

Stratherrick and Foyers News



Issue 4, December 2016

STOP PRESS

EVENTS IN DECEMBER

Stratherrick Hall

Childrens' Party Sat 10th

Carol Service Sat 17th

Stratherrick Hall to become Resilience Centre

Thanks to a grant from energy firm SSE, Stratherrick Hall is to be wired-up as a Resilience Centre. New electrical cable connections will be installed to allow a generator to be plugged-in to the hall in the event of a power cut or line failure. The Hall will then be able to function fully and provide heat and food in the event of an emergency. See inside for more details.

New line up for Community Trust Board



The following directors will serve on the Board of the Stratherrick and Foyers Community Trust for the year ahead after a successful AGM held on 30 November 2016.

Standing L-R: Ken Sinclair, Garry Page, Terry MacCarvill-Ellis, Frank Ellam (Finance Director), Gordon McAndie (Community Council Liaison Director), Stewart MacPherson, Peter Faye.
Seated L-R: Julie Murphy, Sharon Ferguson (Vice-Chair), Zoe Iliffe (Chair) and Hugh Nicol.



Welcome to the fourth & Christmas 2016 issue of the Stratherrick and Foyers News



Thanks for reading the fourth issue of the Stratherrick and Foyers News. We have included more articles this time from local groups, so thanks to all the contributors. If you'd like to send in any information, photographs or news, please e-mail strathnews@sfctrust.org.uk or send it to Strathnews, S&FCT, Evergreen, Inverfarigaig.



The deadline for the March issue is 15th February 2017.

SOME HIGHLIGHTS IN THIS ISSUE

- Christmas Carols at Stratherrick Hall. Page 6
- Childrens Christmas Party at Stratherrick Hall. Page 11
- Defibrillators for the Community! Page 8

Send us your views and news – we'd love to hear from you!

Dates from the Boleskine Community Care Diary (from BCC website calendar)

Coffee Mornings (Waterfall Café from 10am) – 8 Dec, 5 Jan & 9 Feb

Broth and Blether (Catholic Church Hall from 11.30am to 3pm) – 19 Dec, 16 Jan & 20 Feb

Seniors' Lunch Club (Stratherrick Hall from 12.30pm, please book) – 20 Jan & 24 Feb

Christmas is a time for forgiveness and good will!

Some of you will be aware that our friend Steven Watson, the Stratherrick and Foyers Community Trust Project Co-ordinator, has recently been taken ill. Steven was responsible for putting together the previous editions of the Stratherrick News but has not been able to be involved in this issue. He is sadly missed and we wish him well. The members of the SFCT Communications Team therefore apologise that this issue may not be up to his usual very high standards, but we hope that you will forgive three middle aged men for their desperate attempts at mastering the "Mysteries of Microsoft" in putting it together – after all, it is Christmas!

Our thanks for all photographic contributions, in particular Russell Bain and Al Baker. If you would like further details of any of the photos, please feel free to contact us at strathnews@sfctrust.org.uk.

We hope you will get some enjoyment from our offering and take this opportunity to wish Steven, you and your families, a very Happy Christmas and a Peaceful New Year.

With our very best wishes, Hugh, Stewart & Peter.

Stratherrick and Foyers News gives information in good faith, but we cannot be responsible if dates or times of events change. Opinions expressed are not the views of Stratherrick and Foyers Community Trust. Businesses mentioned are not endorsed by the Trust. We will always print corrections or retractions and apologise when we get things wrong. If you think any information or comments are wrong or unfair, please let us know. strathnews@sfctrust.org.uk Positive feedback is also welcome.



Community Trust Chair, Zoe Iliffe

I would like to begin by saying thank you to everyone who came along to our AGM on 30 November 2016 and made it an interesting and enjoyable meeting. If you would like to know what the Trust has achieved over the last 12 months then you can find my Chair's Annual Report on our website by going to www.stratherrickcommunity.org.uk.

Each year the AGM is the community's opportunity to give us your feedback on the work of the Trust and the impression I took away from it was that, thankfully, the Trust is doing okay! Frank Ellam also gave a very clear and concise explanation of our company accounts and, as always, made what can sometimes be a confusing topic interesting and easy to understand.

I also welcome 3 new directors onto the Board (see the photo on the front page!) and thank them and the existing directors for volunteering to give their time to the community through the auspices of the Board of Directors. Gordon McAndie is now the Community Council/Community Trust Liaison Director and Frank Ellam was once again co-opted to continue as our Finance Director (thank goodness for that!)

You may have just read (or you may not have heard) that Steven Watson, our Project Co-ordinator, was taken ill a few weeks ago and has been receiving hospital treatment. I am pleased to say that Steven is improving slowly but will still be away, probably for some weeks yet. We send him all our best wishes for a speedy recovery.

Finally, on behalf of myself and my fellow directors, may I wish you all a very happy Christmas and a peaceful new year.

Contact details for the Trust

Zoe Iliffe, Chair:

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Steven Watson, Project Co-ordinator

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Laura Walker-Knowles, Administrator

admin@sfctrust.org.uk 07464 394276

Stratherrick & Foyers News

strathnews@sfctrust.org.uk





NEWS FROM FOYERS PRIMARY SCHOOL another busy term

Contributed by Louise Robertson, Headteacher

The P1 - P4's from Stratherrick and Foyers Primary Schools joined together at the start of the term having great fun developing their drama skills and building on personal confidence in four workshops that were run by Eden Court and funded by SFCT at Foyers Primary School.



Many of the children from Stratherrick and Foyers have also been attending an After School Gymnastics club on Thursdays at Aldourie Primary School where they have enjoyed working together as a team developing their balance and co-ordination skills. They are planning to enter a schools' gymnastic event in February.

The P5-P7's from Stratherrick and Foyers Primary Schools have recently been playing in a small schools football tournament together as Team South Loch Ness at Kilchuimen Academy. They all played very well and showed great team work. Our congratulations to Keeley Alexander who won player of the Tournament.

Since our return to school this term a new 'Arty Crafty' After School Club has started on Mondays with almost all the children at school attending with their parents and grandparents. The children are learning sewing and knitting skills and how to use sewing machines safely. They are all very busy at the moment making many craft items to sell at the School's Christmas Sale to raise funds for the School. This After School club was largely made possible by SFCT who helped fund the sewing machines - Thank you again.

We have also received news that Foyers Primary School has achieved a Bronze Eco School Award. Many thanks to Miss Pinkerton and Miss Harris who lead this activity with the help of many of the parents in the Gardening Club. Once again this was helped with a grant from the SFCT which funded gardening equipment.

Finally, on behalf of the Pupils, Staff and Parent Council we would like to wish you all a very Merry Christmas and a Happy New Year.



Stratherrick Primary Parent Council News

Children at Stratherrick have been very busy lately; they have been meeting up with Foyers Primary School twice a week for joint drama & PE lessons as well as a Halloween party. This has been going well & pupils are really enjoying it

The P4-P7's have also been going over to Kilchuimen Primary to take part in a football league & the whole school went over recently to watch a production of Beauty & the Beast.



Scary Monsters!

On 26th October, all pupils enjoyed a trip to Landmark for the spooky festival! A great day out was had by all. Tickets are all booked for the kids' annual trip to the Panto at Eden Court (Oh no they're not!) and the School hopes to do their own mini Panto (oh yes they do!) Lots of these extra-curricular activities are only possible due to the support of the Stratherrick & Foyers Community Trust, for which we are extremely grateful. We also have a very supportive Parent Council who write the grant applications and do lots of extra fundraising too.



They recently received £230 from the parents and friends efforts marshalling at the start of the Loch Ness Marathon – a huge thank you to those that helped. The volunteers also gathered a massive 147kg of discarded clothing items which was donated to Rag Bag, from whom the School received a donation of £58.80. We even have parents of kids who have moved up from Primary School or don't have kids here that help! Thanks also to the Whitebridge Hotel from the Parent Council who ran a raffle at their Halloween Disco, raising £77, and to those who donated fabulous raffle prizes; all are much appreciated.

Wishing you a Merry Christmas from all the children and staff at Stratherrick Primary



Carols in Stratherrick



Community Carols!

Christmas Carols & Readings

introduced by Rev Stewart Jeffrey

Stratherrick Hall
Saturday 17th December
2.00pm

followed by mince pies, tea, coffee.....

~ all welcome ~

Further details/weather check: Fiona King 01463 751293



Strictly Country Dancing at Gorthleck

Dancers attract new partners - its official!

More than 60 Scottish Country Dancers descended on Stratherrick Hall on 23rd September for the Annual Rally held by the Stratherrick Country Dance Group. Dancers came from the Inverness area, Invermoriston, the Black Isle, Beauly, and from as far away as Moray, and enjoyed a varied programme of Jigs, Reels and Strathspeys as well as a sumptuous supper laid on by the members of the Stratherrick class. Live music was provided by the very popular Marian Anderson on accordion and Max Ketchin on drums, both of whom were much appreciated by the dancers.



Now that's commitment!

Class tutor Hugh Nicol said "This was probably our best Rally to date, thoroughly enjoyed and appreciated by our visitors, and was only made possible with the support and assistance of all the members of our Wednesday evening class".



Marion & Max will keep you moving!

Do you ever attend a ceilidh, a party or a wedding and wish you could give a better account of yourself in the traditional Scottish dances that seem to be getting more and more popular as time goes by? Well, now's your chance to do something about it! Join a really friendly gang of folk on Wednesday evenings at Stratherrick Hall and learn how to do it properly - and improve your health & fitness to boot! Contact Hugh (call me "Len") Nicol on 01456 486350. or www.invernessrscds.co.uk. Keeeeeep Dancing!



Stratherrick & Foyers Community Council

Lifesavers in the Community

Defibrillators

The Stratherrick & Foyers Community Council recently secured funding from the Community Trust for 3 public access defibrillators. Devices will be installed over the coming weeks at The Loch Ness Shores Camp Site in Foyers, the Foyers Stores & Waterfall Cafe and the Whitebridge Hotel.



The devices have been supplied by Skye based charity Lucky2BHere, who specialise in providing public access defibrillators to rural communities. Lucky2BHere also provide free life saving & defibrillator training to the community and recently delivered our first training session at Stratherrick Hall on Monday 14th November. The training was well attended and received extremely positive feedback from all involved.



Further training sessions will be arranged in due course however anyone wishing to express an interest in being trained should contact SFCC Secretary Kim Burton on 486297 or kim.burton12@btinternet.com



I had a good morning recently looking at the old and new bridges in lower Foyers. I believe we can see a way forward now and the Structures Engineer from Highland Council, Norman Smart, will be bringing forward drawings and options for the community to consider in the New Year. It will include new bridge options, refurbishment ideas for the bailey bridge and a footbridge addition to the bailey bridge. Once we have clearer ideas and a decision we can progress to design work. I feel we are moving things forward again after some years of stagnation.

Boleskine Community Care goes from strength to strength and it is a credit to Jane, and the team, and indeed to all of you volunteers, that the progress and vision is being maintained. Meanwhile I am working with the NHS to see if we can move more money into building community-based services so that Stratherrick and Foyers can continue to thrive along with many other Highland communities.

I have had several comments about proposed new Mast sites for 4 G mobile coverage. We all want the technology, but I know there have been problems with siting. Let me know if you have any views which I can pass on to the operators.

Housing plans in Gorthleck and Errogie have stalled again. This is very frustrating! I know there is need for rent to buy and indeed rentable social housing, especially for older people. Speak to me if you are anticipating housing need for you or your family in the next year or two.

The roads are quieter now that the turbines are through, thank goodness. The summer was intense. The Council has a new jet patcher so do report pot holes. As part of the Independent Group that runs Highland Council, we have managed to keep the winter maintenance and road maintenance budgets in place. As the squeeze comes on again I hope we can keep that up.

Have a lovely Christmas and good 2017. See you about. Margaret

100 not out and still going strong!



A splendid cake on a wonderful day!

A very special birthday was celebrated this year by a very special lady. In November, Doris Clews held a “birthday bash” at Stratherrick Hall to celebrate her **100th birthday**. Friends and family from all over the UK and Ireland attended to join in the celebrations and wish our “Centenarian” well. Doris was delighted to receive one particularly special card from a certain resident of Buckingham Palace!

Doris, of Compass, Whitebridge, remains very active in the community and her popularity has brought many new friends, as she regularly attends the Lunch Club and enjoys BCC Afternoon Teas. Well done Doris, here’s to the next century and very best wishes from all at “The News”.



Boleskine Camanachd

Youngsters show the way at Shinty World Cup 2016



Boleskine had another season of mixed fortunes in North Division 2 and finishing in the bottom half of the table was a fair reflection of the team's inconsistency. However on a positive note, the youngsters who have become regulars in the adult team have proved themselves to be an effective addition to the squad - and they bring an obvious enthusiasm to the game. We look forward to the 2017 season and hope that we can improve on our league position.

Junior numbers are very healthy and continue to grow week on week. Thanks must go to the parents who bring them along but more importantly to the volunteers who support them and develop their shinty skills. In particular Wendy Black who co-ordinates the training sessions and the coaches Neil Ferguson and Ian Hope.

Ian has actually indicated that he will be standing down as a Junior coach and the club would like to thank him for his years of service to the junior players. It has also been exciting to see the emergence of a team from Stratherrick & Foyers Primary schools competing in inter-school competitions as well as the Shinty World Cup in June. All are signs of a healthy future for the club.

During 2016 the club was delighted to have a number of businesses donate to club funds and also to maintain the sponsorship from local haulier William Fraser. We also were successful in our grant application to Stratherrick & Foyers Community Trust which was greatly appreciated.

Our annual fundraising sale took place in Stratherrick Hall at the end of November which raised a healthy £1185 for club funds. As a club we are extremely grateful to all members of the community who supported this event – whether as a donator of goods or as a buyer on the day.

All new members are most welcome to come along to training which takes place at Farr Hall on Wednesday evenings. Juniors 7pm and Adults 8pm. More information on how to join and club contact details can be found on our website boleskinecamanachdclub.com



Children's Christmas Party



Stratherrick and Foyers Childrens Community

Christmas Party

Saturday 10th December

Gorthleck Hall

2pm - 4:30pm

for children aged 3 - P7



Funded by Stratherrick
& Foyers Community Trust.

All children to attend must RSVP - gpwombles35@aol.com



For more info.

What a fantastic, magical Christmas Poster – we couldn't have done better, so you get the original! If you want to go and you are aged 3 to P7 contact gpwombles35@aol.com and a message will be passed to Santa!!!



Loch Ness East & Strathnairn Medical Practice

CHRISTMAS AND NEW YEAR HOLIDAY OPENING TIMES

Saturday, 24 December 2016.....	CLOSED
Sunday, 25 December 2016 (Christmas Day).....	CLOSED
Monday, 26 December 2016.....	CLOSED
Tuesday, 27 December 2016	CLOSED
Wednesday, 28 December 2016.....	OPEN AS NORMAL
Thursday, 29 December 2016	OPEN AS NORMAL
Friday, 30 December 2016.....	OPEN AS NORMAL
Saturday, 31 December 2016	CLOSED
Sunday, 1 January 2017 (New Year's Day).....	CLOSED
Monday, 2 January 2017.....	CLOSED
Tuesday, 3 January 2017	CLOSED
Wednesday, 4 January 2017	OPEN AS NORMAL

Remember please that NHS24 Freephone : 111 will be answering all calls during the public holidays and outside of normal opening hours and will be directing calls to the nearest emergency medical service.

The Doctors and Staff at Foyers Medical Centre wish you all a happy and HEALTHY Christmas and New Year!

Boleskine Community Care News

www.boleskine-communitycare.org.uk



The Care Hub, Lower Foyers Unit 2 (01456) 486 247 – almost ready

The unit is now operating as a base for the Home Care Service. Julie Russell, Care Manager, will work from there using the number above. In time BCC hope to have set hours when the Hub will be open for anyone to drop in for help or information on how the care system could work for them.

BCC Feasibility Study Part Two

is now in progress. The results from community feedback, Part One of the Study, indicated that further care facilities, would be beneficial. Funded by the Lottery, Consultants Athena Solutions are exploring the financial implications for BCC. Check out the link on the web site to read Part One report.

The Volunteer Car Scheme – Can you help?

The decision to take people for Raigmore hospital appointments has put a strain on the scheme; it can only continue if there are enough volunteers to share the load. Please get in touch with Janet on **486 688** if you can join in as a driver. Attending hospital appointments is a major headache for those without cars. Please come forward if you can. All expenses into Inverness are covered - only your time is required!

BCC new Chair and two new trustees

Carolyn Grant has stepped down as chair, remaining as a trustee, handing over to Morag Cameron. Jenny Devlin and Janet Hobson have been elected onto the board. All information on how BCC operates can be seen on the web site. Or contact the Secretary Jane O'Donovan 486 355



Police Scotland

Keep Safe For Winter

The weather in Scotland is notoriously unpredictable at the best of times and none more so than winter. Being prepared for winter can be as easy as a few simple steps before planning a journey on the road:

- Check the weather forecast and road conditions;
- If the weather is poor, or the road surface is dangerous, consider whether you need to travel or if you can wait until things improves;
- Consider alternate routes and alternative modes of transport;
- Allow extra time for your journey and make sure your mobile phone is fully charged;
- Let people know where you are going and when you expect to arrive.



PCs William Jones & Aros Matheson

Advice for Drivers

- Prepare for winter by keeping your vehicle well maintained and stocked with essential supplies.
- Take special care that brakes, tyres, lights, batteries, windscreens and wiper blades are in good condition and well maintained.
- Winter safety character - Snowman tyres should also be checked weekly to ensure they are legal and at the correct pressure (consult your vehicle handbook). The minimum legal tread depth for cars is 1.6mm across the centre 3/4 of the breadth of the tread around the entire circumference. They should also be checked for bulges, cuts or tears. Failure to maintain your tyres could lead to a maximum of £2,500 fine and 3 penalty points per tyre.
- Make sure your windows are clean, properly demisted and clear of snow and ice, and make sure that your roof is clear of snow as this cause obstructions on your windscreen when braking.
- Be careful with low sun as it can make it difficult to see through a dirty or damaged windscreen.
- All lights must be kept clean and be in good working order, including registration plate lights.
- Consider keeping an emergency kit in your car for severe weather, this should at least include an ice scraper, de-icer, a shovel for snow, a torch and spare batteries, warm clothes, boots and a blanket, some food and a warm drink in a flask, a first aid kit, battery jump leads and a map.



SCOTTISH
FIRE AND RESCUE SERVICE

Working together for a safer Scotland

Foyers Fire Crew

We've attended several incidents since the last News and continue to train every Monday night at Foyers Fire station. There's a recruitment drive on at present and we are looking for new Crew members. Our Crew currently consists of 7 members with another going through training, but we could do with more volunteers. In conjunction with the British Heart Foundation we trained the staff and pupils of Stratherrick Primary School in C.P.R. We have C.P.R kits for



training - one of the Crew members can come along and demonstrate or it can be loaned for self teaching. We are also undertaking home fire safety visits in the area (see details below). As from the beginning of December all 999 calls from our area will be handled from Dundee as the Inverness Control Room closes. This will not affect the service you receive in an emergency, but remember to give a clear name and address.

The festive time approaches and, with the imminent arrival of a man in a red suit and white beard, consider having your chimney swept. With lots of lights, candles and Christmas trees we would remind you to think of fire safety in the home.

Foyers Fire Crew would like to wish you all a safe, merry Christmas and a good new year.

For further info contact *Watch Manager Neil Kirkland 07799170640 or neil.kirkland@firescotland.gov.uk*

For home fire safety visits contact *www.firescotland.gov.uk, call 0800 0731 99 or text "FIRE" to 80800.*

New telephone number for controlled burning: 01382 835804

Foyers Community Fireworks a rare treat!

Foyers Fire Crew organised another highly successful event on 5th November 2016. Spectacular fireworks filled a very dark sky whilst the bonfire crackled. The show was a real treat on both sides of the Loch! The event went off safely and effectively. Thanks to Donald and Lyn Forbes for providing the venue and to Dunmaglass Estate and Lyne Mhor Croft for the fabulous local food. Musicians Ernie and Alex provided splendid entertainment and Stratherrick and Foyers Community Trust provided funds to meet the cost of the fireworks. Charitable collections on the night will benefit BBC Children in Need and Stratherrick Rainbows, Brownies & Guides. The £42 raised from the collection in the shop will be added to the Foyers Fire Crew Carbon Monoxide Detector Fund. Any remaining cash will be held over to part-fund the event next year. Thanks to all those who attended and volunteered to support the event.



Friends of the Inverness Royal Academy (FIRA)

*Great news for students at Inverness Royal Academy
- but even better news for their Mums & Dads!!*

New group plans to support additional opportunities for Stratherrick and Foyers Secondary School Children

Primary school pupils resident in Stratherrick and Foyers already enjoy many additional sporting and cultural activities thanks to grants made by Stratherrick and Foyers Community Trust. The parent councils at both our primary schools, and the schools themselves, take advantage of the funds provided by the local windfarms and hydro schemes for a wide range of activities. Skiing, drama and rock music, outings, minibus hire and school trips are all grant aided. These grants mean that local children get the opportunity to learn and grow in confidence every year. The funds also relieve the financial pressure on parents which extra-curricular activities can incur – especially where families have two or more children in school.

Up to now there has been no local group to organise help for secondary school children, apart from children that attend Kilchuimen Academy, who have had access to funds via their own Parent Council. Pupils from Foyers and Stratherrick often have opportunities to participate in school trips or exchanges as part of language, history or geography lessons. Local parents do not want any child to miss out on these character and confidence building activities.

A new group '**Friends of the Inverness Royal Academy**' (FIRA) - has now formed and is constituted. They intend to make funding applications to Stratherrick and Foyers Community Trust. This will allow our local secondary pupils to benefit from as many of these learning opportunities via the Inverness Royal Academy as possible. The group also hope to run activities for all children of that age, regardless of what School they attend.

Please contact **Paula Page on 486731** or email gpwombles35@aol.com if you are not already on the mailing list or would like to find out more.

Sian writes.....



By the time this edition of the Community Trust newsletter finds its way to print, we will undoubtedly be well into the first of the three official Winter months and possibly not far off 2016's Winter Solstice on the 21st December. This is our second winter in Foyers and a routine observation Phil and I make is that, living this far north, it gets a lot colder and whiter than our last place of residence, Brittany in the north of France!



For me, there's another stark sign that we've left the more clement weather behind us for another year - the sudden disappearance, almost overnight, of the various craft that can be seen plying the waters of Loch Ness.

Living within sight of the water, it's a pleasure and a constant fascination to see all sorts of interesting vessels making their way north or south. There is a steady stream of hire motor cruisers crammed full of people in their orange regulation life jackets, the distinctive holiday barges - 'Fingal of Caledonia' and 'Ros Crana' with their pretty green, yellow and red livery and the majestic cruiser 'MV Lord of the Glens' which, at over 45 metres long, is the largest vessel to navigate Loch Ness. Not forgetting lovely sailing boats of all shapes and sizes using the Caledonian Canal to cut through between the east and west coasts.

Then there are the intrepid smaller vessels - kayaks, Canadian canoes and even stand-up paddle boards stoically plodding along achieving a lifetime ambition of travelling the Caledonian Canal under their own steam.

Some do get into trouble of course and have to be rescued, a reminder of the respect with which the cold, and sometimes sea-like waters of Loch Ness should be treated. Not all rescues are of small boats. We witnessed an RNLI rescue of a large motor cruiser whose engines had apparently failed, leaving the occupants drifting helplessly on a very choppy Loch.



We've also seen racing dinghies, rowing gigs, touring sculling boats, windsurfers, fishing trawlers, offshore wind farm service ships, fish farm maintenance boats and some classic older sailing craft such as a German Trawler recently travelling south (see photo above - beautifully captured by Al Baker). A very happy Christmas and a wonderful New Year from Phil and myself.



Sporting triumphs!

Local sports folk to be proud of!

2016 World Masters Athletic Championship Perth Australia

By Alex Sutherland of Ault Na Goire

I attended the World Masters event in October and early November and ran in the Cross Country race (8K) and the 5K and 10k track events for the G.B. team in the 65 to 69 age group category. In total there were nearly 4500 athletes from 92 different countries.

Dealing with the heat was always going to be the main worry so I went to acclimatize with my brother in Tasmania where the temperature was about 8 degrees with snow on the hills, something akin to a Scottish early April! It was a chance to get in some good training with the local Hobart Athletic Club, take part in a Parkrun event and work off some jet lag.

In Perth, Western Australia the temperature went up to 32 degrees. Training on the local beach suddenly became more interesting after passing a sign which bore the legend “Clothing Optional”!

My first race was the 8K cross country over a flat, sandy course, early in the day with some shade from overhanging trees and no hills, mud, ditches or dead sheep to jump over – not like at home! I managed 12th overall, was third “counter” for the British Team, winning a team gold medal and a Quekka mascot (a marsupial) ahead of the host nation Australia and Germany.

Next was the 5000m on the track. I was 13th overall in just under 20 minutes. The final 10,000m race 4 days later was the most demanding, as by 2.00pm it was 32 degrees! It wasn’t possible to run at top speed, five runners dropped out during the race and I was 9th in 44 minutes the slowest 10K this year.

It was a very rewarding experience and I am grateful to the SFCT for their support.



Above: “Team GB after some “warm work”!
Right: Medal time – well done lads!





More sporting triumphs!

Local girl reaches for the top!

Roxy Elgar achieved second place on the podium at the final of the Scottish Schools Climbing Competition which took place on 19th November 2016 at the Glasgow Climbing Centre. This exciting competition, organised by the Mountaineering Council of Scotland, brings together the best climbers attending Scottish Secondary Schools to compete in a challenging and exciting environment. Roxy represented the Inverness Royal Academy in the S3/S4 category and was sponsored by the Stratherrick and Foyers Community Trust after getting through the qualifying rounds with flying colours. Overhangs and perilous hand holds were the order of the day, stretching her young talent to the limit in a sport she's been involved in for six years.



*Roxy high up the wall
and high up on the
Podium!!*



This year Climbing has achieved Olympic Status. This means we shall now see climbing included in the array of sports on our televisions in four years' time in Tokyo, Japan. It will bring more money to the sport. We may even see an Olympic Style Climbing Centre built in Inverness - given the young talent here and our mountainous environment, it seems relevant. It's on the cards and we'll cross our fingers and toes. By having such a facility it would give the Highlands the competition status it deserves and it would give youth development in Sports Climbing a huge lift.

Excellent achievement, Roxy, in your chosen sport.

You are really up there - literally!



“The View from the hill...”



Observations from the local sporting estates

Autumn leaves

Contributed by Jenny Dow

There is nothing better than waking early to see a starry bright sky, with a stunning full moon shining in the window, knowing that from the calmness of the dawn it is going to be a good day. For gamekeepers, and general countryside enthusiasts, the weather is one of the most important parts of the job, but the one thing we cannot rely on or change. Autumn is the epitome of “changeable”. With blustery winds blowing the leaves off the trees, to sleet in your face, to a calm sunny warm day, you really can have all seasons in one day.



Master of all he surveys...

Autumn signals that the shooting season is underway. With partridge starting on 1st September, along with woodcock, duck, snipe and pheasants on 1st October, it's a busy time for all involved. Bookings tend to come in at least a year in advance for guests to come and experience the Highlands in all its autumnal glory, and try their hand at shooting (be it for the first time or the hundredth time.)

Sometimes the season ahead can be a daunting prospect, looking at the number of days on the calendar, knowing how many days you're going to be soaked to the skin and doing exceptionally long days with deer stalking in the morning and the evening with a partridge shoot in the middle.

It's certainly not all hardship though, as the benefits far outweigh the struggles. The satisfaction of giving the clients a fantastic day, with a dram and a hearty meal at the end of it, can certainly make up for soggy boots!



Winter over Dell Estate

Our first wireless set at Migovie



Nowadays 'radios' are available in various forms but over 75 years ago it was quite a different story. Here, Sandy Fraser recalls the advent of the wireless in Stratherrick back in the 1940's.

I well remember as a young lad in Stratherrick when very few homes had a "wireless". Not long after the outbreak of the Second World War, about 1940, everyone wanted the latest news about the War. My late enterprising cousin Donnie Fraser, Errogie who was then living in Wester Abercharder purchased a Wireless from the well-known catalogue firm J.G. Graves of Sheffield.

My brother Willie worked at Angus Macgillivray's shop at the time and decided he too would buy a wireless, before he was called-up to the Army. Our wireless duly arrived at the shop and Willie carried it over two miles to Migovie. The wireless set had short, medium and long wave channels but no V.H.F. It required four batteries - a 9 volt grid, a 120 volt High Tension and two 2.5 volt acid batteries.

There was now a great urgency to get this modern gadget operating. Donnie along with his dad arrived at Migovie to set it up, which was a major job. A few branches were lopped-off a suitable tree. A 20 metre length of bare copper wire was fixed to an insulator attached to a rope tied around the tree about 12 feet up. The wire was suspended across to an insulator fixed below the rain gutter and then down to an insulator pushed through a hole drilled in the window frame. It was eventually connected it to the wireless! Another cable was attached to a copper spike driven in to the ground to act as an earthing connection and this had to be always kept damp. As you all will agree it was quite an undertaking!

Eventually the moment arrived and for us to hear a voice from this "box" coming over the air was really amazing. Our father used to listen to Lord Haw Haw (William Joyce) from Germany with his Nazi propaganda but some of his news was quite true. Big Ben always rang out every time the BBC News came on so we always had the correct time.

One of the acid batteries had to be taken on the bus to Macrae and Dick's garage in Inverness to be recharged about once a month – it was quite a chore. The radio waves were transferred to audio frequency by six glass valves which looked like light bulbs. I was to learn a lot more about radio technology in my time as a radio mechanic in the R.A.F. Modern radios now have small transistors which replaced these valves. How technology has moved-on since those 'past-times'.



Contributed by Sandy Fraser

Migovie, Stratherrick

The “Outlander” effect



When American Marine Biologist and academic Diana Gabaldon published her first novel in 1991, no one could have predicted the worldwide popularity of her ‘Outlander’ series or the phenomenal interest the TV series would create twenty-five years later in our local history. This year thousands of Outlander fans have been visiting the settings for Gabaldon’s novels including the Dun Bonnet’s Cave, Clava Cairns and the Wardlaw Mausoleum at Kirkhill.

Outlander is a major TV series on the STARZ Network on satellite. Irish actor Caitriona Balfe plays Claire Randall and Galloway-born Sam Heughan takes the part of Jamie Fraser of Foyers, one of the Lovat Frasers. Outlander is not just an historical drama. The main character, Claire, travels back in time to the mid 1750’s where she is embroiled in the chaos of the divided Scotland which followed the Battle of Culloden in 1746. The novel is full of action, romance and intrigue. The TV series is beautifully produced with excellent acting by Balfe, who has won the Best TV Actress award at the 2016 Scottish BAFTAs. Outlander has made a star of male lead Sam Heughan. Sam has over 300,000 followers on Twitter. He was mobbed as Grand Marshal at New York’s Tartan Day this year, where he led the parade with members of the Glenurquhart Shinty Team brandishing his own caman.

Graeme Ambrose of Inverfarigaig, Chief Executive of Visit Inverness Loch Ness told the NEWS ‘The Outlander Effect on our visitor numbers is significant, particularly those coming from the US. What’s more is that Outlander fans have a deep interest in the historical settings and Lovat Fraser history. VisitScotland has produced an online guide to the film locations used. Newtonmore’s Highland Folk Museum is seeing a spike in visitors and the Culloden Battlefield is also attracting Outlander viewers.’ Stewart MacPherson, Dell Estate added ‘Outlander is top-class entertainment. It is great to see Scotland and our history portrayed so vividly in historical fiction. I recommend you give it a try. I will be watching series three which is due out soon.’

Links

Outlander – STARZ Channel www.starz.com/series/outlander

Inverness Outlanders <https://invernessoutlanders.wordpress.com>

Diana Gabaldon https://twitter.com/Writer_DG

Sam Heughan <https://twitter.com/SamHeughan>

Outlander Map <https://www.visitscotland.com/see-do/attractions/tv-film/outlander>

New York Tartan Day – <https://www.youtube.com/watch?v=i-NRwQ3rges>



First Stratherrick Rainbows, Brownies and Guides

News from Brown Owl

The girls, led by Amy Craven and Jess Main, held a fundraising event to show photos of the fantastic time they had at Craggan Bunkhouse and Outdoors residential weekend, which was funded by Stratherrick & Foyers Community Trust. The girls raised an amazing £300 for Highland Hospice. Well done everyone and our thanks to all those who supported us.

We have been delighted to welcome some new girls to our unit this term and we find we now need more adult volunteers! If you would like to volunteer, just a few hours each month, we would be very grateful. Volunteers are PVG checked. If we get enough volunteers alongside our 'Owls' we will devise a monthly rota. For more information please contact me, AKA, Jane Mason at masonjane040@gmail.com

This term the Brownie Unit received a Grant from the National Cashback for Communities Scheme to enable us, using the Wi-fi at Gorthleck Hall, to embark on a 'Thinkuknow' internet and mobile safety project. The grant allowed us to purchase a laptop, tablet and printer. In the New Year the Guides will learn about the importance of internet and mobile personal safety and be given access to these new resources.

All three units came together for a Halloween party. The girls and Owls all dressed up and enjoyed some fun games including 'Mummy Wrap'.....



One way of keeping a Brownie quiet!

We're very proud to announce that Amy Craven (Senior Section) and Jess Main (Guide) were selected to attend the Girl Guiding Action for Change in Scotland in Edinburgh recently. The girls got to meet the Scottish Chief Commissioner of Girl Guiding and received an exclusive badge from her. They also met Talat Yaqoob, the founder of the Women 50:50 Campaign, and listened to some very inspirational speakers. Well done girls.

The three Guiding Units have also been awarded a Grant from Life Scan. Through this we bought a huge parachute for team games, a sports bag full of great equipment and a Hi Fi system. We're looking forward to using the Hi Fi system at this year's **Children's Community Christmas Party on Saturday 10th December (2pm - 4.30pm).**

Merry Christmas to all and a happy and healthy 2017.



Ye'll have yer tea ...

Foyers Store & Waterfall Café - A little "TLC"



Jan & Simon Hargreaves have been running Foyers Store, Post Office & Waterfall Cafe since 2010 when they moved from the south coast of England. Jan says "We've enjoyed nearly every minute; if we ever waver we just look out the window at the breathtaking view. This year we decided to give the café a little TLC after a very busy season". The doors closed at the end of October for a month to redecorate the kitchen and toilet and re-vamp the counter in the café. Simon has done a fantastic job utilising the vast array of power tools he's spent years accumulating (assuring Jan that they were all very necessary and they couldn't possibly live without them).

Jan & Simon also express a big thank you to Caren, Holly, Ian, Alla and Graham for all their help. The café has now re-opened and everyone has been impressed with what's been achieved, although we hear Simon is gritting his teeth again, having been reminded that it's time to unearth the Christmas decorations - this is his favourite time of year (allegedly!).

Festive Afternoon Tea for BCC at Cameron's Tea Room

On Friday 2nd December the regular BCC Afternoon Tea at Cameron's Tea Room took on a festive air when Santa's helpers assumed the role of waiters and waitresses – although some of them looked vaguely familiar!! There was added excitement, as the seasonal atmosphere was enhanced by the big "switch-on" of the Tea Room Christmas lights by local "celebs" Geri, Mary & Barbara. Mulled wine and mince pies finished off a splendid time for all. As usual all were made very welcome by Morag and her colleagues. Many more activities and events are planned at the Tea Room and around our area over the festive season and we've tried to include those we know of in this issue.





Stratherrick Hall Resilience Centre

The Stratherrick Public Hall has recently been awarded £2,950 from Scottish and Southern Electricity Network's (SSEN) Resilient Communities Fund to purchase a change over switch for a generator.

This supports the decision by the Highland Council to designate the Hall for use in an emergency event. This means that, in the event of a longer period of disruption to power supply for the area, SSE will now be able to connect a generator to the Hall via the changeover switch, allowing the Hall to provide both a warm refuge and a hub for hot food which can be served in the Hall or transported into the community.

Leader of the Highland Council & Ward 13 Councillor, Margaret Davidson, said *"Highland Council welcomes the initiative which will ensure that the Hall can provide a refuge and place of safety should electricity lines fail. The Hall will be able to prepare and serve food and will be a warm and safe centre for the community should an emergency occur."*

STRONELAIRG

Stronelaig Windfarm, in an elevated position on the Garrogie Estate, is within a natural bowl on a plateau. The windfarm is well back from Loch Ness with no turbines visible from the main traffic routes. It has good access to the electricity grid network, essential for getting the power out to where it is needed. It is close to the trunk road network with direct access to the harbour facilities in Corpach and Kyle of Lochalsh, essential to bring in the large turbine components with the minimum of disturbance.

A range of planning conditions around transport, concrete batching and other matters were raised at the Planning Committee meeting and SSE is committed to working very positively with the Council and the Scottish Government to put these measures in place. In addition, SSE have confirmed the removal of 17 turbines from the proposal, reducing the number to 66, along with reducing the height for 10 turbines.

SSE has taken care to minimise impact to the environment by using existing roads and tracks where possible with the wind farm being designed not to be seen from the main routes and iconic attractions of the Great Glen.

As we move into winter the project team are starting the enabling works for the project such as setting up the site office and reinforcing the existing road network onsite. The team have also started on the new footpath from Fort Augustus to the Glendoe hydro scheme. This will ready to be enjoyed by the local community by Spring 2017.



Church and other information

Church of Scotland at Drumtemple, Sundays at 10.00am. Fiona King 01463 751293

United services with Dores Church alternate on the last Sunday of each month

Roman Catholic Church, Stratherrick 12.30pm every Sunday and check website at

<http://lochnessparishes.dioceseofaberdeen.org/>

Free Presbyterian Church, Gorthleck, every 3rd Sunday Mrs E. Fraser - 01456 486 282 or 220

Free Church, Errogie, Sabbath, 4.30pm, Mr S. McLure 01456486435 www.greyfriarschurch.org

Episcopalians - St. Paul's, Strathnairn 11.00 Sunday www.stpaulsstrathnairn.co.uk

Free Church Continuing – Dores www.freechurchcontinuing.org

Boleskine Church of Scotland at Drumtemple – A note from Olaf Olsen

Our Harvest Sunday on 2nd October was a most enjoyable and fulfilling service with a fine display of food and flowers to remind all of God's gifts, which brings us on our way towards Christmas. This year we have a happy coincidence of Christmas Day being a Sunday and, as the last Sunday of the month, that means folks from Dores will join those of us from Inverfarigaig, Foyers, Whitebridge, Gorthleck and all Stratherrick for our 11 o'clock service on that wonderful day. Please feel welcome to join us for that hour of worship and enjoy a cuppa and chat afterwards – a family service and all warmly invited.



Diamonds are forever!



This month Whitebridge's "First Couple", Ian & Dulcie MacAskill, will be celebrating their Diamond Wedding Anniversary. 60 years together! Ian & Dulcie will enjoy a private family lunch at The Whitebridge Hotel on 11th December but would love to see old friends and familiar faces for "a wee Dram" afterwards in the main bar. Ian will doubtless regale us with tales "taller than Ben Sguirrach" and Dulcie will cement her place as Stratherrick's most patient woman!



Where do I get a printed copy of the Stratherrick and Foyers News?

Direct mail is available for all locals and people serving in HM Forces – Send us your postal address to Strathnews, Evergreen, Inverfarigaig, IV2 6XR or email

admin@sfctrust.org.uk and we will make sure you get a copy. There is no charge for

this service. Free printed copies are available at Pick up Points while stocks last:

Foyers Post Office/Shop, Cameron's Tea Room, Whitebridge Hotel, Craigdarroch Inn, Stratherrick Hall, Errogie Phone Box, Inverfarigaig Forest Centre and the Mobile

Library. Printed copies are also distributed by Boleskine Community Care and in pupil-mail from Foyers and Stratherrick primary schools. You can even pick up a copy in

Inverness at the Riverside Gallery on Bank Street.



Local hospitality opening hours & special events

The Craigdarroch Inn, Foyers (01456 486400)

Open as usual every day during the winter from **11am to 11pm**
Food served daily from **12noon to 2pm** and in the evening from **6pm to 8.30pm**
Sunday roast being **served every Sunday** during the winter months,
alongside the existing pub menu
Christmas Day the bar is open for drinks and nibbles **from 12noon to 3pm**
Hogmanay at Craigdarroch with fireworks at midnight (**entry free, late bar**)

The Whitebridge Hotel (01456 486226)

Open as usual every day during the winter from **12noon to 11pm**
Food served daily from **12noon to 3pm** and **5pm to 8.30pm**

Special events:

Saturday 17th December: Comedian (To be confirmed – please call)

Friday 23rd December: Christmas party with live music & raffle

Christmas Day: Five course lunch available – please call to book

Hogmanay: Party with live music & disco – **Open 12.00pm – late**

New Year's Day: Five course lunch – please call to book

Cameron's Tea Rooms (01456 486572)

17 December: Christmas Evening Meal £30 per person. Booking essential.

31 December: 10pm onwards Hogmanay Party. Live music, food, fun and Games.
£10 per person. BYOB.

Open every day as usual except Christmas Day, Boxing Day & New Years Day when we are closed.

Waterfall Café & Store (01456 486233)

Open normal hours except:
Christmas Day – Closed
Boxing Day – 10.00am -4.00pm
New Years Day – Closed

Post Office Counter:

Normal hours except Christmas Day, Boxing Day, 27th December
and 2nd January when we are closed

Don't forget to check the posting deadlines for all those important Christmas cards and presents, details are available online at the Post Office or as a leaflet from Foyers Store. The Post Office is open 9am to 4pm, Monday to Saturday.

Local Services Listing

**Here are some of the local businesses which serve our community.
There are plenty more yet to be listed so please help us fill this page.**

Cameron's Tea Room and Farm Shop, 01456 486572, also on Facebook

Craigdarroch Inn, 01456 486400, www.thecraigdarrochinn.co.uk/

Foyers Stores, PO & Waterfall Café, 01456 486233, <http://foyersstoresandwaterfallcafe.co.uk/>

Whitebridge Hotel, 01456 486226 www.whitebridgehotel.co.uk

Loch Ness Shores Caravan and Camping Park, 01456 486333, www.lochnessshores.com

Lynn Mhor Croft Pork and Eggs, 01456 486291

Morag's Crafty Bothy, Foyers 07592604249, www.moragscraftybothy.com

Riverside Gallery and Picture Framing www.riverside-gallery.co.uk 01456 486350 (Hugh Nicol)

Aberchalder Plumbing Services, 01456 486283 (Neil Kirkland)

Greensparks, 01456 486291 www.greensparks.com (Rob Mullen)

Wildside Lodges, 01456 486373 www.wildsidelodges.com

West End Garage, Fort Augustus Garage 01320 366247, Mobile 07889792685

West End Garage, Home / 24hour breakdown 01320 366426, www.westendgarage.org

Highland Acupuncture 01456 486628 www.highlandacupuncture.co.uk (Johanna Schuster)

William Fraser Haulage, Gorthleck 01456 486287

Scottish Highland Art, Torness www.highlandart.com (Ros Rowell)

Cabar Feidh Bagpipe Supplies / Tuition www.cabarfeidhpipes.com (Brian Yates)

Internet Service - Tourism Site Fix, Inverfarigaig www.tourism-site-fix.co.uk 01456 486631 (Andy Holt)

Neil M Ferguson Plant Hire, Stratherrick 01456 486771 / 07833 551993

Guitar and Ukulele Tuition 017979398517 www.parrotmusic.co.uk (Moteh Parrott)

JT's Seafood Van from Portsoy (Fridays) 01261 843106 / 07921 864979 (John /Steve), on Facebook

Steadings Hotel / Grouse and Trout Restaurant, (Flichity Inn), 01808 21314, www.steadingshotel.co.uk

Dores Inn, 01463 751203 www.thedoresinn.co.uk (Shuttle Bus)

Bank of Scotland, Fort Augustus – Tuesdays and Thursdays 1000-1500hrs only.

Libra Holistics – Therapies - www.libraholistics.com 01456 486562 (Lindsey McNaughton)

Boleskine Garden Services 01456 486217 or 07873770645 (Gordie McAndie)

S.B. Building, General Building Services, Foyers 01456 486297 or 07773 155367 (Shaun Burton)

Andrew Fraser, Building Contractors, Errogie 01456 486381

**This list is incomplete. If there is information you think we should
add for the next issue – or you spot any errors, please e-mail
strathnews@sfctrust.org.uk**

Public Services Listing



Foyers Medical Centre – Loch Ness & Strathnairn Medical Practice	01456 486224
NHS 24	111
Police – Non Emergency or to report a crime	101
Fire – Free Home Safety Check	0800 0731999
Medical, Police, Fire, Loch or other Emergency Phone	999
Raigmore Hospital Switchboard	01463 704000

Highland Council

General enquiries, comments, compliments or report a complaint	01349 886606
Roads, flooding and street lighting	01349 886601
Council house repairs, pest control, Council housing applications & rent enquiries	01349 886602
Domestic special uplifts & refuse collections, report fly tipping, dog fouling	01349 886603
Abandoned vehicles and environmental health	01349 886603
Blue Badge, travel and national entitlement cards	01349 886604
Make a payment by debit or credit card	01349 886605
Planning and building standards	01349 886608
Licensing	01349 886609
Ward Manager (Ward 13) Charles Stephen	01463 785010
Councillor Margaret Davidson	01463 861424/0781 8015689
Constituency MSP – Kate Forbes	01349 864701

Foyers Primary School (Snow Code 042070)	01456 486612
Stratherrick Primary School (Snow Code 043060)	01456 486630
Bun Sgoil Ghaildhlig Inbhir Nis (Snow Code 043280)	01463 725980
Inverness Royal Academy (Snow Code 041100)	01463 222884
Drummond School (Snow Code 041910)	01463 701050
Kilchuimen Academy (Snow Code 041110)	01320 366296
Schools Closed freephone recorded info (Snow) and use the code	0800 564 2272

Stagecoach Inverness Bus Office	01463 233371
Caledonian Canal Inverness Office	01463 725500
Fort Augustus Visit Scotland Information Office	01320 345156
National Rail Enquiries	03457 484950
Albyn Housing	01349 852978
Caledonian Sleeper Train	0330 060 0500

This list may be incomplete. If there is information you think we should add for the next issue, please e-mail strathnews@sfctrust.org.uk

The following grants were awarded by Stratherrick & Foyers Community Trust between September & November 2016:

Groups

Farigaig Steering Group - £393.89
Foyers Primary School Parent Council - £4,944.45
Knockie Trust - £826.00
Stratherrick & Foyers Community Council - £1,755

Energy saving

Raymond Kerrigan - £500
Tetlow Blair MacKenzie-Bentley - £500
SFCT Lightbulb Scheme – 164 households

Non-Constituted Groups

Jennifer Denoon - £624

Students

Ewen Fraser - £500
Hannah Slater - £500

Hardship

Hardship grant - £354

Next Grant meeting: 1 February 2017
Deadline for applications: 21 December 2016

Grant Application Forms can be downloaded from our website

www.stratherrickcommunity.org.uk

or contact Laura Walker-Knowles, Trust Administrator:

Email: admin@sfctrust.org.uk

Mobile: 07464 394 276



You can apply at any time for the Trust Grant Schemes. The Trust meets to consider grant applications six times a year. Our deadlines and assessment period mean you can expect a decision on your application between six and ten weeks from when you submit it. **The Trust cannot give retrospective grants so please apply and get a decision before incurring any costs.**

Group Grant – up to £10,000

These make up the bulk of our grant awards and are available for constituted, not-for-profit groups and organisations run to benefit people living in the Stratherrick and Foyers area. Groups can apply for two grants per year.

Non-Constituted Group Grant for community benefit – up to £1,000

For use by individuals organising an event or group to benefit members of the community.

Student Grant – £500 per academic year

For anyone undertaking a further or higher education course or training.

Sporting Grant - up to £250, two applications permitted each year

For anyone competing at National or Championship level or participating in a recognised training camp as a trainee.

Energy Saving Grant – up to £500

Available to any homeowners in the area making energy saving improvements to their own residential property only. Improvements may include insulation, renewable energy systems or other measures recommended by Home Energy Scotland.

Hardship Grant – up to £500

Please contact the Project Coordinator for this form.

Higher Value Group Grants and Projects

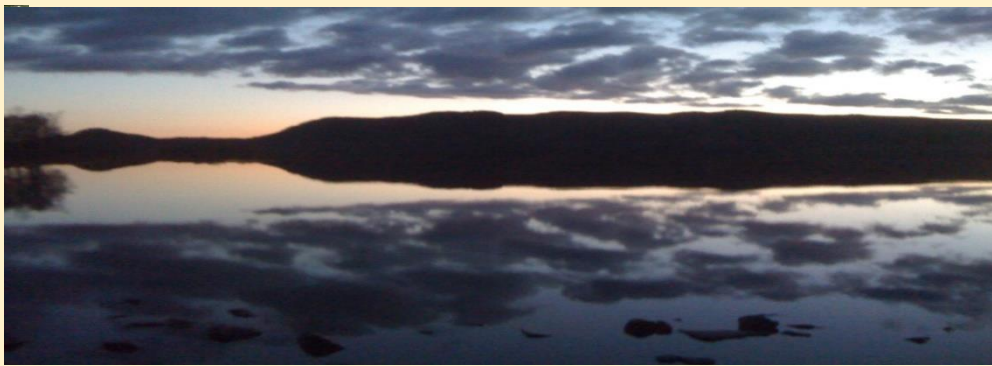
Contact the Project Coordinator with any ideas.

You can call the Project Coordinator on 07525 120 966 to discuss any aspect of the grants system or to arrange a meeting.

If you want a paper copy of any form, text your name and postal address – and the grant you are interested in - to 07525 120 966 and we will send you the application form and the appropriate guidelines.

Or if you e-mail admin@sfctrust.org.uk we can email you the appropriate form and guidelines but they're also available for download now at <http://www.stratherrickcommunity.org.uk/grants-system>

How to apply for grant from the Trust



Why not become a member of Stratherrick and Foyers Community Trust?

Full membership of the Community Trust is open to all residents over 18. There is also a Junior membership category. There is no charge to become a member, and you will only ever be asked to contribute a maximum of £1. It is easy to join up.

Once you are a member you can vote at the Trust's AGM and stand for election as a Trust Director. There are vacancies for Directors every year.

You can help decide how the Trust uses the Community Benefit funds and what initiatives and grant schemes we should offer in future.

Five ways to get a Membership Form

Text your name and email address to 07525 120 966 and we will send you an application form in an email.

Text your name and postal address to 07525 120 966 and we will send you a form in the mail.

E-mail admin@sfctrust.org.uk and we will email you a form

or download a membership Form at www.sfctrust.org.uk/membership

or pick up a Trust membership form at Foyers Post Office.

How to join the Trust

www.stratherrickcommunity.org.uk