit trees and bushes.

## Orkney

Agreed commitment - £422,551.39

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
38	Eday Partnership	Active Eday Project	Eday	Eday	£50,700.00 (Capital £47,300.00 Revenue £3,400.00)	Investment in a set of swings for the School - the playground is currently described as derelict, water sports equipment and storage (8 paddleboards, 2 kayaks and 2 canoes that will be available for community and visitor use), 10 bicycles/scooters for school community/visitor use, archery equipment and associated training to enable regular inter-generational sessions at social events, water sports and mindfulness training to facilitate regular sessions for the community.
39	North Ronaldsay Trust	Growing Together at North Ronaldsay Community School	North Ronaldsay	North Ronaldsay	£14,995.00	The purchase and erection of a polycrub to be situated in the playground of North Ronaldsay Community School to develop outdoor learning experiences for the school children, families and wider community.
40	Relationships Scotland Orkney	Enhancing the Orkney Counselling Centre	Orkney Mainland	Orkney Mainland	£7,179.84 (Capital £21,79.84 Revenue £5,000.00)	Capital funding to help meet the growing demand for services and to invest in improving the client environment at the Counselling Centre. Purchase of furniture, lighting, artwork, sound proofing and softer elements like plants to enhance the environment and welcome for clients. Revenue funding also to provide additional counselling services. Extensive supportive evidence provided as part of application.
41	Rousay, Egilsay, Wyre Development Trust	The Heart of Rousay	Egilsay; Rousay; Wyre	Rousay	£98,716.00	In 2020, REWDT purchased 692 hectares of land on Rousay as a community asset for recreation, leisure, education and nature conservation. The land has limited access and pathways, where they are present, have not been maintained. On completion, the project will deliver the creation of a car park and boardwalk. This will facilitate outdoor physical activity for local residents, regardless of age, physical or cognitive ability.
42	Sanday Junior High School	Sanday Outdoor Fitness Park	Sanday	Sanday	£13,669.00	Funding is requested for outdoor gym equipment for the community to engage in physical exercise.

43	Stromness Community Development Trust	S.E.E - Succeed, Equip and Engage	Orkney Mainland	Orkney Mainland	£20,000.00 (Capital £15,000.00 Revenue £5,000.00)	The Stromness Community Centre is a well-used community venue for the town, with a large number of active community groups and organisations covering health and wellbeing, adult learning, youth groups, sports, creative arts, and other activities. Funds will support a facility upgrade and includes IT equipment, sports equipment, soft furnishings and kitchen utensils to make it a viable and sustainable community asset.
44	Stronsay Development Trust	Stronsay Health Matters	Stronsay	Stronsay	£64,229.95 (Capital £59,229.95 Revenue £5,000.00)	Installation of modular toilets, shower, and changing facilities to enable community members to participate in outdoor football, netball & athletics, in addition to providing new goal posts and pitch markings (there are presently no community showers or changing facilities on the island). Finance will support volunteer training, including coaching and safeguarding. PVG scheme membership, first aid training as well as IT equipment for booking and scheduling of activities are also itemised to make this a sustainable operation. Purchases will include table tennis tables, indoor bowls, buoyancy aids and 6 spin bikes for community members of all ages and abilities. Wetsuits will also be purchased for the growing number of community members interested in sea-swimming and paddle boarding.
45	Stromness Academy	Stromness Academy Outdoor Education and Duke of Edinburgh Award group	Orkney Mainland	Orkney Mainland	£19,728.78 (Capital £14,888.78 Revenue £4,840.00)	Funding for expedition equipment and volunteer training to allow the school to expand its Duke of Edinburgh outdoor education programme. Purchases will include outdoor sleeping, walking and cooking equipment, waterproofs, safety items and deliver 'Wilderness Leader' and first aid training courses.
46	Orkney Islands Council	More Bikes, More Islands, More Active	Orkney Mainland	Orkney Mainland	£92,173.82 (Capital £91,173.82 Revenue £1,000.00)	Funding for the purchase of 40 IC7 bikes with associated software to provide increased opportunities for people across Orkney. The purchase of indoor cycling equipment enables the delivery of indoor cycling sessions, in a group, or on an individual basis and sessions can even be delivered virtually. The ferry-linked isles face significant challenges with transportation and access to facilities/leisure services. To ensure access for all, the programme will provide a collection of bikes transported in 6-8 week blocks to the ferry linked outer isles. Revenue funding will support marketing and promotion, ensuring reach to all relevant local communities.

47	Orkney Gymnastics Club	Strengthening Links and Enhanced Engagement Between Coaches/Club, Gymnasts and their Families	Orkney Mainland	Orkney Mainland	£4,410.00 (Capital) £4,110.00 Revenue £300.00)	Equipment (4 x iPads, WiFi dongles and data cards) and services (data, software) to run specialist software that will support training and improve gymnastic performance and engagement remotely. This also enhances parental engagement at a time when parents of child gymnasts cannot observe their children's participation due to the pandemic. The software will benefit a community that has 292 members (and their families).
48	Burray Primary School	Burray School Community Polycrub	Bruray; Orkney	Bruray; Orkney	£14,313.00	Purchase of a polycrub on the Burray Primary school grounds (strengthened for the weather). The school will purchase plant pots, bulbs, tools, seeds, waterproofs etc. to enable children to spend time developing their polycrub in all weathers. It will also provide an opportunity for the Parent Forum and other community and family members to be involved in the upkeep of the polycrub. A number of Burray residents have recently set up a voluntary group to promote 'Burray in Bloom' and the school are keen to become involved in this community initiative. The project will tackle social isolation as a result of the pandemic and encourage bring community members into a multigenerational community project.
49	Orkney Athletic and Running Club	OARC - Electronic Timing System	Orkney Mainland	Orkney Mainland	£13,950.00	Funds requested to contribute to the purchase an electronic timing system (cost £14,950). The equipment was recommended by Scottish Athletics and is the system used to provide timing at Athletics Competitions. The use and familiarity with the equipment would improve the training, performance and results of runners, coaches and competition judges at the club and could be used to host better events attracting more participants to Orkney.
50	Sanday Community Craft Club	Operation Administrator	Sanday	Sanday	£5,000.00	Funding for a part-time worker over the winter months at the Craft Hub in order to extend the opening hours and have the additional resources to arrange workshops/courses in order to get members of the community out and about, engage in learning a skill and meet with other like-minded folk to ease social isolation in the dark winter months. The organisation is due to close at the end of September until Easter, however if funding is secured, it will allow the hub to remain open over the winter and offer crafters extended opportunities to sell their work. In addition, the small tea room could also open at

						weekends, throughout the winter, giving an additional place for the community to meet with fellow crafters. This is particularly important to the elderly crafters that live on their own.
51	Friends of the Hoy Kirk	Hoy Wonder	Hoy	Hoy	£1,990.00	Funding will pay for workshop leader fees to facilitate a series of walks and talks focused on the nature of Hoy island, each supported by a venue based event to be fully accessible to all.
28*	Scottish Rural Health Partnership, University of Highlands and Islands	Literature Review on Scottish Island Mental Health and Wellbeing	Lewis; Orkney Mainland; Shetland Mainland	All Na h-Eileanan Slar; Orkney Isles; and Shetland Isles	£1,496.00	Funding is requested for a UHI staff researcher to undertake a global literature review on Scottish Islands Mental Health and Wellbeing. This is part of a wider research programme with NHS Western Isles and will provide the framework on which to build research in this field. The research will encompass data corresponding to all the islands located across the Western Isles, Orkney and Shetland.

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**Shetland**

Agreed commitment - £136,111.79

	Organisation	Project name	Islands org. operate from	Islands for delivery	Requested amount	Project description
52	Ability Shetland Ltd	Adapted Bikes Project	Shetland Mainland; Unst; Yell	Bressay; Shetland Mainland; Unst; Yell	£15,000.00	Funding for 9 adaptive bikes for people with disabilities, older people and people with mobility/balance issues to be physically active in their communities: 2 electric quad tandems, 2 adult trikes, 2 child trikes, 2 child recumbents, 1 handcycle.
53	North Yell Development Council	Walk Jog Run Cycle North Yell	Yell	Yell	£9,860.67 (Capital) £6,346.67 Revenue £3,514.00)	Funding to cover the registration and participation in the Global Parkrun Event together with the purchase of 4 e-bikes. This project consists of two separate yet linked elements, which will give all residents and visitors to the area, access to a weekly Parkrun event, and/or an electric bike.
54	Shetland Recreational Trust	Active Unst and Sensory Shetland (CLC) and Active Lerwick	Shetland Mainland; Unst; Whalsay; Yell	Unst	£102,755.12 (Capital) £98,555.12 Revenue £4,200.00)	Funding to purchase bicycles which will be available to hire from the leisure centre in Baltasound, Unst, to provide residents and tourists with an active travel option around the island. Requested items are: 26 bikes (conventional, electric and adapted) and a storage shed. The project will create sensory spaces located within the main complex of Clickimin (CLC) in Lerwick and allow it to be open seven days a week. This will improve access and inclusion at the CLC for those with complex additional support needs, taking into account the facilities that already exist in Shetland to ensure that the overall range of provision is enhanced and that opportunities for those that are disadvantaged are maximised. The Active Lerwick project will finance a bicycle storage shelter with space for 20 bikes and charging points for electric bikes, located at the Trust's leisure centre, Lerwick.
55	Sandwick Social and Economic Development	Hot meals weekly - December and January	Shetland Mainland	Shetland Mainland	£5,000.00	Funding for 50 hot meals per week to be made and delivered to isolated and vulnerable people in Shetland, over a period of 8 weeks (over December and January).



56	New Life Shetland 2019	Hopelink Shetland	Shetland Mainland	Shetland Mainland	£2,000.00	Develop a wellbeing service to help people that need support to navigate online NHS CBT courses and therapies. Support with healthy eating/changing eating habits to improve mental health/wellbeing. The Wellbeing service will provide one to one coaching through the NHS recommended CBT course 'Living Life to the Full' and involving a practitioner to provide direct support, working with clients through 10 weekly sessions of one hour. Workshops have a maximum of 10 people to ensure a non-threatening atmosphere and allowance for group discussion. At the end of the workshop each attendee would receive a fruit and vegetable hamper to support their wellbeing journey.
28*	Scottish Rural Health Partnership, University of Highlands and Islands	Literature Review on Scottish Island Mental Health and Wellbeing	Lewis; Orkney Mainland; Shetland Mainland	All Na h-Eileanan Slar; Orkney Isles; and Shetland Isles	£1,496.00	Funding is requested for a UHI staff researcher to undertake a global literature review on Scottish Islands Mental Health and Wellbeing. This is part of a wider research programme with NHS Western Isles and will provide the framework on which to build research in this field. The research will encompass data corresponding to all the islands located across the Western Isles, Orkney and Shetland.

\* This project is being delivered across Na h-Eileanan Slar, Orkney & Shetland.