

ARDGAY & DISTRICT COMMUNITY COUNCIL NEWSLETTER

Suggested £1.00 Donation



A & DCC

Population 627

Area 571 Sq. Km

Density 1.1 per Sq.km

Back issues available at our website ardgayanddistrictcommunitycouncil.org.uk Issue No 23 – Spring 2014

MY LAST EDITION

I am retiring as Editor of the Ardgay & District Community Council Newsletter and this may well be the last issue. If you are interested in taking on this role to produce the Summer and future editions please contact me as soon as possible. *David Hannah - Editor*

ARDGAY

The shopping capital of South Sutherland?



A&DCC are pleased to report that our 3 shops are up and running and act as a new catalyst for the centre of the village and are a fine complement to Ardgay Garage which for a while was our largest visually active business in the centre. Good luck for the future and we hope others are able to follow their example.



Contents

- A & DCC Minutes (Approved)
- Events
- Bus Timetables
- Groups
- Churches
- Gearrchoille Community Wood
- Gledfield Primary
- Windfarms
- GP Surgery Times
- Library Timetables
- Development Trust
- Community Councillors
- Elected Members
- Website Link
- Youth Group
- Lots More



**We depend on your generous appreciation to keep this Newsletter going.
Send cheques payable to Ardgay & District Community Council
or give cash to your distributor. Editor**

Pete Andrews Driving School



**Patient Friendly Tuition
Refresher Courses
Pass Plus**

**Areas Covered:
Ardgay, Bonar Bridge
Lairg, Golspie, Tain
Dornoch & Alness**

**Tel. 01863 766884 Mob. 07763 133922
email. pete@peteandrews.org**



The Business Gateway is a national programme to support enterprise

throughout Scotland. In our area it is managed by Highland Opportunity Limited, which is an Enterprise Trust owned by Highland Council. If you wish to start or develop you own business contact David Knight – based at Key Commercial Services, Dornoch Road, Bonar Bridge, IV24 3EB, Mobile Number 07730419692 or E-mail

david.knight@highland-opportunity.com.

THIS

(The Home Inspection Service)

Has ceased trading

as DAVID HANNAH has now retired.

Thanks to all my clients during the past 5 x years who let me look after your properties in Sutherland and Easter Ross.



Public Consultation Meeting

FALLS OF SHIN

Balnagown Estates would like to hear your views on the future use of Falls of Shin.

Following the fire and subsequent loss of the facilities at Falls of Shin in 2013, Balnagown Estates are willing to support a fresh new community initiative at the location.

To help inform possible development ideas a public consultation meeting has been arranged and all members of the Community are welcome.

Invershin Village Hall

Wednesday

19th March 2014 19.30

This is not an Advertisement

But I did try them out and found them cheaper than my usual supplier. *(editor)*

www.oil-club.co.uk - Are you paying too much for your oil?

The Oil-Club is the leading heating oil club in the UK with over 2,800 clubs, more than thirty thousand members and over 2.5 million litres ordered each month. By grouping our orders, we save our members £100's on the cost of heating oil each year.

[Register today for a better way to buy heating oil. Membership is free. - www.oil-club.co.uk](http://www.oil-club.co.uk)

Reduce the cost of your heating oil - A club with 100 members will save more than 170 tanker vehicle trips though their village a year. Use the search facility to check if your village is listed – **Bonar Bridge is listed and covers Ardgay.** The oil club is totally independent of all heating oil suppliers.

About The Oil-Club - The Oil-Club is an independent organisation. We have no links to any of our suppliers. Our aim is simple – reduce the cost on our wallets and the environment as much as we can. Plus membership is free!

Combat Oil Theft - The Oil-Club also runs a theft alert system and as a member you can report an oil theft. We will then alert other members in your area of the danger

Today's Price (26/02/2014)

Rate:	£0.5474 (pence per litre excluding vat [5% for Domestic use])
-------	--

Minimum order:	500 Litres (Please note some suppliers may make a surcharge if they deliver less than the min quantity)
----------------	--

ARDGAY & DISTRICT COMMUNITY COUNCIL

Approved Minutes of meeting held on Monday 09 December 2013 in Ardgay Public Hall at 7pm



A&DCC did not meet in January hence last December's being the latest Approved Minutes.

Present: Elected & co-opted members: David Hannah, Chair (DH), Teresa Langley, Secretary (TL), Alan Lawrence, Treasurer (AL), Betty Wright (BW), Bob Sendall (BS), David Laver (DL)

Also present: Highland Councillor George Farlow (GF), Andy Wright, Michael Baird, Colin Gilmour, Laura Humble, Derek Warburton, Johnny Shaw, PCs Neil Bremner (Dornoch) and Stephen MacKenzie (Brora)

Invited guests: Jessica Mills, Community Broadband Scotland (JM, CBS) - **Minutes Secretary:** Mary Goulder (MG)

Apologies: Phil Olson (PO), Marion Turner (MT)

Items 1/2. Welcome/Apologies (see above). Chair DH opened the evening welcoming everyone and invited Jessica Mills to make her presentation for Community Broadband Scotland.

Invited guest presentation. JM handed out copies of a presentation which explained the CBS was established to help communities which are unlikely to benefit from the Scottish Government's Step Change Programme. CBS has a network of advisers, can help with a start-up fund and has a website to provide online advice, guidance and tool kit resources. The start-up fund can help communities where the current Broadband speed is less than 2mbps, which applies to both the Craigs and Rosehall exchanges. The key elements work through community engagement, project planning, working towards capital assistance to make the programme happen. There are three stages to the funding programme, a Seed Fund Grant, a Project Planning Grant and the Capital Assistance Grant. Stage 2 (Project Planning) would require a technical expert assessment/review. A 'backhaul' exchange with available lease line capacity would need to be found, possibly Tain once it has been upgraded. Wireless connections seem the most likely for this area as comparative costs for fibre cabling are prohibitive. Masts would not be too conspicuous being around 5m to 10m in height and can be camouflaged. Option of using satellite connection exists but is also very expensive and cannot be funded by CBS. The BT scheme is expected to announce rollout plans in March 2014 after which time it will be clearer as to which exchanges will benefit. The CC agreed to await this announcement before considering the next move. CBS can offer support, advice and templates for all stages should the CC decide to go with the CBS option. A social enterprise company, such as Kyle of Sutherland Development Trust, would be required to oversee the whole project with one or two sub-companies carrying out the running of it. Further information is available on the CBS website

www.communitybroadbandscotland.org This item will be an agenda item for the March meeting. With thanks from the CC, JM left at 7.50pm. **Agenda item (March 2014).**

Item 3. Police report. PCs Bremner and MacKenzie arrived during the CBS presentation which was interrupted to take their report. No incidents of note have been recorded in the last month. A road safety campaign and drink driving campaign are both currently underway. All drivers involved in incidents over the festive period will be breathalysed. The ongoing problem of drivers exceeding the 20mph limit at the school was highlighted; also mentioned were log lorries driving in convoy, traffic speeding, and the jumping of the red light at the Ardchronie lights. Cllr Farlow indicated that talks are proceeding between THC and the Forestry Commission to secure a land purchase which would allow a realignment of the road. *The Police officers left at 8.35pm.*

Item 8 Braemore Windfarm. This item was brought forward to accommodate those members of the public who had attended specifically for it. CG stated that after considerable study of the addendum submitted by Wind Prospect Developments Ltd it is his opinion that the changes made do not meet the requirements of the objections made by THC and others to the original planning application. The visual, cumulative and noise impacts remain as before. The house at Middle Hill will become unsaleable due to the proximity of the turbines. Wind Prospect has stated it will implement 'curtailment' on turbines in certain wind conditions but it has been clear at other windfarms locally that this does not work to sufficiently reduce noise pollution. DH confirmed that the CC has already submitted objections to the proposal, that these objections stand and will be submitted again. **TL Action.**

Item 4. Minutes of last meeting/Matters arising. The Minutes from the November meeting were adopted as a true and accurate record, proposed by Bob Sendall; seconded Teresa Langley. (1) 20mph speed limit at primary school. GF advised that the date of a site visit by THC officials is to be confirmed. (2) Training sessions for CC members. DH attended the session in Dingwall and found it a useful event. (3) VG-ES AGM. Also attended by DH on behalf of CC. John Swinney, MSP, proved to be a good speaker. Information was discussed regarding the possible community buyout of the Dornoch Court Buildings which are in need of repairs, anticipated to cost in the region of £400,000. (4) Queen's Royal Baton. It is understood that a nomination has been made for a representative of the Kyle of Sutherland Youth Development Group.

Item 5. Secretary's report. (TL) Notification received under Licensing Act of amendment to overall size in off sales capacity at the new Ardgay Stores & Highland Café - an increase from 10sqm to 19.8sqm.

Costs put forward for the purchase of laptop but it was agreed that a desktop PC would be more appropriate, with the existing laptop undergoing repair. Secretary was authorised to proceed with purchasing a suitable PC. **TL Action.**

Item 6. Treasurer's Report. (AL) Treasurer's account stands at £1449.55 with outstanding cheques of £118.30. The Projects Account balance is £5234.02 which includes £1500 received from THC as the Toilets grant for this year.

The toilets account has a current balance of £3.65 and is now in arrears to the Projects account by £10 due to the late payment of THC grant. No further liabilities are expected in this financial year. £50 expenditure for the Remembrance Day Wreath and crosses was approved as was £1420.80p to THC for lighting frames and lights. **AL Action.**

Item 7. Correspondence. (1) Dounreay Planning framework. GF attended a meeting at which items discussed included the lack of consultation, an accident with a wagon in Barrow, and road shipments of 'exotic fuel'. Extra loops on the rail network were suggested which could come under the 'significant planning gain' proposals. Extra layby-type loops would also allow more passenger trains. (2) Community Empowerment. CC members were encouraged to visit the Scottish Government website for more information. (3) Ardgay toilets. The end of season report from Jeannie Sparling indicated a slight increase in usage perhaps due to the closure of the Falls of Shin facility. A small leak in the water supply will be fixed by TECS who will also turn off the supply and drain down the system. Thanks were once again expressed to Jeannie and Gordon for their excellent work. (4) Flowers at station platform. It was mentioned at a previous meeting that the KOS Heritage Society might take on these floral arrangements which would be of great help to Jeannie and Gordon. TL to check with KOSHS and Friends of the Far North Line with regard to funding, etc. **TL Action.** (5) Flag Raising and Veterans reception 2014. Letter received from Dr Monica Main, Lord Lieutenant for Sutherland, requesting a donation in support of next year's event which will also mark one hundred years since the outbreak of WW1. The sum of £50 was proposed; AL will check if this amount can be found within the accounts. Donations should be sent to VG-ES. **AL/TL Action.** (6) KOSDT. A letter of thanks has been received from KOSDT with regard to its successful application to the Beinn Tharsuinn Windfarm Fund. It is hoped that the appointed graduate will not only work alongside the community development officer but will be tasked with growing the business side of the Trust's operations. The welcomed support of the CC was noted as being of considerable importance and the Board will continue to keep the CC informed of projects and activities.

Item 8. Invershin cycle ramp. On behalf of the CC DL has carried out a risk assessment on the proposed addition of a cycle ramp on the steps of the viaduct. He raised four points in particular – it must be established that the rail company has given permission for the ramp to be added, THC Planning permission/building warrant must be obtained, as the plate will reduce the width of the step treads a relaxation of regulations would be required, and as the pitch of the steps no longer meets the regulations, although it did when erected, a further relaxation of regulations would be necessary, essential to securing insurance cover. DL has not seen a drawing or plan of the ramp. He stated that the existing fixings could be utilised to install a ramp. He recommended that the CC does not proceed with the project until these items have been clarified. This assessment is to be passed to Creich CC. A&DCC would require all points raised to be addressed. **MG Action.**

Item 9. Windfarms. Achany. Next Panel meeting will be on Monday 16th December at which a new format framework is to be approved. Braemore. See above. Combined endowment fund with Creich CC. **Agenda item (February 2014).**

Item 10. Kyle of Sutherland Development Trust. AGM was held on 11th November with appropriate elections taking place. Information was given out regarding the proposed graduate placement scheme, the apprenticeship scheme and a new business plan. It was noted that recent KOSDT meetings have clashed with A&DCC meetings; it is hoped that this can be avoided in future. The full report is available in the current A&DCC newsletter and from KOSDT.

Item 11. Highland Councillor's report. Cllr Farlow advised that all filling stations in Sutherland have now submitted returns to Scottish Government in respect of the Rural Fuel Duty Discount Scheme. THC new budget should be approved before Christmas. Substantial savings have been made by the reduction of two director posts and restructuring of departments. Discussing the 'Safe Route to School' plan, CCs reiterated concerns regarding the lack of a crossing point en route to the primary school and the ongoing issue of reassessing the siting of the 20mph flashing signs. A site visit was requested to assess all these points. **GF action.**

Item 12. Newsletter. Current issue handed out for distribution.

Item 13. Any other competent business. (1) Carbisdale Castle. CEO of SYHA has informed Creich CC that funding for repairs is still being sought and that the statues and contents are held in secure storage. Heating is maintained to preserve the condition of the interior and to assist with still drying out plaster repairs. No further decision will be made regarding the castle's future until the spring. Some debate exists regarding the listing of the building and the statues. Cllr Farlow will contact THC conservation Officer seeking an opinion in writing. **GF Action.** (2) Noticeboards. BS advised that the community noticeboard placed in Rosehall by KOSDT earlier this year has been seriously damaged in the recent storm. Creich CC and KOSDT to be advised with an enquiry made regarding repair/replacement. **MG Action.**

Item 14. Date and time of next meeting. There being no meeting in January, the next meeting will be on Monday 10th February 2014 at 7pm in the Ardgay Public Hall. Hall bookings have been made up to June 2014. 2014 meetings are detailed below. Meeting closed at 9.30pm.

Item 15. Beinn Tharsuinn Windfarm grant applications (private session) One application resulted in the unanimously approved award of £828 to the Kyle of Sutherland Youth Development Group to help purchase a screen printing kit. Meeting closed 9.40pm.

Ardgay & District Community Council Meeting 2014 dates 2nd Mondays of the month at 7.00pm in Ardgay Village Hall

14 Apr	12 May	9 Jun - AGM	14 Jul	11 Aug	8 Sep	13 Oct	10 Nov	8 Dec
--------	--------	-------------	--------	--------	-------	--------	--------	-------

All meetings are open to the public and we would welcome your support for our guest speakers by attending them.

COMMUNITY COUNCIL MEMBERS AND CONTACT DETAILS

Members	Addresses	Contact Details
David Hannah (Chair)		
Alan Lawrence (Treasurer)		
Phil Olson		
Marion Turner		
David Laver		
Betty Wright		
Bob Sendall		
Teresa Langley (Secretary)		
Councillors	Representing the Highland Council North, West and Central Sutherland Ward 1	
George Farlow		
Hugh Morrison		
Linda Munro		
Community Police - Bonar Bridge Police Station Dornoch Road, Bonar Bridge, IV24 3EB		Tel : 0845 600 5703 Website < www.northern.police.uk/contact.html >

Community Contact numbers - Thank you to the Bradbury Centre Local Telephone Directory for this information:

Police	Inverness 0845 600 5703			Migdale Hospital	Cherry Grove	Bonar Br.	766211
Doctors	Creich Surgery	Bonar Bridge	766379	Primary Schools	Bonar Br.	Bonar Br.	766219
Nurses	Creich Surgery	Bonar Bridge	766237	" "	Gledfield	Ardgay	766580
Electricity	24Hr Emergency	0800	300999	" "	Rosehall	01549	441348
"	Enquiries	0800	300000	Post Office	Alness	01349	884487
"	Customer Help	0800	300111	" "	Bonar Br.	Bonar Br.	766219
H. Council	Drummuie	Golspie 01408	635370	" "	Rosehall	01549	441338
"	Service Point	Bonar Bridge	766083	Bradbury Centre	Bonar Br.	Bonar Br.	766772
"	Service Point	Dornoch 01862	810491	Scottish Water	24 Hr Emergency	08456	008855
Ardgay & District Community Council Newsletter			766061	" "	Customer Help	08456	018855
Kyle of Sutherland Development Trust			Tel 01863 766536 or e-mail < development@kyleofsutherland.co.uk >				

Royal Bank of Scotland Mobile Timetable from January 2014

Tuesday	Bonar Bridge War Memorial	Arrive 1.35pm	Depart 1.50pm
----------------	----------------------------------	----------------------	----------------------

Gazebo/Small Marquee - The Community Council have a small gazebo/marquee available for hire for community activities. Contact Marion Turner or Phil Olson 01863 766100.



Kyle of Sutherland Whist Club – Bonar Bridge Hall – Wednesdays - 7.30pm from September to April

Whist Drives - Participation £2.00 including refreshments. (Lessons can be arranged if you would like to learn how to play and participate in fundraising for community groups).		MARCH 12 TH	CANCER RESEARCH FUND
		MARCH 19 TH	BONAR BRIDGE CHILDREN'S CHRISTMAS PARTY
		MARCH 26 TH	DORNOCH FIRTH GROUP of CHURCHES
		APRIL 2 ND	BONAR BRIDGE INDOOR BOWLING CLUB
		APRIL 9 TH	BONAR BRIDGE GALA WEEK
		APRIL 16 TH	BONAR BRIDGE COMMUNITY HALL
		APRIL 23 RD	KYLE of SUTHERLAND WHIST CLUB

For information about the Whist Club or any of the Host Groups please contact Mrs. Rosemary Logan 01549 421 282

Bradbury Centre Bus – Service 920 – Timetable and Routes – From Wednesday 22 May 2013

To Book journeys Telephone The Bradbury Centre – 01863 776 772

Operates every Wednesday apart from Christmas and New Year weeks.

Wednesday – Bonar Bridge circular via Spinningdale, Tain and Edderton

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Bonar Bridge (Cherry Grove)	1330
Spinningdale (lay-by at post box)	1039	Ardgay	1333
Clashmore (Carnegie Hall)	1053	Edderton	1353
Tain (Bus Stop at big Co-op)	1102	Tain (Lamington Street)	1406
Tain (Lamington Street)	1104	Tain (Bus Stop at big Co-op)	1408
Edderton	1117	Clashmore (Carnegie Hall)	1419
Ardgay	1139	Spinningdale (lay-by at post box)	1431
Bonar Bridge (Cherry Grove)	1142	Bonar Bridge (Cherry Grove)	1440

Bus Service Timetable – Bonar Bridge - Lairg – Rosehall Dial-a-bus Service No. T91

Monday – Friday Lairg/Rosehall/Ardgay (apart from the weeks of Christmas and New Year).

The service will be pre-booked for collection and delivery within the area.

The hours of operation will be 0900 to 1500 on Mondays and Fridays.

All journeys must be booked by 1400 on the previous working day, i.e. Friday for journeys on Monday and Wednesday for journeys on Friday. The phone number for booked journeys is **01863 766772**

Bus Service Timetable - Bonar Bridge – Alness – Service No 919

Operates every Tuesday apart from Christmas and New Year weeks.

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Alness (on B817 outside Morrisons)	1300
Ardgay	1034	Ardross (crossroads on B9176)	1317
Easter Fearn	1042	Easter Fearn (junction with B9176)	1333
Ardross (crossroads on B9176)	1058	Ardgay	1340
Alness (on B817 outside Morrisons)	1115	Bonar Bridge (Cherry Grove)	1345

The Minibus has a wheelchair lift which will be available as part of the service. Additional time has been added to the timetable to accommodate this but, as it takes up to 10 minutes for the lift to load or unload a passenger there may be subsequent delays of up to 10 minutes along the route. The service will divert on request to pick up pre-booked passengers up to a mile from the route. These journeys must be booked by 1400 on the previous working day, i.e. by 1400 on Tuesday for journeys on Wednesday.

The phone number for booked journeys is **01863 766772**

Ardgay Meeting/Function Venues

Contact for Booking Ardgay Hall –

Fiona Venters, 4 Carron Place, Ardgay 01863 766602

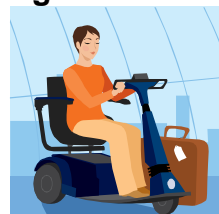
Contact for Booking Kincardine Heritage Centre – Mrs. Mary Stobo 01863 766868

Contact for Booking Ardgay Church Hall –

The Reverend Anthony Jones – 01863 766285



Highland Disabled Ramblers – Enabling disabled people to enjoy the outdoors. Monthly rambles for up to 3-4 miles.



Start 10.30am, bring a picnic lunch, finish around 3.00pm, ranger or professional guide. Family members, carers and other able bodied members welcome. We provide electric scooters for members to go that bit further. Centred around Inverness our rambles take us to Lairg, Aviemore & Fort Augustus. Contact Highland Disabled Ramblers. Suite 452, 24 Station Square, Inverness, IV1 1LD. Tel 01463 772671. Mobile 07895 066 965, E-mail admin@highland-disabled-ramblers.org or visit www.highland-disabled-ramblers.org.

Sutherland Walkers Group (SWG) – Programme - More information - Fiona MacDonald, Secretary – 01862 810275



**SUNDAY WALKS 4th
Sunday each Month**

AGM 5th March – detailed new programme – contact Secretary for details
23 March – The Cat's Back, Knockfarrel, Strathpeffer – Approx 6 miles linear
– Leaders Ann Mackay 01862 810742 & Jean Mezzetti 01862 881254
Summer Special – 13 July – Ben Hope?

Bradbury Centre Opening hours - Monday & Friday 9am - 3pm, Tuesday 9am - 2pm, Wednesday 9am - 2.30pm

The activities provided at the Centre are - Monday & Friday we hold a variety of activities including chair based exercises, games to stimulate the mind and the usual table and carpet games. Tuesday & Wednesday are purely lunch club days with a quiz or bingo. Lunches are served on all four days £4.00 per head for a two course lunch plus tea/coffee. Anyone interested please contact Lorraine or Elizabeth on 01863 766772. The end of last year was very busy with two shopping trips to Inverness and an outing to Eden Court to see the Panto (Sleeping Beauty), everyone enjoyed all the trips. Our Christmas Party was held on the 18th December, which was well attended with everyone having a great time, music was provided by Geordie Oliver and this year the staff, board and a kind anonymous member of our community

donated enough food stuffs for 6 free hampers. We are keen to recruit at least a couple more Board members. Anyone interested in helping with the management of this valuable resource in our community should contact the Chairman, Dr. Brian Martin (01863 766147).



DIAL-A-BUS – 01408 641 354 – Operator - MacLeod's Coaches - Covering Ardgay/Lairg & Rosehall.

COMPREHENSIVE LEAFLETS ABOUT THIS SERVICE ARE AVAILABLE FROM HIGHLAND COUNCIL SERVICE POINTS



Service Available – Tuesday, Wednesday, Thursday from 09.00 to 12.30 & 13.15 – 15.00

How to Book – Phone the Operator at any time up to 18.00 on the day before you want to travel. You will need to state when you want to travel, where you are going to and from, and give a contact phone number. If you have a fixed appointment you can book this service many weeks in advance of travel.

You can book outward and return journeys at the same time. Fares are similar to ordinary buses, and Free Concessionary travel is available if you have a bus pass. You can be picked up from the nearest public road point to your home, (if you have a disability it is up to the Operator to decide whether the bus will come for you). The bus will come for only one passenger, (no need to fill the bus). Passengers may also be carried between this area and Dornoch or between this area and the Lawson Memorial Hospital, Golspie, but these journeys must be booked at least 24 hours in advance.

The Highland Council want to know if you have any comments or suggestions concerning the use of this service.

Please phone 01463 242951, (please state the date and time of any problems when you phone).

McLeod's Coaches Dial a Bus - Timetable - Ardgay, Bonar Bridge - Mondays, Wednesdays and Fridays

09.30 - 12.30, 13.30 - 15.00, 16.00 - 17.30. Area of operation - 6 mile radius of Ardgay Station, plus Strathcarron road as far as Croick. To and from Dornoch and Lawson Hospital, Golspie **Please pre book your journey by 18.00 hrs on the previous day or 24 hrs in advance for destinations marked**. These services are operated under contract to the Highland Council. **Links to Macleod's**

Coaches - 01408 641354 www.macleodscaches.co.uk

ARDGAY to Tain & Asda	06.53	09.13	11.18	14.18	17.08	17.53
EDDERTON	07.05	09.25	11.30	14.30	17.20	18.05
TAIN (LAMINGTON ST)	07.15C	09.35C	11.40C	14.40C	17.30C	18.15
TAIN (Asda & LAMINGTON ST) to Ardgay		07.30	10.11A	13.11G	15.11G	18.48
EDDERTON		07.36	10.17	13.17	15.17	18.54
ARDGAY		07.50	10.30	13.30	15.30	19.07

A - Will wait up to 5 minutes when necessary, for arrival of Stagecoach Service 25x bus from Inverness.

C - Stagecoach bus to Inverness departs 07.20 : 09.50 : 11.50

G - Will wait up to 10 minutes when necessary, for arrival of Stagecoach Service 25X bus from Inverness

Public Transport Access to TRACC Swimming Pool from Ardgay - see Ardgay village notice board; contact TRACC, Hartfield Road, Tain, 01862 893767 or contact Macleod's Coaches 01408-641345

POLICE CALL MANAGEMENT - For the information of residents within the Sutherland and Easter Ross areas. The public



numbers to contact police within your area changed with effect from 18 February 2013 and all calls to the Police will now go directly to Inverness **0845 600 5703**. A local officer will then be contacted to respond to your call. **National Emergency number 101. For non-urgent matters – Tel: 0845 600 5703 Fax: 01463 230800, Confidential Line: 01463 723321, Textphone: 01463 723325** (for use by people with speech or hearing difficulties), **Email: mail@northern.pnn.police.uk**

Post: Northern Constabulary, Police Headquarters, Old Perth Road, Inverness, IV2 3SY

Crimestoppers - To pass on information about crime anonymously, call Crimestoppers on **0800 555 111** or fill out a secure, encrypted [online form](#) via the Crimestoppers website. The individual Ward Policing Plan can be found on the right hand side of each page and the overall Highland Local Policing Plan can be found at the bottom of each of the page. Caithness, Sutherland and Easter Ross area Wards: <http://www.scotland.police.uk/your-community/highland-and-islands/caithness-east-ross-and-sutherland/>. Shane Spence, Service Delivery Officer, **Highland and Island Division, Police Scotland**, Police Headquarters, Old Perth Road, Inverness, IV2 3SY, **Tel: 01463 720 674, Email: shane.spence@scotland.pnn.police.uk** Website: www.scotland.police.uk, Twitter: www.twitter.com/NorthernPolice Facebook: www.facebook.com/policescotland.

Edderton & District Gardening Club The gardening club meets on the first Monday of the month from September to May in Edderton Community Hall. The exception is the May meeting which because of the Bank holiday will be held on May 19th. Meetings start at 7.30p.m. 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. Speakers for Spring 2014 include Sarah Whealing from Corrycroft nurseries (dealing with garden pests) and Ian Crisp from Dunrobin Castle gardens. There is also an annual dinner in January and a light-hearted gardening quiz evening in March. New members are always welcome, no horticultural expertise is required, just an interest in gardening. For further information phone 01863 766061.



Kyle of Sutherland Development Trust– (12/02/2014 - Good morning Members - I am very pleased to tell you that the Scottish Land Fund has approved the Trust's application for funding to buy the post office. The funding will also cover the cost of a one year part time contract to employ someone to help the Trust develop the site.



Many of you supported the Trust in this venture by coming to the public meeting and completing the community questionnaire. Without your support the Trust would not have been able to make this announcement today, so many thanks. **Kyle of Sutherland Development Trust's Latest News...** Lots of exciting things have been happening recently in the Kyle of Sutherland. The 40th Bridge Celebrations are off

to a great start. Poetry workshops were delivered to both Gledfield Primary School and Bonar Bridge Primary School by Pam Beasant. Lucy Williams has been creating textile murals depicting each of the bridges that have spanned the Kyle of Sutherland over the years since 1812. Lucy's workshops are over half way through now, and all three murals will be displayed at Migdale Hospital. Adult poetry workshops led by Cheryl Follon and photography workshops for 12 years and over led by East Sutherland Camera Club, are scheduled for March. All creative workshops are building up to a celebratory day, in Bonar Bridge Hall on Saturday 17th May, with an exhibition of selected pieces and prize giving with a family ceilidh in the evening. The future of Bonar Bridge Post Office has been safeguarded with a grant from the Scottish Land Fund. The Scottish Land Fund is providing 95% of the costs, while the other 5% has been secured from SSE Achary Community Fund and the Highland Council Ward Discretionary Budget. The purchase of the Post Office is a significant development for the area. It will ensure vital services continue to be delivered to the community and will also create a part time position for someone to assist the Trust to develop the site. Well done to everybody involved! With Climate Challenge Fund, Enterprise Ready Fund and the Beinn Tharsuinn Wind Farm Fund we have been able to fully equip the office in preparation for the new CCF staff starting. The Trust can now offer a range of services including payroll, bookkeeping and a wide range of photocopying options including A3 colour copying. As you know we are soon to launch an energy advice service for householders in the Kyle of Sutherland. We are able to offer FREE, two places on a City & Guilds Energy Awareness training course which will be held 14 – 16 April with exam on Tuesday 22 April. The course will be held in Bonar Bridge. This training is worth c£700, in return for providing the training we would ask you to come along to some of our energy advice surgeries which will be held throughout the two years of the project. **31st March 7.00pm** we are delighted to announce that we have secured **Rene Looper** to deliver a workshop on social media. This will be extremely useful for businesses and community groups which want to develop/improve their interaction with clients, potential customers or membership using Facebook, LinkedIn, Google + etc. Hope to see some of you at these events. Best regards, Helen Houston

For more information contact Kirstin Pickett; bizservices@kyleofsutherland.co.uk. **Kyle of Sutherland Development Trust is a Company Limited by Guarantee registered in Scotland: SC401019 and a registered Scottish Charity: SC043587.**

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

Tel: 01863 766190 or email: development@kyleofsutherland.co.uk I would appreciate if you could send details of any upcoming events/meetings/activities of which you may be aware for the 'What's on' calendar on the Kyle of Sutherland website. You can forward details by email or by phone 01863 766 536; or pop in to the office. Please feel free to pass this information on to anyone you think might have something for inclusion. www.kyleofsutherland.co.uk Email: development@kyleofsutherland.co.uk.

This is the list of groups and organisations in Ardgay & District, which we know about with contact details:

Organisation & Contact	Organisation & Contact
Ardgay & District Community Council – 01863 766 061	Ardgay Hall Committee – 01863 766 174
Creich & Kincardine Art Group - 01549 421 321	Ardgay Children's Christmas Party – 01863 766 609
Ardgay Badminton Club – 01863 755 329	Bradbury Centre – 01863 776 772
Bonar Bridge Football Club - www.spanglefish.com/bonarbridgefootballclub	Bonar Bridge/Ardgay Golf Club – 01863 766 199
Boys' Brigade - 01863 766 166	Bonar Bridge Local History Society - 01863 766 235
Church of Scotland – 01863 766 285	Citizens Advice Bureau - 01408 633 000
Camera Club 01863 766 223	Crofters Group - 01863 766 144
Edderton & District Gardening Club - 01863 766 061	Dornoch Academy Parent Council - 01862 821 214
Gledfield School - 01863 766580	Gearrhoille Community Wood Ardgay - 01863 766 174
Highland Councillors – see page 5.	Invercharron Highland Games - 01863 766726
Kyle of Sutherland Fisheries Trust - 01863 766536	Kyle of Sutherland Gala Committee - www.spanglefish.com/kyleofsutherlandgalaweek
Kyle/Suth. Youth Development Group - 01863 766 310	Kyle of Sutherland Heritage Soc. - 01863 766 700
Kyle of Sutherland Cycle Club - info@koscc.co.uk	Royal British Legion, Scotland - 01863 766 349
Kyle of Sutherland Whist Club - 01549 421 282	Scottish Country Dancers – 01863 766 852
Kyle of Sutherland Development Trust - 01863 766 908	SWRI – 01863 766 646
The Ladybird Club - 07927 375836	The Bridge Project – 07801 496 609
Scottish Esperanto Association - 01863 766 061	Tain Royal Academy PTA - 01862 892 637
Sutherland Walkers Group - 01863 766 061	Ward Forum – Community Council
Windfarms –Community Council	Rosehall Community Arts - 01549 441 283
	Tain & District Rotary Club - 01863 766 285

Please tell us if you know of any others, or if your group or organization would like to contribute to the newsletter.

E-mail dhannah559@hotmail.co.uk or telephone 01863 766061.

Kincardine Parish Church - Contact Details - Minister- Rev. Anthony M. Jones, The Manse, Manse Road, Ardgay, Sutherland IV24 3BG email: [<revanthonymjones@yahoo.co.uk>](mailto:revanthonymjones@yahoo.co.uk) Tel: 01863 766285

Session Clerk/Roll Keeper – Minister

Clerk to the Congregational Board – Mrs Babs Gemmill Tel 01863 766 495,

Treasurer Hilary Gardner Tel 01863 766 107

Sunday (usual) Services - Ardgay @ 12.15pm – If you would like information about the Church of Scotland contact The Minister.



FROM THE MANSE... "A Much Broader Perspective - A Wider Church Community"

People often think of the church as just the 'building down the road'. In actual fact the church is much more than the building or, those who attend it. God's church is the entire community in which we live - whether you choose to worship at that building, in the open air (as we sometimes do) or, like so many today, try to witness by the way you live. Yes, the church of Jesus Christ began without a building and, just twelve frightened men in an upper room in Jerusalem. Historically it has grown into a worldwide "institution" - far removed from the fellowship described by its founder. Indeed, Jesus described his own 'body' as the 'temple'. The reality of course is that we do have buildings - five of them in this area alone. How we use them now and, in the future largely depends on you. Whether you choose to attend regularly, cherish old styles or are excited to try new things in the churches - they are there for you. The Church of Scotland has over the years operated on a 'territorial parish' basis. Within its structures there have always been procedures of 'membership' (those who wish to make a verbal commitment and promise to attend regularly) and 'adherents', who are just as important (and, often are just as regular at attending church as members!). On the face of it, things may look gloomy. The church is dying - membership is falling.... so say the statisticians when quizzed on the health of the churches in the U.K. In one edition of 'Life and Work', the national church's monthly magazine, Muriel Armstrong suggested that membership figures do not offer an accurate picture of the Church of Scotland. For those who did not read the article, it is worth considering Muriel's reasoning. She believes membership of any organisation, as such, is not a popular pastime any more for our society that prefers to "pick 'n' mix". Over the last decade, the Church of England has been recording attendance at worship, rather than membership numbers as a barometer of active engagement. The surprising news is that attendance at certain types of churches, has risen by about three per cent per year. Another recent survey by Tearfund suggests that one in seven people in the United Kingdom attends church regularly. The BBC Governors' seminar on religion stated that only 1.1 billion of the world's 7 billion inhabitants describe themselves as non-believers. And they said also that levels of participation shouldn't be underestimated in the U.K.'s football obsessed culture. Obsessed as we are often by the numbers game; more people attend a service on a Sunday than a football match on a Saturday! So what is this telling us? Perhaps Muriel Armstrong's own words best sum the situation up: 'Membership, as such, matters less and less. It is a useful tool for keeping track of people but is no measure of commitment. Perhaps an e-mail address list might be the future for the congregational roll. We have been hung up on membership statistics and roll-keeping for too long. Younger people in particular are less fussed about the membership issue. Many people might claim to have a belief and, a desire to worship on a fairly regular basis.

After all, when children are baptised we welcome them into the fellowship of Christ's church. Is it time to loosen up the definition of membership of the criteria for the Kirk's success or failure? In the light of these words, should the Church of Scotland instigate some kind of regular audit of attendance at worship and church events to determine a more realistic picture of church life? People come and go to the church's building, and as we know numbers fluctuate regularly. There is no doubt that despite many prophets of doom - the future of the church is still guaranteed. Not necessarily in mortar and stone but, in living hearts aflame with the witness of the Gospel of Christ in our community and, in this land. *Every Blessing* Rev Anthony, The Manse, Ardgay Please Note: if you require any pastoral needs or, if you would like a visit at any time please let your elder know or telephone the Minister on 01863 766285.

If you have any needs or enquiries regarding the churches please contact the Minister, who is also the Session Clerk and Roll Keeper for Kincardine, Croick and Edderton churches. Tel. 01863 766285.

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 10.30am and 12.15pm For further details telephone: 01863 766285

The Bridge Project - (Dornoch Firth Group – Scottish Charity Number SC034932). The Dornoch Firth Group was established in 2007 by the six Church of Scotland Parishes around the Dornoch Firth, (Kincardine, Creich, Edderton, Rosehall, Croick & Dornoch). **Good Morning Sutherland** – This service has been designed to reduce isolation, experienced by some of the over 50's, who live alone in our communities. It is a service to reassure you that someone will check on you every day, with a telephone call from one of our trained team. If your "Good Morning Sutherland" call is not answered, we will call again in a few minutes. If there is still no answer after a third call, we will contact your agreed contact person. (There is no charge for the service). Referrals can also be made from various services such as Medical Services, District Nurses, Doctors' Surgeries or local Churches, of any denomination. **Highland CoW is looking for your help.** The DFG "Good Morning Sutherland" has pairs of volunteers who take turn, usually a week about or a month about to call the same, up to three clients each morning when on duty, for a short chat each lasting a couple of minutes. In January we will need another volunteer for Good Morning Sutherland. I know you may not be in a position to volunteer beyond what you already do for the DFG, but you may know someone who not only could help, but would also benefit from the opportunity to do so. Most of the recent volunteers joining us have come through word of mouth, so I am hoping to get someone new on board through this approach.

Volunteers work in pairs and are on duty either week about or month about, depending on who they work with. Could you approach anyone you think would fit this bill, and let me know? Thanks John McMurray. If you would like to give time to supporting and assisting with this service, or give a donation to cover administration costs contact – John McMurray, Community Outreach Worker, Wlialimar, Rowan Avenue, Dornoch, IV25 3QW, Tel 07801496609, e-mail johnmcmurray@yahoo.com



SWRI (Scottish Women's Rural Institute) SWRI - Ardgay 7.30pm on the third Tuesday of every month September to May in Ardgay Village Hall. All ages welcome - Contact for details – Mrs Jean Jack Tel 01863 766 646. Culrain and Invershin in the Culrain Hall the last Thursday of the month at 7.30pm.

Mobile Library dates & times Ardgay: every third Wednesday. Tel. 0773 330 0761 for 2014 dates. Oakwood Place, Ardgay: 1.45 p.m. – 2 p.m. Lady Ross, Ardgay 2 p.m. – 3.10p.m



Mobile Library dates and times - Strathoykel, Strathcarron: Gledfield Primary School 9.40 – 10.40, Culrain 14.10 – 1445, (Times for other stops available on request, tel. 0773 330 0761).

Bonar Bridge Library/Service Point opening times		Monday	10.00am – 12.30pm and 2.30pm – 5.00pm
Tuesday/Wednesday/Friday	10.00am – 12.30pm	Thursday	10.00am – 12.30pm and 5.30pm – 8.00pm
Contact – Bonar Bridge Library & Service Point, Carnegie Buildings, Lairg Road, Bonar Bridge, IV24 3EA. Tel/Fax 01863 760083. Email: bonarbridge.library@highlifehighland.com			

Scottish Country Dancing – Regular classes 08 January to April 2014 - on Tuesdays from 7.30pm in Ardgay Public Hall. Please contact Doreen Bruce – Tel 01863 766852 for information. Annual Rally, Christmas Party, Visits to other Groups throughout the year. Everyone welcome.

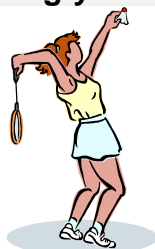


Plants wanted! On May 18th 2014 a plant sale, is being held in aid of Marie Curie at Foulis Castle, near Evanton and will be open between 11am and 5pm. With the success of the last sale in 2012 we are very much hoping to encourage people from far and wide to come and visit and, where possible, donate any plants that may be surplus to their needs. Collection points can be arranged nearer the time. For any further information please contact either Mrs Day Howden on 01549 421255 or Mrs Sara Shaw 01863 755320.

Creich and Kincardine Art Group -welcomes new members. We meet in the Tea Room at Bonar Bridge Hall on Wednesdays from 10am to 3pm from January. We don't have a tutor, but members are very willing to give help and encouragement to newcomers (and to each other). More details from Joan Mulligan on 01549 421321.



Ardgay Badminton Club – Currently with 45 members. Meet on Thursdays from November and stop before the lambing season in early April. Players will be moved to suitable groups depending more on ability than age after the first couple of nights. Used to play badminton? Come along, we're a friendly club and our members come along for a bit of social fun rather than serious match play. Below shows how it worked out last season but may change depending on numbers. It should work out at £1.00 per hour for all. Rackets available. Children are allowed to start if they are in primary 4 upwards at the start of the season. Contact details for George Ross: Tel 01863 755 329, e-mail <ochayeman@hotmail.co.uk>.



Mondays			Thursdays			Saturdays		
Beginners	1830 – 1930	£1.00,	Teens	1830 – 2000	£1.50,	Competition Squad	Boys	1900 – 2030 £1.50,
Advanced	1930 – 2030	£1.00,	Adults	1900 – 2230	£2.00	Girls	2030 – 2200	£1.50



Walk/Cycle for Wellbeing– If you have a walk you would like to feature in the Newsletter please email: info@ardgayanddistrictcommunitycouncil.org.uk

If you are concerned about any loss of access anywhere in the Ardgay & District Community Council area please let us know. We are working with Matt Dent Access Officer, Caithness and Sutherland, The Highland Council, Drummuie, GOLSPIE, KW10 6TA, 01408 635377 & The Scottish Rights of Way Society to ensure that no existing footpaths or long term access is lost.

The Kyle of Sutherland Cycling Club - For more information on the club please contact Chris at <heaven.bikes@hotmail.co.uk> or check out their website at www.koscc.co.uk You can also find the club on Facebook - search for Kyle of Sutherland cc. Text to chris@heavenbikes on : 07543 466 699.

Lairg (& our) Learning Centre News (Full details on (www.lairglearningcentre.org.uk – Tel 01549 402050)

Courses – There are many courses – contact Lairg Learning Centre for details if you are interested in those).

TUTORS WANTED – Are you a Tutor? Can you offer courses? If so please get in touch with us, we are always looking for skilled Tutors to help develop new learning opportunities.



Classes Timetable for 2014

	Morning	Afternoon	Evening
Monday	Patchwork	Patchwork	
Tuesday	Gardening		
Wednesday	Cake Decorating	Work Club/Laptop Club/Creative Writing	Cake Decorating/Photoshop
Thursday	Scottish Literature		Spanish
Friday	German/Work Club/Poetry Cafe	Book Club	
Saturday	Workshop		
Other Courses	First Aid TBA		

Fancy joining a MOOC? - Many exciting things come to us via the internet. One of my recent discoveries is the MOOC. (Massive Open Online Courses www.mooc-list.com) Visit this site & you will find a near endless list of learning opportunities ranging from quantum mechanics in Italian to global warming to art history. Many of the courses are free. All you need are a few spare hours a week and a computer with an internet connection. I have been doing a course from coursera www.coursera.org which comprises lecture notes, video clips & web links. Of course, with the speed of our broadband the clips can't be watched online, but these can be downloaded & saved to watch later. *Betty Wright*



Gearrhoille Community Wood Ardgay - News - 2014 – The Year of Decisions: In September you will be asked to decide how Scotland is 'managed' on your behalf; before that, on May 27th you will be asked similar questions about your local community woodland. For example:- Do you want to see a change of personnel in the Gearrhoille management team?

- Do you think access to the woodland for all sections of our community is adequate?
- Do you think the spectrum of events held in the wood has catered to a wide enough age range?
- Do you want your voice heard and your opinion included in any future decisions?



If your answer to any of the above is 'yes' please come to your community wood's AGM on the 27th May in Ardgay Hall.



Adult membership of the charitable GCWA Company, which is limited by guarantee, is just £3 per year (1st June to 31st May, or part thereof) for residents of the Highland Council area; such membership entitles that person to propose new directors and, at the AGM, vote on such nominations. Each year one third of the existing board has, by the rules of the company, to retire. However, should the retiree wish they can immediately stand to be re-elected. This is not a foregone conclusion; again, each member present is entitled to participate in this vote. All directors are unpaid volunteers. In the meanwhile, are you free for a few hours, from 2pm, on the afternoon of the first Thursday of each month? If you are, you may like to join other like minded folk in the wood, helping to carry out some of the lighter maintenance tasks that are unavoidable in living woodland. Look at it this way, these task help keep the woodland healthy, and the physical exercise and social interaction may help your own health too. www.gearrhoillecommunitywoodardgay.org.uk has masses of information about the woodland and forthcoming events, and also gives you the opportunity to contact the GCWA directors if you have any question or suggestions. Gearrhoille Community Wood Registered Office: 28 Queensgate, Inverness IV1 1YN, Registered in Scotland No: 263887 Scottish Charity No: SC 036 181. **Very Low Cost Membership** is open to everyone and all of the money raised is spent on the wood – application forms are available from: The Secretary – Mrs Rhonwen Copley, 16 Oakwood Place, Ardgay, Tel. 01863 766174 email: gcwa@btinternet.com. Full details available on posters locally, or contact Betty Wright, gcwa@btinternet.com Tel 01863 755316.



ARDGAY PUBLIC HALL (CHARITY NUMBER 008669 Committee: David Laver (Chair), Rhonwen Copley (Sec/Tres), Fiona Venters, (Booking Sec. 766602), Carol Shaw, Caroline Sale and Jackie Hewitt.

This is being written in the second week of February; the Festive Season seems ages ago – although the community's grand support of the Ardgay Christmas Fair still warmly lingers in the hall committee's memory – and today, Spring seems ages away. Whilst not suffering the storms and floods being endured to the south, the Kyle of Sutherland has had its winter moments, and Ardgay has, occasionally, lived up to its name of High Wind! And it has been that kind of winter weather that has caused the hall committee some concern; The hall car park is bounded on one side by the old barn building of the former Lady Ross Hotel, the condition of this building has been slowly deteriorating over the past number of years whilst it has been under the stewardship of an administrator, and by this winter the roof was so bad that the committee, on health and safety grounds, eventually had to close the car park to vehicles entirely and restrict pedestrian access away from the barn. But hope springs eternal, as they say, and it was with pleasure that the committee learned at the end of January that Mr Colin Mitchell had triumphed over adversity and regained full control of the former Lady Ross once more. The committee commend the fact that now he is able to do so, Mr. Mitchell has taken immediate action to affect a long-term solution to the problem posed by the old barn, and they are currently looking forward to the completion of the work which should enable the hall car park to be re-opened in the very near future. Something else the committee are looking forward to are more afternoon Whist sessions. The first one was held in the hall in December, it made a much welcomed contribution to hall funds and was so well supported more were planned. At the time of writing the next two sessions are scheduled for Friday, 21st February and Friday, 14th March, both starting at 2pm. Adverts will be posted locally and if there is a continued demand more may be arranged. If you have any ideas for afternoon social activities which you think would find support locally, please contact any of the hall committee; the hall exists to serve all sections of our community and the more diverse the interaction on offer, the more people it may benefit.

Ardgay Public Hall – Weekly Timetable(some seasonal)

	Morning	Afternoon	Evening
Monday	Ladybird Club	Post Office	Badminton – A&DCC 2 nd Monday each month
Tuesday			Scottish Country Dancing + SWRI 3 rd Tuesday each month
Wednesday			Tai Chi
Thursday			Badminton
Friday	Post Office	14 th March - Whist	Boys Brigade
Saturday			
Sunday			

The hall is well used in the evenings but not much during the day. I'm sure there are not many halls used through the day! But contact Fiona Venters on 01863 766602, or any of the Hall Committee if you want to fill any empty slots.

Royal British Legion Scotland – Creich & Kincardine Branch - The Creich and Kincardine Branch of the Royal British Legion Scotland met on 3 February. Christmas parcels were delivered to 32 of our pensioners and widows. These were clearly very much appreciated. We would like to thank the Kyle Bakery (Spar) for their help in making up the parcels. The whist night on 18 December raised £155 for the Branch, which helps fund the parcels. As ever, the Branch really values the support we receive from the local community. The proceeds of the whist night in Bonar Bridge Village Hall on 5 March will also be for the Branch. Final decisions on funding the upgrade of the Creich/Bonar Bridge War Memorial are imminent and we remain confident that the railings will be renovated during Spring/Summer. Planning has now started on replacing the gravel with local stone and providing a ramp to enable disabled access. Once the work is complete, there will be a public rededication of the War Memorial, forming part of our Centenary Commemorations of the start of WW1. We are also in the early stages of planning individual services at the graveside of the fallen who are buried in local cemeteries. If



you have an idea about how we could commemorate the fallen, please contact Fiona Porter, the Branch Secretary, on 01863 766349. The Creich and Kincardine Branch of the Royal British Legion Scotland Dates of 2014 Meetings - Monday were chosen for branch meetings during 2014. These would start at 7.30pm in Bonar Bridge Hall. If you are Ex-Services or a family member of Ex-Services personnel you are eligible to join the Branch and would be made welcome at our meetings. Eric Porter is the new Welfare Officer and would like anyone to contact him if a member would welcome a visit. Telephone 01863 766349 or by e-mail at f.porter514@btinternet.com.

Ardgay/Kincardine WAR MEMORIAL – Thanks to the person who offered to help keep it tidy – we still now have a rota of two.

Apparently there's a scam going on where someone calls you and asks you to ring back urgently as there's news about a family member. The number to call starts 0809, there's a long message and the call costs £1500 per minute!

Kyle of Sutherland Joggers - What have we done since the summer: Regular Monday night sessions have continued throughout the summer with good numbers attending each week. We met at Migdale for 1 week to run along by the loch but the light was waning so we moved into the village, meeting at the Golf Club. We have organised 2 Sunday runs in October (Ferrycroft loop) and November (Gruids loop). Both lovely sunny days and tasty refreshments afterwards!



New Thursday session started in October - Get Fit for Christmas, for beginners – well done all who attended.

Joggers successes: Alison Gardner completed the Culloden 17.46km, Caroline & Alison G completed the Tain Hill Race

Karen completed the Kielder marathon, June completed a 5K on Boxing Day in Aylesbury!

When/Where do we meet: Mondays at 7pm – Bonar/Ardgay Golf Club, Wednesdays at 8pm – Kyle Bakery

What are the benefits of jogging - Exercising regularly boosts energy levels, enhances self-esteem and aids long-term weight loss. What's more, being more active has a host of specific health benefits including reducing the risk of heart disease, certain cancers, strokes, diabetes, obesity, high blood pressure and osteoporosis. And it's fun and sociable! ☺

Events in 2014: Lighthouse 10K, Portmahomack – April, Beinn Ratha Hill Race 12K, Reay – 19th April, Castle of Mey 10K, Caithness – 11th May, For the full listing see: http://scottishrunningguide.com/race_listings.php

Not sure if jogging is for you? Never jogged before but are interested? Just ask

www.facebook.com/kyleofsutherlandjoggers

Elissa – 07743 228661, Caroline – 07799 391281, Gemma – 07545 929768, www.jogscotland.org.uk/

Plans for 2014 ... constitute our group so we can start to apply for funding to buy t-shirts for example.

BOYS BRIGADE – The Boys Brigade - where all new members in primary seven or older will be made most welcome. For more details contact Donald Simmonds 766796, Donald Brown 766166 or Daniel Thomson 766360.

LADYBIRD PLAYGROUP - Mondays 9.30 -11.30 costs £1.50 (includes snack, tea & coffee)



Located in the **Ardgay Public Hall** the playgroup benefits from the large open space that accommodates a vast selection of toys specifically aimed at 0 – 5yr olds. A baby area with mats, bean bags, padded sections and fun toys provides opportunities for wee ones to explore safely away from the older children. For older children there is a great selection of ride on cars, trikes, motorbikes, and runways to whizz around on. Climbing frames and slides are a great challenge also, creating spaces for dens and imaginative play. Quieter areas for play with smaller toys such as garages, fire stations and dolls are available to the children each week. **All children 0-5 & parents/carers will be made most welcome.**

Potential funding for sport and community from sportscotland: information is available via the sportscotland website <http://www.sportscotland.org.uk/funding/funding/>

Kyle of Sutherland Youth Development Group - Bonar Youth Bus – Next Stop the Stars!

WHATS ON

Monday	7.00 – 9.00
Tuesday	3.30 – 4.30 P1-P3 After School Club (term time only)
Wednesday	10.00 – 11.00 0-5yrs Music & Movement (term time only)
Thursday	3.30 - 4.45 P4-P7 After School Club (term time only)
	7.30 – 9.30 S1 & over Youth Group
Friday	10.00 – 11.00 0-5yrs Art Club (term time only)

Site Redevelopment - The group is continuing to identify sources of funding to redevelop the site with the aim of providing a Youth & Family Hub accessible to all residents in the Kyle of Sutherland as well as visitors to the area.

The first phase will accommodate existing clubs, a new fitness suite, multi use space, soft play centre, agency rooms and a café. These are exciting times, as we progress with the development we will keep residents informed through open meetings and events.

Hayley Bangs, Chair of the group said "With very clever use of limited space, we hope to include ideas from the local community which will also attract people in to the area and give them a new experience." KOSYDG is always looking for volunteers to help deliver services and to sit on the management committee. "This is a very exciting time for the youth group, with a great deal still to do." said Kathy Smith, Secretary. "We will continue to work with the local community to create a facility of which we can all be proud."

Anyone interesting in offering their time and skills should contact Hayley on 01863 766310.



Bonar Bridge Local History Society SCO 325 38 – Newsletter 2013-14 – At the beginning of the year the on-going business of erecting signposts at either end of the Achinduich – Loch Laro – Sleastary Path resulted in the Highland Council Paths Officer and Society Member Norman MacDonald completing the task at the Sleastary end of the route in April, unfortunately, not so at Achinduich due to the non-co-operation of the owner of the ground. In June 2013 interested members enjoyed the summer outing to historic Fort George. A record of the society events and history walks were shown on screen by Gregor Laing at a Member's Night. The society was grateful to fellow member Gregor for his time and expertise, especially since the pictures will be shown to the general public on 28th February in the Community Hall. It will be a reminder to each member to bring forward suggestions for a programme of local interest to encourage local people to support the society. The AGM was held in the Community Hall at 7.30pm on Friday 28 February 2014. Renewal of Membership Fee (£5.00) falls due on 28th February 2014.

- Contact Marion Fraser. Secretary 01863 766235

Telford in the Kyle of Sutherland - A new project focusing on the remains and activities of Thomas Telford in the area will start in Spring 2014. Thomas Telford was hugely influential in the early 1800s, responsible for roads, bridges, canals, piers, harbours, churches, manse and even town plans in the Highlands. Over the course of 7 months, people will have an opportunity to learn about, research, record, explore and promote the Telford remains in the area in a series of courses and events run by Archaeology for Communities in the Highlands (ARCH).

If you would like to be put on the mailing list to be informed of activities, please contact ARCH on 01349 868230 or info@archhighland.org.uk. Funding for this project is thanks to E.ON Rosehall Community Fund and the Robertson Trust.

Ledmore and Migdale Memories - Come share memories or learn about the heritage in and around the forest! The



Ledmore and Migdale Woodland Project has organised sessions to be run by Susan Kruse of ARCH. Everyone is invited to come and share memories of the heritage of the area, and especially those concerning the woods. In particular we're interested in memories of planting and felling, of sawmills in the area, of wartime Canadian forestry workings, and of settlements in and around the wood. If you

have old maps or photographs please bring them too! Everyone is welcome – even if you only want to come and find out more.

Sessions will take place on Tuesday, 29th April, 6th and 13th May, 2-4pm at Dornoch Social Club and 7-9pm at Bonar Bridge Community Hall. Come to whichever is more convenient.

Free – and coffees and teas are provided. Results from these sessions will be pooled together and a display created.



GLEDFIELD PRIMARY SCHOOL

Bird Watching - Our pupils have created a new bird watching looking area in our school. We have attracted many different birds so far and the pupils are eagerly recording all the birds we see each day. We also took part in the R.S.P.B. Big Schools' Birdwatch and submitted our findings for Gledfield School. Our Countryside Ranger, Ian Paterson, has visited us to help with bird identification and feeding.



Storyteller

Our pupils in P4-7 have had a brilliant time working with Lizzy MacDougall as part of a project run by the Forestry Commission for schools. Lizzy has been telling the pupils all about the folklore that surrounds some species of local trees. The pupils have been involved in tree planting.

Science

Pupils in P4-7 have been undertaking lots of fun science experiments!! One experiment as shown by our girls in the picture was to lift an ice-cube with a piece of string!!!



Rag Bag

Just a reminder that we are always very willing to take all your old clothes, shoes and rags as part of our Rag Bag fundraising efforts. This is a very easy way for us to raise a bit of money for our school. You are welcome to drop off items to the school at any time. We will let you know when the next pick up will be. Last time we raised an amazing £189 from all your old rags!!



Volunteers

We would also like to welcome any members of the community who might like to volunteer some time at the school to help out. If you have any skills you would like to share with our pupils or just fancy helping out in any way then please do not hesitate to get in touch with us.

Kyle of Sutherland Heritage Society, The KoSHS 's 'Lest We Forget' project are pleased to announce that their second and final report has now been published. The second report entitled "On Boxing Day they came over again...", takes up from where the first report ended (the building of the area's four War Memorials after the Great War) and after describing the many changes which occurred in the Kyle of Sutherland between the two world wars, goes on to describe the conduct of the Second World War and how it affected the Kyle of Sutherland and its people. Packed with photographs the report tells of the lives and deaths of our neighbours - including the area's two women - who gave their lives in the Second World War to uphold our freedom. After briefly dealing with post war events the second report concludes with the death of the one person from the area who died fighting in Korea. The publication of the second report sees the end of the five year project to gather as much information as possible about the men and women named on our four war memorials. While the Heritage Society's members will no longer be actively searching records and archives, if anyone has details or photographs of any of the areas fallen the 'Lest We Forget' files will be remaining open to accept them. Anyone wishing to examine the 'Lest We Forget' archive can do so by contacting the Kyle of Sutherland Heritage Society. To help our young people in their studies copies of both the first and second reports have been given to the areas four primary schools and to Golspie, Dornoch and Tain secondary schools. It is hoped to have a copy of both reports in the local section of Bonar-Bridge library and on the mobile library shortly. The 'Lest We Forget' project wishes to take this opportunity to thank the Ardgay and District Community Council who funded the second phase of our research after both Creich and Edderton Community Councils chose not to continue their support. The fascinating second report, as well as the few remaining copies of the first report, are now available from the new Shop and Café in Ardgay and the Post Office in Bonar-Bridge. The Heritage Centre, Ardgay – Leaflets on: Kyle of Sutherland – Physical Geology, Birds, Prehistoric Sites & Montrose – The Battle of Carbisdale are available from the centre.

NEW MEMBERS & COMMITTEE MEMBERS URGENTLY REQUIRED = If you are not a committee person but still want to help in sustaining the society – from helping to set up or curate our annual exhibitions, carrying our research, making tea at events or lecture nights or in any other way please contact us via our website www.kyle-of-sutherland-heritage.org.uk by e-mail to kosh-whinstone@talktalk.net or by telephone at 01863 776 174.

Creich Surgery - Creich Surgery, Cherry Grove, Bonar Bridge IV24 3EP, Tel: 01863 766379 Fax: 01863 766768
Consulting Times for appointments



Day	Morning Appointments	Afternoon Appointments
Monday	0900 – 1130	1530 – 1700
Tuesday	0900 – 1130	1530 – 1700
Wednesday	0900 – 1130	1530 – 1700
Thursday	0900 – 1130	1530 – 1700
Friday	0900 – 1130	1530 – 1700 & 1800 – 1830 for working patients

Out of hours GP services - are available between 6.00pm and 8am on weekdays, at the weekend, and on public holidays. These services provide help when your GP surgery is closed and your condition is too serious to wait until the next day. If you phone your surgery when it is closed you will get a message explaining how to contact your local out of hours service.

NHS24 - Contact for health care advice on 08454 24 24 24 (Textphone 18001 08454 24 24 24).

NHS Inform – You no longer need to look in lots of different places for Health Information you can trust. Call 0800 22 44 88 (8am to 10pm) or visit www.nhsinform.co.uk.

Dental Helpline - Should you experience difficulties in registering or accessing emergency care for NHS Dental treatment, please contact the NHS Dental Helpline on 08456 442271 (Evenings & Weekends NHS 24 on 08454 242424) or email nhshighland.dentalhelpline@nhs.net If you are not registered with a dentist and are disabled it may be that you can qualify for a fast track registration provided that you fit the dental criteria. If you get a letter from your doctor which explains your condition and disability and forward the information to the following address you may get registered sooner: The Centre for Health Science, Inverness Dental Centre, Old Perth Road, Inverness, IV2 3JH, Tel 08456442271.



NHS Minor Ailments Service – is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits. When you are registered for the Minor Ailments

Service your pharmacist can give you medicine for a minor illness or complaint, if they think you need it. You will not have to pay for this but you will have to register with a pharmacist. For more information contact – your local pharmacy, your doctor or NHS staff involved with your care, your local CAB or the NHS inform Helpline on 0800 22 44 88 (calls from a landline are free).

NHS Highland Briefing Notes Issues now out and available on NHS Highland website - www.nhshighland.scot.nhs.uk These notes provide a summary of the Board Meetings. It also includes updates on topical issues, Highland Quality Approach, Paediatric Insulin Pumps. Adult Social Care, Updates from Operational Units, Engagement & Campaigns, NHS Highland News. Any queries, or items for future issues, please get back to:- Mairie Thompson, Head of Public Relations & Engagement | NHS Highland, Assynt House, Inverness IV2 3BW,

Tel: Direct 01463 704 722 | 01463 704 927 | 07909 726 193 E: mairie.thompson@nhs.net | [www.twitter.com/nhshmt](https://twitter.com/nhshmt)

East Sutherland Community Care Forum – a new Engaging with Activity website is well worth a look and can be found at <http://engagingwithactivity.com/> We are seeking a representative from Ardgay and District to take a place on their board and to provide communication to and from the people. If you would be interested in representing Ardgay on the Forum please contact **Carol Summers Local Development Worker East Sutherland & East Ross-shire Office: 01463 718817 Mob: 07918 747 756** Email: csummers@hccf.org.uk

AGE UK (combining Age Concern & Help the Aged) – Products and Services for the over 50s – Travel Insurance, Home Insurance, Electricity, Personal Alarms, Stairlifts, Funeral Plan, Will & Legal Services, Annuity Service, Equity Release, Lifebook, Weekly Lottery, Charity Flowers, Bathing range. Find out more – Contact General Enquiries, Tel 0800 085 3741. www.ageuk.org.uk/information.

Highland One Stop Shop run by Autism Initiatives - Diane Roberts, Project Assistant, Autism Initiatives, Autism Initiatives – Highland One Stop Shop Albion House, 28 Ardconnel Terrace, Inverness, IV2 3AE, 01463 717880, www.autisminitiatives.org

Know your rights - Sales of mobility aids and products - If you suffer from a disability or mobility problem there are many products on the market designed to help you in your day-to-day living. The choice and range of products can be overwhelming however and products may include: Stairlifts, scooters, wheelchairs, bath lifts and bath/shower seats, walking aids, walk-in baths, hearing aids, specialist beds. These products may enable you to live, work and socialise more independently. It is important therefore that you (and your Carer) when thinking of buying such products shop around for the best deal and for the best aid which fits your personal needs. **Get further advice and assistance** - Both the Scottish Accessible Information Forum (SAIF) and Capability Scotland have websites promoting accessible information for disabled people and their Carers. Both of these organisations can be contacted at: SAIF c/o Scottish Council for Voluntary Services, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ, Freephone: 0800 169 0022. Capability Scotland, Westerlea, 11 Ellersley Road, Edinburgh, EH12 6HY, tel: 0131 337 9876 You can also contact your healthcare professional or contact the Disability Information and Advice Line UK (or DIAL UK) on telephone number: 0808-800-3333 for further advice and guidance or visit their website at: <http://www.scope.org.uk/help-and-information>. For further advice about your consumer rights, you can also speak to an advisor from Citizens Advice Consumer Service on 08454 04 05 06 or write/visit Highland Council Trading Standards, 38 Harbour Road, Inverness IV1 1UF.

New Support Group

Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA) are rheumatic conditions that can cause severe pain and, left undiagnosed and untreated, GCA can cause blindness. Whether you are a carer or patient, if you are interested, please do drop in but to help us with numbers, we would be grateful if you would phone our Helpline on 0300 777 5090 or 01463 751 248, although just turning up is fine. For more information please visit our website www.pmrangca.org.uk or you can email us at info.scotland@pmrangca.org.uk Bea Nicholson – Chair of PMR-GCA Scotland

OUTSTANDING VOLUNTEERING OPPORTUNITY - Dear Active Schools and Sports Development managers,



As you may be aware Glasgow 2014 are looking for up to 15,000 of Scotland's friendliest people to volunteer at the **Glasgow 2014 Commonwealth Games**. The online application process opens mid-January 2014. For more details on volunteering, including how the application process works, the types of roles available and the benefits of taking part, please visit the 2014 website. You'll also be able to download our volunteer digital toolkit which will provide everything you need to begin talking to your networks, members and/or staff on how to get involved and "be the Games". Please help support the recruitment drive and share this email with coordinators, officers and wider networks. If you'd like to talk to one of the Glasgow 2014 team, please call their contact centre on 030 3333 2014 or email them at <contactus@glasgow2014.com>. Thank you for your support.

Bonar Bridge Recycling Centre (Civic Amenity Site): Opening Times

Mon - 1.00 to 4.00pm	Tues - 1.00 to 4.00pm	Thu – 8.00 to 12 noon	Fri - 8.00 to 12 noon	Sat – 9.00 to 12 noon
-----------------------------	------------------------------	------------------------------	------------------------------	------------------------------

Will take: Cans, car batteries, engine oil, fridges, garden waste, gas cylinders, glass, paper – for advice on other items call 01349 868439.

Recycling Tetrapak - http://www.tetrapakrecycling.co.uk/Recyclable_consumers.asp

Above a link to tetrapak. The labels they provide are not Freepost. Some local authorities are providing kerbside collections for these, so hopefully THC can be encouraged to soon.

East Sutherland Producers/Dornoch Farmers Market - If you are interested in taking a stall, contact Russell Smith on 01863 766144

Charities – The known charities, with recycling shops in the area & which all need volunteers are:

Dornoch – St Finnbar's Scottish Episcopal Church, just off Cathedral Square. (clothes, books, bric a brac etc.)

Golspie – 2nd Best (Alzheimer Scotland Society), Main Street, Tel 01408 633008. (clothes, books, bric a brac etc.)

Lairg – Blythswood Christian Care, behind the Bank of Scotland, Main Street, (Wed, Thu, Fri 10.00 – 16.00) 01349 830777

Tain – Blythswood Christian Care, 25 Larrington Street, Tel 01862 893408. (Highland Foodbank, shoeboxes appeal, clothes, books, bric a brac, used stamps, etc.) **For larger items e.g furniture, white goods, sports equipment, fixtures and fittings, carpets etc. call the Highland Deephaven Depot, Ainess 01349 830777**

Tain - Highland Hospice, 11 King Street, Tel. 01862 894216. (clothes, books, bric a brac etc.).

(let me know if there are any others – editor)

CAB (Citizens Advice Bureau) – “East Sutherland Citizens Advice Bureau are actively trying to recruit volunteer advisers for their service. It seems that, while the work of the CAB is valued by the community, many people may not know what they actually do, or what is entailed in being a volunteer. To this end, the CAB are more than happy to visit any group and provide a brief presentation or talk about their activities, and how they obtain and provide advice on such a wide range of topics. If any group would like to invite a speaker, please give East Sutherland CAB a call. As well as the satisfaction from seeing the difference you make, CAB volunteering will equip you with new skills that stay with you no matter what you do next. You don't need special skills or knowledge to be an adviser, as your bureau will give you all the training you need. Being a volunteer can seem a little daunting, but don't worry! From your very first day you'll get all the help you need. We'll pay expenses and volunteering needn't affect your benefits. Contact Richard Gale, Manager East Sutherland CAB, Station Road, Golspie, KW10 6SN, Tel 01408 633000, e-mail advice@esvas.org.uk

The Citizens Advice Bureau hold free drop-in sessions every Thursday morning in Bonar Bridge Library, 10.15-12.15. A home visit for the Kyle of Sutherland area can be arranged by phoning the CAB Office in Golspie on 01408 633000 to arrange an appointment. **CAB are offering FREE – MONEY**

ADVICE - ‘Don't hide it under the bed’ Book a free, confidential appointment with a Money



Adviser –call 0808800 0118 or East Sutherland Citizens Advice Bureau on 01408

633 000. Our trained Money Adviser can help you manage your money day to day, plan for monthly outgoings and explain money matters in an easy to understand way. We won't recommend any products or try to sell you anything. It's about clear, unbiased money advice you can trust and that can make a

real difference to your life. (Examples – budgeting to saving, credit and borrowing, mortgages, insurance, pensions and retirement planning). Website <moneyadvice.service.org.uk>.

Thinking of Volunteering? – There are many opportunities in our area and these are only a few: Voluntary Groups East Sutherland can give you details. **VG-ES (Voluntary Groups East Sutherland)** - for information on Third Sector groups and organisations. Helping to keep you in touch with the wider world. Tel 01408 633001 FAX 05601 146813 or e-mail christine@vges.org.uk - liz@vges.org.uk - Manager - Christine Ross. There are over 200 community groups and organisations linked through VG-ES who provide a great deal of practical and help and support in maintaining their operational work.

SALTIRE CHALLENGE - My name is Grahame Thomson and I am the Development Officer at Voluntary Groups – East Sutherland (VG-ES). As part of the work VG-ES undertake, we aim to represent and support voluntary groups and individuals interested in or actively volunteering. To this extent we also endeavour to encourage young people and associated groups to participate in volunteering as much as possible. Young people (12-25 year olds) are able to receive a Saltire Award which formally recognises the commitment and contribution they make as an individual. The awards which are supported by the Scottish Government are also designed to support, encourage, enable and reward youth for volunteering. One of the awards available as part of Saltire Awards is the Challenge Award. This is awarded to individuals for a one-off volunteering event and is an ideal introduction to volunteering. It is designed to give young people an initial experience of volunteering but in the comfort zone of a team. Organisations can host a Challenge specifically for the Saltire Awards or allow young people to participate in a pre-arranged event. I would like to suggest a partnership with a local youth club or group such as Scouts, Boys Brigade, Guides or Cadets and the Community Council to organise a Challenge event co-ordinated by VG-ES. The event could address an issue, problem or concern that would be of benefit to the Community Council area such as weeding, a litter pick or assisting with a community garden etc. If you are interested in our suggestion please get in touch. I look forward to hearing from you.

Homes and Communities Agency to help groups to formally establish, build up their development proposals and submit a Community Right to Build Order. The funding is available until the end of March 2015. Any community group or parish council can apply provided they meet certain basic standards. Community groups should first discuss their proposals with the Community Right to Build Support Hub at Locality who can be contacted through their [website](http://www.homesandcommunities.co.uk) or on 0845 345 4564. Further details on how to apply and the requirements of the programme are detailed in our application guidance which is available to download from the website.

If you have any questions about the fund in general please email them. **Contact: Homes and Communities Agency Email:**

crtb@hca.gsi.gov.uk **Website:** <http://www.homesandcommunities.co.uk/community-right-to-build>

The Relationship Helpline – FREEPhone - 0808 802 2088 – Confidential support for all your relationship difficulties. Website at www.therelationshiphelpline.org. We are here to help with – Affairs, Arguments, Communication, Crisis, Family, Separation, Stress, Sex, Unhappiness.

The Kyle of Sutherland (formerly Achany) Apprenticeship Scheme continues to be available and has now supported 6 placements. For further information about the Fund please contact any of the Panel members locally or make contact with Carol Elliot, Community Programmes Executive, Foundation Scotland, 07500 779227- (carol@foundationscotland.org.uk) -www.scottishcf.org - Office 5 | Farraline Park | Margaret Street | Inverness | IV1 1NH. Foundation Scotland (known also as "FS") is registered as a Scottish charity (SC022910) and is a company limited by guarantee (SC152949) with its registered office at 22 Calton Road, Edinburgh, EH8 8DP.

Applications can be made at any time. Application forms are available from the Bonar Bridge Service Point or from www.scottishcf.org/achany. Local panel members who can provide information about the Fund are David Hannah and Marion Turner (Community Council Members) plus Betty Wright and Angi Banks (Community Members)



Community Benefit Money (Windfarm Grants) - There are several options for local groups looking for funding for their projects.



For grants under £2000, there is the BeinnTharsuinn fund. Application forms (& full details of the fund, including guidelines for applicants) can be downloaded from A&DCC website, or obtained from Highland Council in Golspie (01408 635335). The completed form should be returned to Phil Tomalin, Highland Council as Highland Council administers the fund. The form will then be forwarded to the Community Council for consideration at their next monthly meeting. For larger projects (more than £2000), there are the SSE & EoN Community Benefit Funds. These are both administered by Foundation Scotland and

decisions made locally by the Panel. Application forms for both these funds are available at HC service points, Kyle of Sutherland Development Trust office in Bonar Bridge; by e-mailing Carol Elliot (as above). Applications can only be made to one or other of these funds, the panel meets approx. 6 weeks after deadlines to consider applications.

SSE Sustainable Development Fund – Contacts for questions, Ciara Wilson, Community Investment Advisor, 0141 224 7191, ciara.wilson@sse.com or Graeme Keddie, Head of Community Investment, 01738 512 636, Graeme.keddie@sse.com.

BeinnTharsuinn – See CC Minutes

EoN Rosehall – Application forms are now available at Highland Council Service Points in Bonar Bridge and Lairg. Community Benefit being linked through Foundation Scotland and grants approved by the existing Panel. Further details are available from Carol Elliot, Foundation Scotland (as above)

SSE & EoN Community Fund - Panel Meeting on – 04 March.

SSE & EoN Community Benefit Panel members are currently:-

Ardgay & District:, Betty Wright, Marion Turner, David Hannah, Angi Banks

Creich: Rosie Baxter, Pete Campbell, Russell Taylor, Catriona Hill

Lairg:, Sandy Allison, Ian Mackay, Anne Morrison, David Ross

If you wish to be considered for vacancies that may arise in your community council area please contact the Panel Secretariat, on 01863 766536. **The next deadlines for grants of between £2,000 - £10,000 are 30 April & 31 October 2014.**

Sallachy – If you have any questions or suggestions regarding our proposals contact - Oliver Patent, Head of International Developments, WKN AG, patent@wkn-ag.de or on 0141 212 7222 or Sallachy Wind Farm, C/O Invicta Public Affairs, 5 Coates Crescent, Edinburgh, EH3 7AL, info@sallachywindfarm.co.uk, **0131 220 0171**

Braemore – Nothing further since the presentations to A&DCC and Creich CC. Contact – Richard Fisher, Development Manager, Wind Prospect Developments Limited, 13 Rutland Street, Edinburgh, EH1 2AE, Tel 0131 225 8545, Web www.braemorewindfarm.co.uk E-mail sarah.dooley@windprospect.co.uk.

Glen Morie – Contact – Claire Addison, AES Wind Generation, Glenmorie Wind Farm LLP, AES The Old School Offices, 2 Dalmahaoy, Edinburgh, EH27 8EB, Tel 0131 335 0963 E-mail <Claire.addison@aes.com>.

Glen Cassley – Highland Council approved the Planning Application on 20 May 2013 – nothing further to date

Dalnessie – SSE have withdrawn their application due to cost implications.

Coire na Cloiche – Rock by Sea – No updates at present

CROFTERS AND SMALL LANDHOLDERS SKILLS FOR THE 21ST CENTURY Practical Training Courses - CAITHNESS AND SUTHERLAND A wide range of further courses is available and being arranged in topics such as horticulture, vet skills, equipment maintenance. For more information please contact: Su Cooper, Scottish Crofting Federation, Tel: 01463 796836 / 01599 530005 e-mail: training@crofting.org, www.crofting.org

Registered in Scotland as a Limited Company No: SC218658. Recognised as a Scottish Charity No. SC 031919 Funded by – The Scottish Government & Highlands and Islands Enterprise



Highlands Small Communities Housing Trust - SELF BUILD INITIATIVE FUND (SBIF) -

Following our successful bid to the Scottish Governments Innovation & Investment Fund last year, we are pleased to announce the launch of our Self Build Initiative Fund for self-builders in the Highlands. The fund will front fund self builders with loans ranging from **£5,000 — £20,000** to help finance the start up costs of new builds. The loans are only re-payable at wind and water tight stage when standard mortgage facilities become available. It is hoped that this fund will enable the provision of Low Cost Home Ownership throughout the Highlands. An arrangement fee is payable but the loans are **interest free** and have no hidden costs. In addition to the SBIF, we also have a **deferred plot payment scheme** whereby purchasers of our plots have the option of signing a loan agreement with HSCHT agreeing to pay for the plot at a later date. For further details on the SBIF or deferred plot payment scheme, please contact [<morven.taylor@hscht.co.uk>](mailto:morven.taylor@hscht.co.uk) or Tel 01463 233 549.



Forestry Commission Scotland

The National Forest Land Scheme gives community groups the opportunity to apply to buy these woodlands before they are put on the open market - if you'd like advice, information or more details of what this involves please get in touch.

Jon Hollingdale, Chief Executive Officer, Community Woodlands Association, Steading Cottage, Craigfield Farm, Kintessack, Forres, Moray IV36 2SP, Web: www.communitywoods.org | Tel: 01309 674004 | Mob: 07792 028675



Highland Council Private Housing Grants Available - The Highland Councils "Scheme of Assistance" offers grant assistance and technical advice for a variety of repairs, disabled adaptations and energy efficiency improvements. If you've owned and lived in your property for a minimum of 2 years then you may be eligible to qualify.

For further information please contact, Davy Ross – Technical Officer, Housing Grants The Highland Council, Drummuie, GOLSPIE, Sutherland, KW10 6TA, Tel. 01408 635325

NEWSLETTER DISTRIBUTION - Ardgay & District Community Newsletter Distribution (now up to 370 produced to meet increased demand). We have vacancies for distributors – **No Distributor = No Newsletter**. (If you can even deliver a few to your neighbours it would help)



Area	Distributor	NO.	Contact
Ardgay Hill East	Vicky Whittock	28	Editor
Ardgay Hill West	Editor	22	Editor
Bonar Bridge - Various – Post Office, Library, Bradbury Centre, Creich Surgery, Key Commercial Services, Police Station, Migdale Hospital, Business Gateway	Editor	15	Editor
Carron Place	Jeannie Sparling	24	Editor
Culrain Lower	Anna Sutherland	22	Editor
Culrain to Oykel	Alan Lawrence	20	Alan
Culrain Upper	Iain Worthy	12	Editor
Station and Centre	David Laver	8	David
Dounie to Amat	Gaye Hart	26	Editor
Gledfield to Dounie	Marion Turner	15	Editor
Gledfield	Marion Turner	8	Editor
Gledfield (part of Church Street)	Davy Ross	5	Editor
Highland Councillors	Editor	3	Editor
Kincardine Hill	David Knight	13	Editor
Manse/Struie Place	Teresa Langley	26	Teresa
Oakwood Place	Rhonwen Copley	22	Editor
Oakwood Place to W Fearn	Brigitte Geddes	27	Editor
Other bit of Oykel	Bob Sendal	20	Bob
Strathcarron West	Gaye Hart	26	Editor
Strathcarron East	Betty Wright	33	Betty
Comhill	Theresa Langley	8	Editor
And of course it is available on-line at <ardgayanddistrictcommunitycouncil.org.uk>		Total	370



Community Councillors - 201 Editor Delivery to other distributors – 169 = **Total 370**

Queen's Baton Relay Community Batonbearer - When does the Queen's Baton Relay (QBR) take place? The International sector of the QBR will be launched from Buckingham Palace on 9 October 2013 and the baton, containing the Queen's Message to the Commonwealth, will travel to all 71 Commonwealth nations and territories before arriving in Scotland on 14 June 2014. The baton will then spend 40 days travelling through all 32 Scottish Local Authority areas before arriving for the Opening Ceremony of the XX Commonwealth Games in Glasgow on 23 July 2014. Who do I contact if I have a batonbearer enquiry? We are happy to help with any questions you have. Our website, www.glasgow2014.com/baton-relay has lots of useful information. You can email us at contactus@glasgow2014.com or give us a call on 0303 333 2014 for assistance.

TAX HELP – for older people - Another year, another set of tax codes. Those of you who pay tax via 'Pay As



You Earn' (PAYE) should receive your new tax codes from HMRC this month. This may not happen if your affairs are simple, for example you only have one source of income, but it is still important to check that your first pay slip has a new code. To help with the checking, here are the new personal allowances for 2014/15:- Born after 5 April 1948 - £10,000, Born after 5 April 1938 but before 6 April 1948- £10,500, Born before 6 April 1938 - £10,660, Married Couple's Allowance £8,165 (£4,083 on notice of coding to allow

for 10% relief), Blind Person's Allowance - £2,230. It is easy to check when you have only one source of income and don't receive anything else that affects your code, such as work related benefits. You just knock off the last digit to find your new code. For example, from April 2014 a person aged 61 (born 1953) with one employer/pension provider will have a tax code of 1000L. Don't worry too much about the letters; they are used by HMRC to communicate with employers and pension providers. However, if you have more than one source of income, other allowances or benefits, or possibly even both, then things start to get more complicated and problems can arise. **An example** will, hopefully, help to explain this better. Mr. Biggs is 80 (born 1933) and married. He receives a state pension of £6,000, an occupational pension of £9,000 and a small annuity of £1,500. He will need two tax codes, one for his larger pension that takes account of his married couple's allowance and his state pension (which cannot be taxed at source) and one for his small annuity. These are calculated as follows. His personal allowance is £10,660. To this we add his married couples allowance (only half because the allowance is given at 10% and not at the basic tax rate of 20%) to give him a tax free allowance of £14,743. From this we deduct his £6,000 state pension (because it is the only way it can be taxed) which leaves him with a tax free amount of £8,743. Then remove the end digit to give him a tax code of 874T which is applied to his occupational pension. But what happens to the annuity? As all of his allowances have been used to calculate the code for his larger pension, anything else will be taxed at 20% and the code given in this particular case would be BR (which stands for 'basic rate'). If you usually complete a self assessment tax return, did you file your 2012/13 return by 31st January 2014? Did you pay what was owed by the same date? If not, you will probably be opening a penalty notice this month and if you filed after 30th December 2013 you are also too late to pay your tax via the 2014/15 tax codes. Failure to file your 2012/13 tax return and pay what you owe by the 31st January (if not coded) will mean you receive a late filing penalty of £100 and interest will start accruing. Those who usually file on paper will find that the £10 a day penalties also kick in. Now is the time to ask for help if you need it. You may be able to appeal if you have a good reason for not complying. This article is by Tax Help for Older People (operated by registered charity no 1102276), offering free tax advice to older people on lower incomes. The Helpline number is 0845 601 3321 or geographical 01308 488066.

Highland Handyperson Service— Are you aged 65 or living with a disability? Do you need a Handyperson to help with minor repairs at home? Each Handyperson is fully equipped with tools and will be ready to undertake your repair. You will only be charged for materials used to complete the agreed work. There is no charge for the Handyperson's time or travel expenses.

Contact – Sutherland Handyperson Service, ILM (Highland), Unit 1G, Lairg Industrial Estate, Churchill Road, Lairg, Sutherland, IV27 4BL, Tel 01549 402798, e-mail suthcare@ilmhighland.co.uk.

Need assistance with Adaptations to your HOME? Contact the Handyperson/Care & Repair Agent at the above address, or Highland Council Technical Officer – Tel 01408 635325 e-mail env.health@highland.gov.uk



SUPPORT YOUR Newsletter: it costs around £1.00 per copy to produce and we are continually striving to reduce production costs. It is printed at the lowest cost we can find by Alness Heritage Centre. It is free and distributed by volunteers. If you feel you would like to help us keep it going – by helping with delivery, with a financial contribution or donation of any amount or by advertising please contact the Editor, Treasurer or any of your Community Councillors. We successfully applied for partnership funding from Community Benefit Funding of £5,000 to keep it going and are now halfway through the 2nd year of this but we still need your contributions towards ever increasing costs.

Income					Expenditure	
Date	Grants	Adverts	Donations	Total	Production	Total
Totals	£10,672.00	£450.00	£104.75	£11,226.75	£9227.10	£9227.10

Newsletter Finance - Current Balance £1999.65 Next Print – March 2014 £385.00

ARE YOU GETTING YOURS? - If we missed you out (see Distribution List on P 19) and you want to be included for future issues contact any Community Councillor or the Editor – photographs and articles are always welcome and a bit more feedback would be appreciated.

COPY DATE FOR NEXT ISSUE – DEPENDS ON WHO TAKES OVER – BUT WILL PROBABLY BE 19 MAY FOR ISSUE IN JUNE

2011 Interim Census – Some Information for Ardgay & District from Highland Council

Gender

Males	50.8%	319	48.9%	48.5%
Females	49.2%	308	51.1%	51.5%

Retired people

Aged 65 to 74: One person household	6.8%	21	5.8%	5.5%
Aged 75 and over: One person household	11.0%	34	7.7%	7.7%
Aged 75 and over: Two or more person household	12.7%	39	9.7%	8.3%

General health

All people	100.0%	627	100.0%	100.0%
Very good	49.8%	312	54.1%	52.5%
Good	30.1%	189	29.9%	29.7%
Fair	16.2%	102	11.6%	12.2%
Bad	3.1%	20	3.4%	4.3%
Very bad	0.8%	5	1.0%	1.3%

Religion

All people	100.0%	627	100.0%	100.0%
Church of Scotland	43.4%	272	36.9%	32.4%
Roman Catholic	2.5%	15	7.6%	15.9%
Other Christian	7.6%	48	9.1%	5.5%
Muslim	0.0%	0	0.3%	1.4%
Other religions	1.1%	7	0.8%	1.1%
No religion	33.6%	210	37.3%	36.7%
Not stated	11.9%	75	7.9%	7.0%

Unemployment

All persons aged 16 to 74 who were unemployed	100.0%	14	100.0%	100.0%
Aged 16 to 24	49.4%	7	28.5%	30.2%
Aged 25 to 49	36.1%	5	48.6%	51.4%
Aged 50 to 74	14.4%	2	22.9%	18.4%
Never worked	27.8%	4	9.3%	13.9%



REMEMBER TO CHECK YOUR PHOTO CARD DRIVING LICENCE AS IT NEEDS TO BE RENEWED EVERY 10 YEARS.

Pawsability



- 🐾 Dog Behaviour
- 🐾 Dog Training
- 🐾 Puppy Training
- 🐾 Puppy Early Learning

We're happy to help with all your dog & puppy training & behaviour needs. Please just visit the web site for more info, or call.



Anna Patfield BSc. CABP, Cert CN

PLUS - Internet Pet Shop



Dog collars & leads & tags.
Flashing collars. Tick removal aids.
Stop your dog pulling. Tough chews,
Healthy teeth. Loads of fun
dog & puppy toys.
Luaths Holistic dog food.
And lots more.....

Please just browse on-line, and call us to arrange pick up/delivery.

01863 760004

There's loads of free help & advice on the web site too.....

PawsAbility.co.uk

The Wooden Quaich



*Traditional Wooden Quaichs
Handmade to order from Scottish Timber*

The perfect gift to mark that special occasion

- Engraving service
- Personalised presentation boxes

Stewart McCarroll
Ardgay - 01863 760004
www.woodenquaich.com

ARDGAY GARAGE



ARDGAY - Tel (01863) 766231

**Now doing Main Dealer Warranted
Servicing**

Please ring for details

Please drop in at any time.

NOW DOING BIKE MOT'S

HOURS OF BUSINESS

Monday - Thursday :8.30 - 5.30

Friday : 08.30 - 4.30

Alternate Saturdays : 9.00 - 12 noon

LEDMORE & MIGDALE EVENTS

Making spoons from trees - Join a woodland craftsman at this exciting event where you will make your own wooden spoon. Minimum age 11 - Booking required.

All day 10.00 - 16.00 *Max of 7 participants*

Saturday 29th March Meet at Torroy car park.

Stone Age Easter egg hunt - How would you like to go on this very ancient egg hunt? Join us for a special Easter egg hunt, and find out about prehistoric hunters and gatherers.

Great for kids. Booking required Morning 10.00 - 13.00

Saturday 19th April. Meet at Torroy car park

Cotton tramp with enlightenment - Did you know that the mill at Spinningdale once produced cotton? Join a guided walk to find out about Honest George Dempster and Ledmore & Migdale. Great for all ages, but especially suited to adults. Booking not required. Evening 5.30 - 7.30

Thursday 5th June Meet at the Creag na Sroine Entrance

Fancy fairies - Join us on the longest day of the year - the Summer Equinox to find fairies in the woods. We will explore the woods, look for the little people and make some of our own! Great for kids Booking required Afternoon 14.00 - 17.00

Saturday 21st June Meet at Torroy car park

Max of 24 participants

Magical moths - Did you know that Ledmore & Migdale woods are very special for insects? We will show you some of the moths found in the woods, many of these are quite spectacular! Great for all ages Booking not required Morning 10.00 - 12.00

Saturday 5th July Meet at Torroy car park

All events are FREE of charge. Directions to Torroy car park - From the A49 in Spinningdale, turn onto the minor road signposted to Migdale. Parking is 0.6 mile on the right. IV24 3AD. Directions to Creag na Sroine entrance - From the A949 in Spinningdale turn into the forest track beside a cottage with a red tin roof. Parking is approx. 200m up the track. IV24 3AD For further information or to book a place contact Juliet Robinson on 07810 027556 or ledmoremigdale@woodlandtrust.org.uk

**We will be pleased to take commercial advertising
at £40 for a full page - £20 for half,
£10 for a quarter - £5.00 for all smaller sizes.**

(Pete Andrews Driving School said "Ref the advert it has been a success as far as I am concerned. It is nice to be able to target the local area directly which the newsletter certainly does")



For Sale

Scottish Blossom Honey

£5 per 1lb pot
Betty & Andy Wright
tel: 01863 755316

**FOSTER FOR
HIGHLAND –**
Change children's
lives for the better.
Join the growing
community of Highland
foster carers.



We give £270 a week for fostering a 13 year old
We give professional support
We give help with health and school issues
We give support from other carers
We give training
If you have room in your life as well as your home,
phone 01463 703431 to find out more.
Or e-mail us at <fostering@highland.gov.uk>

Dear Readers - As I take my leave from the Newsletter after 23 issues over 5 years I would like to thank everyone who helped, in whatever capacity. The Community Council for making it possible, all those people who supported the funding by advertising and donating the recommended £1.00 per issue (10 out of 370) isn't to be scoffed at when every penny counts. The Windfarm funding which enabled me to carry on producing to such a high quality, the many willing volunteers who braved all weather conditions to ensure you got your copies. All those readers who contributed comments, helpful suggestions and criticisms. Our various printers, who have been so helpful and obliging over the years. I have enjoyed being at the very hub of the community in which I live, and worked before my retirement. We have been through many changes from the loss of the Post Office, Alladale Wildlife Park, Falls of Shin and Carbisdale Castle which so affected us all. And on to the **positive** issues of community benefit from Windfarms, supporting the Community Council, Gearchoille Community Wood, Public Hall along with many other village and community groups. The very welcome opening of our new shops. Our War Memorial continues to be one of the BEST in Scotland. Remember those we have lost and who played such a valuable part of our communications network and welcome the new members of our community who have fill the gaps and ensure our future

THANK YOU ALL – Best wishes – *David Kannah*

**This Edition of the Newsletter is published with partnership
Funding from the E.ON Rosehall Community Fund supported
by Foundation Scotland**



Foundation
Scotland

