

STRATHERRICK & FOYERS NEWS

October 2022 Issue Number: 38



MAKE LIFE BETTER,
GET A GRANT

BOB THE BUILDER
SAVES THE BRIDGE!



BROTHER AND
SISTER SET OFF
ON BIG
ADVENTURE

and... head to Loch Ness Shores
for bonfire night!

AUTUMN MAGAZINE SPECIAL

Welcome to the Autumn Stratherrick & Foyers News! In this issue you will find community news, stories and events, as well as updates from the Board on projects and grants awarded. If you have any photographs, recipes, stories or news that you would like to share with the community, please send them through to strathnews@sfctrust.org.uk.

We are working hard to ensure that all members of the community are able to access copies of both our newsletter and our bi-annual magazine, which is widely available online or via email, with a small number of printed copies available for collection across the strath. If you would like to be added to our electronic mailing list please contact Caroline, our Project Co-ordinator at pc@sfctrust.org.uk.

Gareth Jones
Chair, SFCT

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The Stratherrick & Foyers Newsletter is published every month – online and on paper. Any opinions expressed are not the views of the Stratherrick & Foyers Community Trust and any businesses mentioned are not endorsed by the Trust.

CHAIR REPORT

A warm welcome to all our readers of this month's magazine. As our regulars will know, we publish a special edition twice a year (Spring and Autumn) which is intended as a great read about what's happening in the area but also a 'publication of record.' In other words, a document people can refer to in 50 years time to get an insight into what life was like in the area.

This edition is definitely a Macpherson special too! It is great to read about important moments in the lives of local families. If you would like to capture in print your landmark events then please get in touch with our communications supremo Jillian Barclay by emailing her on communications@sfctrust.org.uk

On Page 4 you will also find a story about Kirsty Balfour and the bundle of joy that forced her to step down as chair. Congratulations! Can't imagine why she finds Isla Rose more important than her civic duties! Whilst on that topic, I'd like to take a moment to extend a personal thanks, and on behalf of the Trust directors too, for the fantastic job she did as Chair. What's that saying? If you want a job done well, ask a busy woman!

This month's edition of the magazine also provides an opportunity to reflect on how the community is using the 'Windfarm Money.' This month we report on a dozen student grants and one sporting grant. Whether you are off to study at a college or university and whether you are 18 or over 80, there is £500 available to pay for books, course materials etc.

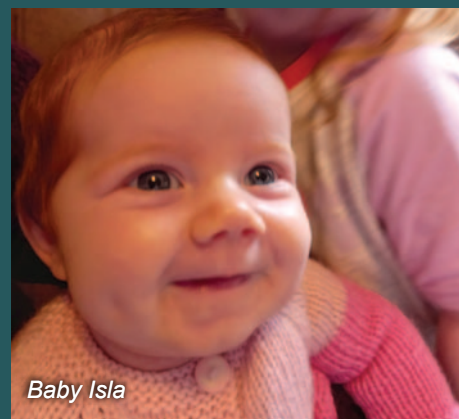
On Page 27 John Townshend and Bob Main report on the successful repair to the Wade Bridge. The costs within budget (£6,500) came from windfarm money and Wade Bridge Trust's own funds. Critically a group of volunteers did the hard graft worth £6,000 as a contribution in kind. Elsewhere there is great report on the work being done by a CAP action group on improving the paths in the area (with support from Trust staff). Lesley Matheson writes about the improvements that have been made to the Clay Target Club that include connecting the club house to mains electricity. Alistair Colquhoun draws attention to the Knockie Trust Fund which, with additional support from the community benefit fund, is quietly doing a wonderful job helping people who face severe financial hardship. Last but not least in the roll call of hard working volunteers is Hugh Nicol who is working hard with his volunteers, and supported by Trust staff, to get

Stratherrick Public Hall back open and fully functioning.

It does feel, after the hiatus caused by the Covid lockdown, that our community is back, up, and running! The people mentioned above are just a few of the volunteers that are working hard to make Stratherrick and Foyers a better place. If you have an idea – and want to get some cash behind it – then spend a few minutes reading our guide to grants on page 30.

Steven Watson, the Trust's community liaison officer is available Monday and Tuesday to guide you through the application process.

Gareth Jones
Chair, SFCT



Baby Isla

BUTTERFLIES BRING AN EXTRA DELIGHT THIS YEAR

It's been a particularly good year for butterfly watching and recording. There have been plenty of the hot sunny days when the fluttering begins. The Pass Road and Glenlia Road are regular places to spot the flutter-by which usually results in a frustrating grab for the phone camera and a fuzzy snapshot.

This year saw a proliferation of Scotch Argus and a new sighting for me, the Dark Green Fritillary on the Glenlia Road - I had a very close look to aid identification as it alighted exhausted in the heat on the tarmac - and I had the camera to hand. I got the camera shot - maybe a tiny bit fuzzy!

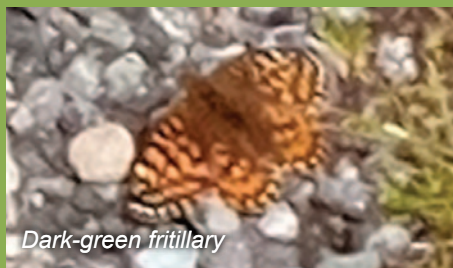
Margie Elgar-Bond,
Ault-na-Goire



Comma



Scotch Argus



Dark-green fritillary



Scotch Argus



Orange-tip



Sooty Copper

SAFE TRAVELS IONA AND DAVIE!

On the 10th of September the Macpherson family at Dell Farm, Whitebridge held a barn dance inviting family and friends to say farewell and haste ye back to Iona and Davie Macpherson who are undertaking a trip of a lifetime on a working and travel holiday for 9 months to the other side of the world, New Zealand. Both Davie and Iona flew out on the 22nd of September and arrived in New Zealand after 36 hrs of travel. Iona and Davie both have farming jobs in the South end of the North Island, close to the coast for the first 3 months of their stay and after that are looking to do both travel and work. We wish them all the best on their adventures!

Stewart Macpherson

Davie and Iona on the left with their brother Angus, and Davie and Val Shand their grandparents



GRADUATION SUCCESS

Congratulations!

On the 29th August the Macpherson family travelled to Glasgow to see the graduation of Davie James Macpherson, youngest son of Stewart and Amy Macpherson, Dell Farm, Whitebridge. The ceremony was held at Bute Hall, Glasgow university where Davie graduated with a degree in Master of Arts in Rural Business Management.

BABY NEWS FOR KIRSTY AND MICHAEL

Kirsty Balfour and Michael Margetson of Whitebridge are pleased to share news of the safe arrival of Isla Rose Margetson on the 7th August 2022. Welcome Isla!



A FIRST GRANDCHILD FOR ALEX AND JANET!

Congratulations to new parents Adam and Emma Sutherland on the arrival of their baby Martha. A first grandchild for Janet and Alex at Ault na Goibhre

Adam Sutherland and Emma Tomlinson currently live in Glasgow. Adam has been invited to play at Judique on Prince Edward Island, Canada later this year. Judique was home to the famous Buddy McMaster. Here's a link to Buddy's performance:
https://www.youtube.com/watch?v=ny2beJky_KM

Emma has been teaching in Ayrshire and recently played at Blair Castle with Adam.



You can follow Adam at <https://www.facebook.com/adamfiddle>

And Emma at <https://www.facebook.com/emmatomlinsonmusic>

IN MEMORIAM

MARIANNA DAVIS NEE MACPHERSON

Birthday 24th Jan 1923 to 27th Jul 2022
Married to Thomas (Tom) Davis, 1946, at Stratherrick
Chapel The Church of the Immaculate Conception, Stratherrick
Children 5, Angela, Thomas, Therese, Mary, Frankie
Grand and Great grandchildren, she had both and loved spending time with them.

Grandad (Marianna's father) died in 1938 and with the outbreak of WW2, most of her brothers went off to war, and so at 16, she was working full time on the farm with Uncle Jimmy. She also helped with younger family.

She did harrowing with horses but wasn't allowed to plough. She seemed to have a way with animals and trained sheep dogs in her time. She would discuss how animal stunts were done when watching any film. One story worth a mention is that she was involved in the film "Restless Natives" in some of the scenes that were filmed in the Strath. The director simply wanted a couple of sheep to wander by as the actors discussed the aftermath of their encounter with a tour bus and the blossoming love interest emerging in the plot. Mam (Marianna) had to explain how sheep "worked" and spent an entire afternoon wrangling a pair of feisty blackface for a blink and you'll miss it appearance of the sheep in the final cut.

"She was always a good shot. She would have been in her sixties when the Highland games was held near the bridge at the church. She borrowed a gun from uncle Kenny – first time for many years – and got the first six clays of a ten shot down-the-line before the gun "got too heavy for her". She liked working with animals but loved children." – Frankie Davis, Son

"One thing to say though she would be very embarrassed to be the centre of attention in a newsletter! That's the main reason there wasn't a family eulogy at the funeral- she didn't want one. Fr Bell insisted on a few words and did very well I thought." – Frankie Davis, Son

"Ian Macaskill told me a good story about how on a shoot day some toff (shooter) bet grandma she couldn't shoot his expensive new hat with a shotgun if he threw it in the air. And she blew it to smithereens and the toff (shooter) was left really red faced in front of everyone. She was known to be a good shot with a shotgun." – Chris Finlay, Grandson

"In her 80s, she once went to the doctor about back pain, after the appointment and prescription, the doctor said that as she was getting on in years, she should be careful of such things."



"What she had not told the doctor was that she had put her back out carrying one of her lambs." – Angus MacNally, Nephew - (If you knew Marianna and her sheep, you knew this was a well fed and grown lamb.)

"She had a big soft spot for babies and wee ones, but she also had the gift of accurately weighing by hand. She could tell how much the wee one was and had grown from holding them and was rarely more than an ounce off." – Jane Brown, Niece

"With the arrival and leaving of families and folks from the area, it was lovely to hear from not just those who knew Great Auntie Marianna, but her siblings and extended family. These conversations are typically started by noting that she was the last of the Macphersons from Knockchoillum to pass and marks the end of a generation for the family." – Maire Brown, Great Niece

"The chapel she was married in and continued to attend, The Church of the Immaculate Conception, Stratherrick, was important to her and she assisted in its care. She was well known for her flower arrangements, helping pick daffies and other flowers to try help as a wee one is a fond memory of mine. I've learned Great Uncle Tom kept a lovely flower garden and this was evidenced in many of her bouquets." – Maire Brown, Great Niece

JOAN WILSON, 1944 – 2022

Joan passed away suddenly but peacefully in the care of Raigmore Hospital, Inverness on Saturday 10th September 2022, aged 77 years.

Resident of Easter Drummond, Whitebridge, formerly of Roaring Mill, Glen Nevis. A loving wife to Willie, a much-loved mum to Sheila and Billy, a wonderful granny to Rachael, Michael, Alice Ann, John, Holly, Eva and Leo, a caring sister to Edith and a good friend to many. Greatly missed.

IN MEMORIAM

JOHN MACPHERSON ROSS (IAIN)

John passed away on the 6th September 2022, aged 82 years, in the care of Highview House, Inverness, formerly of Foyers. Beloved husband of Charlotte, much loved Dad of Gordon, Lynda and Jill, also a dear grandad and great-grandad.

Foyers School Shinty Team, 1952, Iain is pictured second from right, front row.



THE HIGHLAND GATHERING AT CORRIEGARTH RAISES OVER £1000 FOR GOOD CAUSES

Our inaugural summer event at Corriegarth seems a distant memory now that Autumn closes in, but behind the scenes the team have been totting up the monies raised for distribution to worthy causes near and far. Alongside community group fundraising activities at individual stands on the day, we are pleased to announce that the event raised £1247, which will be split as follows:

- The Dog Show raised £72, which will be donated to Munloch Animal Aid

- The raffle raised £625, which will be split equally among the community groups that took part in the event – we will be in touch with each group individually in due course.
- The Silent Auction raised £550, which will be donated to DEC Ukraine.

Thanks must again go to all those who donated prizes for the raffle and silent auction, and to everyone who took part in the dog show, put bids in for silent auction and bought raffle tickets!

Planning has already begun for next year's event, which will be held on Saturday 22nd July – if you would like to be involved, or have any ideas on how to improve the event, we would love to hear from you! Please email Caroline at pc@sfctrust.org.uk with your suggestions.



FIREWORKS

The Foyers Fireworks Display has been a community favourite for many years. The event is due to return after a break of two years and plans are well advanced for a fun evening.

The venue has of course changed hands. Previously the caravan site was made available by Donald and Lyn Forbes and we are pleased to report that the new owners, the Camping and Caravanning Club has agreed to carrying on this traditional gathering for so many in our community, young and old.

The date this year is Saturday 5th November and is subject to a licence from Highland Council. Entry is free and the first firework will be at 7pm. Neil Kirkland and his experienced team will be responsible for setting off a range of fireworks from a new supplier, Phoenix Fireworks from Kent. Quieter fireworks have been selected this time to reduce the possible impact on local pets, but the fireworks themselves will be no less spectacular.

Stratherrick and Foyers Community Trust meets the cost of the event including the food. This year the Trust has arranged for the Camping and Caravanning Club to open their bistro specially to provide the refreshments. Burgers, bakes and tea are free, but remember and bring some change as there will be buckets to collect cash for local charities. There will be music from local artistes and the site toilets will be available for all.

Trust CEO Tony Foster said 'The aim of the event is to allow everyone in the community to come together and mark the end of autumn. The display promotes safety and is a 'high light' of the Foyers year. Lots of folk love to enjoy the fireworks from vantage points around the village too. If you need special access due to mobility problems, please let us know.'

05 11 | 07 PM
STRATHERRICK & FOYERS COMMUNITY
FIREWORKS NIGHT
 QUIETER FIREWORKS
 FREE ADMISSION
 FREE BURGERS, BAKES & TEA
 SATURDAY 5TH NOVEMBER
 FIRST FIREWORK-7PM
 — Loch Ness Shores —
 Camping and Caravanning Club Site, Monument Park, Lower Foyers, V2 6YH
 DONATIONS TO: MFR CASH FOR KIDS, BBC CHILDREN IN NEED AND MUNLOCHY ANIMAL AID
 Organised by community volunteers.
 Please do not bring your own fireworks to this event.
 SFCT

The Wildside Centre
 Save the Date!
Winter Wonderland & CHRISTMAS MARKET
 9th & 10th Dec 4-8pm
 Would you like to be part of our Christmas market? Can you volunteer before/ during/ after the event?
 Email pc@sfctrust.org.uk to join the team!
 REFRESHMENTS - RAFFLE - SANTA'S GROTTO - LIGHT SHOW - CAROL SINGING - MORE TO BE CONFIRMED
www.stratherrickcommunity.org.uk SFCT

WINTER WONDERLAND

Plans are coming together for this year's Winter Wonderland, and we are hoping to make it bigger and better than last year's! Santa will of course be visiting, and details of how to book your slot will be shared soon. There will also be festive food and drink, a lights extravaganza, and the Christmas market too, so something for everyone!

If you are a trader, community group, or a member of the community with craft items or home produce to sell and would like a stall at the Christmas market, please email pc@sfctrust.org.uk to register your interest.

Keep an eye on the Trust's Facebook page for regular updates on the event.'

SCHOOLS MAKE A SNOWFLAKE COMPETITION!
 Can you create a big, bright, fun, sparkly snowflake to decorate the Wildside Centre for this year's Winter Wonderland?
 Entries by Friday 2nd December to be handed in to your local school.
 Judging will take place during the event and the winner will receive a prize!
 Please include your name, age and school on your snowflake.
3 Categories – Nursery & Toddler, P1-3, P4-7
 Keep an eye out for more information from schools after the October holidays and get creative!

BOLESKINE COMMUNITY CARE



Doug (Jinty's son) and Shaun (Tilly's partner) put in a fantastic effort in raising just under £1000 for BCC at this year's Baxter's Loch Ness Marathon.

Doug said 'I've entered the Baxter's Maraton as I have observed family members being 'cared for as long as I can remember but recognise that more complex needs require an increase in specialist support by professional carers - something our family appreciates. It's something we don't give enough thought to until it affects us personally. I've entered the "Baxter's Loch Ness Marathon as I want to raise vital funds for a small rural care charity - Boleskine Community Care. I'm hoping to raise their profile whilst encouraging others to value both paid and unpaid carers in our community! I hope the funds can be put to good use'

A massive well done to them both and we wish Shaun good luck in his new job and hope he has recovered enough to start!

Jan Stephen



October						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- Moovin-About – 1pm
- Cinema Group – 2pm
- Music and Song – 2pm
- Broth 'n' Blether 12-2pm
- Coffee Morning 10.30am
- Art Group – 2pm
- Foot Specialist – Appointment
- Holistic Therapy – Appointment



Working in partnership with Highland Hospice



'Boleskine Helping Hands'

We are delighted to offer a Befriending Service to the residents of Stratherrick and Foyers. If you need some extra support and friendship we would love to help you!

For more information contact Jan Stephen, Community Liaison and Development Officer for BCC on 01456 486247 or email cldo@boleskinecc.com



Funded and supported by Stratherrick & Foyers Community Trust Limited

Registered in Scotland, SCO44996 at The Hub, Unit 2, Lower Foyers Industrial Estate, Foyers, Inverness IV2 6YB

FRIENDS OF THE INVERNESS ROYAL ACADEMY (FIRA)

The local youth group is called Friends of the Inverness Royal Academy (known as FIRA), but the group and its activities are open to all young people living in the area that attend any high school and are in S1 - S6.

We run a Youth Club in The Wildside Centre, Whitebridge, and due to requests from the attendees, this is now running fortnightly with our brilliant youth club leader Morven from 7pm - 8.30pm. Upcoming dates for youth club are -

20th October
3rd November - also FIRA's AGM
17th November
1st December
15th December - Christmas party/disco
Close for Christmas holidays and back on 12th January 2023.

Sadly, we are losing our chairperson, Alan Beith, as his daughter is now off to Uni. Thanks to Alan for being part of the group and helping to keep it going. We are holding our AGM on Thursday 3rd November when youth club is on. All parents/guardians are encouraged to attend, even if your child doesn't attend youth club as without parent volunteers, the club will cease to run. Ideas for activities, youth club etc. can be discussed. Look forward to seeing you all there.

FIRA committee



Dores and Boleskine Church of Scotland SC 013579

Interim Moderator Rev S McRoberts
Session Clerk – Mr I King



Services of worship at Boleskine Church, Drumtemple, are at 10.30 every Sunday morning

Public services at Church are now re-established post covid and all are welcome to join in Sunday worship followed with a time of after service fellowship, enjoying that period of friendly contemplation and contentment.

ALL ARE WELCOME

Phone numbers:- 01456 486 599 / 07901 528 968 / 01463 751 293



SOUP TO GO

In a week that was tinged with sadness at the passing of Queen Elizabeth II, Soup to Go received 3 acts of kindness. Our most grateful thanks go to:-

Jan Stephen, who kindly donated a selection of her excellent Jinty's Jams & Chutney to sell for StG funds.

Amy Macpherson & family, who kindly donated an entire celebration cake from their family & friend party to say Bon Voyage to Iona & Davy who are off to New Zealand. All StG patrons received a slice of the delicious cake and we all send Iona and Davy our very best wishes for their exciting adventure.

The mysterious Australian Gentleman, who was visiting the area where he & his wife honeymooned 44 years ago. He popped into the Wildside Centre and chatted with Catriona Fraser. He was very interested to learn about what activities went on in the area and very kindly donated £10 to Soup to Go. StG thank you Sir and wish you happy travels.

Lyn Woods





BABY & TODDLER GROUP

Wildside Baby and Toddler group was set up late in 2019. It is an informal group where parents/grandparents/carers or expectant mums can come along and let the kids play with some soft play equipment and many other toys which have been kindly funded by Stratherrick & Foyers Community Trust.

We meet every Thursday morning at The Wildside Centre from 9:30-11:30.

Everyone is welcome, most weeks there is tea, coffee and if someone magically finds time we even have some home baking!

For more information you can follow our private Facebook page – Wildside Baby & Toddler Group, or come along and join us on a Thursday morning!

STRATHERRICK PARENT COUNCIL

It has been all go for the Stratherrick primary school & nursery parent council since the end of the covid-19 restrictions were lifted. Since the last update we have bid farewell to our old chair Morven who we would like to say thanks for all her work, and to Maisie who has now moved to Inverness Royal Academy.

Last term the committee kicked off with a school sports day organised by Fiona, Sophie and the school. This was a great day for all parents, staff and children as it was the first time we have all been together at an organised event in a few years. The highlight for the children was the chance to throw wet sponges at the headteacher (Mr Graham) who was a star! Also, the home baking was a highlight, as was the raffle with Eoghan calling out the winning numbers.

Stratherrick & Foyers primary schools also had a wee trip out to the Highland wildlife park, which the children enjoyed. It was good that we could jointly conduct this trip for the children with thanks to SFCT for their support in this venture.

Whilst the primary schools were at the wildlife park the nursery children had a wee visit out to Lyne Mhor croft. The younger children had a ball and a big thank you to Jane Mason for hosting the nursery. The nursery children also got a wee trip out to Frankie & Lola's. I don't know how Rena and Dulcie can keep an eye on the younger children in these venues!

The committee also attended the Highland Gathering at Corriegarh Estate, where we held a stand with homemade baking, toys, eggs and homemade crafts. A lot of work went into this fundraiser and a big thanks to Fiona, Julie, Jan, Jillian and Sophie.

We have purchased a new tractor for the nursery (see photo), a big thank you to Claire, Julie and SFCT for organising this.

Finally, now that the new school year has started, the committee are in the process of planning some upcoming events. So far, we have organised school photos, the Christmas Pantomime, a Nursery visit to Santa, parent assistants, upcoming fundraisers including the 5K River Ness Challenge, P7 transition days and safe routes to school.

Paul Bain
Chair of Stratherrick Parent Council





STRATHERRICK PRIMARY SCHOOL UPDATE

The last few years have been a whirlwind and time of upheaval. So, it was so nice to get back to whatever normal is! Last session we were so happy to get parents back into school for various events such as the Sports Day and BBQ, and our end of term assembly. The children were so pleased to be able to show off their skills and work to everyone. The Queen's Jubilee celebrations were a highlight, and we were so happy to get to celebrate this. We had a Jubilee Cake making and decorating competition – staff were very happy to judge this, tasting lots of lovely cakes.

Our Gardening Club was a huge success! Miss Harris and Mrs Moffatt worked really hard with the children to plant lots of nice fruit and veg, which we are using in school. Sometimes just nibbling on a carrot at break time! Lovely!



This year we have started doing a 'Daily Mile' and running around our playground for 15 minutes every day as a way to improve fitness, get ready for the day's work ahead and just sometimes for a nice chat with everyone. It's great to spend time outside socialising and getting to know each other better whilst being active.

This year we are also wanting to create more links with the community and people/organisations in the area. If you have worked with us in the past and this was curtailed due to Covid then please get in touch – we would love to hear from you so that we can re-establish these links. Or if you haven't worked with us and you can provide a service (anything from singing to farming or a singing farmer) - that you think we could benefit from please get in touch. Nothing is too wacky to be considered!

Thanks for your time,
Mr Graham, Head Teacher, Stratherrick Primary School.



FOYERS PRIMARY SCHOOL UPDATE

It has been a busy first term back at Foyers Primary. We have been learning about the Amazon Rainforest including vegetation, food, animals, habitats, and people who live there. We will be cooking using Fairtrade products.

During the warmer weather we have enjoyed playing tennis during breaks and lunches in the playground. Before the summer we planted some seeds and now we are reaping the rewards for lunch. We have already enjoyed radishes, potatoes and carrots. For the first time we have tried to 'grow our own loaf' and will be harvesting the wheat soon.

Every Friday we are joining Aldourie Primary School. The pupils have thoroughly enjoyed sharing P.E, Health and Wellbeing and interacting with their peers. We have been doing blocks of activities including coding, baking, arts and crafts, outdoor learning and construction. The children are excited to be joining Stratherrick Primary pupils for an Eden Court drama workshop and backstage tour before the October holidays.

Miss Pinkerton, Foyers Primary School



BOLESKINE CAMANACHD

After the COVID shut down, it was exciting to get back to shinty at Smith Park, Farr. Several new players joined the squad this season - including some youth players, which is encouraging. It was a mixed season but as it drew to a close the team produced some excellent performances. Especially beating our closest rivals Inverness 9-0 – all the sweeter as it was at our home pitch. At the end of August we hosted the Strathdearn Cup Final. Smith Park was bathed in sunshine for the match between Newtonmore and Lovat – footage can be seen at <https://www.youtube.com/watch?v=kBV5dD-6NIA> We hope to be able to host more prestigious events in the future.

October saw the return of the “Old Crocks” match competing for the Stoddart/MacGruer Cup. The present team playing previous players is always a great day. I wonder what the combined age of the Old Crocks team was ?? The present team beat the Old Crocks 4 – 2 but it could have gone either way. A fabulous social occasion for folk to catch up with old friends and make new connections. Spectators are vital to create an atmosphere and encourage the team. We have great attendances, but it would be good to see more local faces encouraging our team.

As in every aspect of our lives, costs are rising. Each player pays for their registration to the Camanachd Association (£50 per adult/£10 per junior). However, a caman costs £90 and a helmet £80. For the safety of players, the Camanachd Association are bringing in rules that all players should wear helmets to prevent head and facial injuries. At present it is compulsory for Under 21s but the plan is to ensure all players regardless of age are protected. If you calculate this for a squad of 25 adults plus 15 juniors it becomes a serious financial investment (almost £7000!!!!) Add to that the Camanachd fees for registration for league and cup competitions, referee fees and changing room costs, it adds up to nearly £9000 for us to function as a club.

We are grateful to our current sponsors,
William Fraser Haulage
Tomatin Distillery
M&M motors
Inverness Tyres
Jamie Hunter Landscaping

But we are always looking for more. If you think you could offer sponsorship in any form please get in touch – catrionafraser@tinyworld.co.uk

Updated information on matches etc can be found on our Facebook page Boleskine Camanachd Club.

Photos – current squad and the Old Crocks teams



STRATHERRICK CLAY TARGET CLUB

Recently the Club were fortunate to gain funding from SFCT to enable us to apply to SSEN to be connected to the grid. This finally happened on 7 & 8th of September when the new transformer was fitted and then the cables were laid. A visit from E-on the next day meant the meter was fitted and we now just need to get the last bit of wiring connected and we will be able to ‘flick a switch’ and have power. What a difference it will make to the club as our old generator had given up and we couldn’t hold Clay Target shooting days.

We also gained funds to assist with the purchase of a new trap – this has been ordered and we are currently awaiting delivery. Great times ahead for our wee club, maybe not so much for this year due to the nights closing in and we won’t be able to hold our practice nights, but for being ready for the start of the clay target shooting season in May next year. We are still hoping to hold a couple of Competitions on a Saturday – maybe a local one and an Open one. We are also hoping for one around Christmas time. Times and dates to be confirmed.

Lesley Matheson, Secretary



ALEX SUTHERLAND AT CLONMEL

It's a long, long way for Alex!

Alex Sutherland from Errogie was off to County Tipperary in Southern Ireland for the 21st World Masters Mountain Running Championships at Clonmel.



Alex told the NEWS 'The course was very arduous. It was only 5.3 miles long, however the start line was in Clonmel town and the finish was at a summit, after a 1,726 climb. Often trail running

courses include both uphill and downhill elements, but at Clonmel the only way was up!

Alex completed the race in less than 58 minutes and faced some stiff Italian, USA and Japanese competition as well as competitors representing Ireland.

Alex competes in the c70+ category and came home in ninth place (in the World). Alex finished third for Team GB and his performance contributed to a team silver.

Alex also organised the Hill Race at the recent Corriegarth Gathering. Alex remarked 'We would be hard put to find a more spectacular venue in Stratherrick. The hill race was our first attempt and we hope to run a longer course next year. One advantage of Corriegarth is that the crowd on the games field can watch the



runners ascend and descend the course using binoculars. Watching them run the whole way is a bonus for all the spectators and increases the excitement amongst family and friends.'

MARATHON AND CYCLE EVENT PUT COMMUNITY ON THE MAP

With the return to some normality during 2022, it has been great to see local events happening again. April saw the return of the Etape Loch Ness cycle sportive with 6100 cyclists taking on the challenge around Loch Ness.

The event brings a significant boost to the local area attracting cyclists from across Scotland and the UK. Since 2014, £1.68m has been raised for Macmillan Cancer Support by Etape Loch Ness riders through its partnership with the event; with over £250,000 raised at the 2022 event.

As we go to press, the 20th edition of the Baxters Loch Ness Marathon & Festival of Running will be getting underway on 2nd October. It's been an amazing journey over the last 20 years with so many inspirational runners taking part and dedicated volunteers helping behind the scenes since the very first marathon in 2002 when 860 runners lined up on the start line. During this time £13m has been raised for different charities by runners and it is now one of the most popular marathons



in the world and on the bucket list for many runners around the globe.

Malcolm Sutherland, event director said: "We would like to thank all the local communities, residents and businesses around Loch Ness for the tremendous support we receive every year.

Feedback from runners and cyclists always emphasises how much they value this support, and for many it makes the difference to spur them on to cross the finish line. All the money raised for charity and all the cyclists and runners meeting personal challenges – it's all made possible by

the enthusiasm and commitment of our amazing volunteers."

He continued: "It was fantastic to use the area outside the Wildside Centre for one of our feed stations during the Etape Loch Ness in April, it's a great space for riders to refuel during their ride. We are very grateful to the Stratherrick & Foyers Community Trust for this."

The 2023 Etape Loch Ness will take place on 23 April and the 2023 Baxters Loch Ness Marathon on 1 October.

www.etapelochness.com
www.lochnessmarathon.com

FOYERS COMMUNITY FIRE STATION

Foyers Community Fire station now has a competent crew of 8 personnel with another person newly applied and starting on the recruitment process, but we welcome any other potential new recruits.

In September the crew have had a number of call outs both within and out

with our station area. In the local area we attended a campfire that had not been properly extinguished causing 8 meters square of burnt area in a forest, we also attended a couple RTC's; one with American tourists who managed to put their car on its side, police and ambulance attended but no one hurt.

The picture is the same appliance as we have at the station at Gorthleck.

WC Stewart Macpherson
RVS Support



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

firescotland.gov.uk





CAREERS
WE ARE SFRS
YOU ARE SFRS

**We are recruiting
ON CALL FIREFIGHTERS**

The Scottish Fire and Rescue Service is the **largest fire and rescue service in the UK** and the **fourth largest in the world**.

For info on how to apply, visit: www.firescotland.gov.uk/careers/on-call



EMERGENCY NUMBERS

FOYERS MEDICAL CENTRE
01456 486224

NHS 24
PHONE 111

POLICE – NON-EMERGENCY OR
TO REPORT A CRIME
PHONE 101

FIRE – FREE HOME SAFETY CHECK
0800 0731999

MEDICAL, POLICE, FIRE, LOCH OR OTHER
EMERGENCY
PHONE 999

RAIGMORE HOSPITAL SWITCHBOARD
01463 704000

SCHOOL CLOSURES

School closures can occur for many reasons such as bad weather, fires, faults sprinklers and broken heating systems. For the latest information on your child's school, call 0800 564 2272. Have your school's PIN ready when you call. PINs are listed below.

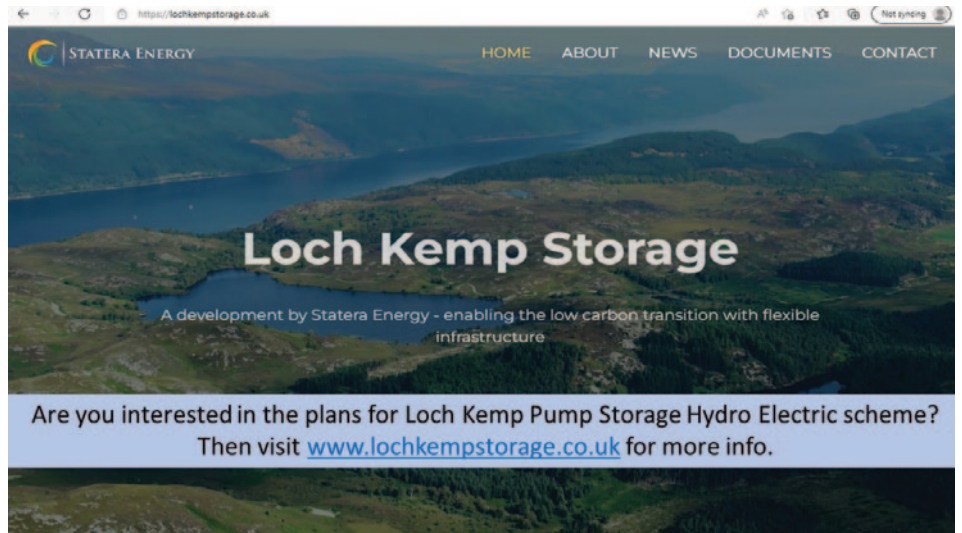
You will hear the latest pre-recorded message from the head teacher at your child's school.

Foyers Primary	2070
Stratherrick Primary	3060
Inverness Royal Academy	1100
Kilchuimen Academy	2310
Drummond School	1910
Aldourie School	1350
Farr Primary	2020
Bun Sgoil Ghaidhlig	3280

LOCH KEMP PUMPED STORAGE SCHEME

Pumped storage hydro is a proven zero carbon technology providing dispatchable medium-duration energy storage. It is the oldest form of large-scale energy storage and works by using geographical features to store energy as raised water. At times of peak demand, water in the upper reservoir is released to a lower reservoir and flows through a turbine, generating electricity. When demand is low, excess energy on the grid is used to pump water back up to the upper reservoir. In simple terms, a Pumped Storage Hydro project is effectively a big battery, connected to the electricity grid.

Pumped storage is already an important flexible technology for providing services to the grid and this is only going to increase with the amount of renewables entering the system, in particular offshore wind. Current pumped hydro technologies are able to respond to demand and generation changes within minutes, and are used to provide short to medium duration balancing services with capacity to operate at full power for up to weeks at a time.



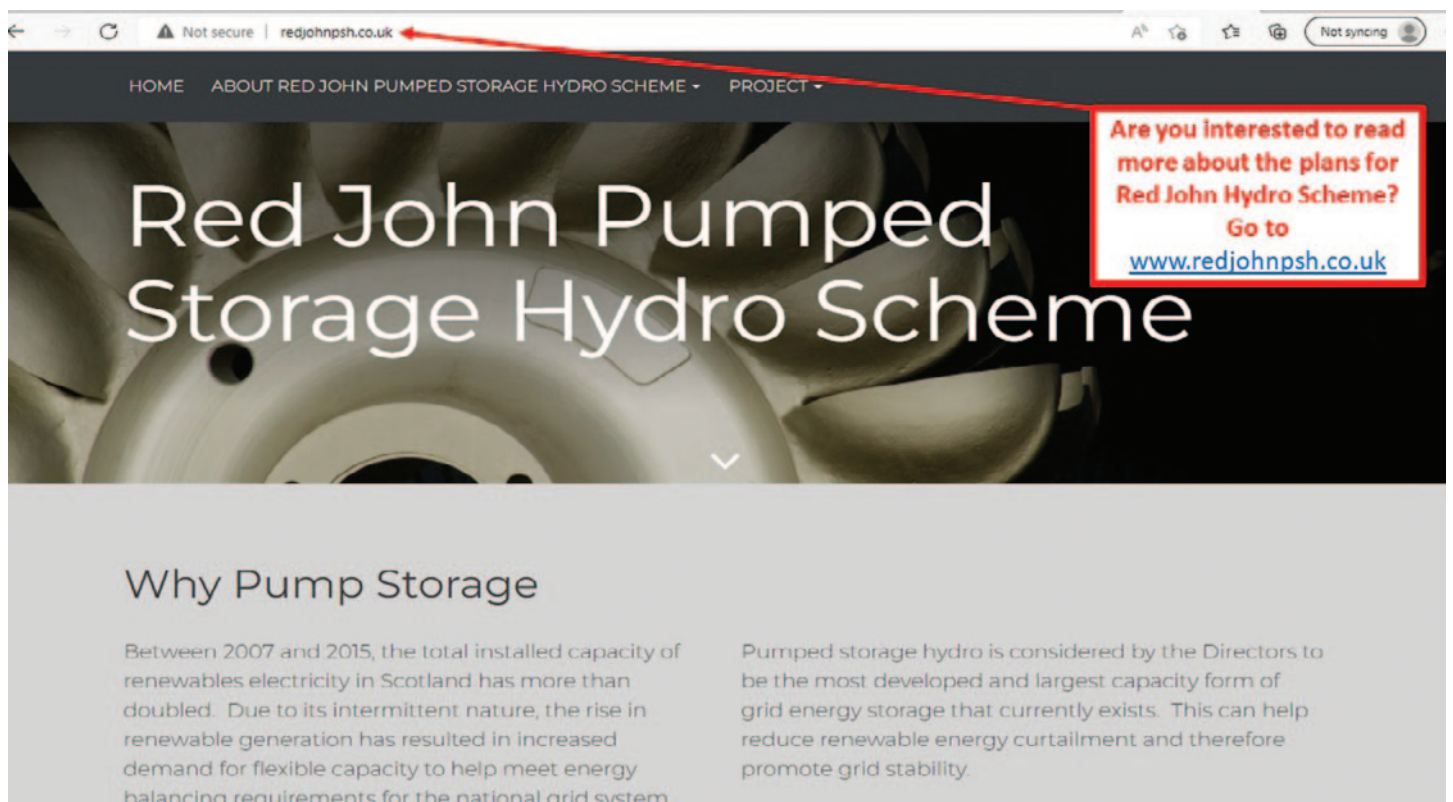
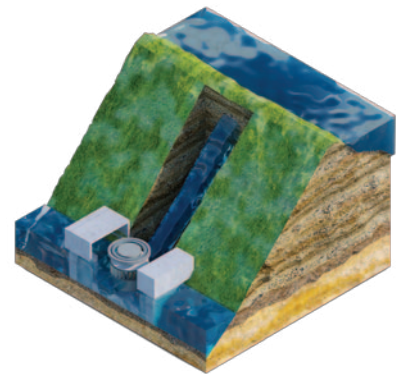
Pumped storage is well suited to providing electricity in periods of low renewable generation. Of the UK's c.4GW of storage, 3GW currently comes from pumped storage, mostly located in Scotland and Wales. However, the technology is ultimately limited in capacity by the geographical locations available.

Scotland has the UK's highest mountains and largest inland lochs. This combined with high rainfall makes Scotland an excellent location for Pumped Storage Hydro.

Statera are proposing to build and operate a new Pumped Storage Hydro scheme using the existing Loch Kemp as the upper storage reservoir and Loch Ness as the lower reservoir.

The development of Loch Kemp for pumped hydro will deliver energy security, lower emissions and provide economic uplift for the Highlands.

Kirsty Cassie, Project Developer,
Statera Energy



BOARD REPORT

BOARD REPORT - October 5th

Congratulations to everyone below who were awarded student and sports grants.

STUDENT

Jessica Main
Courtney Monaghan
Rowan Main
Anna Yeats
Sarah Flanagan
Olivia Grant
Raine MacGruer
Keeley Alexander
Alexander Brown
Chantelle Lewis
Abigail Kirkland
Graham Bain

SPORTING

Olivia Grant

The Board on Wednesday 5th October had a presentation from Clarendon who look after our investments. This year, for the first time, our investment went down which is reflective of the challenging times we find ourselves in. However, the fund is far ahead of where we expected it to be.

The Board agreed to open our Facebook Page to comments as part of our communication strategy and the strategy for the next eight years, based on the findings of the Community Action Plan, were presented.

A report on the BCC grant and the Stratherrick Hall grants were given, how we intended to support forthcoming events and some updates on how we will approach reviewing grants moving forward. A proposal on how SSE are working with the Trust on relaxing some conditions of our grant for individual need and business during exceptional circumstances this winter was also discussed.

Our Articles of Association have to be updated - the Board were requested to consider and approve the change to be put forward at the AGM in the Trust Articles (Article 23 and related clauses) to ensure that membership is automatic, subject to the 'qualifications of members' rather than being by approval of the board.

Currently Article 23 reads: -

The directors shall consider each application for membership at the first directors' meeting which is held after receipt of the application; the directors shall, within a reasonable time after the

meeting, notify the applicant of their decision on the application.

Article 23 shall now read (subject to membership approval at the AGM): -

The directors shall promptly review applications for membership, from time to time, determining if the terms of Articles 15 to 20 apply and into which category of membership each applicant shall belong, and immediately thereafter shall approve any valid application provided the applicant is not excluded by virtue of Articles 15 to 20, and inform the applicant of the decision.

Tony Foster, SFCT Manager



INTRODUCING OUR FUNDRAISERS

Hi, we are Sharon and Sarah and we job share at the Community Trust as Fundraisers. We have been busy working on all the Trust's projects and the aspirations from the community action plan since we started; getting funding plans in place, seeing where we can get match funding from, gathering information and submitting applications.

From housing to childcare, community spaces to paths, we have been involved in so much since we started and look forward to seeing all these projects start to come to life.

One project that we are currently working on is plans for the community that will help with the cost-of-living crisis. We are also hoping that some of the activities planned will bring the community together and help alleviate social isolation.

As part of our job, we have been in touch with lots of groups in the area and have been helping some to obtain funding. If your group has an idea and you would like help to get funding in place or you want to form a group to take an idea forward, please get in touch with us.

Email - sharon@sfctrust.org.uk and sarah@sfctrust.org.uk



STRATHERRICK & FOYERS COMMUNITY TRUST - PROJECTS OVERVIEW

You can keep up to date on all our projects on the website at Projects | Stratherrick & Foyers Community Trust (stratherrickcommunity.org.uk)

The CAP Action Groups met and have broken down into smaller sub groups to take forward projects identified in the Community Action Plan. Below is a short summary of what is being done.

WILDSIDE

We are purchasing the land beside Wildside, which has been zoned by the Council in part for housing. We have conducted a test dig and are waiting on a report.

There are plans to provide ramps down from the walkway and we are investigating the possibility of a seating area at the back overlooking a play area for children.

ERROGIE

The bat survey is all but complete which has given us the time to refine the design of the building with the architects for

planning. Work has already begun on landscape and interior design too.

FOYERS BAY AND RIVERSIDE FIELD

Both these projects remain at planning. Once these planning applications have been determined we can progress further with the community. The current Riverside Field planning application will answer some of the conditions on that project.

COMMUNICATIONS

Jillian Barclay has been taken on as our Communications Officer for the year to support Trust Communications. This is an important project and can be quite labour intensive.

HOUSING

We are currently conducting a Housing Needs Survey for the whole area. This and other work we are doing will feed into Nick Wrights Spatial Planning exercise from now until December which will help members of the community visualise the areas in which they live following the Community Action Plan work in 2021.

PATHWAYS / TRANSPORT

An audit of current paths has been undertaken by a group of volunteers, which we have included here. If there is a route we have missed let tony-ceo@scftrust.org.uk know. The Paths Group have documented routes for walking, running, cycling and horse riding. They are considering an App and who is responsible for ongoing maintenance of these routes.

We have investigated a mini bus / people carrier but feel we need to do more on linking with current groups who provide transport to establish the demands for a transport service.

PLAYPARKS

A rolling programme of playparks is being considered and the first is likely to be at The Wildside Centre.

AFTER SCHOOL CARE

This project was picked up by parents/carers of local school children. A survey of parents/carers of school children has been conducted to establish what needs are likely to be met and how we can meet them.



PATHS AUDIT

ROUTE	WALK	DISABLED	RUN	BIKE (OFF ROAD)	HORSES	POPULARITY/USE	LANDOWNER	ADDITIONAL COMMENTS
FOYERS BURIAL GROUND CIRCULAR FROM RIVERSIDE	YES					HIGH PROBABLY LOWER FOYERS RESIDENTS AND VISITORS TO CARAVAN PARK		
FOYERS BAY CIRCULAR	YES			YES		HIGH		
LOWER FOYERS TO UPPER FOYERS VIA FALLS	YES		YES	YES		HIGH POPULARITY – LOCALS AND VISITORS	HC	PATHS IN NEED OF ONGOING MAINTENANCE/DEVELOPMENT
UPPER FALLS TO RIVERSIDE (EXTENSION TO MAST)	YES		YES	YES	YES	HIGH POPULARITY – LOCALS AND VISITORS	F&L	
FOYERS RESERVOIR CIRCULAR (EXTENDED ROUTE)	YES		YES			LOW	F&L ?	GREATER POTENTIAL WITH RENEWED SIGNAGE AND SOME PATH MAINTENANCE
FOYERS BAY TO INVERFARIGAIG VIA FOYERS HOTEL	YES		YES	YES		MEDIUM	F&L (PART)	NOT RECOMMENDED FOR BIKES BUT BEING INCREASINGLY USED BY THEM FROM FOYERS HOTEL TO INVERFARIGAIG. MAINTENANCE/DEVELOPMENT REQUIRED
FOYERS TO WHITEBRIDGE (SLNT)	YES		YES	YES	YES	HIGH	DELL ESTATE F&L	MAINTENANCE REQUIRED AT STREAM CROSSINGS
WHITEBRIDGE TO LOCH TARFF VIA SUIDHE VIEWPOINT (SLNT)	YES		YES	YES	YES	HIGH	DELL ESTATE IAN BATEMAN? GLENDOE ESTATE F&L	POTENTIAL FOR DISABLED ACCESS AT SUIDHE

ROUTE	WALK	DISABLED	RUN	BIKE	HORSES	POPULARITY/USE	LANDOWNER	ADDITIONAL COMMENTS
INVERFARIGAIG TO FOYERS ON SLNT	YES		YES	YES		HIGH	HC F&L	ISSUES WITH BIKES CREATING ALTERNATIVE TRACK TO AVOID ROOTS ETC , OVER HIGHEST SECTION LOT OF PATH MAINTENANCE REQUIRED
INVERFARIGAIG, TOR AN TUILL CIRCULAR PAST EASTER BOLESKINE	YES		YES	YES	YES (PART)	HIGH	F&L	IMPROVED SIGNAGE REQUIRED
INVERFARIGAIG, EASTER BOLESKINE FARIGAIG PIER CIRCULAR	YES		YES			LOW	F&L	SIGNAGE/PATH IMPROVEMENT NEEDED FROM B862 DOWN TO POWER SUB - STATION
GLEN LIATH (RIGHT OF WAY) TRINLOIST CIRCULAR	YES			YES	YES (PART)	LOW	F&L	IMPROVED SIGNAGE REQUIRED PATH IMPROVEMENT TRINLOIST TO GLENLIATH SECTION
ERROGIE, TRINLOIST, PASS OF INVERFARIGAIG CIRCULAR	YES		YES	YES	YES	MEDIUM	F&L	POPULAR WITH DOG WALKERS RATHER THAN WALKERS PER SE
INVERFARIGAIG, CORKSCREW, BALCHRAGGAN, ERROGIE CIRCULAR	YES		YES	YES		LOW	F&L	
INVERFARIGAIG TO CHANGE HOUSE VIA FAIR HAIED LADS PASS (SLNT)	YES		YES	YES	YES	HIGH	F&L	BADLY ERODED AT FHLP BY BIKE USE. IN NEED OF IMMEDIATE ATTENTION AND MAJOR WORK IMPROVED SIGNAGE REQUIRED
CORRIEGARTH TO FARRALINE (TRAIL OF 7 LOCHS)	YES		YES	YES	YES	LOW	ESTATES FARRALINE, CORRIEGARTH ABERCALDER (?)	
WESTER ABERCALDER TO DUNMAGLASS VIA CONAGLEANN **	YES		YES	YES	YES	LOW	ESTATES DUNMAGLASS ABERCALDER	VERY LIMITED SIGNAGE
FARRALINE TO TORNESS (TRAIL OF 7 LOCHS)					YES	LOW		
WHITEBRIDGE LOCH KEMP CIRCULAR	YES		YES			LOW	DELL ESTATE	THREATENED BY PROPOSED PUMP STORAGE SCHEME
KNOCKIE BOAT HOUSE FROM F&L PARKING AREA	YES		YES	YES		LOW	KNOCKIE ESTATE F&L	POTENTIAL FOR INCREASED USE
BEINN BHURAICH CIRCULAR FROM W ABERCALDER	YES		YES	YES	YES	LOW	ABERCALDER	STRENUOUS AND REMOTE ONLY FOR HORSES ON TRAIL OF 7 LOCHS SECTION
GLENDOE TO KILLIN (MONALIATH TRAIL) **	YES		YES	YES		LOW	GLENDOE ESTATE GARROGIE ESTATE	POTENTIAL FOR GROWTH PARTICULARLY FOR BIKES
ROUTE TO UPPER FOYERS VIA CRAIGDARROCH HOTEL	YES		YES			MEDIUM	HC PLUS ?	CUTTING BACK OF UNDERGROWTH AND PATH MAINTENANCE REQUIRED
FOYERS STORE, RESERVOIR, GLENLIA PLAYPARK CIRCULAR (EXTENSION TO VIEWPOINT)	YES		YES			LOW	F&L	VIEWPOINT - BARELY A PATH BUT WELL DEFINED ROUTE
VENNEL LINK TRINLOIST -LOCH BRAN	YES		YES	YES	YES	LOW	F&L	

** PARTLY OUT WITH AREA OF STRATHERRICK AND FOYERS COMMUNITY TRUST

THE WILDSIDE CENTRE

We are preparing the building and grounds for Winter Wonderland at the end of this year...and beyond! This includes providing extra ramps off and onto the walkway and some grounds work towards the back of the building so we can have a flat-er area for outside seating and BBQ area when the summer roles round again.

We await the results of the recent test dig on the adjacent land to see what activities it could be suitable for. We also hope to invite all interested parties to a consultation on play park equipment, as this was a popular idea from previous consultations from local groups and individuals - look out for more info on Facebook and emails coming soon.

There are many weekly groups which now use the centre and play a huge part in suggesting improvements. The building continues to be open as a 'work from home' space for both staff and community members each Wednesday, so why not pop in and make use of the space and see some friendly faces?

If you have any ideas for the Wildside Centre on how we can improve facilities, help tackle the cost-of-living crisis or utilise the building and grounds further please get in touch with myself at Kirsty-dir@sfctrust.org.uk or Catriona.Catriona-dir@sfctrust.org.uk. All are welcome along to the Wildside Steering group to share ideas.

Kirsty Balfour,
Lead Director, SFCT

Playpark

Come along and see what plans we can make for landscaping around The Wildside Centre

- DROP IN ANYTIME
- CHILDREN WELCOME/ ENCOURAGED
- REFRESHMENTS AVAILABLE

Friday 4th November
12:30-4pm, The Wildside Centre
Contact: pc@sfctrust.org.uk for more information

SFCT

Images with thanks to Wyvis Natural Play Park Group

FIRE SAFETY THIS AUTUMN

CHIMNEY SAFETY

As Autumn is fast approaching we would encourage you to get your chimneys or flues swept as we envisage more people to be using this method of heating houses due to the high energy costs that we are all anticipating this winter. As part of the national fire safety campaign, there are calls for homeowners to clean up their act and get their chimneys swept by an approved sweep to prevent chimney damage, and, in worse cases, household fires.

Having a certified sweep clear the flue makes disaster much less likely to strike. The type of fuel burned in a fire determines how often the chimney should be swept.

Where smokeless coals are burned the chimney should be swept at least once each year, while fires burning bituminous coal or peat need to have the chimney swept twice per year. A chimney serving a fire where wood is burned should be swept quarterly when it is in use.

Defects in a chimney can also cause fires so people are encouraged to go into the loft or roof space occasionally to check the chimney while the fire is alight.

This will allow them to check for soot coming from cracks, defective brickwork or mortar joints.

Taking these steps prior to the winter months, when fires are likely to be in greater use, will help prevent emergencies from happening but if a fire does strike then early warning is crucial.

Your home should have the following to meet the standards:

- One smoke alarm installed in the

room most frequently used for general daytime living purposes

- One smoke alarm in every circulation space on each storey, such as hallways and landings
- One heat alarm installed in every kitchen
- You should have a carbon monoxide detector fitted in any room where there is a carbon-fuelled appliance such as boilers, fires including open fires, heaters and stoves or a flue

All alarms should be ceiling mounted and interlinked.

Are your flues furred up?

Sweep your chimney before the cold weather arrives and enjoy a safe, cosy winter by the fire.

#chimneyfiresafetyweek

FIRE KILLS

FIRE SAFETY AT HOME WITH THE ANTICIPATED HIGH ENERGY COSTS THIS WINTER PLEASE SEE OUR ADVICE.

Using portable heaters

- Keep heaters away from curtains and furniture and never use them for drying clothes.
- Unplug or switch off portable heaters when you go out or go to bed.
- Secure portable heaters in position to avoid the risk of them being knocked over.
- Only use gas or paraffin heaters in well-ventilated areas. Heaters consume oxygen and in enclosed spaces can produce harmful gases and/or cause carbon monoxide poisoning.
- Fit a Carbon Monoxide detector in all rooms containing gas or paraffin heaters.

- Never use portable gas cylinder heaters in high rise flats.
- Always change gas cylinders in the open air. Never change gas cylinders in an enclosed space.

Carbon Monoxide (CO) Poisoning

Heating and cooking appliances fuelled by coal, smokeless fuels, wood, oil and gas can cause CO poisoning. You should have a carbon monoxide detector fitted in any room where there is a carbon-fuelled appliance (such as boilers, fires (including open fires), heaters and stoves) or a flue.

Being able to recognise the early symptoms of carbon monoxide poisoning will save your life.

These symptoms are similar to flu, with nausea, dizziness, tiredness, headaches, stomach and chest pains all key indicators.

Since October 2010, a carbon monoxide detector is mandatory with every new stove installation.

Remember a carbon monoxide detector is NOT a substitute for regular maintenance and chimney sweeping.

Home Fire Safety Checks

SFRS is now appealing to communities across Scotland to help save a life and consider home fire safety when checking in on vulnerable neighbours, patients, friends and family members and to put them in touch with SFRS wherever possible using the free Home Fire Safety Visit phonenumber

As part of our commitment to building a safer Scotland we offer everyone in Scotland a free home fire safety visit. We'll help you sort out a fire escape plan and provide information about smoke, heat and carbon monoxide alarms.

Contact us: 0800 0731 999 | Text "FIRE" to 80800 from your mobile phone

WC Stewart Macpherson
RVS Support

#MAKE THE CALL

AND YOU COULD HELP SAVE A LIFE

#MAKETHECALL 0800 0731 999

to book a free **HOME FIRE SAFETY VISIT**

or text **"FIRE"** to **80800** from your mobile phone

BLURRED LINES – SFCC AND SFCT

Within the community there is sometimes confusion over the roles of the Community Council and the Community Trust and how they differ. This short article tries to explain how the two function and how their roles differ.

Stratherrick & Foyers Community Council is a voluntary organisation that deals with issues relating to the local area. These can range from roads, transport, street lighting, and most importantly planning applications. Highland Council are the governing body and they set out how the Community Council should be run and have given guiding principles which need followed. All community council meetings are held in public and people have the opportunity to ask questions and voice opinions even if they are not an elected Community Councillor.

A functioning Community Council is important for the area as it is our way of “speaking” to the Highland Council about matters that concern us. Without a CC the area would have no way to raise issues with Highland Council.

Another important role that SFCC has is to set up the legal framework and organisation to manage the funds that come into the community via renewable energy developments. This is the reason that SFCT was set up so that the funds

could be managed by local people for the local area. Without a CC, the community benefit funds could not be received and therefore would be lost to the community.

However, SFCC do receive £5k each year from the Stronelaireg Fund directly to fund Micro Grants of up to £500 per application. These can be for individuals or constituted and non-constituted groups. More information and application forms can be found on SFCC website <https://stratherrickfoyerscommunitycouncil.org.uk/micro-grants>

Stratherrick & Foyers Community Council is always looking for enthusiastic members of the community to join them and if you'd like more information contact email.sfcc@aol.com or visit the website <https://stratherrickfoyerscommunitycouncil.org.uk>

You can also find out more detail about Community Councils on the Highland Council website https://www.highland.gov.uk/info/772/politicians_elections_and_democracy/364/community_councils

Stratherrick & Foyers Community Trust was set up by the Community Council in 2004 to handle the income the area was receiving from renewable energy developments. It is a Limited Company registered at Companies House. Anybody in the community can become a member and is also able to stand for election as a Director. The directors meet as a Board every month to assess grant applications, discuss the financial status of the funds to

ensure good governance and to report on current SFCT projects. Unlike the Community Council, meetings are not held in public for a variety of reasons – but probably most importantly for the community, to maintain the confidentiality of grant applicants.

The funders of course have stringent rules and regulations as to how these monies can be spent. If SFCT break any of these, the funder may withdraw the funding. It is not easy to explain to the community why SFCT cannot fund certain projects/ideas but be assured that SFCT will always listen and try to find a way forward – it may be to help find other income sources and funds that could be applied for.

More information on what SFCT does and what projects are currently in progress can be found on the website <https://www.stratherrickcommunity.org.uk>. There is a useful Q&A section that explains in more detail some of the common questions that are asked <https://www.stratherrickcommunity.org.uk/qas/>

It is important that both SFCC and SFCT work closely together to create a vibrant and thriving community to live in. If you would like to play a part in achieving this, then get involved. There's plenty of opportunities to have your voice heard on the things that matter most to you – whether through SFCC, SFCT and the working groups created after the Community Action Plan publication.

Catrina Fraser, Vice Chair, SFCT



STRATHERRICK & FOYERS COMMUNITY TRUST

AGM

7.30PM, WEDNESDAY 23RD NOVEMBER 2022 AT THE WILDSIDE CENTRE, WHITEBRIDGE

Further details to follow –

keep an eye on the Stratherrick & Foyers Community Trust website and Facebook page

SOUTH LOCH NESS HERITAGE GROUP AT THE HIGHLAND GATHERING

The winner of the Heritage Group mystery object competition at this year's Highland Gathering was Alan Beith, with one more correct answer than his nearest rivals. Nineteen people took part and there were some very funny guesses along the way - including several people who thought the answer to no. 6 was a castration tool, and several who wrote sexton for Item No. 9. (I assume they meant sextant - thankfully there was no grave digger on the table!)



The answers are:

- | | |
|---|--|
| <ul style="list-style-type: none"> 1 Fox snare 2 Collar flat iron 3 Eye Baths 4 Seal (for a milk pail) 5 Sugar snips (Used in the days when sugar came in blocks) 6 Hand sling for clay pigeons | <ul style="list-style-type: none"> 7 Musket ball 8 Device strapped to a calf to stop it suckling 9 Inclinator (a device for measuring the angle of inclination of something, especially from the horizontal.) 10 Butter pats or Scotch Hands |
|---|--|

THE KNOCKIE TRUST FUND

The Knockie Trust is a small fund which offers financial support to residents of the Stratherrick & Foyers Community who are undergoing financial hardship. In addition to this the Knockie Trust also offers annual winter comfort in the form of Christmas vouchers. Last Christmas 98 vouchers were distributed to different households within our community. These can be used at Morrisons supermarket. The Christmas vouchers are available to anyone aged 65 years or over who has been resident within the Stratherrick & Foyers area for 4 years or more (one distribution per household).

For further information on either hardship grants or Christmas vouchers, please contact the Knockie Trust on either of the contacts below.

Alistair Colquhoun (Chairman)
01456 486369

Fiona Bateman (Secretary)
07707 611742



THE BOLESKINE BURIAL GROUND PROJECT

The Heritage group are delighted to announce the near completion of the Boleskine burial ground project, which entails the mapping of the graveyard and the recording of all known graves, slabs and memorials.

A description (shape, colour and motifs) and the detailed inscription, recorded exactly as written, including a digital photograph taken of each stone and an index of names will be produced.

Through his employer Lifescan, Duncan Cameron received Corporate Social Responsibility (CSR) assistance from his work colleagues. Lifescan is committed to its Corporate Social Responsibility regarding their work for the local communities. Duncan & Alister Chisholm have hosted 3 CSR events with a further 2 planned for September at Boleskine burial ground.

By the end of September the heritage website page will be updated with all the information related to the Boleskine burial ground project and also detailing our collaboration with Lifescan

employees, including their workday photos and feedback from their days at the burial ground.

The assistance received from Lifescan through the CSR events has been invaluable towards the completion of the Boleskine burial ground project, and the South Loch Ness Heritage Group are very grateful and thank them for their support.

Alister Chisholm





WADE BRIDGE OF WHITEBRIDGE TRUST - REPAIRS COMPLETE

The aims and importance of the repair were set out in an article for the SFCT Spring Magazine.



Eroded abutment before repair

The work was successfully carried out on time over 8 days last June by Bob Main and John Townshend (Foyers), David Main and Dave Bradwell (Gorthleck), Ryan Jardine (Errogie) and Russell Reid (Whitebridge).

Costs within budget were met by the SFCT (£6500) plus the bridge trust's own funds, and £6000 worth of time and equipment were provided freely by the repair group including a concrete mixer from local builder Andrew Fraser, Errogie and scaffold components from Malcolm Stewart, Foyers.

The area was accessed by temporary timber steps. Concrete was lowered in a tipping bucket using an excavator and remotely controlled electric hoist, as an alternative to an expensive crane.



Removing shuttering for 4th concrete pour



Finished repair

The repair has restored structural integrity to the west abutment. The intended stone effect to the concrete repairs will take a few years of weathering to look natural.

The 1732 Whitebridge Wade Bridge is one of few surviving bridges of this era.

John Townshend and Bob Main

SPONSORED WALK FOR SOUTH LOCH NESS HERITAGE GROUP

Duncan Cameron does sponsored walk to raise funds for South Loch Ness Heritage



On Thursday 18th August 2022 I chose to walk the Loch Ness 360 Foyers to Dores trail to raise funds for the South Loch Ness Heritage Group. I'm passionate about the group's objectives to research, promote and safeguard the local heritage. The distance of the trail is 22km / 13.75 miles with a completion time of 5-6 hours.



Duncan Cameron does sponsored walk to raise funds for South Loch Ness Heritage Group



Starting at Foyers with favourable weather conditions of cool temperatures and a light breeze, I made my way through to Inverfarigaig, from where the trail ascends from the corkscrew road up to Ballagan with some great views. A further climb takes you through The Fair Haired Lads Pass for more excellent views of Loch Ness. From here the trail now descends through the tree line to Whitefield and finally onto the finish at Dores.



SOUTH LOCH NESS HERITAGE GROUP

AGM AND TALK

TUESDAY 25TH OCTOBER, 7.30PM AT THE WILDSIDE CENTRE, WHITEBRIDGE.

IT WILL ALSO FEATURE A TALK BY JIM MACKAY ON THE KIRKMICHAEL TRUST.
ALL WELCOME.

REMEMBERING QUEEN ELIZABETH II

The sudden death at 96 of Queen Elizabeth II on 8th of September at Balmoral, after reigning for 70 years, marked the end of an era for the country.

For everyone with an age below their mid-seventies, the queen was a constant figure in their time, whilst prime ministers came and went.

Ascending the throne from her father on 6th February 1952, it was not until 2nd June 1953 that her coronation took place.

The coronation was marked locally with separate events in Stratherrick and Foyers. Stratherrick had a sports day at Muirnich, a bonfire at Whitebridge and a dance later on in Stratherrick Hall.

Foyers had a sports at the Factory Field followed in the evening by a fancy dress parade and bonfire at Glenlia Green, and a dance in Foyers Club.

Locally, her Jubilees were celebrated. Silver, a sports day at Factory field, Golden, a Jubilee tea at Stratherrick hall, Diamond, a tea and dance in Stratherrick Hall.

This year on Friday the 3rd June at the Factory Field, the community celebrated the Queens Platinum Jubilee, with an afternoon tea party and a barbeque and dance in the evening.

The Queen visited the area of south Loch Ness a few times in her lifetime, as a youngster staying at the Beckwith-Smiths at Aberarder.



She also visited Dores Inn to see the two Maclean sisters, Catto and Etta who worked for the Queen mother as a ladies maid and cook respectively.

Lastly on 29th June 2009 to open the Glendoe Power Station.

I can recall as a youngster, my family and friends picking raspberries at the side of the road in Gorthleck, hoping to see the queen going past, but she went down Loch Ness side road. We also had a spare basket in case she stopped and wanted to pick rasps with us.

Alister Chisholm

For more information go to <https://southlochnessheritage.co.uk/queens-elizabeth-coronation/>

Photos supplied by South Loch Ness Heritage Group



Queen Elizabeth memorabilia, collected by Sadie Chisholm over the years.

GRANTS FROM STRATHERRICK AND FOYERS COMMUNITY TRUST (SFCT)

This is a short article which aims to summarise the grants and processes which organisations and individuals can access from SFCT. There is additional information on the Trust website on all these grants.

Let's start with Grants then...

Applications must be made before a project commences. Grants are generally amounts of money paid by the Trust which cover part or all of the cost of a project or activity. A grant does not have to be repaid unless the project does not go ahead. Grants need to go through a process. An applicant (a person or a group) 'applies'. The Trust then considers the 'application'. The Trust can then ask for more information, or approve a sum of money, or turn an application down. Successful applications then receive funding, which may be subject to special conditions.

The Trust decided to run grant schemes. A grant scheme is a particular process and budget which the Trust has approved for handling requests for money. For example, the Student Grant Scheme covers applications for people who wish to apply for help with the costs of study. A good grant scheme will help an applicant know what amounts or percentages may be available before they apply and they should also know of any eligibility rules or criteria which either make it more or less likely that their application will succeed. At Stratherrick and Foyers Community Trust we run different processes for different grants and have a set of Guidelines available on the website for each grant scheme. Usually, the smaller the grant, the easier and shorter the process is. Most folk get the idea that applying for £500 from the Trust should be relatively easy, but that if their project is going to cost £50,000 then they will need to put a bit more detail in their application.

Stratherrick and Foyers Community Trust also believes in openness and will publicise which organisations or residents are awarded grants, but it does not disclose details of award conditions or unsuccessful applications. So that applicants know where they stand, grant applications are always acknowledged and always responded to within set timescales. So the Trust staff and directors can work effectively, application deadlines are set every two months – generally on the 21st day of even months (Feb, April, June, August, October and December). It is best to contact the Trust staff when you are putting your application together so it can be in the best of shape for the next application deadline and grant round. The Trust Board considers grants at their meetings and generally approves or declines applications at every other Board meeting – an eight-week cycle.

SO WHAT GRANT SCHEMES DOES THE TRUST RUN?

Community Group Schemes

Most of the larger grants are made to community groups for a package of costs. These can be to fund their work over a period of time – called revenue costs – or to buy or build something – a capital cost. Some applications have been for buying things and running costs.

The over-riding consideration for Stratherrick and Foyers Community Trust will be to demonstrate that any project is of benefit to the residents of Stratherrick and Foyers.

Large Group Grants (£20,000 plus)

These grants are for groups which are set up with a set of rules (a constitution) and have a bank account. Their applications are most complex. They often involve running costs and purchase costs and may include staff costs. Large grant applications have a two-stage process which involves the Trust's major funder, SSE. Applicants are expected to get a lot of information together which can include permissions, competing quotations, job descriptions and policies to ensure protection of children or vulnerable adults for example. Stratherrick and Foyers Community Trust may also ask an applicant to show the need or support for the project they want funded and to demonstrate that the applicant organisation is capable of delivering the project they describe.

Medium Group Grants

Like Large Group Grants this category is for constituted community groups who have a clear idea of a project and have researched the costs and benefits. Unlike large group grants these have a single stage application process and cover applications for any sum up to £20,000. The same form and guidelines apply whether your community group wants to go on a field trip, buy a go-cart or run an event. The scope is really wide. If you are part of a constituted community group in Stratherrick and Foyers you should not feel restricted in what you ask for. The paperwork is less complex than the requests for over £20,000, but you should still 'do your homework' and get consents, competing quotations and look to see what support your group would have locally. Remember too that volunteers are like gold dust and that sometimes you may have to pay local businesses for some services you need, and include them in the costs before you apply. If your group is established, the Trust will want to see that you have been keeping accounts and have an annual statement. For some projects the Trust may suggest you make application to another funder too, so preparation is not likely to be wasted.

Small Group Grants up to £1,000

This is a really useful grant scheme run by the Trust. If you have a few folk around you and want to start some community activity up, even from scratch, Stratherrick and Foyers Community Trust has a scheme which can support you. Again, before you spend any of your own money, apply for the costs and see if we can help. Maybe you have thought of building an assault course or starting up a stock judging club, perhaps you have an interest in firing ceramics or running a highland dancing club? The Trust can support an idea even if it is at an early stage because this is often the best way to get a community group off the ground. You do not need a constitution to apply for this grant. The application form is appropriate to ideas like these and funding is usually provided at 100%. Getting help with the costs of a venue such as the Wildside Centre can also be arranged for new activities.

Grants for Students

The Trust has funded many, many students and adults wishing to enhance their skills and employability with grants of up to £500 per person per year. The Student Grant Application Form is a single sheet of paper and over the years the Trust has always supported learning. Whether you are off to study at a college or university and whether you are 18 or over 80 you can still apply. You must normally reside in Stratherrick and Foyers. Applicants have included agricultural and medical students, those studying for professional qualifications or specific training which would enhance their job opportunities such as machine proficiency or safety certification. The Trust does not provide grants direct to pupils of school age, although extra-curricular activities are supported by group grants to the local schools and parent councils.

Grants for Sporting Excellence

If you are doing well in a sport and are selected for regional or national events or training, the Trust is able to provide limited financial support of up to £500 per year to help you. Again, there is a simplified application form and no age limit. You need only provide your address, postcode and confirmation of your invitation to attend to submit an eligible application.

Finally, the Trust does not operate a closed-door policy to grant enquiries. If you have an idea it may be possible to provide funds for it through some means or from some other funder. Look out for the next stage of our area Community Action Plan where there will be funds allocated for projects which could see your idea take shape with direct funding from the Trust.

OTHER THINGS TO NOTE

Direct Funding

This is where the Trust buys or operates something for the benefit of the area without a grant being made. Examples of this include the purchase and equipping of the Wildside Centre – where the Trust uses its own funds. Other examples would be the boat-users enclosure at Foyers and the events run directly by the Trust such as the Corriegarth Highland Gathering and Winter Wonderland.

Hardship Funding

For individuals facing hardship, the Trust can help with advice or signposting. Local hardship requests can be handled by the Knockie Trust.

External Funding

The Trust can suggest other sources of funding which might be most appropriate for a project. These can include funds from the National Lottery, Highland Council, SSE or Stratherrick and Foyers Community Council. There are numerous specialised funding sources which may have been tailored specially for a project or idea you have in mind.

Finally, if you are thinking about making an application for funds for a project please contact us as soon as you can. Maybe we can put you in touch with others who have the same idea or assist you to get your idea off the ground

Steven Watson,
Community Liaison Officer, SFCT

GRANT AWARDS NOTICE AUGUST – SEPTEMBER 2022

The following grants were awarded at the Board meetings held on 3 August and *7 September 2022
(*not a scheduled grant meeting)

STUDENT/EDUCATIONAL GRANTS

Vaughn Devlin – £100

Justin Sharp – £500

NON-CONSTITUTED GRANTS

Alison Randall, Bowling for All – £469.00

Bowling Kit

CONSTITUTED GRANTS

Stratherrick and Foyers Community Council – £8,456

Self-employed administrator costs, insurance, ICO membership, Christmas lights, remembrance wreath, playpark rental, defibs and Zoom licensing.

STRATHERRICK PUBLIC HALL – £16,950

Running Costs

Further details of the grants awarded are recorded in the minutes of the meetings available on the Trust website
www.stratherrickcommunity.org.uk

The next Grant Meetings will be held on
7 December 2022

The deadline for applications to be submitted to the Administrator is **21 October 2022**

The Grant Application Forms and further information are available on the Trust website
www.stratherrickcommunity.org.uk
or email
admin@sfctrust.org.uk

A BUSY SEASON FOR THE WHITEBRIDGE HOTEL

We are coming to the end of another busy summer season and preparing for what looks like it's going to be a fun winter season. Our summer kicked off with a team of 17 local staff, who all worked extremely hard to deliver on what can only be described as true Highland hospitality. The reviews from our customers and guests have been outstanding and for this we are truly thankful; having a strong team of staff who take pride in their delivery of customer service is what makes the Whitebridge Hotel "a wee Highland gem".

In light of the cost of living increases and as a way of thanking our local community for all your support, we are now in a position to offer a locals discount of 10% which will apply when dining with us at the hotel (excluding events and special offers). So why not take advantage of a wee night at the hotel – kick back and let our skilled kitchen team prepare you a lovely meal in the comfort of our cosy old bar.

We will continue our offer of discounted hotel stays (£50 per room based on 2 sharing) for our local community from November to March (excluding some December dates) giving you all the opportunity to put your feet up for the night and let us take care of you.

Finally, we are trialling a new offer for families to dine with us between 5pm and 6pm Monday to Thursday – when you order a kid's meal you will get a cordial drink and ice cream, free of charge!



Our winter events planning has started so keep your eye on social media for updates. As you may know, Halloween has always been one to look out for at the Whitebridge - this year we have programmed two murder mystery dinners – 28th October and 4th November – these events are sold out but if you would like to come along and take part in the party atmosphere, you will be most welcome to join us in the bar for drinks and maybe a wee dance. Get that scary costume ready for two spooktacular nights. Due to popular demand we are now looking to schedule more murder mystery dates for the new year – stay tuned!

During the month of December we will be hosting Christmas party nights, which will include a festive meal and a wee dance. Why not consider us for your Christmas get together; whether your one of a large or small team or family/friends group, get in touch.

We are excited to be hosting Christmas Day lunch in our lovely old dining room again this year. Get in touch for prices and availability.

New year – Our Hogmanay celebrations are back by popular demand. This will include a 3-course meal, live entertainment and some much loved local



talent to bring in the new year. We are currently fully booked for hotel rooms but do have availability for dinner or if you would just like to join us in the evening for a wee dram or two – get on your dancing shoes and lets bring in the bells together (no ticket required). New year's day – our singer songwriter will soothe us with some chilled tunes in the bar in the afternoon – lets come together as a community as we pass on our new year wishes.

As we move through year five of ownership of the Whitebridge Hotel, we have reflected upon the ups and down and can honestly say – it has been an absolute pleasure looking after the old girl and seeing her loved and appreciated by many. Watching her flourish and grow is truly worth the hard work and commitment she requires.

MOBILE POST OFFICE AT DORES AND FARR

Foyers Post Office and shop are a great asset to our area, and we are very lucky to have Simon, Jan and Caren to help us. For a few local folk from the Abersky or Torness end of the area the mobile post

office could be a useful alternative if the timings suit. The mobile post office travels to the Inverarnie Hall for a short visit on Wednesdays between 1045 and 1115. After the call at Inverarnie the van heads on to Dores where it is open from 1145 to 1245hrs.

The mobile post office uses a signal which allows the operator to connect to the range of services including everyday banking. You can post parcels and return mail order goods to the supplier by post too.

Here is the link to the mobile post office's Facebook page.
<https://www.facebook.com/people/Dingwal-I-Mobile-Post-Office-Van/100075793641294/>



WHAT MEG'S MINDFUL MOVEMENT HAS BEEN UP TO

With the aid of grant monies from the SFCT, I have now completed my 500 hour yoga Teacher Training diploma, studying over the last 2 years and graduating this June. I would urge anyone in the area who would like to further their training/education to apply for an educational grant to help with costs. I am now running various yoga/mindful/relaxation classes online and in person.

Over lockdown I completed my training with MacMillan Cancer Support in leading sessions in Gentle Movement.

For the last 18 months I have delivered weekly sessions in mindfulness, relaxation and gentle movement to a charity very dear to my heart, Connecting Carers. This is an amazing charity, helping Carers with free sessions, help and advice. I would like to bring Connecting Carers to the attention of anyone in the area, of their valuable services, through writing this article. Please see their email details below or have a look on their FB page for more information.

Recently I have been delivering the 8-week Mindfulness Stress Reduction Course (2 hours per week), to employees of the NHS. This course was developed to aid relapsing depression but was recognised as an excellent course for everyday living for all. I would love if there was funding around to be able to run this course locally again to help people in these desperate economic times.



I have just started to run Total Relaxation Day Retreats. My aim and goal in life has always been to help people, and this is to help people escape from the pressures of life, unwind, reflect and totally relax for a while.

For more information the courses I have available please follow my Facebook and Instagram pages –
www.facebook.com/MegsMindfulMovement
<https://www.instagram.com/megsmindfulmovement/>

To find out more about Connecting Carers, please visit their website -
www.ConnectingCarers.org.uk

Meg, Megs Mindful Movement



SFCT IS NOW OFFERING LOCAL BUSINESSES
THE OPPORTUNITY TO ADVERTISE IN OUR
TWICE-YEARLY MAGAZINE

If you would like to find out more please contact
sharon@sfctrust.org.uk

DIRECTORY FOR MAGAZINE- WEBSITE ENTRIES 2022

CAMERONS TEA ROOM AND FARM SHOP
Tel: 01456 486572

Calum Martin Production Services-
Email: info@cmpsonline.net
Website: cmpsonline.net/

FOYERS HOUSE AND THE WEE DRAM
Website: foyershouse-lochness.com/mobile/

FOYERS STORES AND POST OFFICE
Tel: 01456 486233
Website: foyersstoresandwaterfallcafe.co.uk/

GILCHRIST BOILER SERVICES
Tel: 01463 242441
Mob: 07753 600399
Email: gilchristboilerservices@gmail.com

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Mob: 07795 204 351
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Website: highlandacupuncture.co.uk

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Email: info@inspiration-scotland.com
Website: inspiration-scotland.com/en/

JULIE HARVEY MUSIC TUITION
Tel: 01456 289035
Email: mail@julienessmusic.co.uk
Website: julienessmusic.co.uk/

LIBRA HOLISTICS
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THE WEE HAVEN AT SCOTSHAVEN
Mob: 07808 803445
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Website: wildsidelodges.com/

WILLIAM FRASER HAULAGE
Mob: 07778 927591
Email: williegorthleck@tiscali.co.uk

COMMUNITY BUSINESS DIRECTORY ARE YOU LISTED?

We are pleased to announce that our online Business Directory is now live!

If you run a business in the Stratherrick and Foyers area, and you would like a listing, please contact Steven on clo@sfctrust.org.uk for more information.

And please visit the Directory and support our local businesses!

<https://www.stratherrickcommunity.org.uk/directory/>

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

BOLESKINE COMMUNITY CARE ACTIVITIES AT THE HUB, LOWER FOYERS

ART GROUP - 2PM	MONDAY 24TH OCTOBER
MOOVIN' ABOUT - 1PM	TUESDAY 25TH OCTOBER
CINEMA GROUP - 2PM	THURSDAY 27TH OCTOBER
MOOVIN' ABOUT - 1PM	TUESDAY 1ST NOVEMBER
MUSIC & SONG - 2PM	THURSDAY 3RD NOVEMBER
ART GROUP - 2PM	MONDAY 7TH NOVEMBER
COFFEE MORNING - 10:30AM	WEDNESDAY 9TH NOVEMBER
CINEMA GROUP - 2PM	THURSDAY 10TH NOVEMBER
MOOVIN' ABOUT - 1PM	TUESDAY 15TH NOVEMBER
MUSIC & SONG - 2PM	THURSDAY 17TH NOVEMBER
BROTH N BLETHER - 12NOON	FRIDAY 18TH NOVEMBER

*Call The Hub on 01456 486247 to book for Holistic Therapy or Foot Care Appointments

WHAT'S ON IN OCTOBER/NOVEMBER - UPCOMING ACTIVITIES AT WILDSIDE

SOUP2GO	EVERY MONDAY FROM 12PM
NEEDLES & PINS	EVERY SECOND TUESDAY 6:30PM
FIRA YOUTH CLUB	EVERY SECOND THURSDAY 7PM
SPIN & CHATTER GROUP	EVERY SECOND TUESDAY 6:30PM
PILATES	EVERY WEDNESDAY 10AM AND THURSDAYS 7PM
WILDSIDE WEDNESDAY	BUILDING OPEN FROM 9:30AM -3:30PM
WILDSIDE BABY & TODDLER GROUP	EVERY THURSDAY 9:30-11:30
ALIVE & KICKING	EVERY MONDAY & FRIDAY 7PM-8:30PM

AND IN THE WIDER COMMUNITY

YOGA	MONDAY & FRIDAY 10AM TUESDAY & THURSDAY 7PM SCOTSHAVEN
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FISH FRIDAY LUNCH CLUB	EVERY FRIDAY 12-2PM THE WHITEBRIDGE HOTEL
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ONLINE RELAXATION CLASS	MONDAYS- 8:30PM-9:15PM MEGS MINDFUL MOVEMENT
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ONLINE CHAIR YOGA	THURSDAYS - 10:30AM MEGS MINDFUL MOVEMENT
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PLAYPARK CONSULTATION	4TH NOVEMBER, 12:30-4PM
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FIREWORKS	5TH NOVEMBER
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WINTER WONDERLAND	9TH & 10TH DECEMBER
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**IF YOU WOULD LIKE TO ADVERTISE YOUR EVENTS OR CLUBS
IN OUR 'WHAT'S ON' CALENDAR THEN PLEASE
EMAIL COMMUNICATIONS@SFCTRUST.ORG.UK**

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.

