INTERVIEW: KATHY SMITH, KYLE OF SUTHERLAND YOUTH DEVELOPMENT GROUP

“Since 2004 KoSYDG has attracted more than 65% of children from the four primary schools”

KoSYDG Secretary, Kathy Smith, looks back over these past 10 years and gives us information about one of their most ambitious projects: the Youth and Family Hub, which aims to transform an ex coal yard into a multiuse family and community space. (Page 4)

Have you ever considered becoming a Community Councillor?

The Community Council elections will take place in 2015 and it is hoped that some of our readers may want to stand for election. Community Councils are the most local tier of elected representation, playing an important role in local democracy. The following article, in the shape of frequently asked questions and answers, aims to explain all you might want to know about your Community Council. (Continue on page 6)

ARDGAY & DISTRICT CC 1ST CHILDREN’S ART COMPETITION

Gledfield, Bonar Bridge and Rosehall pupils display their great artistic talent

Exhibition of all entries and a prize giving event to be held on the 28th March at Ardgay Public Hall to reward all the young artists (Page 18)

Events in the area, Gardening, Children’s pages, Telephone guide, Bus & Train timetable, Crosswords...
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Marianne Ross, Recruitment Adviser

Business Gateway, Bonar Bridge, IV24 3EB
01863 766128
David.Knight@highland-opportunity.com
Marianne.Ross@highland-opportunity.com
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EDITOR’S LETTER

Young artists

I was very impressed with the amount of entries to our Children’s Art Competition and the quality of the artwork. Congratulations to the winners! We have changed our original plan of giving the prizes at the pupils’ primary schools and decided to organise an exhibition and award giving event at Ardgay Public Hall instead. You are warmly welcome to join us on Saturday 28th March. I hope you will find our articles about local projects and groups interesting. Thanks as always for your contributions, encouragement and support and all the best for this long awaited Spring.

Silvia Muras Editor

Ardgay & District photos

Carron Bridge
by Phil Olson
Looking forward to having longer days and warm weather? This photo was taken in 2010 at Carron Bridge, looking towards Carn Bhren, while enjoying a bicycle ride.

Phil Olson is a local amateur photographer and a member of your Community Council.
“Our projects include the Youth and Family Hub, an indoor climbing wall and a Discovery Centre”

“The Kyle of Sutherland Youth Development Group was formed in 2004 to respond to the lack of youth service provision in the Kyle of Sutherland area,” says Kathy

KosYDG: This is an organic project which has grown in response to local needs and involvement. Since 2004, KosYDG has raised funds to employ and train part time youth workers, fund activity weekends, establish a youth café on a double decker bus, purchased land, secured planning permissions and installed temporary buildings for service provision. The main achievement has been to attract more than 65% of children from the four primary schools to attend regular social activities. In addition, the mother and toddler music and art classes are full to capacity. The group has a core of 23 volunteers who help run the activities, fund raise, maintain property and manage the charity. Since 2012 membership has grown to over 120 members of the community with full voting rights and is increasing all the time.

KosYDG: The group currently runs After School Clubs where sport, art, computers and social activities are on offer as well as Pre-school Music and Movement and Art, and a Youth Club. Additionally the group hosts community wide events including a bonfire night extravaganza, car boot sale and the sporting Get Active Challenge.

A&DCC Newsletter: - In your opinion, what are the group’s main achievements in the past 10 years?

KosYDG: This is an organic project which has grown in response to local needs and involvement. Since 2004, KosYDG has raised funds to employ and train part time youth workers, fund activity weekends, establish a youth café on a double decker bus, purchased land, secured planning permissions and installed temporary buildings for service provision. The main achievement has been to attract more than 65% of children from the four primary schools to attend regular social activities. In addition, the mother and toddler music and art classes are full to capacity. The group has a core of 23 volunteers who help run the activities, fund raise, maintain property and manage the charity. Since 2012 membership has grown to over 120 members of the community with full voting rights and is increasing all the time.

A&DCC Newsletter: Could you give us some details on the current activities of KosYDG?

Weekly activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Age Group</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Art Club</td>
<td>0-5 years</td>
<td>12 pm - 2 pm</td>
<td>£1</td>
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<tr>
<td>Tuesday</td>
<td>After School Club P1-P3</td>
<td>P1-P3</td>
<td>3:30 pm - 4:30 pm</td>
<td>50p</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Music &amp; Movement</td>
<td>0-5 years</td>
<td>10 am - 11 am</td>
<td>50p</td>
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<tr>
<td>Thursday</td>
<td>After School Club P4-P7</td>
<td>P4-P7</td>
<td>3:30 pm - 4:45 pm</td>
<td>50p</td>
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<tr>
<td></td>
<td>Youth Group S1 &amp; over</td>
<td>S1 &amp; over</td>
<td>7:30 pm - 9:30 pm</td>
<td>50p</td>
</tr>
<tr>
<td>Friday</td>
<td>Art Club</td>
<td>0-5 years</td>
<td>10 am - 11 am</td>
<td>50p</td>
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</tbody>
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A&DCC Newsletter: When is it expected to be finished?

KosYDG: This project has developed over the years as more people have supported the group and ideas for the future have evolved. Years of research and consultation have shown that communities need to engage young people and give them a positive role in community life.

The proposed development will transform an ex coal yard currently housing two temporary classrooms used by the group, into a unique, welcoming and vibrant hub of activity for all residents in the Kyle of Sutherland that is fit for purpose, sustainable and an attraction to visitors. Our vision is to provide a multi-use inter-generational family and community Hub. The development of this project has widespread community support reflected in membership, number of current users, and the large number of volunteers. Over 150 letters of support have been received from local businesses, individuals, schools, community councils, social agencies and children. There is no similar enterprise within a two hour drive offering such a variety of activities for all sections of the community.

A&DCC Newsletter: What is the Youth and Family Hub?

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A&DCC Newsletter: When is it expected to be finished?
It is over a year since we were invited to submit our Stage Two application to the Growing Community Assets programme at the Big Lottery and we have been working closely with Highlands and Islands Enterprise and other funders to put the package of £1.6m together. If our funding bids are successful, the building will take nine months to complete, but there is a deal of work to be done before the construction period starts. We are hoping that the facility will be finished and operational by the winter of 2016.

**A&DCCn:** What kind of activities will the Youth and Family Hub host?

**KoSYDG:** The Kyle of Sutherland Hub (KOSH) will offer a state of the art soft play facility and café, charity shop space, fitness suite with stunning views of the Kyle, youth rooms and multi use spaces for use by family support services and remedial therapists. Economic sustainability will be achieved through membership fees for the gym and soft play areas, and through other trading activities.

**A&DCCn:** Please tell us about other projects for the near future.

**KoSYDG:** Once the Youth and Family Hub is operating successfully, phase two of the development will include an indoor climbing wall and a science based Discovery Centre.

**A&DCCn:** What should I do if I want to be involved in the group as a volunteer?

**KoSYDG:** We are always looking for volunteers who want to be involved and help local young people. Please find contact details below.

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**Creich and Kincardine Legion Scotland:**

Creich and Kincardine Branch of Royal British Legion Scotland (Legion Scotland) are commemorating the fallen from the Great War by holding remembrance services at the gravestones of those buried in local cemeteries on the 100th anniversary of their deaths. There have been three services so far at Creich, Croick and Invershin. Each short service comprises a welcome telling the story of the person, the laying of a cross, the reading of the Exhortation and Kohima Epitaph and a minute’s silence during which the Queens Colours and Branch Standard are lowered.

The next service will be held at 11am on 30 March at Croick Parish Churchyard for Private John McPherson. John was born at the family croft in Croick in 1873, becoming a school master before fighting with distinction as a Lovat Scout throughout the Boer War in South Africa, earning the Distinguished Conduct Medal. He married a South African nurse and re-enlisted for the Great War, joining the Seaforth Highlanders. Sadly he died at Dingwall on 30 March 1915 of tuberculosis, aged 42. By then, his father had died and his mother was living in Strathcarron. John is buried alongside members of his family. The Branch would very much welcome members of the local community - and particularly any relatives of John - attending to remember his sacrifice. Please call if you would like any more information.

The next meeting will be at 7:30 pm on 1 June in Bonar Bridge Hall. This will be a special meeting as the Legion Scotland Chief Executive Officer, Kevin Gray MM, will be attending. He will be talking to us, and taking questions, about the organisation and the changes being made to ensure we achieve our goal of being at the heart of the Scottish veterans community. All members, and anyone interested, are invited to attend.

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Eric Porter, Standard Bearer, Aldie Calder, Treasurer, Lt Col Colin Gilmour, President, and David Hannah, Area Representative, with the Queen’s Colours. © FIONA PORTER
How does your Community Council work?

(Starts on front page)

**QUESTION:** What does the Highland Council have to say about the roles of a CC?

**ANSWER:** The new Highland Council CC Scheme makes it clear that the main job of a CC is to act as a voice for the area and represent the views and concerns of the local people to the Highland Council and other public agencies. There are two other roles laid down; to be consulted on planning and licensing applications.

**Q:** How often does the CC meet?

**A:** The Ardgay & District CC meets a minimum of 6 times per year.

**Q:** How is it funded?

**A:** Each year the Highland Council makes a grant to the CC for its administration. If the CC wants to carry out any other activities it must seek funding for these.

**Q:** How many members are there on the Ardgay & District Community Council?

**A:** There are 8 members on our CC. This number is set by the Highland Council using a formula set out in the Highland Council Scheme. The meetings are usually attended by one of our Ward Councillors who, along with the Ward Manager, welcome the opportunity to keep in touch with local issues and priorities.

**Q:** As well as meetings is there other work that you have to do?

**A:** That depends on what you want to take on. For example, the Chair, Secretary and Treasurer all have specific jobs to do at, and between meetings. Other members take on jobs such as, managing the applications for community benefit awards, producing the quarterly newsletter, dealing with issues which arise locally, scrutinising planning applications, particularly windfarm applications, meeting with windfarm developers to negotiate the best community benefit deal for our communities. In addition, there are many agencies and organisations with which the CC, through membership, maintains contact. These links are very important as it is through them that the CC builds relationships which are key to the reputation and sustainability of our fragile area.

**Q:** Do people expect the CC to take on every issue and problem in the community?

**A:** No doubt some people think this. However, the main job of the CC is to represent the views and concerns of local people but that does not mean that the CC must take on responsibility for every issue and problem. The CC will always try to support anyone who brings forward as issue or concern but the CC as an organisation may not be best suited to do this. Often problems need solving by agencies which have the power and capacity to bring about change. So, although the CC itself may not be able to act directly to make something happen it can use its connections and influence to get things done.

**Q:** Why don’t all CCs operate in the same way?

**A:** All CCs must follow the guidelines in the Highland Council Scheme. However, community councillors are all volunteers so it is up to each CC to decide how much beyond the basic Scheme they take on within their community. For example, Ardgay & District CC has a significant amount of work connected with windfarms and community benefit. Some CCs take on more responsibilities than others. That is their decision but they must keep in mind that their term of office is 5 years and anything they start has to be self-sustaining and be able to be taken on by those community councillors who follow them.

**Q:** Is it time consuming?

**A:** You do need to make a commitment but it needn’t be any more time consuming than any other activity that you regularly do. It lets you give back something to the community.

**Q:** I’d be worried that people would blame me for everything.

**A:** This is something that you may not be able to avoid, however, when working on something for the CC you are not acting personally but working on behalf of the Community Council as a whole. We would hope that no Communi-...
Ardgay & District News

ty Councillor would be singled out to experience unpleasantness from anyone when working on behalf of our community. If people bring you issues you can bring them to the CC where all the members can help work out what to do.

Q: Isn’t it boring?
A: There’s no doubt that some of the business is very routine but much of it is interesting and rewarding as you feel you have helped the community in some way.

Q: I don’t know enough about “stuff”.
A: The value you bring to the CC is your local knowledge and your common sense. It takes a little time to get to know your way around the CC business but you quickly learn how things work and as someone who lives in the community you are in the best position to express the views of the community. That is the main role for the CC.

Q: How do decisions get made?
A: That depends on what they are. Usually issues are discussed at the CC meeting and mostly agreement is reached. If it seems that there is no clear agreement then the chair may decide to take a vote. Members of the community can attend CC meetings and can ask to speak on an issue. The CC members listen to the views and can take them into account when the CC reach their decision.

Q: How are awards made from the windfarm community benefit funds?
A: After each meeting of the CC the members then deal with the applications. There is a set of guidelines and following discussion and taking into account the balance in the accounts an award may be made.

Q: I have too many other things which need my attention. I don’t want to take on anything else.
A: If that’s the case then you are just the kind of person needed on the CC. The CC needs folk who are connected into the community through their activities or their job or their family. You will have your “finger on the pulse” and will be well placed to voice the views of your community.

Special thanks to Councillor Linda Munro, who helped us put together this information.

Approved minutes of Ardgay & District Community Council meetings
Available online from www.ardgayanddistrictcommunitycouncil.org.uk and in your local library.

NEXT MEETINGS: 11TH MAY 2015 CULRAIN HALL 7 PM & 8TH JUNE 2015 (AGM) ARDGAY PUBLIC HALL 7 PM

Ardgay-Bonar Boys Brigade Company welcomes new members and volunteers

The 1st Ardgay - Bonar Boys Brigade Company continues every Friday evening at 7 pm in Ardgay Public Hall. When the company started back after the autumn the boys and leaders were pleased to welcome three new recruits, Adam Maclean, Hamish Munro and Archie Ryder.

In January, five of the senior lads, Sam Herbert, Sam Jones, Andrew Mackay, Ewan Maclennan and Cameron Munro, all of whom are currently working towards the President’s Badge, successfully took part in a day’s leadership course called ‘Building Your Skills’ at the Boys Brigade headquarters in Inverness.

The BB leaders are looking for at least two new people to help out in the Boys Brigade with a view to eventually taking over the running of the Ardgay -Bonar company. If anyone is interested, please contact us (details below).

Donald Brown
Ardgay-Bonar Bridge Boys Brigade Company

Donald Simmonds
01863 766769
Donald Brown
01863 766166
The Project Telford in the Kyle of Sutherland is finished, providing a wealth of information

‘We’ve uncovered far more than we expected,’ explained project leader Susan Kruse of Archaeology for Communities in the Highlands (ARCH)

Over the past months people researched many of Telford’s remains, looking at archive material and remains on the ground, including well attended fieldtrips to the Mound and Croick Church. They completed a display, wrote and produced a leaflet with a trail to explore some of the remains, and have hidden two geocaches at two of the locations on the trail, with a third to be added soon. Over 65 people attended the final open day on a snowy day in January.

The display tells the story of what the area was like before Telford began his work for the government, what he did in the area, and what the impact of these building projects was. The current main road network in the area remains as Telford built it, although widening and straightening have occurred on many sections. A few bridges dating to the period survive, including a previous unrecorded one south of Lairg where the group made a detailed survey. There are also a number of culverts, including a well preserved one near Little Ferry which may well be original.

Milestones were also erected along the new roads, and the group went looking for them. Strangely on the Sutherland side of the Firth the surviving examples are in concrete, while on the Ross and Cromarty site they are stone with chiselled destinations. It is likely that these are modern replacements – and in some cases it is clear that they have been moved from their locations in the 1870s. There was also a short-lived toll house at Bonar though nothing survives of it.

In addition to roads, Telford was involved in a government initiative to build churches in the Highlands and Islands. To overcome the distance most rural people had to travel to church the Government provided funds to build “Parliamentary Churches” with a manse. Telford produced a common design for all churches and manses to be built on land provided by the local landowners. Built for a population of 500 in 1827, Croick church is still in use. It cost £1426 including the manse. Seating 200 it has no balcony and is one of the smallest. The interior remains little altered. While sheltered in the churchyard, people evicted in the “Glencalvie clearances” scratched messages on the east window.

The display is now housed at Kyle of Sutherland Heritage Society, where it can be borrowed for temporary exhibitions. Participants on the project also compiled binders of resources, which have been deposited in the Bonar Bridge Library and the KoS Heritage Society. The Telford trail leaflets are available from local sites, including the Kyle of Sutherland Development Trust.

Details about sites researched
Tangible progress, at last, for Ardgay Public Hall

In February the hall committee were delighted to learn that Highland Councillors, Hugh Morrison, George Farlow and Linda Munro, had approved a £2,500 grant from their Ward Discretionary Budget toward the cost of the proposed Ardgay Hall kitchen improvements. This was the final tranche of funding required to enable the project to go forward; a grant having already been secured from the SSE Achany Fund in addition to the hall’s own contribution.

At present all the contractors involved with the project are being consulted, with the aim of completing the work by mid / late April. Although the hall will remain open for use whilst the work is carried out, once an actual start date has been confirmed the hall committee will notify the user groups and circulate the information via the hall’s Facebook page.

The Discretionary grant was not the only financial contribution towards the refurbishment projects received recently. Last December the committee were very pleased to accept a donation of over £100 from the Ardgay Country Dancing Group, money which will help provide new equipment for everyone in the new kitchen.

Progress is also being made with converting the legal structure of the hall too, a Glasgow based firm of solicitors, who specialise in charity law, has now been engaged. This was made possible by the award of £2,000 from the Beinn Tharsuinn fund, approved last year by A&DCC. Converting the legal structure will not be a quick process. However, the end result, the creation of a new Scottish Charitable Incorporated Organisation (SCIO), will be of positive benefit to the future management of the hall.

In the more immediate future, the committee are awaiting the results of two further funding applications, one to the Climate Challenge Fund, which amongst other things includes an element for upgrading the hall’s insulation, and the other to Awards for All Scotland, to enable a new heating system to be installed throughout the building. The funders’ decisions should be known by early spring. The date of the next management meeting will be displayed on the notice boards as usual, and will also be posted on the Facebook page. Everyone with the future of the hall at heart is welcome to attend. ■ Rhonwen Copley, Secretary
Ardgay & District News

Community Council Members and Contact Details

David Hannah
Chair

Marion Turner
Vice-Chair

Alan Lawrence
Treasurer

Phil Olson

Betty Wright

Bob Sendall

Teresa Langley
Secretary

secretary@ardgayanddistrictcommunitycouncil.org.uk

Silvia Muras

Latest Beinn Tharsuinn Community Benefit Awards:
- Ardgay Public Hall - £2,000 - towards the costs of consultants fees for Hall refurbishment.
- KOSDT - £717 - towards costs of learning development.
- Bonar Bridge/Ardgay Golf Club - £2,000 - towards the cost of a verticutter.
- Friends of Sutherland Veterans - £50 towards a flag raising ceremony.
- KOSDT - £2,000 - towards costs of Falls of Shin project development.

How to apply for Community Benefit money

The Beinn na Oighrean Windfarm Awards
Small projects under £250
1. Go to Ardgay & District CC website: www.ardgayanddistrictcommunitycouncil.org.uk/funding where you can find full details.
2. Or send a letter to Teresa Langley (see column left)

The Beinn Tharsuinn Windfarm Community Benefit Fund
Projects under £2,000
1. Go to Ardgay & District CC website: www.ardgayanddistrictcommunitycouncil.org.uk/funding where you can find full details.
2. Send an email to beintharsuinn.awards@ardgayanddistrictcommunitycouncil.org.uk
3. Or send a letter to Teresa Langley (see column left)

SSE Achany Community Fund
Between £250 and £10,000 +
1. Visit sse.com/beingresponsible/responsiblecommunitymember/localcommunityfunds/achany for more info and to download the application form.
2. Complete and return to fiona.morrison@sse.com or by Royal Mail to: Fiona Morrison, Corporate Affairs, SSE, 10 Henderson Road, Inverness, IV1 1SN
3. Next deadline: 30 April 2015.

E.ON Rosehall Community Fund
Between £2,000 and £25,000 +
1. Foundation Scotland administers E.ON Rosehall Community Fund. Visit wwwFOUNDATIONSscotland.org.uk/programmes/eon-rosehall.aspx for full details
2. Alternatively, you can contact Carol Elliot by email carol@foundationsscotland.org.uk or call 07500 779 227 if you require any further information or advice.
3. Next deadline: 30 April 2015.

Councillors Representing the Highland Council North, West and Central Sutherland Ward 1

George Farlow

Hugh Morrison

Linda Munro
Gearrchoille Community Wood

News from the Gearrchoille after the storm

Our small but hard working group of volunteers have been continuing their work through the winter, concentrating mainly on thinning an area of birch trees.

We were collecting the brash with a view to chipping it, but were joined by one of our members who suggested using it to build a dead hedge. I had never heard of this as a technique, but was assured that it was a useful woodland management idea, which meant that the job could be finished at the end of each day, rather than piling stuff up for attention at another time. (For those of you who have been in the wood, you will see there is still a large pile of thinnings, but they will be dealt with!) The dead hedge provides shelter for insects, who attract birds and beetles will enjoy the safety too. It can also be used as an edge to sensitive areas of the woodland. The extra light getting through the canopy where we have been thinning will encourage the growth of the lower layer of vegetation.

The storm of January 8/9th did an amount of damage in the wood. Any trees or branches overhanging the path were quickly dealt with. (If you were to see anything in the wood requiring attention, please email gearrchoille@gmail.com or phone 01863755316 and we will arrange for it to be attended to). What to do with the trees away from the path is more of a problem. Some prefer that they are left as they add to the twisted architecture of the trees, but others think that it makes the woodland look un-cared for. Please let us know what your views are.

DOG FOULING PROBLEM

Unfortunately for all concerned, the problem of dog poo continues. Or, to be more accurate, the problem of dog owners not clearing up after their dogs continues. There are bins provided at either end of the walk through the wood – in the car park and in Oakwood place. Please use them. It really is unfair for a few folks to spoil the wood for others. We will be spraying any offending piles of dog poo to highlight the problem. Don’t worry, it’s non-polluting biodegradable paint, but I hope it also has a longer lasting effect!

On a brighter note, spring is on its way! The first frogs and frog spawn have been spotted. Keep a look out for the first spring flowers following soon.

Volunteer afternoons continue on the first Thursday afternoon of each month. Please contact us with any issues or ideas. ■ Betty Wright

gearrchoille@gmail.com
01863755316

Our team of volunteers have been busy dealing with the damage caused by the storm at the beginning of January.
Kyle of Sutherland Development Trust

KEEPPING THE COMMUNITY UP TO DATE AS THE PROJECT PROGRESSES

Falls of Shin Facebook page gets more than 400 ‘likes’ in its first three weeks

A new page dedicated to Falls of Shin project had more ‘likes’ in a day than the Trust in 20 months. It is essential that the KoSDT demonstrates how much the community support the project, therefore they are asking everyone to ‘like’ or ‘share’ their page. If you live in the Ardgay or Creich Community Council Area please show your support by becoming a member of the Trust (see below).

Big Energy Race
Team of the Week

Well done to all of the Greening Kyle (KoSDT) team members who won the Team of the Week recently. Greening Kyle are currently 2nd in the national leader boards. To become first they need more people like you to join the Big Energy Race Greening Kyle (KoSDT) team. To sign up and become part of the Big Energy Race go to www.bigennergace.org/individual-sign-up. There is £20,000 towards an energy saving initiative in the area up for grabs, and the chance to win individual prizes, so it is definitely worthwhile to take part.

Kyle of Sutherland
Development Trust

There have been changes in roles for the staff at the Kyle of Sutherland Development Trust. Rhionna Mackay has been appointed Project Officer and now leads the Greening Kyle project. Valerie Houston is now the Project Officer for the Trusts’ Falls of Shin team. Local architect Catriona Hill of CH Architecture, has been appointed to design a new Falls of Shin Visitor Centre. Calum Couston is the new ScotGrad Associate, and will start his role as Community Development Assistant on 2nd March.

It is essential that the Kyle of Sutherland Development Trust can demonstrate to partners and potential funders that it has community support. The Trust therefore asks that residents of the Ardgay and Creich Community Council areas become Trust members. Membership of the Trust is free and you will receive regular emails giving an update on current activities. You will also be able to stand to be elected on to the Board of Directors.

To sign up please go to http://eepurl.com/bd1g4D

Company Limited by Guarantee registered in Scotland: SC401019. Registered Scottish Charity: SCO43587. Registered office: The Trust Offices, Dornoch Road, Bonar Bridge Sutherland, IV24 3EB

KoSDT
The Trust Offices, Dornoch Road, Bonar Bridge IV24 3EB
01863 766 190
development@kyleofsutherland.co.uk
@KOSutherland
Kyle of Sutherland Development Trust
**Charities & Volunteering**

**EAST SUTHERLAND COMMUNITY CARE FORUM**

**Join the Friends at Home Service**

Continuing to live at home proves the best option for older people but losing the ability to cope with day-to-day tasks can make this difficult. Engaging with this service will help to make independent living possible and deal with anxieties.

Research shows that befriending can improve health and well being if used as an early intervention to build resilience and aid rehabilitation. This in turn may help reduce future dependency on more costly health and social care services. It can also help keep independence for a longer period of time.

People who use befriending services have reported that they were less lonely and socially isolated.

Our Friends at Home Service will enable us to support some of the most isolated vulnerable people in our communities. In that group are the elderly, disabled, carers or people affected by long term physical or mental ill health. These people are less likely to be able to access local community groups or join local activities and services that could alleviate their isolation and loneliness. Feelings of insecurity can arise from things like simply not being able to do household tasks such as changing a light bulb, getting out to post letters, taking a dog for a walk. Others, no longer able to drive, have poor or no access to public transport if living in a rural setting.

Our hope is that through this service our trained volunteers will visit people for a chat and cup of tea, do shopping for or with them, take them to medical or business appointments etc. Others might benefit from being taken to local social events or activities which they are unable to access by themselves through lack of confidence to go out alone, mobility problems or lack of transport.

We see this service as being a flexible one in which the matching of a volunteer to someone in need would be through criteria of time availability or shared interests. It may be the case that some people need daily visits initially eg if coming out of hospital, those needs decreasing as the person recovers. It may be that a regular weekly visit or outing would suit others.

No personal care is given. The service is free and totally confidential. Those taking part would be asked to give feedback on how useful they found this service during the first six months of this service. This information will be used in future funding applications for the continuance and expansion of the service.  

**Isobel Murray, ESCCF Development Officer**

**Bradbury Centre**

Well-Being Centre for the Elderly of East Sutherland  
Opening hours - Monday & Friday 9 am to 3 pm, Tuesday 9 am to 2 pm, Wednesday 9 am to 2:30 pm. Lunches served all day.  
Contact: Lorraine or Elizabeth  
① 01863 766 772

**East Sutherland Citizens Advice Bureau**  
Confidential, impartial and independent advice, information, and assistance to anyone, on just about any subject.  
Contact: Jim McCourt  
① 01408 633 000

**Tax Help for Older People**  
Offering free tax advice to older people on lower incomes. Helpline:  
① 08456 013 321 ② 01308 488 066

**Voluntary Groups**

**East Sutherland**

VGES supports the voluntary sector in East Sutherland by representing and supporting voluntary groups and individuals. Contact:  
① 01408 633 001

**The Spark**  
(The Relationship Helpline) Confidential support for all your relationship difficulties.  
www.thespark.org.uk  
① 08088 022 088

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**CARING FOR CARERS**

Caring for a loved family member is a task undertaken by 1 in 8 of the population. The Forum seeks to contact carers to find out what support would make a difference to their lives and advise them of what help and benefits they might receive.
A polytunnel is a great thing to have in your garden, especially at this time of year. The growing season can be extended at either end, from potato planting in February to leaving carrots in the ground to lift throughout the winter. Indeed, in less frosty winters, salad leaves will stand fairly well to be harvested during all months. The extra protection from wind and weather enables crops to grow steadily all season and you can garden at times to suit yourself and not be so dependent on the sun shining to do the weeding. Of course, the higher temperatures reached and the longer season enables crops to be grown that do not normally do well at our latitude. We regularly grow sweetcorn, courgettes and squashes are much more productive than those grown outside. My success with more traditional greenhouse crops such as tomatoes and peppers has not been so great. I don’t know if the atmosphere is too damp, resulting in mildew and sometimes blight. So I continue to crop these in pots in a lean-to glass greenhouse with a back wall which holds the heat, thus remaining warmer overnight.

I’m often asked what size of polytunnel is the best? I would suggest that the largest you can afford and have room for. The larger sizes often have thicker gauge steel for the hoops which is a big consideration on a windy site. Also the larger the air mass inside, the better the temperature will be maintained and the less condensation. (Don’t expect your tunnel to be frost free in the winter. Although protected from snow and winds, tender plants will not survive the winter frosts). No matter how large a polytunnel you have, it will soon fill up as you realise how well things grow inside and how pleasant a place it is to work. The polytunnel should be sited end-on into the wind. (ie with one of the vertical ends facing prevailing wind.) To some this seems counter-intuitive, but a short physics lesson in the Bernoulli effect will have you convinced. Our polytunnel withstood the recent storm despite trees snapping and uprooting around the rest of the garden. The other main consideration for making your polytunnel wind-safe is to get the polythene really tight. This is best achieved by putting the polythene cover on on a sunny warm day.

As it doesn’t rain inside the polytunnel, things will need to be watered. You can purchase various watering systems. We use overhead watering run by an automatic timer to come on anything from once a week to twice a day. This is not without its problems. Some crops are more thirsty than others and some hate getting their leaves wet. So, it’s good to have flexibility and be able to zone the watering and use a hose or regular sprinkler at times.

How to arrange the cropping in the greenhouse is another thing to think about. Of course, you can just cover a piece of garden and get on with it, but I think a few paths and deep beds are definitely worth considering. Don’t forget space to put your deckchair too! We have 2 polytunnels. One has a path right down the middle and the earth all at one level. The rotovator can come in here and turn the ground easily. The other was put over a field with much poorer soil, so we decided to construct raised beds in there to make best use of the soil and give us somewhere to put the stones. (To make the paths between the beds). The original beds were made of timber, but this rotted after a few years and was replaced by narrow concrete paving slabs. These can have timber on top to keep the soil in place but should last much longer as they are not covered in soil. The paths are wide enough to take a wheelbarrow which has proved very useful, and the beds just the correct width so they can be planted and weeded from the sides and not walked on. This does mean they have to be dug with a spade – usually every 2-3 years when incorporating compost.

Don’t forget to plant flowers and herbs in there too! Happy Gardening.

Betty Wright
What’s on in the area

**7 APRIL**
**ARDROSS HALL**

*The Straw Chair Theatre*

From Borderline Theatre Company. The Straw Chair tells the powerful story of seventeen-year-old Isabel and her minister husband’s arrival on the remote island of St. Kilda. Their encounters with the island’s inhabitants changes their lives forever in this captivating contemporary classic of Scottish playwriting. 8 pm. Tickets £10 and £7 conc. Bookable on: 01349 880 591.

**10 MAY**
**FROM 10/05 TO 16/05**

*Cape Wrath Challenge*

Whether you enjoy road running, off road, competitive or recreational, Cape Wrath Challenge offers a selection of events suitable for all abilities. The highlights of the week are the Marathon and Team Event. One of the most unique courses in the UK. More information: [www.capewrathchallenge.co.uk](http://www.capewrathchallenge.co.uk)

**16 MAY**
**LEDMORE & MIGDALE**

*Survival skills in the Woods*

Come along and learn survival skills in the woods with survival expert Neil Foote. Three sessions are available; 9 - 11:30 am, 12 - 2:30 pm or 3 - 5:30 pm. Small groups of 8 per session, so booking is essential. Participants must be 11+. Meet at Torroy Croft. More info: ledmoremigdale@woodlandtrust.org

**28 MARCH**
**FROM 7:30 TO 9 PM**

*Earth hour in Beauly*

Turn off everything at home and celebrate our brilliant planet on this torch lit walk through Beauly town to the river. As part of the World Wildlife Fund (WWF) Earth Hour we will be trying to spot wildlife, have fun and tell stories as we embrace the darkness. Bring a torch. Meet at the gate entrance of the Beauly Priory, Beauly. Adults £4.00, conc. £3.00, family £11.00. Contact Jenny on 01463 255291

**10 APRIL**
**BONAR BRIDGE HALL**

*Kyle of Sutherland Cinema Club film night*

At 7:30 pm. Join us to watch one of the last films of our 2014-2015 programme, a British comedy drama about a successful black woman who traces her birth mother to a lower-class white woman, who denies it; emotions run high as everyone’s secrets are exposed. BBFC 15. Free entry. Refreshments £2 donation.

**25 MARCH**
**BONAR BRIDGE**

*Whist*

Kyle of Sutherland Whist Club 2014/2015 Whist Drive Series. Bonar Bridge Community Hall, 7 pm. Admission £2.00 including tea.

**8 APRIL**
**BRORA**

*Kite making*

Come along and make kites and fly them. Booking essential. Meet at the Brora Heritage Centre. From 10:30 am to 12:30 pm. Adults go free with accompanying children, conc. £3.00. Contact Ian on 01549 402638 or ian.paterson@highland.gov.uk.

**11 APRIL**
**ROGART HALL**

*Sutherland Accordion and Fiddle Club*

Club Members and Friends. Every Wednesday night in Rogart Hall at 8 pm. With excellent visiting bands, a good attendance at concerts, plenty of dancers on the floor, raffles and catering.
Adult Clubs & Societies

Local groups are a fantastic way to keep in touch with friends or make new ones, share skills, learn new things, take some exercise or simply have fun

**Ardgay Badminton Club**
Ardgay Public Hall.
**Mondays** Beginners 5:30 pm to 6:30 pm - £2.00
**Thursdays** Teens 5:30 to 8:30 pm - £3.00 / Adults 7:30 to 10:30 pm - £3.00
Note: overlap to allow teens to play alongside adults for 1 hour. Extra play £1.00 per hour for all.
Note: Stops when the lambing season starts.
Contact: George Ross ☎ 01863 755 329

**Ardgay Scottish Country Dancing Club**
Bonar Bridge Community 7:30 to 9:30 pm, £1.50 per session. Finishes for the summer on 28 April - still time to join.
Contact: Doreen Bruce ☎ 01863 766 852

**Bonnar Bridge Local History Society**
Organising events and history walks.
Contact: Marion Fraser ☎ 01863 766 235

**Edderton & District Gardening Club**
First Monday of the month from September to May in Edderton Community Hall. Meetings start at 7:30 pm and everybody is welcome. Normally we have a guest speaker, and during the growing season there is the opportunity to swap plants and cuttings. Members also enjoy discounts at Scotsburn Garden Centre and Dornoch Garden Centre.
MONDAY 13TH APRIL - Visit by a local nursery, with plants for sale (later meeting date to avoid the Easter weekend).
For more information ☎ 01863 766 061
☎ 01862 811 381

**Kyle of Sutherland Cycling Club**
Website: www.koscc.co.uk Facebook: Kyle of Sutherland CC Contact: Chris ☎ 07543 466 699

**Kyle of Sutherland Heritage Society**
Website www.kyle-of-sutherland-heritage.org.uk
Contact: Steve Copley ☎ 01863 766 174

**Kyle of Sutherland Joggers**
Leaders trained by Jog Scotland. All levels of fitness are welcome. Facebook: Kyle of Sutherland Joggers Contact:
Eliza / Caroline / Gemma ☎ 07743 228 661
☎ 07799 391 281
☎ 07545 929 768

**Kyle of Sutherland Whist Club**
Bonar Bridge Hall, Wednesday evenings at 7:30 pm. Admission £2 including tea. WHIST DRIVE SERIES:
18 MARCH: Bonar Bridge Children’s Christmas Party
25 MARCH: Bonar Bridge Community Hall
1 APRIL: Bonar Bridge Indoor Bowling Club
8 APRIL: Gala Week
15 APRIL: Bonar Bridge OAP Fund
22 APRIL: Kyle of Sutherland Whist Club
Contact: Rosemary Logan ☎ 01549 421 282

**Scottish Women’s Rural Institute**
All ages welcome. Ardgay Public Hall 7:30 pm 3rd Tuesday each month / Culrain Hall 7:30 pm 4th Thursday of the month.
Contact: Mrs. Jean Jack ☎ 01863 766 646

**Sutherland Walkers Club**
We meet the 4th Sunday of the month, all year round.
SUNDAY 22 MARCH
Balnacoil to Pollie (Strath Brora) OS17 806114 / OS16 758160
6 - 12 Miles track walk. Car Sharing available.
Spring / Summer programme available at www.kyleofsutherland.co.uk
Contact: David Hannah ☎ 01863 766 601

**Bonar Bridge Ardgay Golf Club**
Market Stance, Migdale Road, Bonar Bridge. Sutherland IV24 3EJ ☎ 01863 766 199

**Creich & Kincardine Art Group**
Meets in Bonar Bridge Hall tearoom on Wednesdays from 10 am to 3 pm. All welcome.
Contact: Joan Mulligan ☎ 01549 421 321

**Kyle of Sutherland Whist Club**

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**Bonar Bridge Ardgay Golf Club**
Market Stance, Migdale Road, Bonar Bridge. Sutherland IV24 3EJ ☎ 01863 766 199
Adult Clubs & Societies

Meet the Ardgay Tai Chi Group

The Tai Chi group meets at 7pm on Wednesday evenings at Ardgay Public Hall, the aim of the class being to promote good health and well-being.

If you think you’d like to try tai chi then you can come along to the Ardgay group on a Wednesday evening. If you are not sure if tai chi is for you then you can come just to watch the group, or you can join the group for a free taster session. We charge £2 per night. You don’t need any special clothes or equipment just comfortable flat shoes and loose clothing.

Ann Lynch, from Rogart, is our qualified teacher and comes to instruct us periodically. Ann teaches us the principles of tai chi, shibashi and a variety of related exercises. Many of these can be done seated. She brings enthusiasm and we always have fun.

The Ardgay group has a range of members – some who have been attending the class for years and others who are beginners. However, because of the nature of tai chi it is possible for beginners to join in and learn the moves at their own pace.

We would like to acknowledge the support we have had from the Kyle of Sutherland Development Trust. They provided support in 2012-2013 and are supporting this winter’s classes.

For more details and up-to-date info on dates and times feel free to contact:
Angela: 01549 421 336
Margaret: 01863 755 329
Marion: 01863 766 100

WHAT IS TAI CHI?
Tai chi combines deep breathing and relaxation with slow, graceful, continuous movements that are gentle on the joints and muscles. Originally developed as a martial art in 13th-century China, tai chi is today practised around the world as a health-promoting exercise.

WHAT ARE THE HEALTH BENEFITS OF TAI CHI?
Studies have shown that tai chi can help reduce stress, improve balance and general mobility, and increase muscle strength in the legs. Because tai chi is performed as a low-impact form of exercise this means that it won’t put much pressure on your bones and joints and most people should be able to do it regardless of age.

DO I NEED TO BE FIT TO DO TAI CHI?
No, tai chi is for everyone. It is ideal for inactive older people wanting to raise their activity levels gently and gradually but if you have any health concerns you can ask your GP for advice before starting. Because Tai chi is a gentle activity it is unlikely to cause injury if done correctly. The exercises involve lots of flowing, easy movements that don’t stress the joints or muscles.

Kyle of Sutherland Cinema Club

KoS Cinema Club meet at Bonar Bridge Hall on the 2nd and 4th Friday of each month. 7:30 pm. Free entry. Refreshments £2 FRIDAY 27 MARCH. Italian comedy. Italian postman learns to love poetry while delivering mail to a famous poet. BBFC U

Facebook: Kyle of Sutherland Cinema Club

WE WOULD LIKE TO HEAR FROM YOU
Please send us your feedback, comments, letters, suggestions or contributions. Visit www.ardgayanddistrictcommunitycouncil.org.uk or email ardgaynewsletter@gmail.com

ADVERTISING TARIFF

FULL PAGE: £40 (A4)
HALF PAGE: £20 (A5 LANDSCAPE)
1/3 PAGE £15 (A5 PORTRAIT)
1/4 PAGE £10 (A6)
SMALL SIZES FROM £4
CLASSIFIEDS: FREE
Book for the whole year and get a discount!
Booking & enquiries: ardgaynewsletter@gmail.com
01863 766 690

Next edition: 10th June
Over 100 entries and a huge amount of talent!

A total of 97 children from Gledfield, Bonar Bridge and Rosehall Primary Schools have taken part in the 1st Ardgay & District Community Council Children’s Art Competition.

On Saturday 28th March, from 11 am to 2 pm, an exhibition of all the competition entries will be held at Ardgay Public Hall. All are welcome to come and see the extraordinary artistic talent of our local children. Every participant in the competition will get a Cadbury’s Creme Egg, and the winners will also receive their prizes and a commemorative certificate. Pupils are also invited to collect their artworks at the end of the event (around 2 pm).

We would like to thank Kirsten Macneil, Cluster Headteacher of Rosehall & Gledfield Primary Schools and Christine Gordon, Headteacher of Bonar Bridge Primary School. Without their invaluable help, it would have been impossible to organise a competition such as this. And very warm thanks also to Doreen Bruce, from Creich & Kincardine Art Group, who kindly agreed to be a member of the Judging Panel. Choosing the competition winners has been extremely difficult, due to the great overall creativity of the artwork.

The prizes and the exhibition event are funded with a small grant from Beinn nan Oighrean Windfarm Community Benefit.

Entries by category:
Nursery to P1, 20 entries; P2 to P4, 38 entries; P5 to P7, 45 entries. Children were invited to submit more than one artwork.
Children & Young people

P5 TO P7

1ST PRIZE
ELISABETH LUNARDINI, P7
“Winter”

2ND PRIZE
PAIGE MATTHEWS, P6
“My favourite animal”

3RD PRIZE
LAYLA DALTON, P6
“Winter”

HIGHLY COMMENDED:
These entries were especially praised and highly commended.

Alexander Sutherland, P4
“My favourite animal”

Holly Manson, P3 “This is me”
Megan Sawyer, P5 “This is me”
Hamish Munro, P7 “Winter”

The Prizes

NURSERY TO P1
1st prize: Crayola 6 washable kids paint + 4 brushes.
2nd prize: Crayola 24 crayons.
3rd prize: Crayola 8 crayons

P2 TO P4
1st prize: 52 piece hexagonal shaped arts & crafts set.
2nd prize: Crayola 24 crayons.
3rd prize: Crayola 8 crayons

P5 TO P7
1st prize: Super mega art set 258 piece. 2nd prize: Crayola 10 washable fine line markers. 3rd prize: Crayola 12 coloured pencils.

WINNERS & HIGHLY COMMENDED
Commemorative certificate

ALL PARTICIPANTS
Cadbury’s Creme egg
Children & Young people

GLEDFIELD PRIMARY SCHOOL

Kirsten Macneil Cluster Headteacher Rosehall & Gledfield Primary Schools

GLEDFIELD NURSERY

In Gledfield Nursery We Have Been Learning About The Polar Regions. We have learnt all kinds of facts. We measured the teachers and the children and found out that an Emperor penguin is taller than all of the nursery children.

We brought snow into the Nursery.
We made Igloos out of clay.

Bonar Bridge Primary School pupil wins Gaelic Writing Competition

Congratulations to Hamish Munro, a P7 pupil at Bonar Bridge Primary School who has won the ‘Reultaireachd airson Tilleadh Dhachaigh’ / ‘A Horoscope for Homecoming’ with ‘Am Balach Nach Deach a’ Lorg’, a story about a ghost at the old Migdale Hospital. Several other children from the Gaelic class also got commendations.

Christine Gordon

‘Am Balach Nach Deach a’ Lorg’ by Hamish Munro

A’ chiad latha air ais dhan sgòil chaidh Jack, Sophie agus Barty a-steach dhan clasaid. Bha Miss Hutton a’ seasamh ri taobh am bord-gheal. “Seo an sgoilear ùr again, ’s e Robbie an t-ainm a th’ air agus ’s ann á Poll a’ Ghrùthain a tha e” thuirt i.

“Dè tha sinn a’ déanamh an-diugh?” dh’haighnich Sophie.

“Tha sinn a’ dol dhan Sgoil Àraich airson a’ cuideachadh” fhreagair Miss “Chan eil!” dh’èigh Robbie.

“Fiosdaidh tuin fuireach an seo” thuirt Miss Hutton gu crosta. Chan e gu roh Robbie mi-mhodhail ach gu roh droch bheatha air a bhith aige an a bha e Dimàirt, bha iad uile a’ déanamh sgrìobhadh ach cha roh bh fhìos aig Robbie ciamar a bha thu a’ sgrìobhadh. […]

Read the whole text: www.ardgayanddistrictcommunitycouncil.org.uk

by Andymack & Sil

MEET HAMISH THE TARTAN DRAGON

A Shy veggie dragon who lives on Carn Bren

“Hello, Morag! Would you like to meet my friend snowbell? She is the Spring Fairy,” says Hamish. Morag exclaims, “Don’t be silly, Hamish, there is no such things as fairies, even a Spring one.”

Just as Morag finished her sentence out of a clump of snowdrops popped the most beautiful creature she had ever seen and very politely said, “How do you do, Morag? I have heard so much about you.”
Easter-time or Eternity?

How often have you heard the expression by someone else or have used it yourself - “It will only take a minute.” Perhaps we’ve been in a hurry to catch the shops open, asked to answer a questionnaire, sign a petition - “It will only take a minute.” But a minute can seem a long time depending on the circumstances or situation you find yourself in. Try holding your breath under water for a minute and you’ll see what I mean.

Here are some of the things that can happen in the space of a minute. In this country one hundred and eighty thousand cups of tea are drunk in a minute, sixty million gallons of water pour over the Niagara Falls in America every minute, on average the human eye blinks eighteen times every minute and the Royal Bank of Scotland makes approximately £1,429 profit every minute.

We live in the dimension of time, in which seconds, minutes and hours are the measure by which we live. Some years ago, I took part in a “Thought for the Day” on the radio. The producer reminded me of the short time allowed for the ‘slot’ and said, “Remember, time is money in this game!” Although, ‘slot’ and said, “Remember, time is money in this game!” Although, we are creatures of time God made us for eternity. The Bible says that when God made man, “He breathed into him the breath of life and man became a living soul.” (Gen 2:7) There is a dimension to our nature therefore which is “spiritual” and eternal and cannot be measured in seconds, minutes, hours, days or years.

Why do we give so much time to the things of time and so little to the things of eternity? Jesus said, “I am come that you might have LIFE and have it more abundantly.” (John 10.10) Sometimes not so much as a minute is spent seriously thinking about the ‘things of eternity’. When we come to church, there are often many distractions that prevent us focussing our thoughts. It is good to meet together and share all the latest news and gossip! When the service begins, however, our minds can still be working overtime!

The dying thief on the cross, recognising his own sin and his rejection of God, cried out to Jesus in less than a minute, “Lord, remember me when you come into your Kingdom.” (Luke 23. 42–43) It was the cry of a desperate man who in a moment’s insight had looked into the abyss beyond death. And the Lord Jesus was very merciful and forgiving and said, “Today, you will be with me in paradise.” It all took less than a minute but that man’s life was changed for eternity.

May our time of worship in the busy weeks of Lent and what quiet time we reserve at home be a time especially, if only for a minute, for reflecting on the needs of our souls. The real message of ‘Easter-time’ in our churches is, after all, that God’s gift in Christ can transform what little ‘time’ we have into ‘eternity’ itself.

With every blessing for a Happy Easter-time. ■ Rev. Anthony M. Jones

The Kyle of Sutherland Churches
Kincardine, Croick and Edderton
linked with Creich and Rosehall Parishes

Minister: Rev. Anthony M. Jones
The Manse, Manse Road,
Ardgay, Sutherland IV24 3BG
01863 766 285
revanthonyjones@yahoo.com

CHURCH DIARY OF EVENTS & EASTER SERVICES

LENT STUDY AT ARDGAY MANSE:
“God’s Messengers” Commencing on Wednesday 11th March until Wednesday 1st April at 10:30 am
Everyone Welcome

29th March: PALM SUNDAY SERVICES AROUND THE KYLE
10 am Family Service at Rosehall Parish Church 10:30 am Joint Palm Sunday Service for Kincardine, Croick and Edderton at Edderton Parish Church (followed by Annual Stated Meeting) 10:30 am Creich Parish Church Palm Sunday Family Service with children’s procession (followed by Annual Stated Meeting)

HOLY WEEK SERVICES
2nd April (Maundy Thursday) Service of Reflection with informal Holy Communion at Rosehall Church (Upper Room) at 6 pm
3rd April (Good Friday) ‘Vigil at the Cross’ at Creich Parish Church at 7 pm

EASTER DAY
5th April (Easter Day) 8 am Church/Community Sunrise Service by the Kyle at Ardgay (Stonehenge) - 10:30 am Easter Service at Creich Parish Church - 10:30 am Easter Service at Edderton Parish Church - 12 pm Easter Service at Rosehall Parish Church - 12:15 pm Easter Service at Ardgay Parish Church

SPRING 2015

Short Easter sunrise service

ADVANCE DIARY DATES:
9th May - ‘Mad Hatter’s Tea Party & Family Fun Day’ at the Manse, Ardgay from 11 am to 3 pm
23rd May at 11 am - 5th Annual Combined Churches Lambsing Service at Edderton Old Church with pet lambs on show.
Guide to local services A-Z

**BRADBURY CENTRE**
Bradbury Centre Bonar Bridge
01863 766 772

**BUSES**
MacLeod’s Coaches
01408 641 354
Bradbury Centre Bus
01863 766 772

**CAB**
Citizens Advice Bureau Golspie
01408 633 000

**CHURCH OF SCOTLAND**
Kincardine Parish Church
Rev. Anthony M. Jones
01863 766 285

**DVLA**
DVLA Inverness
0300 790 6801

**ELECTRICITY**
24Hr Emergency
0800 300 999
Customer Help
0800 300 111

**FIRE BRIGADE**
Fire Station Dornoch
01862 810 297

**FORESTRY COMMISSION**
Forestry Commission Scotland
01309 674 004

**GOLF CLUB**
Bonar Bridge-Ardgay GC
01863 766 219

**HIGHLAND COUNCIL**
Drummuie Golspie
01408 635 370
Service Point Bonar Bridge
01863 766 083
Service Point Dornoch
01862 810 491

**HIGH SCHOOLS**
Tain Royal Academy
01862 892 121
Dornoch Academy
01862 810 246

**KYLE OF SUTHERLAND**
KoS Development Trust
01863 766 536
KoS Fisheries Trust
01863 766 702
KoS Youth Development Group
01863 766 310

**LIBRARIES**
Bonar Bridge Library
01863 760 083
Mobile Libraries Ardgay & Strathoykel, Strathcarron
0773 330 0761

**NHS**
Migdale Hospital
01863 766 211
Doctors Creich Surgery
01863 766 379
Nurses Creich Surgery
01863 766 237

**POLICE**
Local Police (Inverness)
0845 600 5703
National Emergency 101
Confidential Line:
01463 723 321
Textphone:
01463 723 325

**POST OFFICE**
Bonar Bridge
01863 766 219

**PRIMARY SCHOOLS**
Gledfield
01863 766 580
Bonar Bridge
01863 766 221
Rosehall
01549 441 348

**RECYCLING CENTRE**
Bonar Bridge
01349 888 439

**SCOTTISH WATER**
24Hr Emergency
0845 600 8855
Customer Help
0845 601 8855

**TAXIS**
Ronnie’s Taxis Ardgay
01863 766 422
A&B Taxis Ardgay-Bonar
07549 999 760

**TRAINS**
National Rail Enquiries
0845 748 4950

**VETS**
Rogart Vets (Farm Animals, Pets & Horses)
01408 641 352
Easter Ross Vets Tain
01862 893 142
Johnston & Farrell Tain
01862 894 223
Kessocks Equine Vets
01463 731 107

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**Royal Bank of Scotland**
Mobile Timetable TUESDAY
Bonar Bridge War Memorial
Arrive 11:50 Depart 12:05

**MacLeod’s Coaches**
Timetable
ARDGAY ➔ TAIN
Ardgay 06:46 / 09:08 / 11:28 / 14:23 / 17:20 / 17:48
Edderton 06:58 / 09:20 / 11:40 / 14:35 / 17:35 / 18:00
Tain Laxing St 07:08 / 10:30 / 11:50 / 14:45 / 17:45 / 18:10

**Bradbury Centre Bus**
BONAR BRIDGE CIRCULAR
920 - Wednesday
Bonar Bridge
Cherry Grove 10:30 / 13:30
Spinningdale 10:39 / 14:31
Clashmore 10:53
Tain 11:02 / 14:08
Tain Laxing St 11:04
Edderton 11:17 / 14:53
Ardgay 11:39 / 15:33
Bonar Bridge 11:42
Bonar Bridge - ALENES 919 - Tuesday
Bonar Bridge
Cherry Grove 10:30 / 13:30
Easter Fearn 10:42 / 13:33
Ardross 10:58 / 13:17
Aliness 11:15 / 13:00

The minibus has a wheelchair lift which will be available as part of the service. The service will divert on request to pick up prebooked passengers up to a mile from the route. These journeys must be booked by 14:00 on the previous working day 01863 766 772

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**Mobile Library Ardgay**
EVERY 3RD WEDNESDAY
25/03/15 - 15/04/15 - 06/05/15 - 27/05/15
Oakwood Place, Ardgay
Arrive 13:45 Depart 14:00
The Lady Ross, Ardgay
Arrive 14:00 Depart 15:15
TUTORS WANTED We are always looking for skilled Tutors to help develop new learning opportunities. Lairg Learning Centre: 01549 402 050

VOLOUNTEER ADVISERS WANTED No special skills are needed—except for some basic computer knowledge— and full training is provided. Becoming a CAB adviser is an excellent way of making a contribution to, and becoming involved in, the local community. Citizens Advice Bureau 01408 633 000

VOLOUNTEERS WANTED for Friends at Home Service, to help an individual who is lonely or isolated through long term physical or mental illness and would benefit from receiving a visit for a chat, getting out for a coffee, having company for a walk, shopping or to go to GP...No personal care given. Contact Isobel Murray: 07907595962

BOARD MEMBERS We are keen to recruit at least a couple more Board members. Anyone interested in helping with the management of the Bradbury Centre should contact Dr. Brian Martin 01863 766 147

OCCASIONAL ORGANIST REQUIRED The Church of Scotland Ardgay and Edderton parish churches are currently seeking an organist to assist on occasional Sundays at their regular services of worship at 10.30 am and 12:15 pm. For further details telephone: 01863 766 285

GAZEBO / Small Marquee The CC have a small gazebo / marquee available for hire for community activities. Contact Marion Turner or Phil Olson 01863 766 100.

BOOKING Ardgay Public Hall. Contact: Fiona Venters 01863 766 602

BOOKING Kincardine Heritage Centre, Old Church of Kincardine, Ardgay. Mrs. Mary Stobo 01863 766 868

BOOKING Ardgay Church Hall. The Reverend Anthony Jones – 01863 766 285

Classified ads

Crosswords

Across
4. Accepted by Muslim law as fit for eating.
5. A pole or beam used in Scottish games for tossing as a trial of strength.
6. An organ in the human or animal body which secretes particular chemical substances for use in the body or for discharge into the surroundings.
8. Exceeding what is sufficient or necessary: extra.

Down
1. Stone in the centre of Ardgay.
2. Anxiety arising from awareness of guilt.
3. Latin name of the flower snowdrop.
4. Gaelic name of Saint Kilda.
7. A drain or pipe that allows water to flow under a road or railroad.
8. Final cause; end; purpose, interest.

Train times
From 14/12/2014
INVERNESS ➔ ARDGAY
Monday to Saturday:
07:02 (08:33) Catering Saturdays only
10:38 (12:05) Catering serv. available
14:00 (15:29) Catering serv. available
17:12 (18:39)
18:28 (20:01)

Sundays:
17:54 (19:23) Catering serv. available

ARDGAY ➔ INVERNESS
Monday to Saturday:
06:16 (07:44)
06:45 (08:13)
09:07 (10:34) Catering Saturdays only
10:54 (12:23) Catering serv. available
15:30 (17:01) Catering serv. available
18:52 (20:10) Catering serv. available
19:28 (20:57)

Sunday:
14:49 (16:16) Catering serv. available

Around the end of March, the solution will be published at: www.ardgayanddistrictcommunitycouncil.org.uk