

# STRATHERRICK & FOYERS NEWSLETTER

September 2022 Issue Number: 37

COST OF  
LIVING CRISIS  
– HELP IS  
AVAILABLE



THANK YOU  
TO  
VOLUNTEERS

A BUMPER  
MONTH FOR  
COMMUNITY  
ACTIVITIES



and... take part in our  
housing needs survey

## CHAIR REPORT

How quickly the days start to shorten. After a really good summer (for the Highlands!) the long winter nights and falling temperatures are drawing closer. With this in mind the Trust's focus is turning to how it works with the community to ease the impact of the cost of living 'crisis.'

The last time we were all faced with a really challenging environment was of course the pandemic. This feels very different. Covid-19 and the lockdowns caused sudden shocks; people lost their living overnight; parttime jobs disappeared, holiday rentals dried up, the hospitality industry shut down. This time the impact of rising costs on our standard of living is slow and accretive, the pressure on the family budget is incremental. The point at which family finances hit a crisis is unpredictable and its impact on households is staggered over many months. What is the 'canary in the mine' the warning system that will alert our community to the reality that people are in trouble?

The best we can do now is make a plan, putting in place initiatives to ease the

pressure and making sure that everyone is aware of what help is available. With this in mind, the Broly Group has been reconvened. You will recall that during the pandemic this voluntary pan-community group coordinated our response. Later in the magazine you will find details of what is planned. Some of the initiatives are good to go – others are at a conceptual stage, and we will provide further information as they take shape. Critically, the Broly Group wants to hear your ideas on what needs to be done to help. You will find details of who to contact in the article.

On a completely different note, you will also find a story about a social event held for volunteers. They got together for a convivial evening to celebrate the events and activities that have been made possible by the 'volunteer army.' It is the people who are prepared to lend their expertise and time that make a difference to this community and not the Trust. Our mission is to support and facilitate, help people to make things happen. If we forget this is our role; don't hesitate to remind us!

Gareth Jones  
Chair, S&FCT

## WHAT'S YOUR FAVOURITE CYCLE, RUNNING, WALKING OR HORSE RIDING ROUTE IN STRATHERRICK AND FOYERS?

We want to know!

The information will be given to our Community Pathways Action Group who are currently auditing cycle, running, walking and horse riding routes and they don't want to miss any.

The group of community volunteers are currently reviewing routes and what needs to be done to upgrade them with help from the Trust or stakeholder groups like the Council or Forestry. They will cross reference that with your favourite routes, just to make sure everywhere is covered.

This information will also be used to seek additional funding as well. It would be great if you could tell or describe your favourite route (maybe even with a picture of a great view) and send it to tony - ceo@sfctrust.org.uk - by the end of September.

## EVENT PREVIEW – COMMUNITY EVENTS TO LOOK FORWARD TO

S&FCT are pleased to announce that we have two more community events this year so please add the dates to your diary!

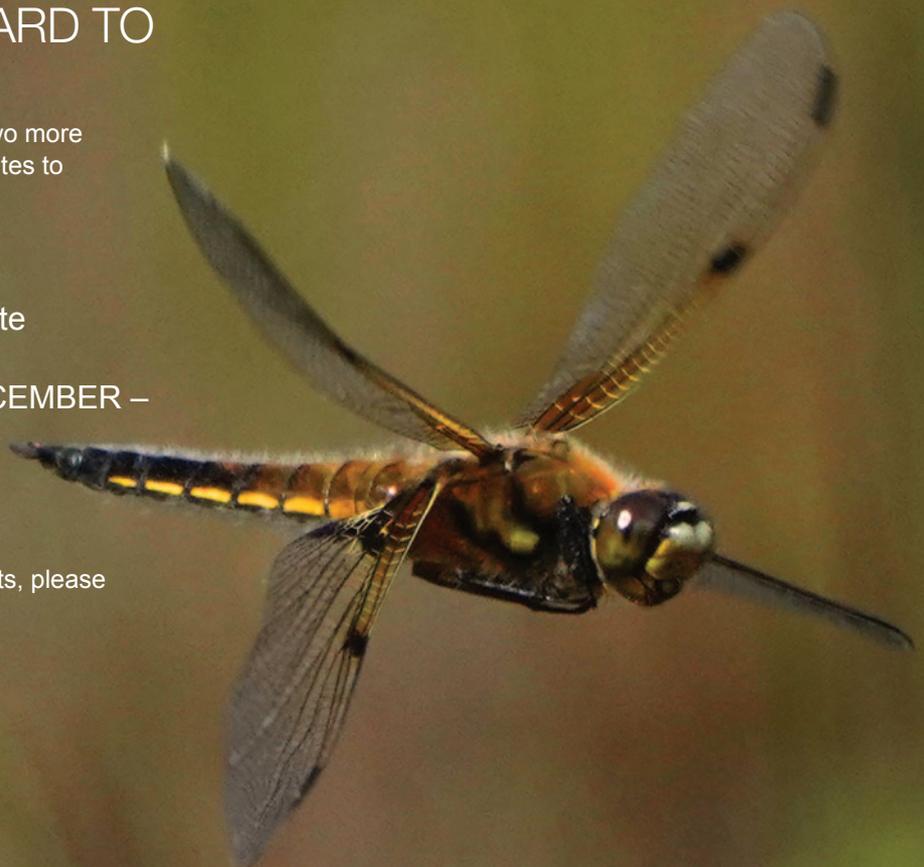
**SATURDAY 5TH NOVEMBER –**  
Fireworks Display, Foyers Bay Campsite

**FRIDAY 9TH & SATURDAY 10TH DECEMBER –**  
Winter Wonderland, Wildside Centre

Further details on both will follow shortly.

If you would like to help with either of these events, please contact Caroline by emailing [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk)

Caroline Tucker  
Project Co-ordinator, S&FCT



# HIGHLAND GATHERING FEEDBACK

The results of the feedback from the recent Stratherrick and Foyers Highland Gathering, held at Corriegarh Estate, suggests the event was popular with those who attended. Not bad for an event that was planned in only five months! Your feedback helps guide the Board on what to do at this event in the future.

## HOW DID YOU HEAR ABOUT THE EVENT

58% of you heard about the event from the Trust newsletter / magazine

45% of you heard about the event from Facebook

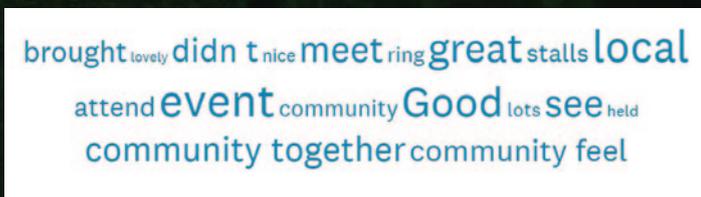
39% word of mouth

23% from the flyer

23% were involved with the event in some way.

## WHAT DID YOU ENJOY

Why did you enjoy it - the wordcloud below suggests this was a great community event, a chance for the local community to come together and had a great feel to it



## HOW CAN WE IMPROVE THE EVENT

We can improve the event by bringing the marquee and stalls closer together was consistent from almost everyone. This is easily done.



## IDEAS FOR NEXT YEAR

Ideas for next year - a Highland Games rated highly.

## HOW OFTEN SHOULD THE EVENT RUN

Over 94% of you would like to see this event happen annually - only 1 person said never again

## WHAT MONTH SHOULD THE EVENT RUN

45% said run the event in July, 25% any of the three months suggested.

## MARKS OUT OF 6

Out of 6 - 1 being very poor and 6 being very good - you gave the event a average score of 4.52.

## WOULD YOU GO NEXT YEAR?

96.77% of you said we should run the event next year.

Thank you to everyone who participated in this survey - it helps with planning next years event. Also thank you to everyone who came along and all the volunteers and businesses who took part. Without your help this event would not have happened and your support, as always, is greatly appreciated.

Tony Foster,  
Trust Manager, S&FCT





## SPATIAL PLANNING

Following the Community Action Plan completed in late 2021, Stratherrick and Foyers Community Trust have been facilitating delivery of the five sets of action priorities in the plan.

Although the Community Action Plan identified action priorities and illustrated how they might impact on individuals' lives, it stopped short of producing spatial plans illustrating how each settlement in the area (and the area as a whole) would look and function once the Plan has been implemented.

For example, for each of the following action priorities identified in the Community Action Plan:

- Affordable community-owned homes - where should they be built?
- Local community hubs, recreational facilities and playparks - where are the gaps that need to be filled?
- After-school / nursery care – where should it happen?
- Walking and cycling networks - which routes should be the primary focus?
- Better walking, cycling and community transport to schools, community hubs etc - what needs to happen, and where?

The Community Trust wishes to take this next step, and engage the local community to plan how the Community Action Plan's priorities should be distributed and implemented across the local

area. The work needs both engage the local community and other stakeholders, and produce a spatial plan for the community.

More specifically, the aims are to:

- Help the local community explore and understand how 'their place' will look in the future once the Community Action Plan has been implemented.
- Engage community groups, public sector organisations, businesses and landowners to incorporate their existing work and influence their future activity, where it contributes to the Community Action Plan action priorities.
- Inform where Community Action Plan investments and improvements should take place (as opposed to reviewing the priorities already agreed in the Community Action Plan).
- Prepare a Local Place Plan document which can be shared with the public sector to guide and influence their local planning and service delivery in the community's interests.

Further details will be made available soon.

Tony Foster,  
Trust Manager, S&FCT

## BOARD REPORT

The Stratherrick and Foyers Board met on Wednesday 7th September for a two and a ¾ hour meeting. Some highlights are below...

### NEW VICE CHAIR

Gareth Jones announced Catriona Fraser had agreed to take the role of Vice Chair.

### STUDENT GRANTS

Student Grants were awarded to Hamish Bain, Maire Brown (who declared an interest and left the meeting) and Annalise Beith. Grants were awarded to the Community Council, Stratherricka Public Hall and Kilchuimen Academy were able to adapt to their grant for the benefit of Stratherrick and Foyers based children.

### DATES FOR EVENTS

Winter Wonderland date was confirmed as 9th and 10th December. The Highland Gathering will be 22nd July. Fireworks 5th November.

### COST OF LIVING SUPPORT

SSE have informed the Trust that we share a policy with them on supporting individuals during the cost of living crisis. Once agreed we can support individuals with grants of up to £250 (£500 per household) on food and fuel over two winters. A meeting with Knockie Trust representatives has confirmed a way forward which will be put to SSE once the Knockie Trust Board approve.

### PLANNING FOR THE AGM

The AGM is fast approaching and recommendations for changes to the constitution were put forward to read.

### KEY PRIORITIES MONITORING

In Board Papers we shared our Community Action Plan with priorities, by when expected, KPI / Outcomes / Outputs, staff supporting this Board activity and budget allocated. This will be our working document. Staff Work Plans (also enclosed in Board Papers) touch on what staff are working on this quarter.

### RENEWABLES INCOME

A report by Sharon Ferguson was presented on current income from renewables, renewables with planning but not in operation and those still to be determined.

### CARES GRANT

The Board agreed to a Cares Funding Application to help decarbonize buildings to ensure lower running costs.

Tony Foster,  
Trust Manager, S&FCT

# NOTICE OF ANNUAL GENERAL MEETING

**STRATHERRICK AND FOYERS COMMUNITY TRUST LIMITED** (“the Company”)

(Company number SC270423)

**NOTICE IS HEREBY GIVEN** that the Annual General Meeting of the Company will be held at the Wildside Centre on **Wednesday 23rd November 2022 at 7.30pm** for the following purposes:

- 1 Welcome and Apologies
- 2 Chair’s report
- 3 To receive the Accounts and Directors’ report for the year ended 30 June 2022
- 4 To elect/re-elect the Member Directors. (Please note that submission of completed nomination forms for new Directors will have closed on **9th November 2022**).

Dated: -

**BY ORDER OF THE BOARD**

Gareth Jones, Chair

*Registered office:*  
The Wildside Centre  
Whitebridge  
INVERNESS-SHIRE  
IV2 6UN



## CHILDCARE SURVEY

Following on from the Community Action Plan that was undertaken in 2021, several action groups have been formed to help take forward some of the aspirations of the Community. One of these being to improve childcare in the area. To help the group establish need and gather evidence for funding applications, the Trust has developed a short survey which has been approved by the group.

A link to the survey has been sent via the schools to all parents/guardians and we are also trying to make sure that everyone with children that go to schools out with the area or have children under 3, are also being contacted but if you haven't yet received a link to the survey, please email [sharon@sfctrust.org.uk](mailto:sharon@sfctrust.org.uk)

Finally, if you would be interested in joining the action group to help take this idea forward, please email [sharon@sfctrust.org.uk](mailto:sharon@sfctrust.org.uk) Nothing too onerous but would be great to have some more parents at the meetings that are keen to see this happen.

## CHARLES STEPHEN, RETIREMENT

Charles Stephen, Ward Manager for Aird and Loch Ness with Highland Council is set to retire shortly. Charles has been a good friend to our area and acted as the independent scrutineer in all elections held by Stratherrick and Foyers Community Trust.

We hope Charles enjoys his retirement on the golf course or out with his dogs.



## STRATHERRICK & FOYERS COMMUNITY HOUSING NEEDS SURVEY

One of the actions to come out of the Community Action Plan was surrounding the development of low-cost housing in our area.

As part of this, we are conducting a Housing Needs Survey to determine the requirements for our area.

Please share your views by clicking on the link here - [www.chtrust.co.uk/surveys](http://www.chtrust.co.uk/surveys)

**Communities Housing Trust** Creating Sustainable Futures

Image Credit: Steven Watson SFCT

**The Wildside Centre**

**Stratherrick, Foyers & Surrounding Areas Housing Survey**

**We want to hear from you!**

The Communities Housing Trust is carrying out a survey on behalf of Stratherrick & Foyers Community Trust, to inform housing provision in the area.

The survey is for:

- people who live in the Stratherrick, Foyers and Surrounding areas
- local businesses, including potential new businesses

Please complete the survey before 12th October 2022 using the link or QR code:

[www.chtrust.co.uk/surveys](http://www.chtrust.co.uk/surveys)

The Communities Housing Trust (CHT) is a registered charity and social enterprise focused on building sustainable rural communities across central and northern Scotland. Since 1998 we have worked on over 120 community-led projects, often in remote, rural areas, to provide more than 1,000 crucial affordable homes and other amenities.

Communities Housing Trust, 7 Ardross Terrace, Inverness, IV2 5WG 01463 225549 | [info@chtrust.co.uk](mailto:info@chtrust.co.uk) | [chtrust.co.uk](http://chtrust.co.uk)

Company limited by guarantee SC 92882 Scottish Charity No 023 27648 Limited Registration No 10000270120000 Letting Agent Registration No LA00000200

# COST OF LIVING CRISIS - HOW CAN WE HELP?

## Cost of Living Crisis – What help is out there

The recent promise of an energy price CAP has brought some relief for hard pressed individuals and families. However, costs continue to rise putting immense pressure on household budgets. The staff and directors at Stratherrick & Foyers Community Trust are working with funders, community groups and other stakeholders to see what can be done to ease the impact of the cost of living crisis.

## Brolly Group

You will recall that during the pandemic, the response to the crisis was led by the Brolly Group, a pan-community organisation comprising the S&FCT, Knockie Trust, Community Council and Boleskine Community Care. This has reassembled to coordinate the response to the cost of living crisis with Trust staff providing technical and admin support.

## What is happening?

Ideas on how best to respond are currently being collated – please get in touch with Tony Foster by emailing [tony-ceo@sfctrust.org.uk](mailto:tony-ceo@sfctrust.org.uk) if you have suggestions. Below are ideas that could help people reduce their living costs:

- **Help with bills.** The Knockie Trust has agreed to manage the distribution of community benefit funds to individuals and families who are facing hardship. An initial sum of £10,000 has been allocated to help meet food and heating costs. More information on this will be circulated shortly.
  - **Warm Space Wednesday.** The search is on for buildings that can be made available during the winter where people work and meet and save on the cost of heating their own home. Wildside is currently open for community members to use for work on a Wednesday. In October, the Trust will launch 'Warm Space Wednesday', where all areas of The Wildside Centre will be open for you to meet socially, use the kitchen space, children's play equipment etc. The Pilates class is on between 10am and 11am, after which the room will be available. The front room is free all day. Members of the Brolly Group are looking at what space they can make available.
  - **Soup to Go every Monday** at The Wildside Centre. They offer a healthy, low-cost meal and the opportunity to socialise in a warm and comfortable environment. You can also have your meal delivered.
  - **Toddler Group** meets every Thursday at The Wildside Centre. This gives families with young children the opportunity to make use of a community space and kitchen facilities as well as
- being able to socialise with other community members with young children.
  - **Boleskine Community Care** has a range of activities available on a weekly and monthly basis at the Hub in Lower Foyers, including coffee mornings, Broth n Blether, and art, singing & fitness sessions. A full list of what's going in in September can be found on the back page of this newsletter.
  - **Daily Drop In.** The Hub is also open for drop-ins daily between 11am and 1pm, so please do call in for a warm drink and a chat when you are passing!
  - **The Whitebridge Hotel** team is running their much loved Fish Friday and extend a warm invitation to all to enjoy a fish tea. It is an opportunity to meet new people in the community in the comfort of their lovely dining space at the Hotel. The food is offered at a discounted price and there will be activities to add to the fun; music of your choice, a wee quiz or game and a good old natter. You are advised to book in advance. The hotel is also offering a discount on food and accommodation for members of the Stratherrick and Foyers Community. Contact the Hotel at [info@whitebridgehotel.co.uk](mailto:info@whitebridgehotel.co.uk) or by telephone 01456 486226 for more information
  - **Firewood.** In rural populations such as ours, open fires and wood burning stoves are a means of heating your home. Forestry and Land Scotland can sell the remnants of harvesting jobs on a first-come, first-served basis. There are options available here for individuals to purchase small amounts for their own use, or it may be possible for a larger load to be bought at a lower price for community use. Contact F&LS at [enquiries.north@forestryandland.gov.scot](mailto:enquiries.north@forestryandland.gov.scot) or by telephone 03000 676000 for more information.
  - **Highland Council clothing and meals support.** Clothing Grants and Free School Meals applications for the school term commencing August 2022 opened on 1 July 2022. The School Clothing Grant is £140 for Primary School children and £150 for High School children. To apply for a grant, you will find an online application form here <https://tinyurl.com/2s2ahrbt> If you have any issues with our online application form or questions about the free school meals and clothing assistance scheme, then contact Highland Council by email at [clothingandmeals@highland.gov.uk](mailto:clothingandmeals@highland.gov.uk). Alternatively, Highland Council's Welfare Support Team can be contacted at [welfare.support@highland.gov.uk](mailto:welfare.support@highland.gov.uk) for advice and assistance in making an application.
  - **Young Scot Card.** All young people between the ages of 11 and 26 are entitled a Young Scot Card, which entitles the owner to a wide range of discounts - examples include Vue Cinema, Harry Gow - 20% max £1 off, and 10% off your shopping at the Coop. In January, free bus travel was also added to this. For a full list of what discounts are available, visit [www.youngscot/discounts-and-rewards/discounts](http://www.youngscot/discounts-and-rewards/discounts)

## WHAT IS PLANNED?

A range of ideas have been pulled together by the fundraising team at the Trust. They include the following:

- Extend Warm Space Wednesday at Wildside.
- Community larders in the buildings the community has access to such as the Wildside, the Hub at BCC and Gorthleck hall when it re-opens. Thought is also being given to how this help can be accessed discretely.
- Energy saving workshops for domestic properties and businesses. This is being investigated alongside a project to de-carbonise the Wildside centre and lower the heating bills.
- Simple survey to ask the Community for suggestions and get a feel for how things are. The findings would give the fundraisers evidence for funding applications.

If you have ideas on how best to ease the impact of the cost of living crisis, please contact Tony by emailing [tony-ceo@sfctrust.org.uk](mailto:tony-ceo@sfctrust.org.uk).

# THANK YOU TO VOLUNTEERS!

Forty or so locals from Stratherrick and Foyers gathered at the Wildside Centre in August for a social chat and a few nibbles.

Nick-named 'Stratherrick and Foyers Volunteer Army' these were just some of the congenial folk who had worked

together to make sure the events over the last year had taken place.

Trust Chief Executive Tony Foster said 'Nothing happens without volunteers. I am always amazed by the resourcefulness and energy of folk who give their time and effort to make events so enjoyable.

Winter Wonderland, the Jubilee Celebration at Foyers and the recent Highland Gathering at Corriegarth were

all a great credit to the area. After the dismal period of COVID, seeing people meet up again is really touching.'

Tony added 'Another similar event for the Volunteer army is planned for next year, when I hope more of the local volunteers will be free to attend. Thanks to all who came, and best wishes to all who couldn't manage the date.'

Tony Foster, Trust Manager



## JOIN THE TRUST

If you would like to become a member of the Trust then please go to.

<https://www.stratherrickcommunity.org.uk/join-the-trust/>

## HIRE THE WILDSIDE CENTRE FOR YOUR SPECIAL EVENTS & GROUP MEETINGS

### 2 EVENT ROOMS

Each can hold up to 84 people, one with kitchen access

### 1 MEETING/TRAINING ROOM

For up to 29 people



CONTACT [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk)

# WHAT'S ON IN SEPTEMBER - UPCOMING ACTIVITIES AT WILDSIDE

SOUP TO GO!

PILATES

WILDSIDE BABY & TODDLER GROUP

MONTHLY SFCT BOARD MEETING

SPIN & CHATTER GROUP

NEEDLES & PINS

EVERY MONDAY FROM 12PM

EVERY WEDNESDAY 10AM

EVERY THURSDAY 9:30AM-11:30AM

WEDNESDAY 7TH SEPTEMBER

TUESDAY 13TH & 27TH SEPTEMBER

TUESDAY 20TH SEPTEMBER

## AND IN THE WIDER COMMUNITY

WORLD-WIDE SPINNING in public day is on Saturday 17th September! Stratherrick Spin and Chatter will be taking part:

09:30 – 11:00 Loch Ness Shores Caravan Park, Lower Foyers  
11:15 – 12:45 Cameron's Tearoom, Foyers  
13:00 – 15:00 Whitebridge Hotel, Whitebridge  
15:15 – 17:00 Wildside Centre, Whitebridge

If you are interested in spinning, or would like to learn to spin, come along for a chat or maybe have a try.

CARER RECRUITMENT FOR BOLESKINE COMMUNITY CARE –

Monday 26th September, 5pm – 7pm at Cameron's Tea Room, Foyers

Can you spare a few hours a week or month to help look after vulnerable members of our community? Please come and see us for a chat on the 26th to find out more!

SOUTH LOCH NESS HERITAGE GROUP

'Lest we Forget Stratherrick', a talk by Alister Chisholm.  
27th September, 7.30pm, at The Wildside Centre.

During the illustrated talk on the book, Alister will relate the stories behind some of the names of the fallen, also events in the district during WW1. Copies of the book will be available for sale on the night.

ART GROUP – 2PM	MONDAY 12TH SEPTEMBER:
MOOVIN' ABOUT – 1PM	TUESDAY 13TH SEPTEMBER:
COFFEE MORNING – 10.30AM	WEDNESDAY 14TH SEPTEMBER:
MUSIC & SONG – 2PM	THURSDAY 15TH SEPTEMBER:
HOLISTIC THERAPY (APPOINTMENT ONLY*)	MONDAY 19TH SEPTEMBER:
FOOT CARE (APPOINTMENT ONLY*)	WEDNESDAY 21ST SEPTEMBER:
CINEMA CLUB – 2PM	THURSDAY 22ND SEPTEMBER:
BROTH 'N' BLETHER – 12NOON	FRIDAY 23RD SEPTEMBER:
ART GROUP – 2PM	MONDAY 26TH SEPTEMBER:
MOOVIN' ABOUT – 1PM	TUESDAY 27TH SEPTEMBER:
MUSIC & SONG – 2PM	THURSDAY 29TH SEPTEMBER:

BOLESKINE  
COMMUNITY  
CARE ACTIVITIES  
AT THE HUB,  
LOWER FOYERS

\*Call the Hub on 01456 486247 to book your Holistic Therapy or Foot Care appointment

## MANY THANKS TO OUR FUNDERS... AND PHOTOGRAPHER

This newsletter is made possible by community benefit funding from SSE Renewables, Greencoat and Green Highland Allt Luaidhe (228) Limited.

Thanks also to Russell for his fab photos.

