

# STRATHERRICK & FOYERS NEWSLETTER

April 2022 Issue Number: 32

HAPPY  
BIRTHDAY  
SOUP TO GO!



RIVERSIDE  
FIELD  
GRANTED  
PLANNING  
IN  
PRINCIPLE!

EASY EASTER  
RECIPES



and... Foyers slipway  
submitted to planning



## CHAIR'S REPORT

It is great to see lots of activity going on within our community as groups, old and new, hold regular get-togethers. We have also been busy awarding grants to groups who want to undertake specific projects and take their ideas forward. You can find out more about what grants we offer on the website and we have staff members who can help with any of the paperwork, so if you have a good idea why not apply for some funding to make things happen?

The Wildside team are looking for more people to join their steering group to help develop the grounds and building to make it a welcoming, usable space for all. Please email [Kirsty-dir@sfctrust.org.uk](mailto:Kirsty-dir@sfctrust.org.uk) if you want to be more actively involved, put forward your ideas or just be kept

updated of plans and progress via email. We will hold our next meeting on Thursday 31st March - look out for more details on our website and Facebook page. We hope to talk about improvements to the grounds, marquee and inside the building.

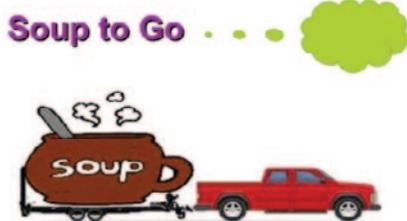
The CAP Action Groups have begun, and it was great to join in with the discussions on how best to push forward ideas that came out of the plan. Please join, have your say and help to take forward a project that sparks your knowledge and interests – we need people to make things happen!

As always, if you are thinking about becoming a Director with us at Stratherrick & Foyers Community Trust please get in touch and we can give you more details as to what the role might be like for you, how your skills could benefit the community and



answer any questions you might have about the role. It is an exciting and rewarding opportunity to help our community achieve its goals and move forward into the future.

Kirsty Balfour,  
Chair, S&FCT



## SOUP TO GO CELEBRATES ITS 1ST BIRTHDAY!

Monday 14th March was Soup to Go's 1st Birthday lunch and it was a great success.

We were delighted that Margaret Davidson popped in to join the celebration as did several members of the Trust.

The Soup to Go (StG) team decided we would like to support the Ukrainian Humanitarian Appeal and we decked Wildside with Happy Birthday balloons, blue and yellow balloons on the ceilings and garlands of sunflowers. Helen Grainger (Flowersbytheloch) managed to source fresh sunflowers, which Catriona Fraser donated to StG, and they looked so beautiful on the tables.

We took the opportunity to say very well deserved Thank Yous to our volunteer soup and cake makers, delivery drivers, musicians and servers, as well as the Trust for allowing us use of Wildside, and finally to you, our patrons and supporters.

There was plenty of party food, including the fantastic pheasant burgers kindly donated by Rab MacVarrie from Corriegarth, jelly & ice cream, (takeaways and deliveries had a layered chocolate pudding) and a beautiful birthday cake that was kindly donated by Willie Fraser. Ernie Randall and Alistair Colquhoun entertained us with their tremendous repertoire and, despite all the extra tables, Val was still able to get up and dance!

We also ran a small, simple raffle and a big thank you goes to all those who donated items to the raffle. So, a great time was had by all. But the best part is, thanks to the generosity of the community, we have so far raised over £600. Absolutely fantastic! We will continue to collect donations for Ukraine at our regular soup services on Monday 21st and Monday 28th March, after which we will send monies collected on behalf of Soup to Go and the Stratherrick & Foyers Community to the

Red Cross Ukraine Humanitarian  
Crisis Appeal.

Anyone wishing to donate to this appeal can pass their donation to any of the Soup to Go team. Once again, Thank you all for your support and generosity.

Lyn Woods,  
Soup to Go





# RIVERSIDE FIELD UPDATE

The Local Authority, Highland Council, have recommended that planning in principle be granted for Riverside Field to the Planning Meeting on Tuesday 22nd March. The proposal was granted.

## THE RIVERSIDE FIELD PROPOSAL

The Masterplan includes the following elements:

- community hall;
- putting green;
- climbing wall;
- trim trail;
- outdoor table tennis;
- MUGA (Multi-use Games Area) with a pavilion building;
- in ground trampoline;
- sensory garden,
- ball wall;
- landscaped terrace seating; and
- petanque courts.

## CONSULTATIONS

Stratherrick And Foyers Community Trust purchased the land with Scottish Government/Rural Land Grant in 2016 and carried out public consultation with stakeholders including: neighbouring residents; Foyers residents; residents of

Stratherrick and Foyers; community organisations; pupils and staff of the two primary schools within the area; owners or occupiers of adjacent land and buildings; Stratherrick and Foyers Community Council; and elected ward members for the Aird and Loch Ness Ward.

The Trust took the decision in October 2016 to develop the field for recreational purposes. The first draft of the Masterplan went out to public consultation in 2019 and a result of the feedback the second draft of the Masterplan was prepared for later in 2019.

A Proposal of Application Notice was submitted on 28 October 2020.

Following this a further Community Consultation event was arranged and undertaken on 07 November 2020. The event was publicised in the Inverness Courier and via Community Trust electronic means of website and emails. The consultation was undertaken online via the Zoom platform and attended by twelve community residents and Trust Directors.

Following the submission of the application The Riverside Field Survey was undertaken by Stratherrick and Foyers Community Trust (SFCT) to capture the current views of the community as it moved into the Planning phase. SFCT consulted the nearby residents who expressed an active interest on the methodology of the survey. This was conducted online over a period of two weeks from 7th to 21st June 2021 with paper copies made available to nearby residents who

were not online. 70 responses were received online and 3 on paper. There was 82.19% support for the Sports and recreational Facilities and 58.9% support for Riverside Field as a location. The sample size comparative to size of the local population gives confidence of the accuracy of the community view on this project. The survey was promoted via the Trust website, social media and an email database. The full results of the survey can be found here -

[www.stratherrickcommunity.org.uk/22-jun-2021-riverside-field-survey-results/](http://www.stratherrickcommunity.org.uk/22-jun-2021-riverside-field-survey-results/)

The proposal rated high in both the 2013 survey and the recent Community Action Plan in 2021, The text below is taken from the published Community Action Plan.

*‘Our local community has very few sports facilities, as was made clear in responses to the community survey. Popular activities like going to the gym, for example, require an hour and a half’s round trip to Inverness. Despite having Loch Ness, Scotland’s second largest loch, on our doorstep, we have limited ability to access the loch for watersports. In other words, despite the opportunities we have available to us, our land and water sports facilities are lacking for a variety of ages and interests.*

*Improved facilities would:*

- *Enable more local people to enjoy exercise and sport, both individually and in groups, with associated health and wellbeing benefits.*
- *Reduce the need to travel to Inverness or elsewhere to participate in sport, which is a barrier in terms of cost and time.*
- *Support the visitor economy by providing more things to do (particularly watersports).*

## DISCUSSIONS WITH PLANNING

Following discussions in October 2021 with planning the following variations have been made to the application to reflect matters raised by Transport Planning:

- Provision of two off-site parking spaces adjacent to Riverside residents;
- Footpath amendments and dropped kerb crossings added;
- A path connection from the development to the public park has been added;
- Inclusion of an overspill parking area;
- Provision of a footway from building to sports field;
- Increase in covered secure cycle parking provision from 5 to 10 cycle parking spaces and
- Provision of level access between bin store and refuse vehicle collection area

To address a procedural planning matter the type of application has also been changed from an application for planning permission to an application for planning permission in principle. This was due to each of the elements of the

scheme requiring to be considered in more detail. There is now a separate application (ref: 22/00473/FUL) for the access, parking and drainage which will be determined in due course following determination of this application for planning permission in principle.

Planning also indicated;

The site falls outwith the flood risk areas for Loch Ness and River Foyers.

There are no natural heritage designations that apply to this site.

There are no built heritage designations that apply to this site.

The site lies within the Loch Ness and Duntelchaig Special Landscape Area (SLA)

## CONCERNS AND SOLUTIONS

**Objections were received from 18 households and they are summarised as follows with responses from Highland Council:**

**The Shinty Pitch would be better option.**

*The shinty pitches are owned by SSE and the applicant did not want to enter into a lease as this would have had an impact on funding opportunities. SSE do not want to sell the land in the area for this purpose. The shinty pitch is located further to the east and north of the former Aluminium Smelter Works and surrounded by deciduous woodland. In comparison to the application site, the use of the shinty pitch would result in the clearance of woodland with the potential to be more visible to views from the west side of Loch Ness. The shinty pitch is on the edge of the Loch while the application site is set further far back from Loch Ness. The application site is an appropriate location in this respect as it is screened to views to the west due to the setback distance and the mature woodland on the edge of the Loch.*

**Principle of development – Support recreational facilities with a low impact but not a scale which includes a gym.**

*Sport Scotland has no objection. It would be happy to provide informal design guidance to the applicant if this is of assistance to them.*





**Landscape and Visual Impact – Site visible from parts of the South Loch Ness trail; the B852; the Great Glen Way and the Loch itself; and the other road side of Loch Ness.**

*All proposals need to be considered against the criteria within Policy 28 which, amongst other matters, requires developments to demonstrate sensitive siting and high quality design, promote varied, lively and well-used environments, be compatible with public service provision, to be accessible by a range of modes and ensure that they do not have significantly detrimental impacts on individual and community residential amenity or on the natural, built and cultural heritage. Policy 57 is also relevant in this regard given that the site lies within a Special Landscape Area.*

*Although not a defined Settlement Development Area in the plan, the Inner Moray Firth Local Development Plan does identify Foyers as an 'other settlement' and therefore Policy 3 applies. This requires proposals to be assessed against, amongst other matters, the extent to which they impact: on the character and social balance of the community; the infrastructure network; amenity/recreational areas that are significant to the wider local community; and on locally important heritage features. If the proposal is considered to meet the criteria, the application will be considered to be in accordance with the Development Plan.*

**Design and Layout - Large football pitch with large white canopy, high climbing wall and floodlighting on loch frontage. Would have adverse impact on landscape character of the loch and rural nature of the area with loss of open space.**

*This development fits in with Policy 75 of the Highland wide Local Development Plan that supports open space provision for: the creation of sustainable networks of open space of high quality; areas of local open space that are accessible by foot and linked to a wider network; fit for purpose greenspaces and sports facilities that support and enhance biodiversity; open spaces that improve the quality of life of residents and visitors.*

**Increase in anti-social behaviour - Could become an "overflow" from the caravan park. Encourage wild camping in the area and parking bays will attract overnight stay by camper vans.**

*Residents have expressed concern about use of the parking area as an overflow from the caravan park and for wild camping. This could be controlled by condition with the erection of lockable gate and appropriate fencing around the perimeter of the site to prevent vehicular access outwith the operation of uses in the site. The land would however continue to be subject to the provisions of the Land Reform (Scotland) Act 2003, where people would be able to take responsible access*

*The proposal includes a multi-use games area in close proximity to existing houses. Noise from this type of area can sometimes become a problem for neighbours depending on the extent and frequency of use. The area will be served by floodlighting indicating that its use will likely extend into the evening. The floodlighting could have potential to disturb householders if care is not taken in the positioning and installation.*

Prior to the commencement of the development the applicant shall submit, for the written approval of the Planning authority a noise assessment undertaken in accordance with the Design Guide Note published by Sport England: Artificial Grass Pitch (AGP) Acoustics - Planning Implications. The assessment should include a noise management plan identifying who will be responsible for managing the site and detailing the management proposals for minimising the likelihood of disturbance.

The external lighting system shall be designed and installed in accordance with the best practice contained in the Institute of Lighting Professionals document Guidance Notes for the Reduction of Obtrusive Light

### **Traffic and transportation impacts; lack of parking; lack of event management plan; impact on road infrastructure**

Transport Planning Team has no objection and advises: "The site is accessed from a new private access from the U1185 Riverside Road. Residents and visitors would need to park on-street, effectively making this stretch of Riverside Road single lane. A layby has been provided along the section of the U1185 Riverside Road providing access to this new development that is proposed as parking for adjacent residents. The 2 parking spaces meet the minimum residential parking standards and should be made a condition. These parking arrangements will need to recognise that there is a pedestrian access to the adjacent play park from that stretch of road, which will need to be catered for within the designs.

This area of Foyers is accessed via the U2823 and a temporary (Bailey) bridge structure over the River Foyers. A permanent solution is required but there is nothing in the current Council funded works programme to deliver that permanent solution. The Structures Team has confirmed that remedial works are necessary to keep it in a safe operational state. The increased usage by vehicles accessing this proposed development will exacerbate the need for remedial works. Highland Council Structures Team has identified approximately £20,000 worth of repair work to the bridge. A financial contribution is necessary towards the upkeep of that temporary bridge to help mitigate the impacts of additional traffic generated by this development, and the Structures Team has suggested a £10,000 contribution.

### **Impact on pedestrian safety**

The masterplan layout proposes new pedestrian footways on either side of the existing private vehicular access. These will then run into the site and connect with the proposed facilities. Those footways are shown to tie into the existing roadside verge along the U1185 Riverside Road, as there is no footway on that side of the existing road. Either those footways will need extending along that side of Riverside Road, or suitable dropped kerb crossing points provided that allow pedestrians to cross and access existing footways. Recommend a Condition requiring the footway connections from the U1185 Riverside Road into the development site be submitted to and approved by the Planning Authority prior to any works commencing on site and implemented before the site coming into use. The existing active travel connections into the site are from the vehicular access from Riverside Road and the proposed gated access to the cemetery. For local access then likely that additional active travel access routes will need to be established.

Consideration should be given to formalising additional active travel connections into the site from likely desire lines from the surrounding area. This could include for example accesses from the existing play park, the caravan and camping site and from other points along Riverside Road. The submission recognises that the services into Foyers are limited, with current published timetables suggesting there are 5 services into and out of Foyers Monday to Friday, 3 services in and out on Saturday and no services on Sundays. The Public Transport Team has not sought any financial contributions from this development towards the enhancement of these services, recognising that the likely size of such contributions would not be proportionate with the scale of the proposed development. The bus shelter at the turning head near Park Terrace has already been upgraded so no requirement is necessary here.

The latest Masterplan Layout Drawing shows 36 car parking spaces, including 2 accessible car parking spaces and a space for motorcycle parking. The latest designs provide a dedicated pedestrian route through the car park and include proposals for an area for overspill parking within the site. The disabled car parking spaces now have access buffers provided but their layouts don't fully accord with the recommendations within the Guidelines. To ensure that the designs for such spaces are appropriate seek a condition requiring the location and designs for disabled spaces be submitted to and approved by the Planning Authority prior to any works commencing on site.

The latest submission is intending to increase the covered bike store from 5 to 10 bike spaces and to ensure that the designs for that bike store are appropriate for their intended use, seek a condition about the design details for the proposed bike store. When developing those designs, with reference to the latest national guidance "Cycling by Design". The revised drawing shows a defined direct pedestrian route through the parking area between the proposed community hall with gym and changing facilities and the MUGA. This route should include facilities to assist pedestrians across the vehicular access route and highlight to drivers of the potential for pedestrians to be crossing. The revised layout now includes appropriate dropped kerbs and shallow gradients to allow for the safe manoeuvre of large heavy bins between the store and the turning head. Seek a condition about the arrangements for storage and emptying waste. The latest proposals clarify there will be a level access between the bin store and the carriageway of the turning head

### **Flood Risk and Drainage impacts**

Flood Risk Management Team has reviewed the information provided by the applicant and has no objection to the application. It has reviewed the Drainage Impact Assessment (DIA) provided and is satisfied with the proposed drainage arrangements. Surface water drainage will be via soakaways which have been designed to accommodate runoff from a 1 in 30 year plus climate change storm event. Exceedance events will be managed within the site by directing surface runoff to a greenspace area where it can collect before attenuating naturally.

Foul water drainage from any building will be required to connect to the public waste water system. The Drainage Impact Assessment outlines how surface water from all aspects of the development will be disposed of within the site.



*Kirsty, Gareth and Tony from S&FCT give Kate Forbes, MSP, a tour of Riverside on her visit to the Strath last Autumn*

*This has been reviewed by the Flood Risk Management Team and they are satisfied with the proposed solution. Further details will be submitted with the detailed applications for the site. Concern has been raised about flood risk but the site does not fall within an area identified as susceptible to flooding in the Flood Risk Maps produced SEPA. The Flood Risk Management Team has no concern in this respect*

#### **Impact on cultural heritage**

*Representations have raised concerns that the site may be rich in archaeological features. The Historic Environment Team considers the area to have archaeological potential and a condition has been attached to allow survey, evaluation, preservation and recording of any archaeological and historic features affected by the proposed development*

#### **Impact on protected species and wildlife**

*No ecological survey has been carried out and no protected species have been identified within the site*

#### **Impact on trees;**

*There are trees on the southern boundary of the site but at a higher level than the remainder of the site so no arboricultural assessment is necessary at this stage. An indicative line for a footpath connection is shown at the base of the slope and further details of the root areas can be sought by condition. The line of the footpath can be adjusted. There is an indicative location for a climbing wall and this can also be adjusted at the time of the detailed submission*

#### **Lack of information on landscaping;**

*The site is located within the Loch Ness and Duntelchaig Special Landscape Area (SLA). It comprises the Great Glen, which is an imposing steep-sided landform trench which*

*creates a dramatic linear landscape. The site lies on the east side of Loch Ness within the settlement of Foyers. It is setback approximately 145m from the shore of Loch Ness and screened by woodland on the foreshore. The wider landscape can be viewed from public roads and at this location it would be the B852 to the east at Upper Foyers and the and the A82 on the west shore. As the site lies within Lower Foyers and only slightly higher than the loch side, it is not likely to be visible from Loch Ness in close proximity or from the A82 on the western side of Loch Ness. From more open aspects on the Great Glen Way, South Loch Ness Trail, B852 and elevated locations on north Loch Ness the scheme may be visible but it will be quite a recessive feature within the wider landscape around Foyers. Those elements which will likely be more noticeable would include the MUGA, the climbing wall and hall. However, subject to consideration of detailed design for these elements it is considered that the proposal would integrate well into the landscape.*

#### **Amenity impacts including impact of floodlighting on residents, noise from the operational and construction phases; loss of privacy;**

*Residents are concerned about the potential for noise arising from use of the area as well as light pollution from floodlights for the running track and MUGA. Environmental Health is seeking a noise assessment by condition. Details of the floodlighting will also be sought by condition to ensure there is no light spill outwith the site. The hours of operation for the MUGA can be controlled by condition and it is recommended that its use should cease at 21.00 hours. Noise will arise from the construction phase and construction hours and noise-generating activities are controlled by Environmental Health legislation.*

*Representations have raised concerns about the loss of privacy to the residents of the houses at Riverside as the ground level of the application site. The land rises from the*

houses up into the application which is between 2 and 3m higher than the ground floor levels of No. 9-14 Riverside. The MUGA and associated running track are proposed to be the nearest built elements of the site to existing properties and are located approximately 40m and 58.6m to the nearest house at Riverside. Further, an area of landscaping is proposed within the site which will screen the development from view. The choice of species will be important to ensure that the trees are appropriate to the location and are of a scale which provides screening but do not have an adverse impact on daylight / sunlight within the properties.

The development is being brought forward for the benefit of the whole community. It is recognised that there may be a level of amenity impacts during larger scale events which may be held on the site. While such events may require a licence, an operational management plan for the site can be secured by condition. This can be used to manage amenity impacts of the site, whether those are as a direct or indirect result of the development of the site.

**Support was received from 2 households and they are summarised as follows:**

- a) Provision of community facilities is welcomed;
- b) Appropriate layout and design for the setting;
- c) Health benefits

**In summary Highland Council Planning conclude**

Highland wide Local Development Plan Policy 47 (Open Space) supports open space provision for greenspaces and sports facilities spaces that improve the quality of life of residents and visitors that are accessible by foot and linked to a wider network. It complies with the siting and design elements of HwLDP Policy 28 (Sustainable Design). The proposal aims to provide outdoor and sporting facilities for the community in response to public consultation. It will help physical and mental health and well-being, through activity and social interaction. The proposal is considered to be acceptable in terms of siting and design and is sympathetic to existing patterns of development in the area. The proposal therefore demonstrates compatibility with Policy 36. There is no significant impact on natural heritage or visual amenity in relation to views from the immediate area and longer distances. The level of traffic generated is acceptable in road safety terms. The site can be adequately serviced. The development is not considered to result in a significantly detrimental impact on individual and/or community residential amenity.

There are 26 conditions for this project and the Trust will ensure they are met through our Steering Group. The Steering Group will be made up of nearby residents and potential users of the site.

Planning in principle for the site was granted on Tuesday 22nd March 2022.

Tony Foster,  
Trust Manager, S&FCT

# WOULD YOU LIKE TO BECOME A CARER FOR BOLESKINE COMMUNITY CARE?

**BOLESKINE COMMUNITY CARE**

**Sunflower Home Care**

Join the Sunflower Home Care team now and support your community. We are looking for care at home workers in and around Stratherrick and Foyers.

- ✓ Earn a minimum of £10.50 per hour
- ✓ Travel time and mileage paid
- ✓ Full-time, part-time and flexible contracts available
- ✓ No experience necessary - quality training provided

More information at [highlandhospice.org/vacancies](http://highlandhospice.org/vacancies) or phone Vicky Kilgour on 01463 243132

Sunflower Home Care is a partnership between Highland Hospice and Boleskine Community Care to deliver care at home in your community.  
Highland Hospice is a Registered Scottish Charity No: SC011227  
Boleskine Community Care is a Registered Scottish Charity No: SC044996

**WE ARE HIRING**

**Come and have a chat with us**

Boleskine Community Care are looking to recruit more Carers to join their team. If you would like to find out more, please contact Jan at the Hub on 01456 486247 or email [cldo@boleskinecc.com](mailto:cldo@boleskinecc.com).

Jan Stephen,  
CLDO, Boleskine Community Care.

STRATHERRICK & FOYERS COMMUNITY TRUST  
**CRAFTERS & CROFTERS MARKET**

7TH MAY  
2ND JULY  
10TH SEPTEMBER  
19TH NOVEMBER

IF YOU WOULD LIKE A STALL  
PLEASE CONTACT SARAH - [sarah@sfctrust.org.uk](mailto:sarah@sfctrust.org.uk)



# EFFECTIVE MOVEMENT CLASSES FOR WOMEN DURING AND AFTER TREATMENT FOR BREAST CANCER

I would like to share and relate to the effectiveness of attending classes for gentle exercise, which are specifically designed for women during and after treatment for Breast Cancer. I have found these classes exceptionally useful and would recommend them to anyone after surgery or even during radiotherapy. They restarted last month after a 2-year hiatus due to Covid.

Breast Cancer is not uncommon so anything that helps in our ordinary daily life after hospital treatment is welcome. The class can fit around a shopping day or day out in town and be incorporated into a lifestyle beyond treatment in hospital. Please find below details of these classes which I highly recommend – appropriate exercise with a lovely social aspect as well.

## Stretch and Flex Tripudio Movement Classes

Run by The Highland Breast Care Association at The Spectrum Centre on Wednesdays between 2-3pm, Costing £1. No need to book, just drop in – All welcome.

It consists of exercise for those with or at risk of Lymphoedema and other conditions such as Fibromyalgia.

Lymphoedema can be caused by damage to the lymphatic system or problems with the movement and drainage of fluid in the lymphatic system.

It can be the result of an infection, injury, cancer treatment, inflammation of the limb, or a lack of limb movement.

Signs and symptoms of lymphoedema include swelling in an area such as an arm or a leg, a heavy sensation in the limb, tightness and reddening of the skin and decreased flexibility.

This is a class enabling people with similar experiences to meet for support and a chat.

Classes are running for 3 months from March 2022 and from Sept 2022 respectively. Please contact Anne Phillips on 07501 723544 for more information, or click on the web links below.

[www.nhs.uk/conditions/lymphoedema/](http://www.nhs.uk/conditions/lymphoedema/)  
[www.cancerresearchuk.org/about-cancer/coping/physically/lymphoedema-and-cancer/what-lymphoedema-is](http://www.cancerresearchuk.org/about-cancer/coping/physically/lymphoedema-and-cancer/what-lymphoedema-is)

Margie Elgar-Bond

# HAVE YOU GOT WORMS?

OK! For a few people this question might not be welcome, but having a small wormery in the garden shed is a productive and interesting thing to do. Maybe worms are the ultimate entry level pet! Ownership is much less costly than for dogs and less problematic than cats.

Worms in a wormery are not earthworms. Earthworms move around in garden soil and create little burrows, whereas the brambling worms – sometimes called red or tiger worms – are the species which do the composting. These red worms are also sometimes used by coarse fishermen as bait.

Once you've had a wormery for a while, you get to know your worms and the cycles they have. Up here in the north they are vulnerable to very cold weather and will freeze and die unless kept in a shed. They don't like it too wet in the wormery either and making sure there is a sump for the liquid to drain away will save them from drowning.

My worms like a fair mix of food from lettuce and cauliflower leaves to dead flowers and eggshells. Banana skins and newspaper are a favourite and even a stale piece of bread or some biscuit

crumbs seem popular. Overfeeding the worms is not a good plan. Giving them a little and often and gently moving the material around with your fingers is probably best. The brown liquid in the sump of the wormery can be added to a watering can and used as a liquid fertiliser. Once the worms have processed the food in the wormery you can add more or choose to clean out some of the compost for use in the garden.

## TOP TIP

If you want to separate some of your worms from some compost, choose a dry day and open a big plastic sheet on the ground. Scatter a thin layer of wormy compost over the sheet and keep some damp newspaper in the centre of the sheet. As the compost dries out, the clever worms will move quickly to the remaining

damp area where the newspaper is. You can then use the compost in the garden and keep your stock of worms to process the next load of scraps and leaves, or to start a new colony.

## USEFUL WEBSITES

If you are more interested in Earthworms [www.earthwormsoc.org.uk/identification](http://www.earthwormsoc.org.uk/identification)

If you are interested in soils Our Work In Scotland [www.soilassociation.org/our-work-in-scotland/](http://www.soilassociation.org/our-work-in-scotland/)

For more info on moles (which eat earthworms) [www.wildlifetrusts.org/wildlife-explorer/mammals/mole](http://www.wildlifetrusts.org/wildlife-explorer/mammals/mole)

Steven Watson,  
Community Liaison Officer, S&FCT



# EASY EASTER RECIPES!

## Hot Cross Buns

An Easter favourite!  
Makes approx. 12 buns  
Gas mark 7/ 220 degrees C

### INGREDIENTS

500g/1lb 2oz strong white flour, plus extra for dusting

75g/2¾oz caster sugar

2 tsp mixed spice powder

1 tsp ground cinnamon

1 lemon, finely grated zest only

10g/¼oz salt

10g/¼oz fast-action dried yeast

40g/1½oz butter

300ml/10fl oz milk

1 free-range egg, beaten

200g/7oz sultanas

50g/1¾oz finely chopped mixed candied peel

oil, for greasing

### FOR THE TOPPING

75g/2¾oz plain flour

2 tbsp golden syrup, for glazing

Put the oven on at 150 degrees

Baking Time : 50 minutes in a loaf tin, ideally well-greased or with a paper liner.

### METHOD

Put the flour, sugar, spices and lemon zest into a large bowl and mix. Add the salt and yeast, placing them on opposite sides of the bowl.

Melt the butter in a pan and warm the milk in a separate pan. Add the butter and half of the milk to the dry ingredients, then add the egg. Use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go. Gradually add the remaining milk, to form a soft pliable dough (you may not need all of the milk).

Place the dough onto a lightly floured work surface and knead by hand, mixing the sultanas and mixed peel into the dough. Lightly knead for 10 minutes until silky and elastic and forming a smooth ball. (The kneading can also be done in a food mixer with a dough hook.) Oil a bowl and place the dough in a bowl, cover with cling film and leave to rest in a warm place for about 1½ hours or until doubled in size.

Turn the risen dough out on to a lightly floured surface and knead for a further 5 minutes. Return to the bowl, cover with

cling film and leave in a warm place to rise for a further hour, or until doubled in size.

Turn the dough out again on to a floured surface and divide into 12 equal pieces, shaping each of these into a ball. Line 1-2 baking trays with paper and place the balls on the tray, placing them fairly close together and flattening them slightly. Put each baking tray into a large clean

polythene bag, making sure the bag doesn't touch the buns. Leave for 40-60 minutes until the buns have doubled in size.

Preheat the oven to 220C/200C Fan/ Gas 7.

For the topping, add the flour to a bowl with 100ml/3½fl oz water. Mix together to make a paste and spoon into the icing bag. If you do not have an icing bag, simply cut the corner off a food storage bag.

When the buns have risen remove the polythene bags and pipe a cross on each bun. Bake for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if required.

Melt the golden syrup in a pan and while the buns are still warm, brush the buns with a little syrup to give a nice shine, before allowing to cool on a wire rack.



## Easter Egg Blondies

This is an easy recipe to make with children for Easter.

Makes approx. 16  
Gas mark 5/ 170 degrees C

### INGREDIENTS

250g/9oz cold unsalted butter, cut into 6-8 pieces

150g/5½oz light soft brown sugar

125g/4½oz caster sugar

2 large free-range eggs

1½ tsp vanilla extract

pinch sea salt

300g/10½oz plain flour

225g/8oz sugar-coated mini chocolate eggs

### METHOD

Grease and line a 20cm/8in square loose-based cake tin with baking paper.

Melt the butter in a saucepan over a medium-low heat. Stir in brown and caster sugars and cook for 1-2 minutes, until the butter is absorbed and the mixture turns a creamy toffee colour and looks smooth and glossy. Take off the heat and set aside.

Whisk the eggs, vanilla and salt together in a large bowl. Mix in the melted butter and sugar mixture until thoroughly combined, add the flour until the mixture is smooth. Pour the batter into the prepared tin and bake for 20 minutes.

While the blondie is cooking, cut 125g/4½oz of the chocolate eggs in half. It's best to use the heel rather than the tip of the knife and work with just a couple of the eggs at a time.

When the 20 minutes is up, take the blondie out of the oven and scatter the halved and whole chocolate eggs on top. Carefully press the eggs into the blondie mixture and don't worry if the surface cracks a little.

(Take care as the sides of the tin will be hot.) Return to the oven for a further 10 minutes or until the blondie is pale golden-brown.

Cool the blondie in the tin for at least 10 minutes before cutting into squares. Serve warm or cold.

Top tip! These blondies are designed to be slightly undercooked. To make the texture more cake-like, bake for 25 minutes rather than 20 minutes in the first stage.



# CAP - ACTION GROUP OUTCOMES

The Community Action Plan groups have been meeting over the last few weeks.

There are five in total –

- Community Life,
- Outdoors and Nature,
- Getting About (Transport),
- Our Homes and
- Organising Ourselves.

They were facilitated by Nick Wright. Tony Foster, Trust Manager, attended and explained how the Trust had set aside £50,000 for people to take ideas expressed at the meetings forward.



## WHAT CAME OUT OF INITIAL TALKS ON COMMUNITY LIFE?

### RETAIN POST OFFICE & SHOP

The Community Trust is doing some background research on the feasibility of the shop/PO being acquired by the community – not necessarily by the Trust, it could be by others. Work is ongoing.

### AFTER-SCHOOL / NURSERY CARE IN THE LOCAL COMMUNITY

Kirsty Balfour would like to trial an after-school forest club at Inverfarigaig forest school during the forthcoming Easter holidays. But she needs somebody else qualified to help run it, otherwise somebody freelance would need to be hired and paid as support. She has approached Forestry and Land Scotland, The Highland Council and High Life Highland for support, but nothing forthcoming yet. **Any offers of support gratefully received!**

**Next step for wider childcare initiative:** need to audit existing childcare provision (not very much!) and what people need – to identify the gaps. Could involve Baby and Toddlers Group, Kirsty, Parents Councils, schools.

Transport needs to be an important part of any childcare initiative - enabling drop-off/pickup of kids.

### LOCAL COMMUNITY HUBS

#### Wildside Centre:

Next intended phase at Wildside is to have more things – e.g. better use of

marquee, outside seating and BBQ, play area etc.

Marquee has suffered storm damage – repairs or replacement needed and protocol for storage during poor weather.

Could pupils and students be allowed free use of the Wildside for quiet study space away from home? (possibly with teacher support as Kilchuimen Academy does)

Lack of storage space is an issue which needs to be addressed – e.g. to enable Christmas decorations to be removed from conference room.

Next step: agree action at next Wildside steering group meeting. The meeting will be open to all. Details on the Community Trust website:

<https://www.stratherrickcommunity.org.uk/projects/Wildside-Centre/>

#### Inverfarigaig:

The Community Trust is exploring acquisition of the forest school and nearby land from Forestry and Land Scotland. A valuation has been obtained.

If this goes ahead, it would mean that the community owns properties for community hubs in all parts of the area.

#### Erroglie Kirk:

Likely receive £175,000 funding via the Community Trust this year and next year to take forward new community hub.

Noted that the area's forestry tracks are in good order and are a good way to connect up local centres by bicycle (link to Outdoors and Nature action group 'Paths and Places' action; see separate note).

### FOYERS SPORTS FACILITIES (RIVERSIDE FIELD AND BAY)

Foyers Bay steering group met on 3 March and again on 17 March. Information for the THC Planning is now ready, the planning application should go in this financial year; timescale for determination is unknown. Latest updates and more information on the Community Trust's Foyers Bay webpage: <https://www.stratherrickcommunity.org.uk/projects/foyers-bay/>

Riverside Field – 'planning-in-principle' application for the masterplan is being considered on March 22nd. After determination, then need to speak to users to put flesh on the bones of the project (e.g. SOSA and others). Latest updates and more information on the Community Trust's Riverside Field webpage: <https://www.stratherrickcommunity.org.uk/projects/Riverside-Field-Foyers/>

### DISCUSSION ABOUT THE FUTURE OF OUR SCHOOLS

Noted that schools are referenced in the Council's Local Development Plan – no reference to closures, only poor condition. That may lead to some discussion opening up about schools after local government elections.

### OTHER POINTS

BCC is currently doing a community survey (everyone urged to complete it by March 27th closing date), which will inform its strategic planning and where it focusses its energies. That is likely to fill some more gaps in the Community Life action area, but we don't know yet as the survey is still open.

Question was asked: What else does SFCT have in mind to do? Tony responded that some of the items discussed in the meeting could be funded through SFCT underspends this financial year. SFCT will then look at next set of projects for 2022-23. There is budget set aside this year for the action groups to kickstart action, plus the Erroglie Kirk community hub project is probably getting £175,000 this year and next year.



## WHAT CAME OUT OF OUTDOORS AND NATURE

### PLAYPARKS

**Land and sites** – to assist with the Community Action Plan's aim of good quality playparks in each community, SFCT is currently getting valuations for land that could be potential be used for playparks or other community uses in the future, with a view to putting in expressions of interest for land acquisition – in order to make sure sites are available for the future. This includes the flat field at Inverfarigaig and the woodland area between the Wildside and the road.

Whilst noting that buying land is a liability as well as an asset and be mindful of not buying too much land when existing projects need to be completed, it was discussed whether SFCT should also look at:

Little knoll next to proposed Riverside car parking in Foyers? (currently owned by campsite, could be used for something like a workshop or a playpark)

**Dalcrag** – acquisition of a small area of F&LS land could give better access to woodlands/rangers (nice location, but noted that it was blocked off because of antisocial behaviour/mess)

**Gorthleck** - the Communities Housing trust has access to land and is thinking of a community housing scheme, which it would like to include other community uses. This could include a playpark. The location is also being considered as part of road/footway improvements in Gorthleck.

**Upper Foyers** - The Community Council and the Council are looking into better access to Upper Foyers playpark for pedestrians/disabled access, installation of seating etc.

**Whitebridge** - the Wildside is planning on having a small play area - that might provide a play park in Whitebridge.

**Discussion needed with the Council on playparks**, because they are responsible for play park provision too.

### PATHS AND PLACES

Lots of other organisations are already doing things around paths and community rangers. For example, Wade Bridge at Whitebridge has recently received funding from SFCT for repairs, justified against the Community Action Plan.

#### **First step - audit:**

Encompass paths and places, heritage, community rangers and community woodland – all are very closely linked.

Identify what path networks and heritage the area already has and its condition (suggestion from Community Action Plan working group in May 2021).

Map sensitive nature sites so that they are taken account of in planning path networks and investment.

Identify what is already happening - by the Council, Forestry and Land Scotland, community groups like the Heritage Group and SFCT).

Identify potential areas for investment and focus (suggestion from Community Action Plan working group in May 2021).

Need to agree who should take the lead and co-ordinate.

Work with the Council, F&LS and other partners to influence what they do.

### COMMUNITY WOODLAND

**Inverfarigaig forest school** site is being considered by SFCT for potential Community Asset Transfer from F&LS. To progress, the project needs a specific community benefit and an organisation to take it forward.

Community woodland concept more generally – potential first steps:

Establish how many people there are locally to take it forward, local capacity, how much land is needed, what to use it for. This might be a project for the longer term once there is more momentum on other smaller projects (like the Loch Ness Trail, which was put in at a very basic spec and then get bigger and more popular)

OR

Ask F&LS for a small area of land to test out on a trial basis – SFCT could initially co-ordinate with volunteer support if available. This enable a small demonstrator scheme to build from, e.g. community firewood cutting/drying, wood carving and heritage by the slipway where the SFCT woodland needs thinning anyway or on F&LS hardstanding in Glenlia which could be fenced and would be ideal for drying wood. A trial scheme like this would enable the community to see whether the widespread aspiration of free firewood is actually practical and workable, given the need for qualified people etc. Noted that Sharon has done some work on places to store firewood during COVID.

AND/OR

Approach F&LS informally to ask how to go about scavenging for waste wood (e.g. hiring a lorry, finding somewhere to dry the wood, and costing the exercise; Ken offered to help). Need to check with SFCT funders if there is a tension with supporting alternative sources of fuel

### COMMUNITY RANGERS

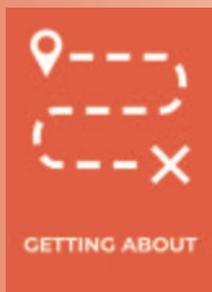
SFCT has had initial discussions with F&LS/Council about the Community Action Plan proposal (year round community ranger service with enforcement / maintenance/educational/co-ordination roles too).

Lots of other organisations are already doing things around paths and community rangers.

Bushcraft sessions from the Wildside – Steve had offered to run them in the past but the idea wasn't taken up. Still keen to do them if there is support.

### OTHER POINTS

It was agreed that another meeting would be useful to continue the discussion.



## WHAT CAME OUT OF THE GETTING ABOUT GROUP?

### COMMUNITY TRANSPORT

BCC operate a car pool community transport scheme, they'll probably review the future of that after the current community survey is complete as part of their wider review of what they do. Noted also that there are ongoing discussions with care providers which may produce relevant proposals.

### Community minibus

Community transport survey was done a couple of years ago through SFCT, generating mixed views. Costings were done for a minibus proposal: at the time, the initial budget was suggested to be £150k for 2 minibuses (1 for group hire, 1 for public shuttles). Could be based at Wildside.

Other points related to a minibus:

A minibus trial took place in around 2018 by Foyers Primary with SFCT.

A minibus could be rented or purchased, using pool of volunteer drivers with PSV licences. This could be a small practical way of starting (even with a secondhand vehicle), trialling a couple of nights a week, taking account of BCC experience, previous survey and trial.

Need to think about routes and connections etc.

Suggested that we should start somewhere and let it evolve.

### First steps:

Work out what a trial might look like (e.g. one page proposal)

Start the trial.

Who might be involved? BCC, SFCT, Rob, possibly other people Tony knows. Noted that Hitrans (regional transport partnership in Inverness) might support.

### Ebikes

SOSA ebike trial in 2021: 3 ebikes - everyone liked them, but those who were most enthusiastic would rather have their own. Several have now purchased bikes using interest-free ScotGov finance (scheme ends 31 March 2022).

Other points on ebikes:

In a rural area, it is usually more viable and preferable to own than hire.

Even ebikes don't suit everyone due to hills and weather.

Buying ebikes is the easy bit: maintaining them is harder.

Managing an ebike hire scheme is a commitment for maintenance and management (e.g. Fort Augustus scheme has the hardware shop to run it, not sure who would do that here).

Need to have a registered/trained mechanic for maintenance./ specially qualified to be able to maintain them.

For families, having trailers/ tag-alongs available too would make it more attractive.

### First steps:

Let people know about the Scottish Government incentive scheme (noting imminent deadline of 31 March).

Look at evaluation of SOSA ebike scheme (useful evidence) and work out what else to do, e.g. qualified/registered local help to maintain and fix ebikes.

**Who might be involved?** SFCT, SOSA. Noted that Hitrans (regional

transport partnership in Inverness) might support.

### SAFER ROAD NETWORK/SAFE WALKING AND CYCLING TO SCHOOLS AND COMMUNITY HUBS

Council consultation last year on road improvements through Gorthleck (South Loch Ness Road Improvement Scheme).

Recent contact by SFCT with Council regarding community proposals in Errogie and Gorthleck – so the Council are now thinking how to adapt their plans to reflect community plans for Errogie Church. The Council is generally keen for the community to engage with them at the beginning of community projects (eg Riverside field, community hubs) so the Council can try to support.

The area is criss-crossed with decent forest trails which could be used to link up settlements.

Maintenance of paths is important (eg South Loch Ness Trail from the Suidhe down to the Knockie) – but perhaps more for Outdoors and Nature than this group. Volunteer capacity is also an issue.

Need to think about other users (eg horse riders) and small improvements (like design of gates to enable all users through).

### First step:

The community should produce a plan (e.g. which routes should be improved) to set the agenda with the Council.

Who might be involved? Nick agreed to prepare initial draft plan as part of work he is doing for Hitrans across the Highlands and Islands.

Tony Foster,  
Trust Manager, S&FCT

## WHAT'S ON!

### UPCOMING COMMUNITY EVENTS:

## SAVE THE DATE! QUEEN'S PLATINUM JUBILEE CELEBRATIONS

3rd June, Old Shinty Pitch, Lower Foyers  
Afternoon tea party – Evening ceilidh/Disco – Barbecue  
A once in a lifetime community event, not to be missed!

## HIGHLAND HOOLIE AT CORRIEGARTH ESTATE – SATURDAY 23RD JULY.

WE ARE WORKING WITH CORRIEGARTH ESTATE TO RUN A FAMILY-FRIENDLY SUMMER FAIR!

Proposed events include: Tug of War, Sheep-shearing Demonstrations, Dog Shows, Best Homebaking, Live Music, Highland Dancing Demonstrations and Pony Rides. There will also be a barbecue and refreshments available!  
Would you like to help us organise any of these events? Please contact Caroline by emailing [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk) for more information on how you can get involved!

## ACTIVITIES AT WILDSIDE:

SOUP TO GO!  
MEG'S MINDFUL MOVEMENT,  
WILDSIDE BABY & TODDLER GROUP,  
MONTHLY SFCT BOARD MEETING  
NEEDLES & PINS  
SPIN & CHATTER GROUP  
WILD CRAFTS  
CLOSING DATE FOR GRANT APPLICATIONS  
ETAPE LOCH NESS

EVERY MONDAY FROM 12PM  
EVERY TUESDAY 10.30AM  
EVERY THURSDAY 9:30AM-11:30AM  
WEDNESDAY 6TH  
TUESDAYS 5TH & 19TH APRIL  
TUESDAYS 12TH & 26TH  
SATURDAY 9TH APRIL  
21ST APRIL 2022  
SUNDAY 24TH APRIL



## CRAFT WORKSHOPS

SATURDAY 9TH APRIL 2022 10:30AM-3:30PM  
(PLEASE BRING PACKED LUNCH)

CRAFT SESSIONS =  
PAPER CRAFTS + EASTER BONNETS & DECORATIONS

SATURDAY 14TH MAY 2022 10:30AM-3:30PM

## NEEDLES & PINS

REGULAR TUESDAY  
SESSIONS  
6PM-10PM

22ND MARCH 2022  
5TH APRIL 2022



## SPIN & CHATTER

REGULAR TUESDAY  
SESSIONS  
6PM-10PM

29TH MARCH 2022  
12TH APRIL 2022



## JOIN THE TRUST

If you would like to become a member of the Trust then please click the link.  
<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)

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

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