

# ARDGAY & DISTRICT

## Community Council *newsletter*

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Issue No. 30 • WINTER 2015-2016 •

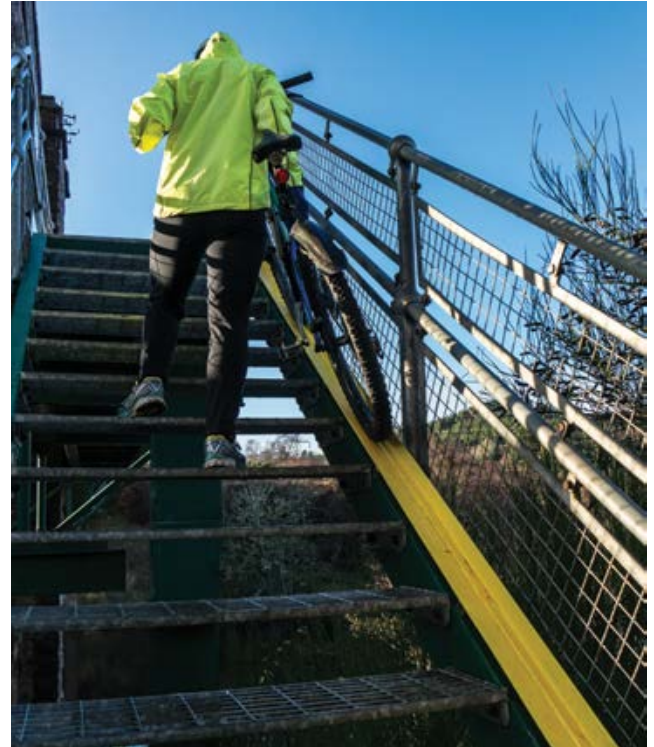
ALL HOUSEHOLDS IN THE RELEVANT POSTCODES  
RECENTLY RECEIVED A LETTER AND A SURVEY

### Superfast broadband is coming to Ardgay and District in 2016

A cabinet will provide high speed broadband to all houses 2 Km from the centre of Ardgay. The Kyle of Sutherland Development Trust is exploring how a community owned broadband company could be formed for those who live further away.

SUPERFAST BROADBAND is coming to Ardgay sometime early next year from a green cabinet in the centre of the village. Residents will be able to order it from their service provider once the cabinet "goes live". Those who live closest to the cabinet will get the highest speeds and as you go further out the speeds will drop off. If you are more than about 2 km away from the village centre it is likely that you will not get any improvement in your current speeds. Because of this, the Kyle of Sutherland Development Trust is exploring setting up a community run and owned broadband company which would bring fast broadband to those who may not be reached from the cabinet. *(Continue on page 4)*

### Campaign against the reduction in hours at the Bank of Scotland Bonar Bridge branch *(Page 5)*



### Sandy's Crossing

The bright yellow cycle wheeling ramp, pictured, was perceived as an urgent need at roughly the same time by both Creich Community Council and Ardgay & District Community Council. That was about three years ago and since then Sandy Chalmers kept the concept alive and moving forward. He obtained a design from a local steel fabricator and consulted Highland Council officials to work up an acceptable project. Eventually, in addition to the two community councils and the fabricator, Highland Council, Network Rail and Sustrans all became involved to finalise the design and get the steel installed. Thanks to everyone. The ramp works very well and will make Sandy's Crossing safer and easier to use.

Ten golden rules  
while applying  
for Community  
Wind Farm Awards

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Children &  
Young  
people extra  
pages

Pages 16 & 17



Events in the area,  
Opening times,  
Telephone guide, Bus  
& Train timetable,  
Crosswords, Sudoku...

# ARDGAY GARAGE



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noch Road, Bonar Bridge, Sutherland, IV24 3EB

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**Contact us:**

**David Knight**, Senior Area Business Manager  
**Marianne Ross**, Recruitment Adviser

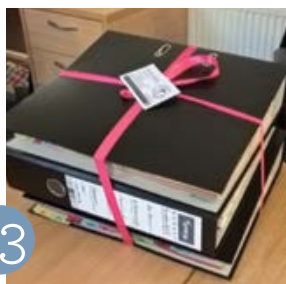
**Business Gateway, Bonar Bridge, IV24 3EB**  
01863 766128  
[David.Knight@highland-opportunity.com](mailto:David.Knight@highland-opportunity.com)  
[Marianne.Ross@highland-opportunity.com](mailto:Marianne.Ross@highland-opportunity.com)



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# Ardgay & District photographs



## Croick Church by Kirsty Woollard

Photo taken in 2014. Croick Church was built to the design of Thomas Telford in 1827, becoming more than just a place of worship, a safe haven for the people during the Clearance of Glencalvie in 1845.

## EDITOR'S LETTER

## Happy Christmas

I am excited with our frontpage article and the possibility of having superfast broadband at home. From watching online tv to submitting my work, in my opinion, a good Internet connection is essential in a rural remote area such as Ardgay & District. I hope there are many of you sharing the same point of view. A big thank you to our readers for the wonderful feedback, to our contributors and volunteer reporters, to our distributors who have delivered to you this copy despite the bad weather, and to our funders who are kindly supporting this venture. A very happy Christmas and a wonderful New Year. ■

**Silvia Muras** *Editor*



## Ardgay & District News

ARDGAY VILLAGE CENTRE WILL GET SUPERFAST BROADBAND EARLY IN 2016, THE REST WILL NEED TO WAIT

# A superfast community owned broadband company for the Kyle of Sutherland?

*The Kyle of Sutherland Development Trust is working with Community Broadband Scotland, who specialise in getting hard to reach areas connected, to investigate whether there is a demand for this and what the technical options are.*

*(Starts on front page)*

All households in the outlying areas have recently received a letter and survey about broadband. If there is enough demand for a community broadband service then Community Broadband Scotland will help the Trust set up the infrastructure and management needed. The cost of community broadband to households would be pegged to follow market prices so it would not cost more than you would pay with a mainstream provider.

The information the Trust gathers from the survey will be important in deciding how our community takes this forward. Please make sure you return the survey or complete it online at <https://www.surveymonkey.com/r/kosdtbroadbandscope>

### MEETING IN BONAR BRIDGE

On 23rd November, a well-attended meeting arranged by Kyle of Sutherland Development Trust took place at Bonar Bridge Hall. Nick Scroggie, Project Manager of the Digital Team at HIE, explained about the roll-out of Superfast broadband in Highland. It is expected that the green cabinet in Ardgay will go live early in 2016. Although they have extended the superfast "backbone" and are installing new green cabinets, the service will still rely on the existing copper wire from these cabinets to reach households. It is



*The meeting with Community Broadband Scotland and HIE representatives.*

**If there was enough demand, a scheme could be developed here which would get fast broadband to outlying households**

hoped that this will reach 84% of households.

Sarah Jones, Advisor with Community Broadband Scotland, explained that the Scottish Government has set up this organisation to find ways of getting fast broadband to the remaining 16% of households because as you get further away from a green cabinet the speed you will receive will drop off. This can be an issue in rural areas like ours where houses are spread out.

### SUCCESSFUL SCHEMES

Sarah Jones gave examples of schemes which she has been involved in such as Locheilnet in Lo-

chaber, which has 200 subscribers paying about £15 per month and Gigaplus Argyll which connects the islands of Islay, Jura, Coll, Craignish, Lismore and Mull; about 3,000 people in 1,500 premises.

At this stage they are studying maps of our area to calculate how many households are more than 2km away from the cabinet and which postcodes they belong to. Community Broadband Scotland will come back in early 2016 with further information and there will be a public meeting to finalise the shape of the project in our area.

Ron Boothroyd from the KoSDT encouraged everyone to return the survey which was delivered to all outlying households.

"Survey results are coming in and it is clear that there are many areas in the Kyle of Sutherland where the broadband speed is currently very poor." Calum Couston, Community Development Assistant, KoSDT. ■





## Ardgay & District News



Bonar Bridge branch used to open 14 hours a week, on Tuesdays and Fridays. Since the 7th December, it is only 3 hours on a Tuesday.

THE BANK IS ALSO CUTTING HOURS AT DORNOCH AND HELMSDALE

### Opposition to the reduction in hours at the Bank of Scotland branch

Ardgay and District Community Council recently sent a letter to the Bank of Scotland expressing people's concerns and explaining how this measure will have a negative impact on the community. No answer has been received yet.

BANK OF SCOTLAND has failed to acknowledge receipt of the letter sent by Ardgay & District Community Council regarding the reduction in hours at the local branch of the Bank of Scotland. This letter supports the campaign led by Michael Baird in Bonar Bridge.

Here are some of the points raised by Ardgay & District CC:

● *"There was no consultation with your customers or the community of interest. The reduction in footfall [...] is most likely a result of the bank in Bonar Bridge's already reduced opening hours – only 2 days per week. The Bank has created the conditions which have led to this situation and further reduction in hours will, we fear, lead to closure."*

● *"An aging population, a non-existent public transport system and irregular opening hours at the closest branches (20 – 30 mile round trip) make the alternatives to using the local bank branch not just inconvenient but unworkable."*

● *"The Treasurers of many local groups, including this Community Council, who are willing volunteers, will now face obstacles to doing business. As the bank does not offer an account for small local community organisations, most of these groups operate the business account and find communication with the central office very difficult and unsatisfactory. When issues arise, [...] in the end it is only the local staff,*

***"An aging population and a non-existent public transport system make the alternatives not just inconvenient but unworkable"***

***"The Bank has created the conditions which have led to this situation and further reduction in hours will, we fear, lead to closure"***

*who understand the situation on the ground, who can help them navigate the bureaucratic maze that the business account has become."*

● *"There is a real danger that members of the community will shy away from becoming treasurer for these groups and the groups' existence will be threatened."*

● *The bank should feel some loyalty and make some "social payback" to a populace which locally has supported the bank for decades."*

● *"Reducing the hours at Bonar Bridge will result in the human face of the bank, the one which helps people do business, becoming largely unavailable."*

● *"Telephone and internet bank scamming is on the increase. This is not a time to be reducing face to face contact."*

● *"Bank of Scotland should recognise its debt to this remote rural community of loyal customers and reconsider this decision."*

#### LOCAL CAMPAIGNER

Michael Baird, has been campaigning against the bank's unpopular decision for months. His plea last appeared at the Press & Journal on the 29th November, where he stated: "It is definitely a lifeline service because for many people, it is the last thing they have got available, especially older people who go there to collect their pensions and pay their bills." ■



## Ardgay & District News



*Wreath laying on Remembrance Sunday at Ardgay War Memorial.*

THE LUNCH TOOK PLACE AFTER THE PARADE, WREATH LAYING AND CHURCH SERVICE

## Royal British Legion Scotland Remembrance Sunday lunch for veterans and widows

CREICH AND KINCARDINE Branch of the Royal British Legion Scotland organised a lunch for member veterans and widows after the Remembrance Sunday parade, wreath laying and church service in Ardgay this year. This combined two of the key roles of Legion Scotland, remembrance and comradeship. Funding was provided by Legion Scotland along with a donation from Friends of Sutherland Veterans. 23 veterans, widows and guests attended and enjoyed an excellent lunch provided by local caterers Lowcroft Catering.



*The lunch took place at Ardgay Public Hall.*

Earlier wreaths were laid at the Ardgay and Bonar Bridge War Memorials by Legion Scotland, the Creich and Ardgay Community Councils, Fire Service and Lord Lieutenant. Local children planted crosses. The

community turned out in force at both Memorials to show their respect and to remember. During the church service the names of those who fell in WW1 between the start of the war and a 100 years ago to the day, 8 November

1915, named on these Memorials were read out. ■



**Fiona Porter**  
Secretary

✉ [f.porter514@btinternet.com](mailto:f.porter514@btinternet.com)

☎ 01863 766349

**Approved minutes of Ardgay & District Community Council meetings**

Available online from [www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk) and in your local library.

**COMMUNITY COUNCIL ELECTIONS ROUND 2: ELECTION DAY THURSDAY 3RD MARCH 2016**



# Greening Kyle Warmer Homes Service

*A free, local energy saving advice and practical measures service for residents in the Ardgay and Creich Community Council areas*



**Only available until 31st  
March 2016!**

Take advantage now to save  
money on your energy bills  
and make your home warmer

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---

*To find out more about our services or to book a free home energy assessment contact us using the details below*

[www.facebook.com/greeningkyle](https://www.facebook.com/greeningkyle) T: 01863 766554 E: [gkassistant@kyleofsutherland.co.uk](mailto:gkassistant@kyleofsutherland.co.uk)

Greening Kyle is funded by the Scottish Government through the Climate Challenge Fund. It is a part of the Kyle of Sutherland Development Trust, which is a Company Limited by Guarantee Scottish Registration: SC401019 & Scottish Charity: SC043587

Registered office: The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB



## Ardgay & District News

THE DEVELOPERS OF CAPLICH WIND FARM HAVE PLEDGED £8,000 TO ARDGAY, CREICH AND LAIRG

# Muirhall Energy - Caplich to fund training co-ordinated by Lairg Learning Centre

*Do you work locally or would like to work locally? Are you a member of a community group? Would some training help your group? This fund may be able to help.*

THE DEVELOPERS OF Caplich Wind Farm have pledged £8,000 to the three Community Council areas of Ardgay & District, Creich and Lairg, to spend on training. Lairg & District Learning Centre will co-ordinate the scheme. The classes will be run in all three areas in the first half of 2016.

### WHO CAN BENEFIT?

Do you work locally or would you like to work locally? Are you aware of some training you could do which would help you get into employment or improve your skills in the job you currently do? Are you a member of a community group? Would some training help your group? This fund may be able to help.

Opportunities to attend training which may lead to useful, recognised



**Opportunities to attend training which may lead to useful, recognised qualifications could also be arranged locally**

qualified qualifications could also be arranged locally.

### COURSES 'ON DEMAND'

Suggestions are already coming in and a popular choice seems to be learning how to use a chainsaw. This ticketed training helps residents improve their employability skills, but the community also benefits as more locals will have the skills to help with, say,

coppicing the community woods. please contact the centre if this is your choice of course.

Another idea is to help crofters with digital inclusion because large organisations are making more day-to-day croft administration computerised. Or how about dry-stone walling? A short course could provide sufficient information and practical experience to be able to rebuild a small section of wall.

If you are interested please contact the Lairg Learning Centre to discuss your ideas. ■



**Jane Dixon**  
Manager

[www.lairglearningcentre.org.uk](http://www.lairglearningcentre.org.uk)

✉ [admin@lairglearningcentre.org.uk](mailto:admin@lairglearningcentre.org.uk)

☎ 01549 402 050

f Lairg Learning Centre



Some of the ideas already put forward are chainsaw training, dry-stone walling and computerised croft administration.





## Ardgay & District News

SOME APPLICANTS FAIL TO GET FUNDING BECAUSE THEY MAKE EASY-TO-AVOID MISTAKES

# Ten golden rules when applying for Community Wind Farm Awards

*We asked members of local Wind Farm Award panels what are the most common errors that applicants make, and how to increase the chances of getting a grant.*

WHETHER YOU ARE ALREADY familiar with funding applications or you are thinking of applying for the first time, here are some tips that can help you maximise the chances of being successful.

**1 DO SOME RESEARCH.** Read as much as possible about the fund or funds you are going to apply to. Visit their websites and look for the guidelines that most of them have available to download.

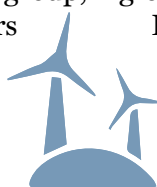
**2 GET HELP!** Phone or email the funders if you have any questions. Your Community Council or the Kyle of Sutherland Development Trust will also be happy to assist you.

**3 SELECT THE RIGHT FUND FOR YOUR PROJECT.** Some awards are designed to fund big projects, and the application process is usually lengthy; others are targeted to small projects, have a limit e.g. £2,000, and you will have the final decision in just one or two months. It seems obvious, but do not try to apply for more money than the fund is able to give.

**4 MAKE SURE YOU ARE ENTITLED TO A GRANT.** Community Wind Farm Benefit panels will only make awards to non-profit organisations or constituted charities. If you are trying to apply as an individual or a business, you will need to try other sources of funding.

**5 EXPLAIN IN DETAIL WHO YOU ARE AND WHAT YOU DO.**

While writing your application, you need to describe your group, saying how many members it has, how many times a week/month/year you meet, etc. Do not take it for granted that the people who are going to make a decision already know you.



**6 TELL THEM HOW OBTAINING THE AWARD IS GOING TO MAKE A DIFFERENCE** for the community, and who is going to benefit from it. This is perhaps the most important of all points. Ask yourself: "How many people from the relevant area will benefit directly from the award? And how many indirectly?" For example, your project is based in Ardgay, but the members of your group are residents of Bonar Bridge and Lairg. In this case, you could file three different applications to community funds in Ardgay, Creich and Lairg.

### Community Wind Farm Awards will not give funds to:

- Support the advancement of commerce, religion or politics
- Hospitality as a reward for normal business activity
- Costs already incurred
- Repayment of loans
- Purchase of a vehicle
- Buy second hand items
- Activities contrary to the interests of renewable energy

**7 SHOW A BREAKDOWN OF THE COSTS.** The members of the panel need to know how your group is going to spend the money.

If you write a breakdown of your expenses, you give them the opportunity of funding some of the costs, if not all. If you do not give details you will very likely receive a negative answer.

**8 FILL IN YOUR APPLICATION CAREFULLY,** even if it is not the first time. Just because your organisation got money from the same fund before does not mean that they are going to grant it again. The panel might have changed, or they can decide that your project is not relevant anymore. Show them you take things seriously, do not write a careless application and be surprised if it is refused.

**9 TRY TO GET OTHER SOURCES OF INCOME** for your project and reflect that in your application. The panel will be more inclined to grant you money if they see you are raising funds elsewhere. Some funds will only exceptionally give money to cover 100% of the costs of a project.

**10 ACKNOWLEDGE THE GRANT.** Once you have your funding, do not forget to thank the funders. Also, ensure that you acknowledge their help in any publicity that you use in connection with the project. ■ **Silvia Muras**



## Ardgay & District News

### How to apply for Community Benefit money

The Beinn nan Oighrean Windfarm Awards  
Small projects under £250

1. Go to Ardgay & District CC website:  
**[www.ardgayanddistrictcommunitycouncil.org.uk/funding](http://www.ardgayanddistrictcommunitycouncil.org.uk/funding)** where you can find full details.

IMPORTANT NOTE: Decisions on the applications to this fund will not be made until a new Community Council is formed in Ardgay.

The Beinn Tharsuinn Windfarm  
Community Benefit Fund  
Projects under £2,000

1. Go to Ardgay & District CC website:  
**[www.ardgayanddistrictcommunitycouncil.org.uk/funding](http://www.ardgayanddistrictcommunitycouncil.org.uk/funding)** where you can find full details.
2. Send an email to **[communitybenefit@ardgayanddistrictcommunitycouncil.org.uk](mailto:communitybenefit@ardgayanddistrictcommunitycouncil.org.uk)**

IMPORTANT NOTE: Decisions on the applications to this fund will not be made until a new Community Council is formed in Ardgay.

SSE Achany Community Fund  
Between £250 and £10,000 +

1. Visit **[sse.com/beingresponsible/responsiblecommunitymember/localcommunityfunds/achany](http://sse.com/beingresponsible/responsiblecommunitymember/localcommunityfunds/achany)** for more info and to download the application form.
2. Complete and return to **[fiona.morrison@sse.com](mailto: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 2016**.

E.ON Rosehall Community Fund  
Between £2,000 and £25,000 +

1. **Foundation Scotland** administers E.ON Rosehall Community Fund. Visit **[www.foundationscotland.org.uk/programmes/eon-rosehall.aspx](http://www.foundationscotland.org.uk/programmes/eon-rosehall.aspx)** for full details
2. Alternatively, you can contact **Carol Elliot** by email **[carol@foundationscotland.org.uk](mailto:carol@foundationscotland.org.uk)** or call **07500 779 227** if you require any further information or advice.
3. Next deadline: **30 April 2016**.

### Latest Beinn Tharsuinn Community Benefit Awards:

Since the last newsletter the following awards have been made:

- **Kyle of Sutherland Development Trust - £2,000** towards the cost of Ardgay regeneration proposal.
- **Gearchoille Community Wood Ardgay - £800** towards running costs.
- **Bradbury Centre - £360** towards the costs of seasonal activities.
- **Ardgay Hall - £900** towards the cost of heating system removal.

### Contact the Community Council Secretary:

**[secretary@ardgayanddistrictcommunitycouncil.org.uk](mailto:secretary@ardgayanddistrictcommunitycouncil.org.uk)**

### Contact our Ward Manager Ward 1: North, West and Central Sutherland

**Andrew Mackay**  
Mobile: 07776 465 844  
**[andy.mackay@highland.gov.uk](mailto:andy.mackay@highland.gov.uk)**

### Councillors Representing the Highland Council North, West and Central Sutherland

**George Farlow**  
**[george.farlow.cllr@highland.gov.uk](mailto:george.farlow.cllr@highland.gov.uk)**

**Hugh Morrison**  
**[hugh.morrison.cllr@highland.gov.uk](mailto:hugh.morrison.cllr@highland.gov.uk)**

**Linda Munro**  
**[linda.munro.cllr@highland.gov.uk](mailto:linda.munro.cllr@highland.gov.uk)**





## Ardgay & District News



Holly and Adam run the shop & café and also have copies of our newsletter for sale. / PHIL OLSON

ARDGAY SHOP AND HIGHLAND CAFÉ IS 2 YEARS OLD IN DECEMBER

## Happy birthday, Ardgay shop!

SINCE OPENING, the shop has developed in response to its customers and now has a wider range of items as well as fruit and veg. Adam said, "If someone has a request for something we can usually get it for them." It's this kind of service, and the open every day policy, which has seen their customer numbers grow from the early beginnings when

Holly and Adam moved north to start the business.

Being an independent shop, not part of a chain, brings some advantages but also lots of hard work. Holly said, "The hours are long and it's hard work but I really enjoy it. I like meeting our customers and getting to know them."

The cosy café has

proved popular with locals and is also a great stop-off for those who are traveling up and down the road. Holly said, "People have heard about our haggis and cheese toasties and come in to try them. Our bacon rolls and cafetiere coffee are a big hit too."

We wish them a Happy Birthday and continued success! ■

## Over 50? Wanting to keep on feeling good?

THE KEEP ACTIVE TOGETHER (KAT) programme is very diverse and includes 'Keeping Fit for Over 50s' each Friday Morning in Ardgay Public Hall, 10:30 for an hour.

This is not body-building, nor working up a sweat. Emma, our

trainer, concentrates on balance and movement, which we all do, every waking hour. The gentle, natural exercises are fun and help keep us as efficient as we were 20 years ago.

Join in! ■



## Police Scotland's Festive Safety Campaign

POLICE SCOTLAND launched its annual Festive Safety Campaign on the 18th November with a focus on a number of issues which could affect people in Scotland over the coming winter months.

The five-week campaign will offer advice and information to the public regarding online safety, shop safety, party safety and home safety.

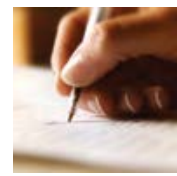
Online Safety encourages people to think about what they are posting on social networking sites and to make sure their web browser and internet security is up to date.

Shop Safely by keeping presents out of sight in cars and being careful when using cash machines.

Party Safely messages include planning ahead for nights out, sticking with friends and being sensible about how much alcohol is consumed.

Home Safety advice includes tips on keeping homes secure and ensuring presents are kept out of sight.

For more information visit: [www.scotland.police.uk/keep-safe/festive-safety/](http://www.scotland.police.uk/keep-safe/festive-safety/). ■



## Letters to the editor

*Do you have a strong feeling about something you read? Do you want to share your opinion or point of view? Would you like to raise awareness of our community's issues? Send your letters to [ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com). Please try not to exceed 300 words.*



### Struie Road maintenance

I AM ONE of those who commute in the early morning over the Struie road. I know the Highland Council is not gritting this road because it is not a primary route, but everybody uses it because it is several miles shorter than the alternative route. Last week the road was very dangerous in all the usual places where the ice forms, because of a lack of grit. I understand that if the road is not suitable for use, or dangerous, they should close it.

**A reader.** *Ardgay*

### (Retired) CC Chair's thank you letter

WELL THAT'S IT, eight years of faithful service to the Community Council, six as Chair and all that is left is to express my sincere thanks to all those dedicated members who have served with me, and are also now retired, leaving our community unrepresented.

Thank You - Marion Turner - Vice Chair, Alan Lawrence - Treasurer, Bob Sendal, Betty Wright, Phil Olson - Website Manager, Silvia Muras - Newsletter Editor, and those who served and have moved on Liz Cormack, Teresa Langley, Doreen Gibbs & David Laver and Lest we Forget - Tony Gibbs & Peter Armstrong.

Sincere Thanks too to: Jeannie Sparling for caring that the community and passing visitors had nice clean and bright toilets in which to comfort themselves.

Jocky Hewitt, Carol Laver & Doreen Bruce who made sure our village

and station blossomed with lovely floral displays.

Paul Whittock for brightening up the village and school at Christmas.

The Kyle of Sutherland Development Trust for all their hard work in promoting the Kyle as an area worth living in and visiting and also for their tremendous efforts to engage with the community at all levels through a wide range of activities in Keep Active Together.

The Gearrchoille Community Wood Ardgay Committee - who strive to make sure the Wood is a place worth visiting and preserving for future generations.

Kyle of Sutherland Heritage Society - whose few dedicated volunteers also try to ensure that the Kincardine Old Church is preserved and is a reference point for historians and archivists on information about Ardgay & District, and is a major focal point on the Pictish Trail.

The Windfarm Developers which have helped us financially and with help and guidance to achieve the maximum possible community benefit.

When you all realise how much your Community Council did for you perhaps you'll consider standing for election when the next opportunity comes along.

(I'll still be working - voluntarily for Ardgay & District through - Gearrchoille Community Wood Ardgay, Dornoch Firth Group, East & Central Sutherland Citizens Advice Bureau, East & Central Sutherland Community Care Forum, Voluntary Groups East & Central Sutherland, Highland Third Sector Interface, Kincardine Parish Church, Sutherland Local Area Partnership and I trust that you will be working for Ardgay & District too). Yours sincerely,

**David Hannah.** *Ardgay*

### WE WOULD LIKE TO HEAR FROM YOU

*Please send us your feedback, comments, letters, suggestions or contributions. Visit [www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk) or email [ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)*

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01863 766 690

*Next edition:  
15th  
March*







## Kyle of Sutherland Development Trust

KYLE OF SUTHERLAND DEVELOPMENT TRUST SECURES OVER £300,000 FOR "COSY HOMES" PROJECT

### British Gas Energy Trust Healthy Homes Fund

*In January 2016 KoSDT is launching "Cosy Homes East Sutherland Scheme" to provide energy efficiency measures for homes which will bring about an improvement in the health of the householders.*

KYLE OF SUTHERLAND Development Trust has been awarded £326,983 for Cosy Homes East Sutherland Scheme (CHESS). An innovative project to provide energy efficiency measures for homes which through the installation of new heating systems, double glazing or other energy efficiency measures will bring about an improvement in the health of the householders. The project will be led by Rhionna Mackay who was previously the Project Officer for Greening Kyle, a carbon reduction project in the Kyle of Sutherland. Rhionna will be joined by local Sarah Forrest who has been appointed as the part time Project Assistant.

Local support for CHESS was provided by the medical practices in Brora, Golspie and Bonar Bridge and Home Energy Scotland. KOSDT will commence this

new project in January 2016 when referrals will be made by the medical practices and through self-referrals. Households who meet the criteria will be eligible for measures costing up to a maximum of £12,000. There will also be a hardship fund available to households which find themselves in fuel poverty.

This major project to provide affordable warmth in homes throughout East Sutherland has been funded by the British Gas Energy Trust Healthy Homes Scheme. Administered by Charis Grants on behalf of the Trust, the Healthy Homes Scheme is funding projects aiming to assist low income, vulnerable households address health problems exacerbated by fuel poverty.

Kyle of Sutherland Development Trust is one of just over 40

projects to achieve funding from the British Gas Energy Trust after it received more than 140 applications from organisations across the UK. Cosy Homes East Sutherland Scheme is one of just six projects in Scotland to be successful.

Alec Broadhurst, Healthy Homes Programme Manager at Charis Grants said "Charis Grants are delighted to award Kyle of Sutherland Development Trust funding on behalf of the British Gas Energy Trust Healthy Homes Scheme. We look forward to supporting them as they work with local partners to provide affordable warmth and deliver a positive impact on the health and well-being of vulnerable people in East Sutherland" ■

**Rhionna Mackay** *Project Officer*

✉ [gkofficer@kyleofsutherland.co.uk](mailto:gkofficer@kyleofsutherland.co.uk)

☎ 01863 766 554



### Falls of Shin Community Project update

We are delighted to announce that The Highland Council have committed £100,000 towards the funding package and applications have also been submitted to HIE and BIG Lottery with decisions expected by the end of February 2016.

If you would like further information on the project please contact Valerie direct by email [fosofficer@kyleofsutherland.co.uk](mailto:fosofficer@kyleofsutherland.co.uk) or telephone 01863 766 554 or alternatively check the details via the QR Codes.



Falls of Shin  
Facebook  
page



Downloads  
from  
KoSDT  
website



## Kyle of Sutherland Development Trust

# A year with many community activities and projects coming to fruition

Kyle of Sutherland Development Trust held its AGM on the 16th November. Peter Campbell, Chairman, and Helen Houston, Development Manager, presented their annual reports.

IT HAS BEEN A VERY busy year for the KoSDT. The Trust has supported many groups to access funds for their projects or to provide advice on matters such as governance and finance. £62,509 has been successfully raised on behalf of local groups.

### GREENING KYLE

The team have held 30 events to provide people with information on home energy, growing your own food and cookery classes. 60 home energy visits have been carried out and the team have also been referring clients to the Trust's 'A Helping Hand' small grants scheme providing fuel poor households with much needed fuel.



### KoSDT

The Trust Offices, Dornoch Road,  
Bonar Bridge IV24 3EB

☎ 01863 766 190

✉ [development@kyleofsutherland.co.uk](mailto:development@kyleofsutherland.co.uk)

🐦 @KOSutherland

📘 Kyle of Sutherland Development Trust

### KEEP ACTIVE TOGETHER

One full time and one part time position were offered and the project officer Beverley Hill moved from the central belt to take up the position and locally based Emma Mackay was successful in her application as activity assistant. The aim of the project is to provide activities which promote health and wellbeing for older people and families.

### SMALL GRANT SCHEME

The scheme has been funded by EON Rosehall Community Windfarm fund. The small grants are reaching people who may not benefit in any other way from windfarm funds.

### POST OFFICE

Catriona Hill brought the renovation of the post office house to completion on time and in budget. On December 2014 planning permission was granted for a terrace of three, one bedroom units on the land behind the post office. The Trust continues to watch for fund-

ing opportunities to be able to continue this development.

### SCOTGRAD ASSOCIATE

The Trust sought a Community Development Assistant Scot Grad Associate and appointed Calum Couston, who moved from the central belt to take up his position.

### TRUST OFFICE

On average 30 people a week access the services offered by the Trust, this being for photocopying, to arrange an energy visit, enquire about events or to seek assistance for their community group.

Membership has grown from 67 to 225. ■

## Winter news from the Bradbury Centre - Bonar Bridge

THE BRADBURY CENTRE has been busy preparing activities for Christmas. It has now two dates in December for clients to go to the pantomime, these are the 10th and 12th.

Clients have recently had a shopping trip and

their Christmas Lunch will be the 16th of December. The centre has also sent packages with various items for the Nepal Earthquake Appeal.

There are various crafts and knitted items for sale at the Bradbury

Centre, these are scarves and handbags and they could make excellent Christmas gifts.

There is also a raffle to be drawn on the 16th of December after the Christmas Lunch. Raffle tickets can be obtained

from the Bradbury centre, and donations for raffle and hamper are very welcome.

Remember that all are welcome to visit anytime. ■

**Barbara Hartshorn,**  
Bradbury Centre





## Gearrchoille Community Wood



*The images above show the site of the proposed shelter from two different points of view.*

*The container will be used to store tools for use during volunteer sessions, and the new shelter will make it much easier to plan regular community events*

## A shelter for organising events and a storage container for the Gearrchoille

AUTUMN HAS BEEN a fairly quiet time in the Gearrchoille. The weather has been warm and mostly dry which helped to make some lovely autumn colours, particularly the aspens.

We continue to meet for our volunteer afternoons on the first Thurs of each month (at 2 pm in the car park). We will be thinning birch through the winter months – the thinned birch makes good firewood for volunteers to take away, so do come along!

We now have the grant money, thanks to Rosehall Eon community benefit fund, and planning permission as required for the shelter and storage container in the wood. The container should be arriving soon, which will be used for storing tools for use



*Site of the storage container.*



*Aspen leaves.*

during volunteer sessions. The shelter is a very simple open sided construction which will give often welcome shelter from the weather. This will make it much easier to plan regular community events in the wood. It would be great to be able to offer regular events for children in the woods – such as a Forest School group. Having a shelter readily available will make it possible to

organise music and storytelling events. Lots of exciting things to come!

For further info or offers of help, contact us using the details below. ■ **Betty Wright**

[gearrchoillecommunitywoodardgay.org.uk](http://gearrchoillecommunitywoodardgay.org.uk)

✉ [gearrchoille@gmail.com](mailto:gearrchoille@gmail.com)

☎ 01863755316



## Children & Young people



## GLEDFIELD PRIMARY SCHOOL



■ **Kirsten Macneil** Cluster Headteacher Rosehall & Gledfield Primary Schools



**FOOTBALL:** Our team proudly shows off their new football strip kindly sponsored by Ardgay Game before heading off to the outdoor competition.

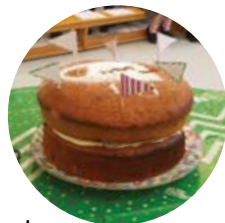


## ARDGAY CHRISTMAS FAIR

Gledfield pupils put on their festive hats and sang some Christmas songs to open the village craft fair.

## MACMILLAN COFFEE MORNING

Our Pupil Council organised a coffee morning in aid of Macmillan Cancer Support and raised an amazing £160.91 for this great cause! Our boys in P7 baked a massive cake as part of their efforts to raise money! Rev. Jones came along and did a short Harvest Thanksgiving service as part of the morning. Our Pupil Council also organised a fun afternoon in the school for Children in Need and raised a great £74.41.



## WREATH LAYING

Our pupils gathered to lay a wreath they had made at the war memorial on Remembrance Day. Rev. Jones led the short service of remembrance.



**DOCTOR CHRIS MAIR** came to our school to share with us his experience in Africa when he was there to fight the Ebola outbreak.



## Children & Young people



### INVER FUN RUN

Some of our pupils took part in the Inver Fun Run and had a great time despite the cold weather!!!

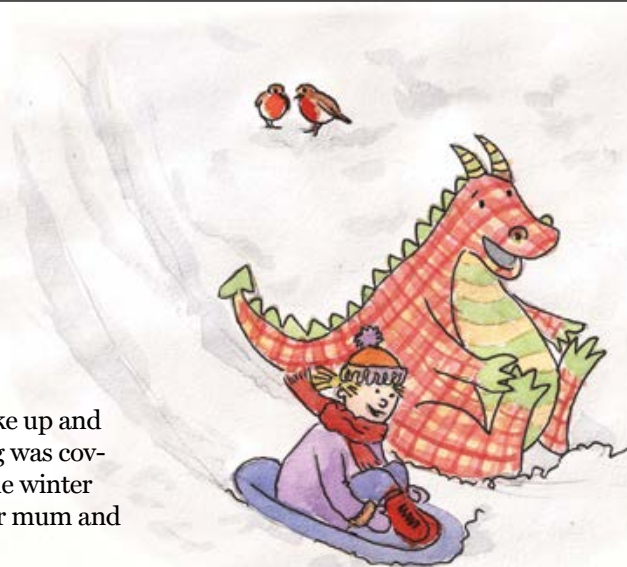


### RAG BAG

Gledfield Primary would be delighted for any donations of old clothes, shoes, bed linen, towels etc as part of their efforts to raise money for the school. All the items can be dropped off at the school.



One sunny winter morning, Morag woke up and looked through the window: everything was covered in snow! It was the first snow of the winter holidays, so she asked permission of her mum and dad to play outside with her sledge.



## MEET HAMISH THE TARTAN DRAGON

A shy veggie  
dragon  
who lives  
on Carn Bren

by Andymack & Sil



She went to see Hamish and they slid down the hill many times, until they were tired. "Do you want to make a snowman?" said Morag. "A snowman? What is a snowman?" said Hamish.

"It's easy. I will show you," she said, while starting to make snowballs. "You will need to make the body, and two arms, and this carrot will be his nose....," she explained and when she finished her snowman she turned to see that Hamish had made his with a tail, four legs and horns made of carrots! A 'snowdragon'!

# Adult Clubs & Societies



## Sutherland Walkers Club

We meet the 4th Sunday of the month, all year round.

**SUNDAY 13 DECEMBER**  
Christmas Special. Newton Point, via Pulrossie Farm. 4 miles, circular, road and open coastal area.

**SUNDAY 24 JANUARY**  
Brora, Old Drove Road. 7 – 8 miles, road and track, circular. Walk from Loch Brora to Oldtown, then old drove road to East Clyne

**SUNDAY 28 FEBRUARY**  
Black Rock Gorge Circular. From Evanton to the Gorge and on to Glen Glass Waterfalls. 7 miles, tracks and paths, river bank, spectacular gorge, forest.

We are pleased to welcome occasional walkers or new members to any of these walks, but please contact us in advance.

Contact: **David Hannah**  
☎ 01863 766 061



## Kyle of Sutherland Cinema Club

Second and fourth Friday of each month. Bonar Bridge Hall at 7:30 pm. All welcome.  
Contact: **Silvia Muras**  
☎ 01863 766 690

## 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



## Ardgay Badminton Club

Thursday nights at Ardgay Public Hall.  
Juniors: 18:30 - 19:30 - £1  
Teenagers & Adults: 19:30 - 22:00 £1/hour  
Contact: **George Ross**  
☎ 01863 755 395



## Ardgay Scottish Country Dancing Club

Every Tuesday from 7:30 pm in Ardgay Public Hall.  
Contact: **Doreen Bruce**  
☎ 01863 766 852

## Bonar Bridge Local History Society

Organising events and history walks.  
Contact: **Marion Fraser**  
☎ 01863 766 235



## Edderton & District Gardening Club

During the lovely autumn weather the club enjoyed visits to Lael Forest Gardens and Inverness Botanic Gardens. The remainder of the winter programme is:  
**JANUARY:** lunch at Luigi's in Dornoch, for club members.  
**MONDAY 1ST FEBRUARY:** annual light-hearted gardening quiz evening at 7.30pm in Edderton Community Hall. Everybody is welcome. The March and April meetings will be day time visits, dates to be confirmed depending on the early spring weather. Contact:  
☎ 01863 766 061

## 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

## Bonar Bridge Ardgay Golf Club

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

## Tai Chi

Ardgay Public Hall  
Monday 2:30 pm £2  
Contact: **Angela**  
☎ 01549 421 336

## Pilates

Bonar Bridge Hall, Mondays from 10 to 11 am. Please call in advance. Contact: **Moir Chisholm**  
☎ 01862 810 786

## 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

Bonar Bridge Hall, Wednesday evenings at 7:30 pm. Admission £2 including tea. Contact: **Rosemary Logan**  
☎ 01549 421 282

## Kyle of Sutherland Cycling Club

if you fancy a ride out seeing some great scenery or fancy just getting fit or even just getting a natter then feel free to come out for a ride with all at KOSCC  
Website: **www.koscc.co.uk**  
Facebook: **Kyle of Sutherland CC** Contact: **Chris**  
☎ 07543 466 699





## What's on in the area



29

JAN.

ARDROSS HALL

### *An Then What?*

And Then What? will be the first in a series of dance theatre works reflecting on themes of 'Where we are going?' If, at all, we will ever know! Choreographed by plan B's Artistic Director, Frank McConnell, the piece will be a witty and inventive take on what it is we want to be when we grow up? This brand new production will appeal to audience aged 8 upwards. 8 pm Tickets: £10 and £7 conc. Booking line: 01349 880591

29

FEB.

INVERSHIN HALL, 7 PM

### *Growing Kyle meeting*

If you enjoy garden-  
ing, grow your own  
produce or would like  
to and want to meet  
with like-minded  
people to share ideas,  
tips and have a chat,  
then come along to  
our meeting. All ages  
and abilities welcome.  
Further information:  
Jo Smith  
01863 766554



6

JAN.

BONAR BRIDGE

### *Whist*

Join the Kyle of Sutherland Whist Club on its first whist drive of 2016. Bonar Bridge Community Hall, 7 pm. Admission £2 including tea.



16

JAN.

BONAR BRIDGE HALL - 11 AM

### *Winter Warmer Event*

Come along to our Winter Warmer Day to find out how to keep your home and yourself warm and healthy this winter. You don't have to choose between heating and eating this winter. Come along for free advice and Winter Survival Kits. Stall holders to be announced.



27

FEB.

STRATHPEFFER PAVILION

### *Opera highlights*



This year's programme includes favourites from Mozart's Don Giovanni, Rossini's The Barber of Seville and Verdi's La Traviata, as well as lesser-known works by Vaughan Williams, Copland and Ambroise Thomas. Add in a smattering of operetta and some Viennese waltzes, plus a world pre-

miere from Scottish Opera's Composer in Residence, Lliam Paterson, and you've got a night out that's not to be missed. Tickets: £11 and £5 conc.

31

DEC.

NEW YEAR CELEBRATIONS

### *Hogmanay in Dornoch*

#### **The Whole Hog**

12:00 to 3:30 pm. Drop-in candle making workshop Coast Candle Co. (01862 811333) - £20

4:00 to 6:00 pm. A moment's calm in the Cathedral Experience the Labyrinth Dornoch Cathedral

6:30 to 10:30 pm. Family Hogmanay Ceilidh Grannie's Heilan' Hame (food served from 3pm)

8:30 to 10:30 pm. Ceilidh Dancing, Beginners welcome, Dornoch Social Club (silver collection)

7:00 pm. Dornoch Castle Hotel 5 course Gala Dinner with champagne and canapes on arrival £65 per person, booking essential (01862 810216)

10:30 pm. Dancing in the Street! The Famous Dornoch Hogmanay Party with Monach Isle Ceilidh Band. Dornoch Square. Lone Piper on Castle Battlements at midnight, followed by Firework Display



## From the Manse...



Rosehall Church "Fisher's Praise" at the Cemetery Pool, River Cassley, Rosehall (left). Creich Church Flower Festival (right).

## "Deck the Halls with Boughs of Holly"

**D**EAR FRIENDS, The next line to the popular Christmas carol goes "tis the season to be jolly." To be jolly - I wonder what that phrase means to us today? Sometimes it seems we have lost the ability 'to be jolly'. Life these days is taken far too seriously. We will all be doing a fair deal of rushing around the shops during the Christmas period. The weary mother may well feel utterly drained, and the father stressed out with overexcited children lagging behind. There may be many a Christmas "grump" not feeling the least bit jolly but, rather the expression might be, "Bah, Humbug!" No, Christmas may well have lost its jolliness in the fits of consumerism. "To be jolly" nowadays seems to be confined to the mere consumption of alcohol. In the days when the carol was written it expressed a much more potent and longer lasting feeling. In Victorian times to be jolly meant more than that glass of "Christmas cheer". The first angel's message was to "be of good cheer. I bring you glad tidings of great joy." Thank God for Bethlehem or, we wouldn't be encouraged nationally, and internationally, at

least once a year to think about others and to experience great joy in the giving and receiving of presents in commemoration of the shepherds and the Wise Men. To remember

that not just at that particular time in history but every day God gives us the greatest gift of all, His love through His Son Jesus Christ - the greatest hope for all humanity. We need to be reminded of that in today's world. Sometimes it seems the world has grown tired and people are only mean and selfish. It is no mistake however that we celebrate the brightest, most cheerful, 'jolly' season at the darkest time of year. There is every reason to cast off the gloom, to rejoice, to give thanks, to deck our halls with boughs of holly but only if we remember the real reason why we celebrate.

We look forward to welcoming you to our churches during the Christmas season.

A Very Happy Christmas & A Healthy & Peaceful New Year to You. ■ **Rev. Anthony M. Jones**

### CHRISTMAS SERVICES

■ **Thursday 17th December** - Bonar Bridge Primary School Service at Creich Parish Church at 2 pm

■ **Monday 21st December** Gledfield Primary School Service at Ardgay Parish Church at 10 am  
Edderton Primary School Service at Edderton Parish Church at 2 pm

#### CHRISTMAS EVE:

■ **Thursday 24th December**  
Watchnight Services:  
11 pm at Rosehall Parish Church  
11:15 pm at Creich Parish Church  
11:30 pm at Edderton Parish Church

#### CHRISTMAS DAY:

■ **Friday 25th December:** Short Toy Service at 10:30 am at Ardgay Parish Church (children bring along a favourite toy)

■ **Sunday 27th December:**  
Family services:  
10:30 am Creich Parish Church  
11 am Edderton Parish Church  
12 pm Rosehall Parish Church

■ **Sunday 3rd January, 2016:** New Year Service for all the churches of the Kyle of Sutherland at Ardgay Parish Church at 11 am

**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**





# Guide to local services

## Village Halls & venues

### ARDGAY & DISTRICT

#### Ardgay Public Hall

Fiona Venters / 01863 766 199  
fcm11@hotmail.co.uk

#### Ardgay Church Hall

Rev. Anthony Jones  
01863 766 285

#### Culrain Village Hall

culrainmains@gmail.com

#### Croick Church

enquiries@croickchurch.com

#### Kincardine Heritage Centre

Mrs. Mary Stobo / 01863 766 868

### KYLE OF SUTHERLAND

#### Bonar Bridge Community Hall

Sally Thompson / 01863 766 883

#### Bradbury Centre

Lorraine Askew / 01863 766 772

#### Invershin Hall

Elissa Steven / 01549 421 369

#### Rosehall Hall

Beverly Morrison / 01549 441371

## Bonar Bridge Recycling Centre Opening Hours



**MONDAY:** 1 pm - 4:30 pm

**TUESDAY:** 1 pm - 4:30 pm

**WEDNESDAY:** Closed

**THURSDAY:** 8 am - 12 pm

**FRIDAY:** 8 am - 12 pm

**SATURDAY:** 9 am - 1 pm

**SUNDAY:** Closed

### MATERIALS ACCEPTED

Batteries, car batteries, cardboard, fluorescent light tubes, standard and energy efficient light bulbs, fridges and freezers, garden waste, gas cylinders, plastic bottles, tyres, waste electrical and electronic equipment.

## Mobile Library Ardgay

### EVERY 3RD WEDNESDAY

23 December 2015

13 January 2016

3 February 2016

24 February 2016



### Oakwood Place, Ardgay

Arrive 13:45 Depart 14:00

### The Lady Ross, Ardgay

Arrive 14:00 Depart 15:15

## Post Office Ardgay

Ardgay Public Hall

Opening times

**MONDAY:** 1:30 pm - 4:30 pm

**FRIDAY:** 10 am - 1 pm

## Post Office Bonar Bridge

Lairg Road, Bonar Bridge

Opening times

**MONDAY TO FRIDAY:**

8:15 am - 6 pm

**SATURDAY:** 8:15 am - 1 pm

## 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)

#### Sunday:

**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

## Keep Active Together weekly activity programme



MONDAYS	Hour	Venue	Price
Ballroom / Latin class	2 pm - 4 pm	Ardgay Public Hall	£2
TUESDAYS			
Family Lego Fun	10 am - 11 am	Bonar Bridge Community Hall	FREE
Workout plus	2 pm - 3 pm	Ardgay Public Hall	£2
Ballroom / Latin class	2 pm - 4 pm	Rosehall Hall	£2
WEDNESDAYS			
Family Nature Trial	10 am - 11 am	Gearrhoille Community Wood	FREE
Walk'n'Talk	11 am - 12 pm	Meet at KoS Trust Office	FREE
THURSDAYS			
Family ABC Fitness	10 am - 11 am	Ardgay Public Hall	FREE
OTAGO	2 pm - 3 pm	Ardgay Public Hall	£2
Latin Cardio Workout	7 pm - 8 pm	Bonar Bridge Community Hall	£2
FRIDAYS			
Over Fifties Fun Fitness	10:30 am - 11:30 am	Ardgay Public Hall	£2
Walk'n'Talk	11:30 am - 12:30 pm	Gearrhoille Community Wood	FREE
Pilates	1:45 pm - 2:45 pm	Ardgay Public Hall	£2
SATURDAYS			
Junior Joggers 4-7 years	10:30 am - 11 am	Bonar Bridge Pitches	£1
Junior Joggers 8-12 years	11 am - 11:45 am	Bonar Bridge Pitches	£1
Cheerleading 5-8 years	10 am - 10:45 am	Ardgay Public Hall	£1
Cheerleading 9-12 years	11 am - 11:45 am	Ardgay Public Hall	£1
Cheerleading 13-18 years	12pm - 1 pm	Ardgay Public Hall	£1
Streetdance 5-11 years	2 pm - 2:45 pm	Bonar Bridge Community Hall	£1
Streetdance 12-18 years	3 pm - 4 pm	Bonar Bridge Community Hall	£1



## 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

### CHILDREN & FAMILY

**Kyle of Sutherland Hub**  
01863 766 310

### 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 766 199

### FISHERIES

**KoS Fisheries Trust**  
01863 766 702

### HIGHLAND COUNCIL

**Drummuie Golspie**  
01408 635 370  
**Service Point Bonar Bridge**  
01863 766 083  
**Service Point Dornoch**  
01862 810 491  
**Tain Registration Office**  
01349 886 644

### HIGH SCHOOLS

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

### KOSDT

**KoS Development Trust**  
01863 766 190  
**Keep Active Together**  
01863 766 554

### MacLeod's Coaches Timetable

#### ARDGAY → TAIN

Ardgay	Ardgay
06:46 / 09:08	07:42 / 10:35
11:28 / 14:23	13:35 / 16:25
17:20 / 17:48	19:20
↓	↑
Edderton	Edderton
06:58 / 09:20	07:28 / 10:20
11:40 / 14:35	13:20 / 16:10
17:35 / 18:00	19:05
↓	↑
Tain Lamington St	Tain Lamington St
07:08 <sup>1</sup> / 09:30 <sup>1</sup>	07:18 / 10:11
11:50 / 14:45 <sup>1</sup>	13:11 <sup>1</sup> / 16:00 <sup>1</sup>
17:45 / 18:10 <sup>1</sup>	18:55 <sup>1</sup>
↓	↑
Tain ASDA	Tain ASDA
07:11 / 09:33	07:13 / 10:03
11:53 / 14:48	13:03 / 15:52
17:48 / 18:13	18:47

06:46 Monday to Friday  
09:08 Monday to Saturday  
14:23 Saturday only

<sup>1</sup> Connects with Stagecoach bus to/  
from Inverness

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

### 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  
**Non 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 868 439

### 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  
**Kessock Equine Vets**  
01463 731 107

### Bradbury Centre Bus

#### BONAR BRIDGE CIRCULAR (Via Spinningdale, Tain and Edderton)

##### 920 - Wednesday

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
10:30	14:40
↓	↑
Spinningdale	Spinningdale
10:39	14:31
↓	↑
Clashmore	Clashmore
10:53	14:19
↓	↑
Tain old CO-OP	Tain old CO-OP
11:02	14:08
↓	↑
Tain Lamington St	Tain Lamington St
11:04	14:06
↓	↑
Edderton	Edderton
11:17	13:53
↓	↑
Ardgay	Ardgay
11:39	13:33
↓	↑
Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
11:42	13:30

#### BONAR BRIDGE - ALNESS 919 - Tuesday

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
10:30	13:45
↓	↑
Ardgay	Ardgay
10:34	13:40
↓	↑
Easter Fearn	Easter Fearn
10:42	13:33
↓	↑
Ardross	Ardross
10:58	13:17
↓	↑
Alness	Alness
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**



# Puzzles



## Sudoku

### Easy

Grid n°238400 easy

				9		5		
					8			7
3						2	4	
					5	3	6	
			2					5
4					6			
				5	2	9		3
		4	8			6		
8				3				2

### Medium

Grid n°15257 medium

	3		8	7	4			
		9	3				2	
4		7		2			3	5
	5							
			7					4
		2					6	
					9	6	5	2
				6				9
			5				7	

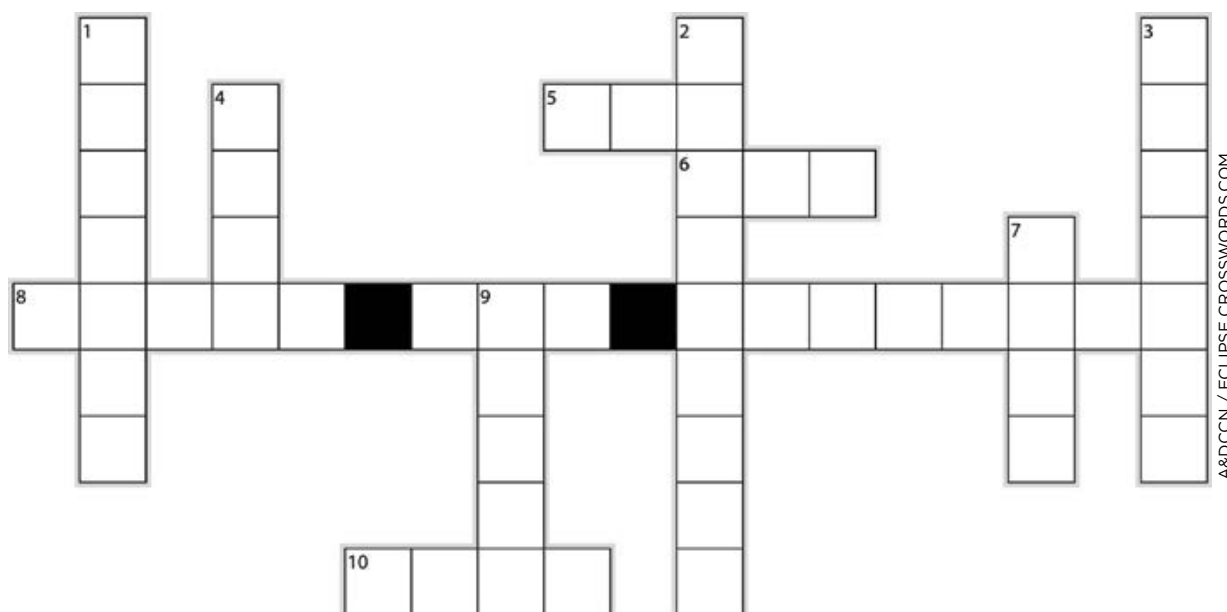
### Hard

Grid n°5146 hard

			9	1				
		8			3		5	
		6	8	2				
2			3	9				
							1	
	9		5		2			3
	8		2		7			6
1				3				5
		9			6		3	

A number may not appear twice in the same row or in the same column or in any of the nine 3x3 subregions.

## Crosswords



A&amp;DCCN / ECLIPSE CROSSWORDS.COM

### Across

- 5.** To choose one thing instead of another.  
**6.** An evergreen tree or bush with stiff needles and small red berries.  
**8.** (Three words) Gaelic name of a hill, a wind farm and a community benefit award of Ardgay & District, meaning "hill of the cloudberrries".

- 10.** The 9th letter of the Hebrew alphabet.

### Down

- 1.** A Scottish hill between 2,500 and 2,999ft (762 to 914m), with a drop all round of at least 500 ft (152.4m).  
**2.** The history of a word or phrase shown by tracing its development and relationships.

- 3.** A group of people who give advice to the leader of a government.  
**4.** An Indian bread that is round, flat, and soft.  
**7.** An unstylish, unattractive, or socially inept person; especially: one slavishly devoted to intellectual or academic pursuits.  
**9.** The superior or head of an abbey.



## Keep Active Together (KAT)

“Aiming to increase activity along with health and wellbeing for the Kyle of Sutherland residents.”

Keep Active Together (KAT) is an exciting project which aims to increase activity along with health and wellbeing for residents in the Ardgay, Bonar Bridge and Creich Community Council areas. This will be achieved by running weekly fitness and activity sessions for people of all ages and abilities. We run group exercise classes, nutrition and exercise clubs and also family and outdoor activities.

We have a extensive range of classes including Latin/Ballroom, Otago, Family Lego Fun and cookery classes for young people. We also have seasonal classes, please see posters for more information.

All of our events are advertised on the Kyle of Sutherland Development Trust website, the Keep Active Together Facebook page and local community noticeboards in the Kyle of Sutherland Area. Be sure to like us on Facebook!

Pop upstairs to meet Keep Active Together staff, Beverley Hill, Project Officer and Emma Mackay, Activity Assistant.



**The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland IV24 3EB**



## ARDGAY & DISTRICT

### Community Council *newsletter*

Editor: **Silvia Muras Sanmartin**

Design & Layout: **Silvia Muras Sanmartin**  
01863 766 690 / [silviamurassanmartin@gmail.com](mailto:silviamurassanmartin@gmail.com)

Contributors to this issue: **Andymack, Calum Couston, Jane Dixon, David Hannah, Patricia Hannah, Barbara Hartshorn, Helen Houston, Valerie Houston, Anthony M. Jones, Rhionna Mackay, Kirsten Macneil, Phil Olson, Fiona Porter, George Ross, Marion Turner, Kirsty Woollard, Betty Wright.**

Distribution: **Rhonwen Copley, Brigitte Geddes, David Hannah, David Knight, Teresa Langley, Alan Lawrence, Silvia Muras, Davy Ross, Bob Sendall, Jeannie Sparling, Anna Sutherland, Marion Turner, Vicky Whittock, Iain Worthy, Betty Wright.**

WARD MANAGER:

**Andrew Mackay**  
(Full contact details in page 10)

COUNCILLORS:

**George Farlow, Hugh Morrison, Linda Munro**  
(Full contact details in page 10)

ONLINE VERSION AVAILABLE FROM:

[www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk)

ADVERTISING, LETTERS & CONTRIBUTIONS:

**01863 766 690**

[ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)

This Edition of the Newsletter is published with Partnership / Funding from the E.ON Rosehall Community Fund  
Supported by Foundation Scotland



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Scotland**