

£1.00

ARDGAY & DISTRICT COMMUNITY COUNCIL NEWSLETTER



A & DCC

Population 585

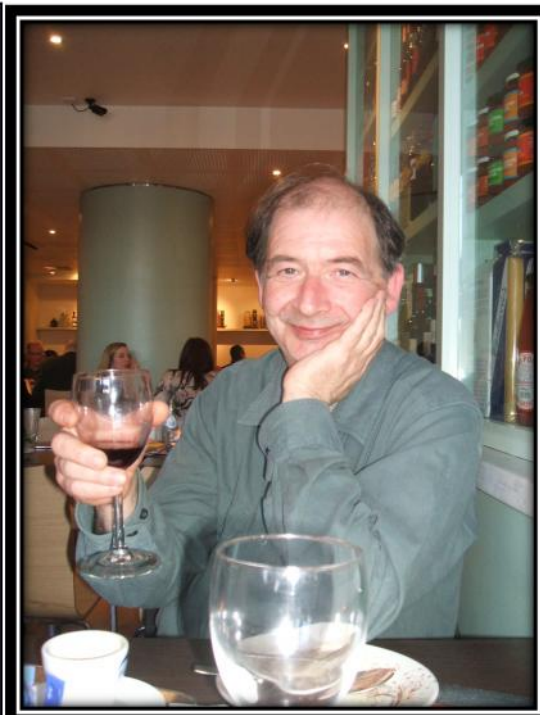
Area 624.8Sq. Km

Density 1.06 per Sq.km

Back issues available at our website ardgayanddistrictcommunitycouncil.org.uk No 20 – Summer Edition 2013

A Dear and Good Man Peter Brown Armstrong – 1953 to 2013. Secretary to Ardgay & District Community died in April 2013. The loss to his family and our community is immense and will continue to impact on us all and our sympathy goes out to all his family: Deirdre, Sean, Ellen and David. His brother David gave an Eulogy at the service on 19 April at Inverness Crematorium - Peter was born and brought up in Girvan, Ayrshire and attended Dollar Academy during the 1960s where his favourite meal was a Vesta Chow Mein 'the authentic taste of the orient'. Peter studied Comparative Literature at Norwich, East Anglia and went on to work in such exotic places as Singapore, Rome, Eriskay and Scourie before settling in Ardgay where he became an important and valued member of our community. Apart from his role as Secretary to the Community Council and volunteer gardening assistant on the station platform flower tubs Peter was actively involved with Dementia Scotland and had recently taken up employment with them. *It is a very strange fact of the life we have when we only get to know someone really well once they have left us and it is too late to say we had a lot in common.*

Cheers & Best wishes Peter wherever you are. *David Hannah - Editor*



Further devastation hit the Kyle of Sutherland on 20 May 2013 when the Falls of Shin Visitor Centre was burnt to the ground, fortunately no one was injured as staff evacuated the building and the blaze raged through to leave a smoking ruin. It is not known what plans will be in place for a replacement but we have asked Balnagown Estates that if they are considering a replacement, to consider incorporating some form of accommodation for visitors, to fill the void created by the closure of Carbisdale Castle Youth Hostel. The loss of both of these major visitor attractions leaves the whole of the Kyle of Sutherland a barren place to visit. The Falls of Shin was a popular destination with passengers from the Cruise liners coming into Invergordon, who now have no reason to come here. We need to be looking to our own future if we are to stay on the Tourist Map and perhaps enlist the aid of Historic Scotland and the National Trust to create a visitor centre for the Battle of Carbisdale, along the same lines as they have at Culloden. Good/Bad idea or not we should be looking at our increasing Community Benefit from Windfarms to counteract these losses and promote the Kyle of Sutherland and Ardgay as places worth visiting – even if only for the deprivation. *David Hannah - Editor*

Newsletter Cost Cut – due to the many donations in response to the £1.10 asked for in the last issue we have managed to cut the production cost per copy to £1.00 for this issue. We depend on your generous appreciation to keep this Newsletter going, but we also got a grant from EonRosehallWindfarm Community Benefit Fund to cover costs for the next 3 years. But we still need your support - Send cheques payable to Ardgay & District Community Council or give cash to your distributor. *David Hannah -*

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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 your 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)

House Maintenance & Repair Inspections.

David Hannah,
Ardgay

Tel 01863 766061

Mobile 07880 776909.

e-mail dhannah559@hotmail.co.uk



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Creation.

Call Rik on:

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Seangan House, Culrain,
Ardgay, IV24 3DP



Facts and Figures

REVENUE

- £548,436,000 – the Highland Council Revenue spend for 2013-14
- 232,100 – the total population of Highland Region
- £2363 – average amount of Revenue spend per person in Highland Region
- 585 – the most recent available estimate for the population of Ardgay & District Community Council Area.
- £1,382,314 – average Revenue spend we could expect Highland Council to spend in Ardgay & District

CAPITAL

- £73,926,000 – Highland Council Capital spend for 2013-14
- £318 – the average amount of Capital spend per person in Highland Region
- £186,600 – the average amount of Capital spend we could expect Highland Council to spend in Ardgay & District in 2013-14

Of course these numbers are average spends and we all know how averages work! Some people will get more and others will get less. Some years there will be winners and some years there will be losers. How do you think Ardgay and District is doing?

At a recent Community Council meeting when these numbers were being aired our Councillor asked, “What do you want?”

This Community Council would like to hear from you because we think it is important to be able to tell our Councillors what **YOU** think Ardgay & District needs.

Members contact details are in this Newsletter.



ARDGAY & DISTRICT COMMUNITY COUNCIL

Approved Minutes of meeting held on Monday, 8th April 2013 at 7pm in Ardgay Hall

Present: Elected members: David Hannah, Chair (DH), Alan Lawrence, Treasurer (AL), Phil Olson (PO), Betty Wright (BW), David Laver (DL), Bob Sendall (BS), Marion Turner (MT)

Also present: Sgt. George Ewing, Police Scotland (at 7.45pm)

Members of the public: Teresa Langley (TL), Willie McLaren (VM), Stuart McCarroll (SMC), Patricia Hannah (PH)

Minutes Secretary: Mary Goulder (MG)

Apologies: Peter Armstrong, Secretary (PA) George Farlow (Highland Councillor)

Item 1. Welcome – A Trust Fund for Ardgay? (Open Discussion). David Hannah as Chair welcomed everyone to the meeting which began with an open public discussion in an attempt to ascertain local opinions as to whether an endowment trust fund should be set up using some of the income from local windfarms. The aim of such a trust would be to provide community funds in the future when the regular income stream from windfarms ceases. It had been hoped there would be a larger number of members of the public present to enable the CC to gauge public opinion. MT outlined the process of setting up an endowment trust fund using Foundation Scotland as the administrator. £25,000 is the minimum required to start the fund. If it is decided to go ahead the CC would begin by setting aside £5,000 per year, when possible, from the BeinnTharsuinn Windfarm Community Benefit until the initial start-up amount is reached. The capital is retained in the trust for long term investment with the dividend being re-invested or utilised as preferred. It was made clear that the CC is not in a position to operate the trust fund and a management committee made up of members of the public would need to be established. Foundation Scotland would take a one-off payment of £500, thereafter a service charge is levied, based on the value of the trust; the bigger the trust the lower the service charge. A trust of up to £150,000 would incur a 0.3% charge. The initial period for a trust is three years minimum after which the management committee would be free to make any changes deemed necessary. Six monthly statements would be issued by Foundation Scotland; it states it would aim to achieve a 6% interest rate on the investment. Currently FS manages £12m in endowment trusts. It employs professional investment advisors to develop the investment strategies. It is a charity and therefore attracts certain tax benefits to the endowment funds. Windfarm developers are in agreement with such funds being set up and currently both Creich CC and Lairg CC are investigating the possibilities with Creich already ring-fencing £5,000 a year from their BeinnTharsuinn income to build up the initial £25,000. A&DCC would begin in the same manner setting aside funds from their BeinnTharsuinn income with other community benefit income streams being tapped into as appropriate at a later stage. It was stated that funding good social projects might be better use of the monies owing to the low interest rates currently available. Project examples might be buying a share in a windfarm or buying a local property to be rented out. Interested and committed people are required to take forward whatever ideas are selected. SMC expressed concern regarding the safety of the investments, would they be guaranteed? The CC would require the investments to be ethical. After half an hour's discussion it was agreed by all to begin the ring-fencing of £5,000 per year within the BeinnTharsuinn Fund, proposed by David Laver and seconded by Marion Turner. The Chair will advise Phil Tomalin, Company Secretary, of the CC decision. **DH Action.**

Item 2/3. Apologies/Police report. Apologies as above. Sgt. George Ewing arrived at 7.45pm advising that there was nothing of note to report from the Police. A complaint has been received by the CC from Steven Menzies at Gledfield regarding log lorries travelling at high speed from the Culrain direction into the village. CC concern was expressed once again about speeding at all times and in all areas of the village. Sgt. Ewing stated that the Police are trying to target school areas locally and in particular at times when pupils are out on the roads around the schools. Lack of manpower makes a high level of policing unachievable. He suggested the use of speed monitor tubes which can be placed across the roads, results from which could be used to establish the traffic pattern and level of speeding incidents. Cllr. Farlow may have contact information to source the tubes, if not Sgt. Ewing can supply this to the CC. Issues of noisy exhausts, and 'one headlight only' vehicles were highlighted also. With thanks from the CC, Sgt. Ewing left at 7.55pm. **GF Action.**

Item 4. Minutes of last meeting. The Minutes of the March meeting were accepted as a true and accurate record; proposed by Phil Olson; seconded by Marion Turner.

Item 5. Matters arising. (1) Royal Mail pillar box. MT has had discussions with Greg Donaldson urging a solution be found promptly to the lack of post box provision in the village. He intends to designate the moving of the box as an 'emergency' and is awaiting a date from the engineers department which has to assess the chosen site for underground pipes/cables etc. As the existing box was apparently closed due to the icy conditions underfoot, MT suggested that it could be reopened meantime providing that such a move would not hinder the re-siting plans. DH recorded his opinion that the closure of the pillar box had been handled badly from the start, with no advance warning of closure or reason given. (2) Ronnie MacNeill's retirement. The collection is ongoing in the shops in Bonar Bridge. No date yet given for the presentation. (3) Toilets. The new flooring has been laid but the contractors will return to do some final tidying up. The facility was opened for the season on the 1st April. (4) Scottish Water. In the absence of the Secretary it is not known if any reply has been received from the Ombudsman. (5) Ardgay Hill/Oakwood Place footpaths. Mrs Copley replied to the CC's letter last month. With neither Secretary or Cllr. Farlow present no further information is available. It was stressed once again that the way forward is for a residents group to take on the path project. £800 remains available towards costs. (6) Street lighting reduction. Cllr. Farlow was due to report to the CC on this issue. Hold over till next month. **GF Action.**

Item 6. Correspondence. (i) George Pickett has written with suggestions for possible use of community benefit. The first would be a scheme to help fund driving lessons and in particular **Passplus** for the younger local residents with regard to extending job opportunities.



This idea will be passed to KOSDT as a project it could manage with funding applied for by the CC from the BeinnTharsuinn community benefit. A scheme to provide an energy subsidy for each household was also suggested. DH advised that consideration has been given to a single payment plan to cover the standing charge on electricity bills. This would benefit all users while not specifically encouraging energy use. The scheme could be run through KOSDT or any other organisation. An Energy Club could be established along the lines of the existing Oil club. DH will find out more about the Oil Club, and also reply to George Pickett thanking him for his suggestions. DH Action. (ii) Newsletter. A note received from Davy Ross reducing the number of newsletters required for his delivery run from 16 to 12 as some people on his route had asked him not to deliver again. Alan Brown has written stating he no longer needs a paper copy as he accesses the newsletter online. He suggests that a list could be drawn up of residents who will read issues online thus saving the number of printed copies required. SMC pointed out that readership of each copy can be much higher than simply one individual. Providing only online availability, even though requested by a household, could reduce the amount of people actually reading that newsletter. An item could be placed in the next issue asking people to indicate which method they would prefer with email addresses requested from those who wish to utilise the online facility. An email list could be established which could be used to issue reminders of dates of upcoming CC meetings, providing the agenda, etc. DH will reply to both correspondents and place items in the next newsletter. DH Action. (iii) East Sutherland Community Care Forum. Barbara Watson from Lairg has written inviting an Ardgay representative to join the Forum. DH has suggested this to Teresa Langley who will consider it and advise DH in due course. TL/DH Action. (iv) Bonar Bridge Hall Committee. A letter of thanks from the Hall Committee has been received in respect of the recent BeinnTharsuinn award which has helped with the running of the P6/7 activities.

Item 7. Kyle of Sutherland Development Trust update. Nothing new at this time.

Item 8. Windfarms update. Glenmorie/CoirenaCloiche. CC representatives DH and MT have been meeting with the other four CCs concerned to discuss future community benefits should these developments proceed. The aim would be for payments to be made direct to relevant CCs and not through the setting up of another panel. Dalchork. Discussions and planning at a very early stage. A liaison group is proposed working with A&DCC, Lairg and Creich CCs. Sallachy. Requests from WKN and the Estate for the CC to issue letters of support/neutrality in respect of the proposed windfarms were discussed with the outcome being that the Chair will refer the writers to the CC's previous correspondence and statements. No further letters will be issued. DH Action. Achany. Next meeting is on April 29th. Foundation Scotland. Next meeting 29th April. Future panels. PO encouraged local people to become involved with future panel work to administer community benefit funds; a company limited by guarantee could be a way to do this. Windfarms – General – DH emphasised that whilst MT and DH attended the inter community council discussions on the proposals and resultant community benefit they did not make committed decisions without the agreement of the whole CC.

Item 9. Planning/Licensing applications. None relevant.

Item 10. Treasurer's report. The Treasurer's Account balance stands at £1186.63 with one outstanding cheque for £73.30. Projects Account at £3538.66 with an outstanding cheque for £940 for the toilet flooring. The Toilets Account stands at £5.65. £660 will be transferred back to this account to cover the early cleaning costs this season. Martin Calder will be asked to audit the 2012/13 accounts in time for the AGM in June. A donation of £60 will be given to the charity of Martin's choice in recognition of his work.

Item 11. Councillor's report. No report available this month.

Item 12. Any other competent business. Jeanie Sparling to be asked if she would like any more tubs to put more floral displays around the village. SMC has some barrels he could supply if so.

Item 13. Date of next meeting. The next meeting will be held on Monday 13th May at 7pm in Ardgay Public Hall. PA will book the hall. **PA Action.**

Item 14. BeinnTharsuinn funding applications (private session). There was one application to be discussed, from the Lairg Learning Centre. Decision was deferred for one month during which further information will be requested from the applicants. **PO Action.**

Meeting closed at 9.00pm.

We are trying to encourage more public participation in our meetings and will try harder to make you feel welcome at our meetings. It is obvious to us that putting a notice in Ardgay and Culrain and our 2 x Red phone boxes is not enough so we'd like to invite you to come to our meetings through this newsletter, our website and if you are willing by e-mail.

If you would like to be notified personally by e-mail please inform any of your Community Councillors who will let you know a week before the meeting and supply an Agenda for you.

Ardgay & District Community Council Meeting 2013 dates 2nd Mondays of the month at 7.00pm in Ardgay Village Hall

| | | | | | | |
|--------|------------|--------|-------|--------|--------|-------|
| 10 Jun | Jul –No CC | 12 Aug | 9 Sep | 14 Oct | 11 Nov | 9 Dec |
|--------|------------|--------|-------|--------|--------|-------|

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

Kincardine Parish Church - Contact Details - Minister- Rev. Anthony M. Jones, The Manse, Manse Road, Ardgay, Sutherland IV24 3BG email: <revanthonymjones@yahoo.co.uk> Tel: 01863 766285
Session Clerk/Roll Keeper – Mrs Rosalie Sutherland Tel 01862 821 320
Clerk to the Congregational Board – Mrs Babs Gemmill Tel 01863 766 495,
Treasurer Hilary Gardner Tel 01863 766107



FROM THE MANSE- "A hundred years of faith" Jesus once said "if you have faith as a mustard seed you can say to this mountain,



Preaching Ark at Edderton Old Church

'Move from here to there' and it will move. Nothing will be impossible for you" (Matthew 17. 20, 21). Our ancestors who built churches in this area must have known what they were doing. They must have had great faith that the Lord would bring it to pass. Great faith that the fruits of their labours would have been honoured in all the years that were to come. In this region of Sutherland alone, we have five centres of worship, Kincardine, Croick, Edderton, Creich and Rosehall. As parish minister, I am responsible for them all - quite a privilege and quite an undertaking. It is a huge chunk of the map. It stretches from the Dornoch Firth in the East through the Kyle of Sutherland, Strathcarron and beyond

Oykel Bridge to near Ullapool in the West. Down the years families have gathered in these churches to celebrate happy occasions like baptisms and weddings and to give thanks and remember at funerals and national times of remembrance. Whilst peoples attitudes to "faith" have changed and expressions of Christian faith have changed dramatically - that mustard seed has continued to grow. Churches today have been challenged of their right to exist in the multi faith market place of our modern world. Here however in the glens of the Kyle we still continue to share and celebrate the vision of our fathers. While sharing the vision for the churches in the area, we are also reaching out in new ways and forms. Last year, we celebrated the founding of Edderton Parish Church. This year, sees the Anniversary of the founding of Creich Parish's existing church. While there has been a church on the site at Bonar Bridge for well over 400 years. Records tell of a reader in Irish, Donald Logan of having been pastor in the parish from 1585-1597. The first parish minister was James Gray 1607-1614. He came to Creich from Lairg and went on to Clyne in 1615. The old kirk by the banks of the Kyle was the first building used for worship. At that time 500 to 600 people walked to church from miles around the outlying district. What faith they must have had. What a shining example to so many of us! Faith 'as a mustard seed'. Those of us who have been brought up in Christian homes can be thankful for the foundations laid for us. I hope we can go on celebrating and expanding the pioneering work of our ancestors. Celebrate we must 'the architects of hope' who laid the stones of our churches. A hundred years of pioneering faith. I am sure we can all tell our stories of how we came to 'have faith'. A hundred years of faith. I am glad that I can celebrate just over 'half a century' of faith. Though naturally we all encounter times of doubt and questioning - God is with us! I hope we can all join in, both young and old, and celebrate with thanks the faith that was passed on to us. The churches exist in your area because others first entrusted them to you. If you have to - start again - make a giant leap of faith. There is always a welcome at all our services (whether you are a visitor or a 'regular'). There is so much you can offer and, in doing so realise that in the words of Jesus "Nothing will be impossible for you". With Every Blessing Reverend Anthony

Presentation of Long Service Certificate to Mrs Nell Mackay, Bonar Bridge



+ SPECIAL FORTHCOMING CHURCH SERVICE DIARY DATES + :

Sunday 2nd June at 12pm - Rosehall Parish Church: Family Service & Dedication of the Jubilee Pulpit Seat

Sunday 9th June at 3pm - Croick Parish Church Service

Sunday 30th June at 6pm - Rosehall Parish Church: Flower Festival 'Songs of Praise' ['Celebrating the Parables']

Sunday 14th July at 3pm - Croick Parish Church Service

Sunday 11th August at 3pm - Annual Croick Pilgrimage and Service (walkers assemble for 2.15pm at Amat to walk to the church) Everyone welcome

Sunday 18th August at 6.30pm - Creich Parish Church 100 years Anniversary Service, Guest Preacher: Very Rev Gilleasbuig Macmillan, Minister of St. Giles Cathedral, Edinburgh & Dean of the Thistle (refreshments following the service in Bonar Bridge Village Hall)

Sunday (usual) Services - Edderton @ 10.30am, Ardgay @ 12.15pm – If you would like information about the Church of Scotland contact Mrs Rosalie Sutherland, Session Clerk on 01862 821 320.

Creich Church – Notices - The church is holding a coffee morning/gift day in Bonar Bridge Hall on Saturday, 27th July from 10am - 12pm, cost £3. There will also be a sales table - baking etc.

The church flower festival will be held from Thursday 15th- Saturday 17th August from 10am - 4pm each day.

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. **I am looking for your help.** The DFG "Good Morning Sutherland" project provides daily calls for its clients who are people living on their own in Sutherland. We have 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. Today we have filled all our spaces as new clients have applied for this service. I now have to find another pair of volunteers or more, and train them to provide this service. Do you know of someone who may be interested in supporting elderly folk living on their own? If you do, would you let me know their contact details so I can approach them? Thanks **John McMurray** **Volunteers wanted** – 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, Wlallimar, Rowan Avenue, Dornoch, IV25 3QW, Tel 07801496609, e-mail johnmcmurray@yahoo.com

Reach4Reality. A new charity that has just (April 2013) been set up to work with young people from the Highlands aged 9 to 18 with social interaction difficulties. **Reach4Reality** will involve the young people in a planned series of outdoor activity breaks (camps) tailored to their individual needs. Camps may last from a 24 hour stopover, a weekend or up to a week in the holidays. The young people will be accompanied and supported on a 1:1 ratio by a team of carefully selected and trained volunteers. Camps are based at local, AALA certified outdoor pursuits centres such as Abernethy, Fairburn, Ardgour or Glencoe Outdoor Centres. Before a young person comes on a camp, the Project Coordinator will visit him/her at home and begin to develop a relationship with them through a number of short activity sessions locally, leading up to a day's activity at a local outdoor pursuits centre. When the young person is ready, they will be invited for a 24 hour stopover or for a weekend. By taking part in the activities on a camp, the young people will gain self-respect and confidence; they will learn to relate better with others and develop personal life-skills. They will discover that "can't" will become "can" as they develop trust. Become a volunteer with **Reach4Reality**: we have a small but fantastic group of volunteers who accompany the young people on all activities during their break but we would welcome new volunteers. We will be organising training for new volunteers and all costs for them to attend an event are met by **Reach4Reality**. If anyone is interested in volunteering (aged 16 plus) or knows of any young person who might benefit from the type of activities that Reach4Reality are organising please contact Hilary Gardner on 01863 766107 or e-mail gardnerhilary@hotmail.com.

Kyle of Sutherland Whist Club is on Summer Break – 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).

(See Community Notice boards in September for 2013 programme)

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

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. "The aims of the SWRI are to promote country life, home skills, family welfare and citizenship and to promote the preservation and development of Scotland's traditions, rural heritage and culture. Here in Ardgay we

meet once a month from September to the end of May, the third Tuesday in each month from 7:30pm to about 9-9:30pm. We aim to have a speaker each month and try to select a mixture of speakers and demonstrators to suit all tastes. We also have two competitions each month, one culinary and one craft; there is no obligation to take part, members are free to choose whether or not they wish to participate. The minutes are read at monthly meetings along with any correspondence that needs to be dealt with.

Federation meetings occur twice a year and usually one or two members attend. We have a summer outing which is not restricted to members only, if there are seats on the bus available anyone may come along and are welcomed. Last year we travelled to the Castle of Mey on a fabulous summer day, perhaps the only one that year, and spent a lovely day in the castle and gardens. We also have a Christmas lunch, the venue is chosen by members voting. We have been invited to Munro's nursery for an evening of fun including refreshments and a chance to purchase some of their huge selection of gifts for Christmas. We have enjoyed this trip once a year for several years and all the Ross-shire Federation Institutes are invited so there is a chance to meet up and chat to other members.

We take part in the Ross-shire Federation Handicraft show which takes place in April and some members like to exhibit baking and bulbs in the Bulb and Baking show in March. We welcome new members and always try to make them feel included. Most importantly we aim to be friendly and helpful and support one another." Yours sincerely Gillian Glennie (Mrs) Ardgay SWRI Treasurer (now also Press Secretary!)

NHS Highland [NHS Highland News and Events](#) [Previous Briefing Notes](#) [January 2013](#) [July 12](#) [May 2012](#) [February 12](#) [December 11](#) **Twitter** www.twitter.com/nhshighland and [Who We Are](#) www.twitter.com/NHSH/WhoWeAre
Chief Executive @nhshem Chair @GarryCoutts Head of Public Relations @nhshmt **Facebook** www.facebook.com/nhshighland
Patient Opinion - Post an opinion on the independent website www.patientopinion.org.uk

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

| | | | | | | | |
|---|-----------------|---------------|---|------------------|-----------------|-----------|--------|
| Police | Dornoch Road | Bonar Bridge | 766222 | 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 | 24-Hr 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 | 766838 | Bradbury Centre | Bonar Br. | Bonar Br. | 766772 |
| " | Service Point | Dornoch 01862 | 810491 | Scottish Water | 24 Hr Emergency | 08456 | 008855 |
| | | | | " | Customer Help | 08456 | 018855 |
| Community Development Service – c/o KCS | | | Tel 01863 766536 or e-mail <development@kyleofsutherland.co.uk> | | | | |

Royal British Legion Scotland – Creich&Kincardine Branch



Dates of 2013 Meetings. These Monday dates were chosen for branch meetings during 2013: 5 Aug, 28 Oct and 2 Dec (AGM). 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. Fiona Porter has been appointed as the new Secretary of the Branch and will be helping organise the Remembrance Sunday parade. Armed Forces Day Ceremony takes place at Drummuie, Golspie on 24th June. Donald Woodhead confirmed he would be our Standard Bearer on the day. David Hannah and Eric Porter will have their

Veterans Badges officially presented by the Lord Lieutenant. Various other members are expected to attend on the day. Eric Porter is the new Welfare Officer and would like anyone to contact him if a member would welcome a visit. Both can be contacted on 01863 766349 or by e-mail at f.porter514@btinternet.com.

Mobile Library dates & times Ardgay: Wednesdays 12th June, 3rd July, 24th July, 14th August, 4th September, 25th September, 16th October, 6th November, 27th November, 18th December 2013. Oakwood Place, Ardgay: 1.45 p.m. – 2 p.m. Lady Ross, Ardgay 2 p.m. – 3.10p.m

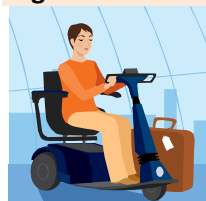


Mobile Library dates and times - Strathoykel, Strathcarron: Thursdays 13th June, 4th July, 25th July, 15th August, 5th September, 26th September, 17th October, 7th November, 28th November, 19th December 2013. Gledfield Primary School 9.40 – 10.40, Culrain 14.10 - 14.45, (Times for other stops available on request).

Calling all primary school children – visit the “Creepy House” for this year’s Summer Reading Challenge – can you read six books during the holidays, discover the secrets of the Creepy House and collect the rewards and certificate? More information from the Mobile Library or Bonar Bridge Library.

| | |
|--|--|
| 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 766838. Email: bonarbridge.library@highlifehighland.com | |

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.

Creich&Kincardine Art Group – Meets Wednesdays from 10.00 to 3.00pm in Bonar Bridge Hall. The Creich&Kincardine Art Group will be holding an Exhibition in Bonar Bridge Community Hall on 18th to 20th July. Anyone wishing to enter paintings, photographs, embroideries or other crafts. Please contact Joan Mulligan – 01549 421321 e-mail joanmulligan@yahoo.co.uk for more information.



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 Issue No, 8 (May) is now out and available on NHS Highland website. The latest issue includes: Feed-back from NHS Highland Board Meeting (9th April), Highland Quality Approach, Care at Home Service Inspection Report, Updates from Operational Units, Summary of NHS Highland News and Dates to Note. Copies will be sent to MSPs, Councillors, Community Councillors, Partner Agencies and other key contacts. I would be grateful if you could cascade as appropriate.

Users and Public Members on Committees and Groups - We also want to recruit more users and public members to sit on as many groups as possible as well as active involve users in our re-design work. It's not proving easy, however, to "recruit" people to join our work so if you are interested or have ideas as to how we can involve more people, please get in touch. We are keen to support as a wide range of people as possible and we will match your skills, interests and experiences with the wide range of work we are involved with. If you would like an informal chat please get back to me.

Any queries, or items you would like to see covered in future issues, please get back to me. Thanks Regards

Mairie Thompson, Head of Public Relations & Engagement, NHS Highland, Assynt House, Inverness IV2 3BW

Tel: Direct 01463 70 4722 | 01463 70 4927 | 07909 726 193, E: mairie.thompson@nhs.net | www.twitter.com/nhshmt



Scottish Country Dancing– On Summer Break - Regular classes from October to April - 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. Beginners always encouraged.

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**. From today, people can register their interest on their new volunteering site before the online application process opens mid-January 2013. 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.

Ardgay Badminton Club – Currently a very healthy 60 members. Meet on Thursdays from October 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 on a Monday, 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>.

Shown here in their new kit – purchased with assistance from the Kyle of Sutherland Development Trust

| 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 | 2000 – 2230 | £2.00 | Girls | 2030 – 2200 | £1.50 |
| Adult "Beginners" | 2030 – 2200 | £1.50 | | | | | | |

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.

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

Dornoch – St Finbar'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.)

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, Alness 01349 830777**

Laig – Blythswood Christian Care, behind the Bank of Scotland, Main Street, (Wed, Thu, Fri 10.00 – 16.00) 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) – 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 free drop-in sessions every Thursday morning in Bonar Bridge Library, 10.15-12.15A 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.

East Sutherland Community Care Forum – 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: csommers@hccf.org.uk**. The next meeting of East Sutherland Community Care Forum will be on Tuesday 25th June at 2 pm in the Red Cross Centre, Golspie.

REGISTERED CHARITY? – This notice is essential for you. - Please find below important information on Gift Aid.

Tax-effective giving - Added or updated on the legal update website for voluntary organisations

Very important changes from **6 April** in the procedure for making gift aid repayment claims. Charities and community amateur sports clubs which claim gift aid really must start planning now, if they haven't already. Also very important: to be eligible for the final tranche of transitional relief (on gift aid donations made from 6 April 2010 to 5 April 2011), make your gift aid claim by **5 April**.

Reduced admin from **6 April** for charity shops claiming gift aid on donated goods.

Old gift aid declaration forms (from before February 2012) no longer valid.

Discussions on a universal gift aid declaration, covering donations to all charities.

All at www.sandy-a.co.uk/finance.htm#giftaid

Detailed explanation of the gift aid small donations scheme (GASDS), which starts on **6 April**.

www.sandy-a.co.uk/finance.htm#smalldonations

Consultation on payroll giving - ends **19 April**.

www.sandy-a.co.uk/finance.htm#payroll-giving

Sandy Adirondack, [Governance and legal training and consultancy for the voluntary sector]

39 Gabriel House, 10 Odessa Street, London SE16 7HQ, tel 020 7232 0726, fax 020 7237 8117

sandy@sandy-a.co.uk, www.sandy-a.co.uk

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

| | |
|---|--|
| SUNDAYWALKS 4th Sunday each Month | 25 June - Col-bheinn 542m OS17 845097 – Leader Stan Holroyd Tel 01408 621370 |
| | 14 July – Summer Special – Novar Windfarms 1 & 2 and High Tea – Leader David Hannah Tel 01863 766061. |
| | 28 July – Ben Loyal 764m OS10 578488 – Leader Frank Green Tel 01549 402561 |
| | 25 August – Cam Sallachaidh (3 rd Attempt) 647m OS20 518874 - Leader David Hannah Tel 01863 766061 |
| | 22 September – Sandwood Bay (Flatfish) – Leader Annette Parrott Tel 01549 402095 |

SWG AGM & Walks Planning - Wednesday 11 September 2013 at 19.30 in Golspie Community Centre
(Suggestions for walks and new leaders are always appreciated - Annual Subscription £10.00)

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



WHATS ON

| | |
|-----------|--|
| Monday | 7.00 – 9.00 S1 & over Cadets |
| 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) |

Coming Up 18th August 18th August 18th August 18th August 18th August

On 18th August the group, in partnership with the Kyle of Sutherland Joggers and the Kyle of Sutherland Cycling club, are hosting a multi sports event that will have something for all ages and abilities. Starting from and returning to the youth group premises will be a walk to the Gearrhoille Community Wood in Ardgay, a 10k & 3k run around Migdale and a 12/15 mile bike course heading up the Strath to Invershin and back to the club. We hope this event will attract local people as well as those from further afield to become an annual event. There will be refreshments in a marquee, bouncy castle and presentation of trophies at the end of the event.

There will be an entrance fee for all events with any money raised going to the redevelopment of the site. Keep an eye out for details closer to the event

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 center, 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.



Following my earlier email I have been speaking to staff and have decided we are going to let the pupils put together a newsletter for you with all Gledfield news. This will start after the summer holidays. It will be a good opportunity for our older pupils to take a bit more responsibility and a bit pressure off staff to submit items for the community newsletter - Regards - Kirsten

Kirsten Macneil, Cluster Head Teacher, Gledfield&Rosehall Primary Schools
Gledfield ~ 01863 766580, Rosehall ~ 01549 441214

Bonar Bridge Community Hall Cookery Workshops - The Kyle of Sutherland Development Trust has provided a "seed corn" grant to enable 6 monthly cookery workshops to be run for secondary pupils from Bonar Bridge, Ardgay and Rosehall, with the proviso that the youngsters would hold a food based fund raising event at the end period to become self-sustaining. The group started in January and the four boys and six girls have cooked Bolognese Bake, Apple Crumble, Pin Wheel Pizza, Baked Alaska, Curry, Pancakes, Fajitas and Pasta (using a pasta maker!). The mentors for the sessions are Rosie Baxter and Elaine Kenny, with Rosie's son Dave Wall who is a chef, helping out at two sessions. The youngsters have decided to open a café in the hall on four Mondays during the summer holidays. They will serve tea, coffee and home baking in the morning and soup and sandwiches lunches. As the Caley Café is closed on Mondays they hope to attract locals and visitors, so please check local posters for details. For more information please contact Rosie Baxter on 07840 902792. Photo shows Pinwheel Pizza ready to be rolled and cut in slices.



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.**



The Kyle of Sutherland (formerly Achany) Apprenticeship Scheme continues to be available and is now supporting 4 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.scottishhf.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.scottishhf.org/achany. — Meanwhile if you'd like to find out more about the Fund please contact either David Hannah or Marion Turner (Community Council Members)



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.

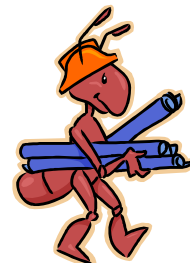
For further information please contact, Davy Ross – Technical Officer, Housing Grants
The Highland Council, Drummuie, GOLSPIE, Sutherland, KW10 6TA, Tel. 01408 635325

Broadband Study - The aim of the study is to enable all members of communities, particularly those in remote, rural areas, to make the most effective and appropriate use of broadband and the internet. To this end, Tara Morrison has designed a questionnaire which is available online: http://www.surveymonkey.com/s/BROADBAND_SURVEY_MAIN. Tara is specifically looking at Sutherland as it is characterized by many remote, rural communities and faces many challenges still in terms of broadband availability and internet utility. The questionnaire only takes a few minutes to complete and as I'm sure you will agree this is a very relevant topic for Sutherland and the research will be very valuable so please complete the questionnaire and pass on to others who would be interested.

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



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

East Sutherland Camera Club - meets in Brora on 2nd & 4th Tuesdays of each month at 7.00pm, has competitions and a programme for 2013. Contact Bruce Wallace, Secretary 01408 622238



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 2013

| | 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 | | |

Dear All, I am very keen to organise a **gardeners club**, the idea would be that a group of like minded people would meet on a regular basis and form a small group to share and learn from each other. The garden ground at the learning centre already has a few raised beds and ample space for further development. If you know anyone who may be interested can you please forward this email to them. I look forward to hearing from individuals. Regards.

Cara Cameron, Learning Centre Manager, Lairg Learning Centre, Tel 01549 402050

Visit our website www.lairglearningcentre.org.uk, Or visit our **Facebook** [lairg learning centre lairg](https://www.facebook.com/lairglearningcentre)



Edderton and District Gardening Club. -meet on the first Monday of each month from 2nd September through to June. There is usually a plant swap stall. Garden visits and social events take place during the summer. Members come from Ross-shire and Sutherland, new members are always welcome. Club members, along with everyone else, are hoping for a better growing season this year. All meetings are held in the Community Hall at Edderton, starting at 7.30 pm, the talks are followed by refreshments. For more information telephone 01863 766061.

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

The service will be pre-booked for collection and delivery within the area outlined in red on the attached map.

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**

Bradbury Centre Opening hours

Monday 9am - 3pm, Tuesday 9am - 2pm, Wednesday 9am - 2.30pm, Thursday Closed, Friday 9am - 3pm

The Health & Well-being Service Provided at the centre focuses on supporting the health and wellbeing of local older residents, the service includes activities that help people maintain their physical and mental health as well as bringing in other services to ensure that people have access to all they need to be independent.

We provide a healthy cooked lunch four days a week, Lunch is at a cost of £4 for two courses followed by tea or coffee, this is available to people who choose not to join in the wider activities. The provision of health and well-being activities will be on Mondays and Fridays. The centre has a large open plan lounge and dining area, commercial standard kitchen, fully accessible bathing facility, laundry and multi purpose room (currently accommodating hairdressing and IT)

The centre is surrounded by well laid gardens, with a greenhouse and raised beds.

WINDFARMS

Foundation Scotland - working arrangements - From w/c 7th January my working hours will change.

I will only be working 2.5 days a week, generally Tues, Weds and a Thursday morning. This will be flexible of course depending on what is happening with various funds and other pieces of work. Thanks to you all for your hard work to support the effective management of your community fund this past year. I look forward to continued work together in 2013 and beyond. [Carol Elliot, Community Executive \(North\)](mailto:carol@foundationscotland.org.uk), 07500 779227 (carol@foundationscotland.org.uk) | www.scottishcf.org



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](http://www.scottishcf.org) and decisions made locally by the Panel.

Application forms for both these funds are available at HC service points, Key Commercial Services office in Bonar Bridge; by e-mailing Carol Elliot (as above). Applications can only be made to one or other of these funds. Future deadlines for SSE & EoN Community Benefit Applications - 30th Jun 2013; 31st Oct 2013.

The panel meets approx. 6 weeks after these deadlines to consider applications.

BeinnTharsuinn– See CC Minutes

Braemore–The Kyle of Sutherland against Braemore [KoSAB]. At their monthly meeting in Inverness on Tuesday 16th April 2013, Highland Council's North Planning Applications Committee decided to recommend Refusal to the proposed Braemore wind farm. [The Planning Officer had recommended to the Committee that the application be refused and the members went along with this]. Being over 50 megawatts, the application has to now be referred to the Energy Consents Unit / Scottish Government for their consideration. Their final verdict could take several months. In the meantime, should the Developer ""Wind Prospect"" wish to appeal against the decision made by the Northern Area Planning Applications Committee, then there will need to be a Public Inquiry. Given the weakness, [particularly noise, proximity to dwellings, landscape impact and cumulative impact] of their case for the proposed development, this is probably unlikely. The Kyle of Sutherland against Braemore [KoSAB] Committee would like to thank everyone for their support in opposing the proposed wind farm and will keep you informed on any further developments. Colin Gilmour. Braemore contact - Sarah Dooley, Wind Prospect, 13 Rutland Street, Edinburgh, EH1 2AE, Tel 01312258545, Web www.braemorewindfarm.co.uk E-mail sarah.dooley@windprospect.co.uk.

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 (as above)**

SSE & EoN Community Fund -The Panel last met on 29 April 2013 and approved new grants as detailed

E.ON Rosehall- Ardgay & District Community Council £5,000 towards the Newsletter &

Lairg Football Club £2945 to purchase new equipment and provide training to qualification level for volunteers.

SSE Achany - Lairg & District Learning Centre £15,000 to contribute to one year of costs of a Manager's salary within the Learning Centre to oversee future management and development of the Centre; & Lairg & District Learning Centre £5,000 to support the existing Development Officer post staffing costs for 1 year; & New Futures Sutherland £5,000 - aiming to improve the life chances of those who are marginalised, excluded, have social phobias and are unproductive and unhappy.

Next Panel Meeting will be 26 August to consider grant applications submitted by 28 June 2013.

SSE & EoN Community Benefit Panel members are currently (due to change in June 2013):-

Ardgay & District: Hilda Buchanan, Betty Wright, Marion Turner, David Hannah.

Criech: Rosie Baxter, Pete Campbell, Russell Taylor, Christine Gordon.

Lairg: David King, Barbara Watson, Sandy Allison, Ian Mackay, David King.

If you wish to be considered for vacancies that may arise in your community council area please contact the Panel Secretariat, Audrey Campbell, on 01863 766536. The next deadline for grants of between £2000 - £10,000 is **2nd July 2013**.

Sallachy– Wind Farm Gets Initial Go Ahead from Highland Council. We are delighted to announce that the Highland Council's North Planning Applications Committee met today to discuss Sallachy Wind Farm and agreed to follow the planner's recommendation and raise no objection to our proposals for a 22 turbine wind farm in Sutherland! The decision will now be passed to the Scottish Ministers for final determination, hopefully later this year. This is the first key step in making our potential investment into Scotland a reality. We look forward to the Scottish Government making a final determination following this positive decision by the North Planning Applications Committee. Iain Thomson, Manager of Sallachy Estate, said after the decision, "This is an excellent decision by the Highland Council today and I welcome the support of the local members that understand the fragility of businesses in this area and the importance of job security. This crucial first step in consenting Sallachy Wind Farm is vital to securing the long term viability of our business and providing opportunities to diversify our operations ensuring security for years to come." Contact Jennifer Bowker at jennifer.bowker@inviatpa.co.uk or on 0131220 0159 if you have any questions or suggestions regarding our proposals. Oliver Patent, Head of International Developments, WKN AG

Glen Morie– Contact - Glenmorie Wind Farm LLP, 37-39 Kew Foot Road, Richmond, Surrey, TW9 2SS, Tel +44 (0) 208 334 4743 Fax +44 (0) 208 332 9078, info@glenmorie.com **Planning Permission was refused by Highland Council Planning Committee on Tuesday 12 February and this application will now be referred to the Scottish Government Community Councils are meeting to discuss their options.**

Glen Cassley – Highland Council approved the Planning Application on 20 May 2013

Dalnessie–Planning Permission was refused by Highland Council Planning Committee on Tuesday 12 February and this application will now be referred to the Scottish Government. Contact SSE Liaison Manager, Ruth Liddicoat, Inveralmond House, 200 Dunkeld Road, Perth, PH1 3AQ, E-mail ruth.liddicoat@sse.com, Tel 01738455120, Mob 07767852826.

Coire na Cloich–In view of Highland Council's Planning Committee decision of 12 February more consideration will be given to this application by affected area Community Councils.

Royal Bank of Scotland Mobile Timetable from January 2012

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

Bonar Bridge Community Hall- has restarted its Friday Club thanks to support from the Beinn Tharsuinn Windfarm Ltd. The club meets monthly and is for children attended P6/7 and living in the Ardgay and District and Creich Community Council areas. The first session was held on 27th of April when the children enjoyed table tennis, air hockey, table football, the Internet Cafe, arts, crafts & board games. The children come straight after school so the session starts with a snack and ends at 5pm. The second session on 24th May included making willow structure tea lights with Countryside Ranger Ian Paterson and the final session this school year is 21st June when SewGREAN from Golspie will be demonstrating how to "up-cycle" or turn rags into riches! The session are free of charge, and places can be booked through leader Maggie Squire on 01549 402600.

The popular family Car Treasure Hunt is being held on Sunday 4th August starting at 4pm. Teams will return to Bonar Bridge Community Hall where BBQ food will be available whilst awaiting the results. The winner of and answers to the Bonar picture quiz will also be announced that evening.

The Film and Food evenings will resume for the autumn on Saturday 14th September, so look out for local posters or check the website www.BonarBridgeCommunityHall.org.uk

Help yourself to help us help you - Local organisations have come to understand that the common roadblockage of days gone by – lack of funds – may no longer be the barrier it once was. There are now quite a few funders to apply to and we are becoming surrounded by windfarms which offer funds to local community organisations. All organisations should feel they can grow to be all they can be with some positive thinking and some effort in making good applications to funders. What efforts make an application the best it can be? This varies from fund to fund, but some points are common to many. So, read the guidelines carefully. Your contact details are easy to write. The project name may be simple but the description may take more words than the application allows. Get a separate sheet of paper ready to fully explain what is involved, why, who will benefit, what the timescale is, and so on. Know the costs. Outline these on the application and expand this on that separate sheet. Where else will you get funds from? Be brief on the application and expand who else you are applying to on that separate sheet. Always try to use funding from A to match funds from B then add A & B to lever more funds from C. Usually funders are impressed by multiple sources of funding. Do not forget to include 'in-kind' contributions. Who supports this project? State how and who you have asked why your group needs this project. Who benefits? State how your members will benefit; state how others in the community will benefit; state how the community will be enhanced by your project; state how the project fits into policy – Government or Council policy; state that this may be the first, or second, phase of a community improvement. Being complete and clear avoids delay if questions have to be asked about information best provided right at the start.

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.



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 Childrens 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 - 01549 441363 |
| 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 | Gearchoille Com Wood Ardgay - 01863 766 174 |
| Highland Councillors – see newsletter | 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 766349 |
| Kyle of Sutherland Whist Club - 01549 421 282 | Scottish Country Dancers – 01863 766852 |
| Kyle of Sutherland Development Trust - 01863 766 908 | SWRI – 01863 766 646 |
| The Ladybird Club - 07927 375836 | The Bridge Project – 07801 496609 |
| Scottish Esperanto Association -01863 766 061 | Tain Royal Academy PTA - 01862 892637 |
| Sutherland Walkers Group - 01863 766 061 | Ward Forum– Community Council |
| Windfarms –Community Council | Rosehall Community Arts - 01549 441 283 |
| The Guild – 01863 766 469 | Tain & District Rotary Club - 01863 766 285 |

Please tell the Editor 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.

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.macleodiscoaches.co.uk A new timetable came into force on Monday 16 August 2010.

| | | | | | | |
|--|--------|--------|--------|--------|--------|-------|
| 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 - After 9th October either - 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.

There will shortly be a national Emergency number 101 – more details will follow when this comes into force.

For non-urgent matters – Tel: 0845 600 5703 Fax: 01463 230800, Confidential Line: 01463 723321

Freedom of Information: Please see our [FOI access](#) page, **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.

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



Bonar Bridge Local History Society SCO 325 38 - Contact Marion Fraser. Secretary 01863 766235.

Membership now stands at 16 fully paid. Contact Marion for summer programme details.

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 amorven.taylor@hscht.co.uk or Tel 01463 233 549.



Community Right to Build - seed corn funding - is a new process from the Localism Act aiming to help communities to deliver the development they want – homes, shops, businesses or facilities – where the benefits of the development will be retained in the community. Community groups are invited to apply for a share of the £17.5m fund which is being made available through the **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.locality.gov.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>

Knowledge share events - Do you want to get involved in woodland crofting? Are you a potential crofter? or landowners/community wanting to convert land to woodland? Then these events are for you.

The Community Woodland Association (CWA), Scottish Crofting Federation (SCF) and Highlands Small Communities Housing Trust (HSCHT) will be holding 3 events between September and December 2013 (dates TBC) aimed at those interested in woodland crofts and becoming woodland crofters/landlords or making land available for this use. Each event will focus on one of the 3 main components of the scheme, and will show how that element can interact with the others, with CWA looking at woodland enterprises, SCF focusing on the crofting element and HSCHT on housing options. The seminar will be spread geographically with the venues likely to range from Kilfinnan in the South, Gairloch in the West and Tain area on the East. The events will have representatives from the 3 organisations in attendance for advice as required. For further details or to register your interest, please contact HSCHT on info@hscht.co.uk or visit the HSCHT website at www.hscht.co.uk

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

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.

North, West and Central Sutherland Ward Forum – There has not been a Ward Forum since before the last Highland Council Elections, no other information has been provided.

Crofting Resource Programme - The Scottish Crofting Federation is running a programme to help develop crofting in the Highlands & Islands. This could take the form of advice to individuals, training on different aspects of crofting, help for new starters, or looking at development opportunities for individual crofts or for townships. If you want to discuss anything, contact Russell Smith on 01863 766144.

Timber Lorries - They are likely to be hauling timber from our area for some time yet so stay watchful for hauliers who break the agreement they have with The Highland Council. The hauliers have agreed that loaded timber lorries will not travel “in convoy” but will have a 20 minute gap between them. The reason for this is that closely travelling loaded lorries cause significantly more damage to our roads. If we want to protect our roads it is in our own interest to report those lorries who break the agreement. We have had some success with complaints. – **DESPITE this they are still doing it. What you have to do is:** Get as many details of the lorries as possible. E.g. registration, name of haulier. I know this is difficult when they travel so close but I have had some success by using a digital camera. Note the date, time, place and direction of travel. Email the information to Simon.young@highland.gov.uk or contact using this information: Simon Young, PI Officer, TEC Services, Highland Council, Drummuie House, Golspie, KW10 6TA, Tel: 01408 635314, Fax: 01408 634041. If you think that the lorries are infringing the law then you should contact the police with details of the incident.



ARDGAY PUBLIC HALL (CHARITY NUMBER 008669)**Committee**– Chairman David Laver, Caroline Sales Vice Chair/Press, Secretary/Treasurer Rhonwen Copley, Fiona Venters, Gregor Laing, Jocky Hewitt, Carol Shaw, Jeannie Sparling, Teresa Langley. Thanks to a £913 grant from the Voluntary Action Fund a new storage trolley and six new folding tables have been purchased to replace the old fixed-leg tables in the committee room. This means that this room is now a much more flexible space; it can now be set up theatre style for illustrated talks; café style for coffee mornings; formally for meetings, or alternatively, as informal clear-floor space for displays etc. An apology has been received for the recent disruption to the bi-weekly Post Office Outreach Service (Mon, 1.30 – 4pm; Fri 10am – 12.30pm) the hall committee have been reassured that the service will remain unaltered for the foreseeable future. The committee has been heartened by the interest shown in the hall via the Facebook page and to further encourage people to contribute suggestions and comments on the planned refurbishment, survey sheets and a collection box have been placed in the lobby of the hall. The hall committee had agreed, unanimously, that an upgrading of the hall's electrical system was now an immediate priority. Local contractors were invited to tender for this work and in May £7,781 was granted towards the costs by Awards for All Scotland. An application for the same amount was made to the Ardgay Beinn Tharsuinn Fund, but unfortunately Ardgay Community Council suggested that the full amount be sought elsewhere. However, they did make an award, in principle, of £2,000 which, if required, will be released when the committee has a funding package in place. Of necessity, an additional application was immediately submitted to the Highland Council Ward Discretionary Fund for the balance of £5,781. At the time of writing this application is still pending. The committee will make every effort to secure the required funding in time to carry out the work in July / August, when the demand for use of the hall is at its lowest. However, should this prove impossible, they will strive to keep the inevitable disruption to normal service to a minimum whilst the work is carried out in the autumn. It was with regret that Angie Banks resignation was accepted by the committee, at their May meeting. Angie was thanked for the energy and enthusiasm she had brought to her work for the hall, and everyone wished her well for the future. The committee's next meeting is scheduled for the 11 June 2013, at 7.30pm in the hall. Why don't you come along and get involved in the management of this well used community owned hall? Everyone's welcome. However, there are no 'quick fixes' for the challenges ahead. So the committee will continue to strive to the best of its ability to ensure that the needs of all hall users are met, and they will also endeavor to keep hall rental charges as low as possible, for as long as possible. Any new ideas for self-help ways of fund-raising would be warmly welcomed by the committee; the date and time of their meetings are displayed in the hall.



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 | | 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 fill any empty slots.

BOYS BRIGADE – The 1st Ardgay Bonar Boys Brigade Company had their annual prize giving service at Ardgay church on Sunday 19th May where the boys were presented with the badges they have been working for throughout the year. The service was conducted by Rev Anthony Jones who presented the prizes and awards. Earlier in the year some of the lads took part in a badminton competition at Culloden academy and Lee Mackenzie, Liam Munro, Ryan Sutherland and Grant Mackinnon received trophies for the event. Perfect attendance was achieved by Simon Fenn and Ryan Sutherland while Ewan MacLennan won the shield for best uniform. The trophy for best member of the company was won by Sam Herbert. Sam was also promoted to lance corporal along with Cameron Munro. Lee Mackenzie, Ewan MacLennan and Andrew Mackay were promoted to corporal while Liam Munro was promoted to sergeant. Simon Fenn, a sergeant in the company, finished his badgework earlier in the year and attended a leadership course which qualified him for the President's badge. Simon was presented with the badge and certificate and the boys and leaders would like to wish him well as he leaves the company for St Andrews university later in the year. The Boys brigade is now on holiday and will resume after the October holidays 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.



Horticulture: a Handbook for Crofters - The Scottish Crofting Federation have just brought out a handbook on horticulture which looks specifically at the problems (and opportunities) of growing fruit and veg in the Highlands & Islands. It is clearly written, beautifully illustrated and professionally produced. The articles are all by experienced growers who have made a success of producing food in the North of Scotland so the advice and tips are always practical and relevant. And it is not just for crofters! Copies are available from the S Crofters F on 01599 530005 or email hq@crofting.org. Price is £10 for members or £15 for non-members.

COMMUNITY COUNCIL MEMBERS AND CONTACT DETAILS (June 2013)

| Members | Addresses | Contact Details |
|--|--|--|
| David Hannah (Chair) | | |
| Alan Lawrence (Treasurer) | | |
| Phil Olson | | |
| Marion Turner (Acting Secretary) | | |
| David Laver | | |
| Betty Wright | | |
| Bob Sendall | | |
| Co-opted Member Teresa Langley | | |
| Councillors | Representing the Highland Council North, West and Central Sutherland Ward 1 | |
| George Farlow | | |
| Hugh Morrison | | |
| Linda Munro | | |
| Community Police - Bonar Bridge Police Station Domoch Road, Bonar Bridge, IV24 3EB | | Tel : 01863 766222 Website < www.northern.police.uk/contact.html > |

Kyle of Sutherland Development Trust—today expressed grave concerns for the economy of the area following the fire which has razed Shin Falls Visitor Centre to the ground. This 4 star tourist magnet attracted thousands of visitors to the Kyle of Sutherland each year. During the summer months more than 20 people were employed in either a part time or full time basis. Pete Campbell, Chairman of the Kyle of Sutherland Development Trust says “The loss of these jobs will have a significant economic effect on many local families and without the draw of the Shin Falls tourist numbers will seriously decline. There will also be a sharp reduction in income for the many local businesses which supplied Shin Falls and all shops and accommodation providers will experience a downturn. This disaster could see the economy of the Kyle of Sutherland shrink as it did when the communities were bypassed when the Domoch Firth Bridge was opened. The Trust has today called on the Highland Council and Highland and Islands Enterprise to meet with the community to draw up plans and put in place a budget to help market the area and to assist with job creation.” Check out the Website for information www.kyleofsutherland.co.uk/the-trust/index.php



Advertising for a replacement Development Worker will start as soon as funding is secured. With this in mind, 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 to audrey@keycs.com 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. Kind regards - Audrey Campbell, on behalf of Kyle of Sutherland Development Trust

Walk/Cycle for Wellbeing— AN ARDGAY AMBLE - This amble through Ardgay begins outside of Gledfield Primary School. (OS Sheet 21: ref: NH5915 9095) Standing with your back to the school buildings and looking slightly to your left, across the road you will see a substantial grey stone building. Walk towards this building, it was built in 1849 as the Kincardine Free Church; it is now a private residence, but as you pass note the gate pillars as these, like the building itself, are listed structures. Carry on walking down Church Street until you see the start of the pavement with grey railings adjacent to it. Pause here and look for the Old School House. This was the school associated with the Free Church; it was replaced by the present school in 1875. Now take the road which starts uphill just before the pavement. As this road turns left, and continues uphill you have the wide vista over the Kyle on your left-hand side and open moorland on your right. (Across this moorland there is a Core Path – ID No. SUC3.10 - its route can be found on the Highland Council website should you chose to explore it on another day). As the road starts to descend it meets another at a junction; turn left here and walk down Ardgay Hill. On your left is another fine view along the Kyle. It was adjacent to this road line that a group of trees were known as Strachan's Clump. The story being that General Strachan hid most of troops behind these trees prior to the Battle of Carbisdale in 1650. Take the second lane on your right, this leads, after a short section of unsurfaced ground, to Oakwood Place (Core path ID no. SUC3.13).

When you reach the open area of grass bear slightly right to take you onto the pavement past the bungalows. As the road turns to the left you will see a 'kissing'-gate on your right and a fingerpost directing you across the field, along the line of the old drove road and onto the surfaced paths in the Gearrhoille Community Wood. There is an information board just inside the gate. (Core Path ID No. SUO3.07) The circular walk through this semi-natural ancient woodland will take you past the award-winning wildlife pond and return you to the Oakwood Place gate. Now turn right and walk down to the T junction with the A836. Turn left and walk past the play-park to the War Memorial. Looking diagonally across the A836 you will see the white boulder known as the Clach Eiteage Stone, there is an information plaque fixed to its plinth. Adjacent to the Clach Eiteage is an information board about walks in the area, and it may also be useful to know that there are public toilets here too. The adjacent railway station buildings were constructed in 1864. As the A836 turns right, over the railway, take the smaller road to the left on the apex of the bend, sign-posted Carbisdale Castle. Follow this road as it runs parallel with the railway, past Poplars Farm which was once also the village post office, and on towards the Parish Church. This Church of Scotland building lies to your right and was constructed in 1908. The Bell which hangs on its gable came from a French ship-of-war and was gifted to the parish in the 1778; there is a dedication plaque below it. Originally the bell and plaque were hung in the old Kincardine Parish Church, which is now the Kyle of Sutherland Heritage Centre. Continue walking, pass the uphill turn you took earlier and return to your starting point. (As this is a circular route it is possible to join it at the reference point you find most convenient e.g residents of Manse Road could start at Poplars Farm; Visitors from outwith the immediate area arriving by public transport will find that the train and bus arrive in sight of the ClachEiteage; For those arriving by road there is ample car parking at this point, adjacent to the A836, too).

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, Drummie, 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 – New times for club runs in 2013. Both runs will be leaving from the old Gritter Shed behind Ardgay Garage. Under 16's ride for free and must be accompanied by an adult. Adults are £1.00 a ride. After runs there will be refreshments provided by the Club. **Helmets are compulsory** and must fit correctly. First run commenced on Tuesday 2nd April and Wednesday 3rd April and weekly after that until further notice.

Tuesday Nights - Departing at 7.00pm – this is a mixed club run taking in some beautiful scenery within a maximum ride of 15 miles and usually taking 1 hour 30 minutes.

Road/Hybrid bikes are preferred but not essential.

Wednesday Nights – Departing at 7.00pm – This is another mixed run taking in some stunning roads in Ardgay & Bonar Bridge areas. Runs will last approximately 1 hour and up to 3 miles on road cycling at a leisurely pace and any bike can be used.

For more information on the club please contact Chris at [<heaven.bikes@hotmail.co.uk>](mailto: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.



Ledmore and Migdale Woods,

Spinningdale, East Sutherland,
Woodland Trust events & guided walks
2013

15th -16th June - Exploring Woodland Heritage

Join a workshop to learn about techniques and resources involved in investigating woodland heritage. Suggested donation £30.

29th June - Migdale Magic - Let your senses come alive on a magical Earthwalk in the woods. Suitable for children of all ages! Free.

7th September - Secrets of the Trees - Join storyteller Gordon (Creeping Toad) MacLellan for some tales of old Scotland's woods and wildlife. Free.

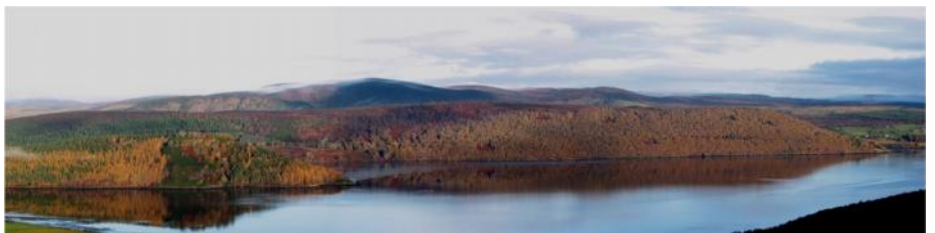
5th October - Grand opening of Torroy Croft - Come along for a fun-filled day of woodland activities to celebrate the opening of our new woodland shelter. Free.

16th October - Wildwood encounters through the lens - Capture the beauty & mystery of the woods at this hands-on photography workshop, suitable for all levels of experience. Free.

26th October – Chambered cairns, and changing woodlands - Come on a guided walk to explore Ledmore & Migdale's archaeology. Free

For further information, to enquire about a tailored session for your group or school, or to book a place at any of the events, contact: Chris Williams spinningdalewoodsman@woodlandtrust.org.uk mob. 07917 125733

Or Eleanor Garty eleanorgarty@woodlandtrust.org.uk tel. 01381 610433



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Ledmore&Migdale Woods - Dear All, Project to connect people and trees underway at Ledmore and Migdale - A three year 'People and Trees' project has been launched this spring at the Woodland Trust's Ledmore&Migdale woods, Spinningdale, with funding support from the Heritage Lottery Fund and the E.ON Rosehall Community Fund. The new project aims to encourage local people and visitors to enjoy the woods, and to provide them with opportunities to discover the site's rich cultural and natural history. Work has already begun on building a new woodland shelter and car park, which will provide a base for activities, school visits and events. Tailored sessions are being offered to schools and local groups, while the general public are invited to participate in an on-going programme of activities for all ages. This year has already seen young recruits to 'Churchill's Secret Army' on manoeuvres in the woods, at an event inspired by the late Harry Blythe, one time keeper at Skibo, and a member of the clandestine WWII Auxilliary force. The next scheduled public event will bring expert tutors Peter Quelch, a well-known historic woodlands expert, and Dr Coralie Mills, an environmental archaeologist, to the woods. They will lead a two day 'Exploring Woodland Heritage' workshop, where participants will learn about techniques and resources involved in investigating woodland history, and accompany the tutors on guided walks to unravel the stories of these beautiful old woods. No previous experience is required! For further information or to book a place at any of the events, contact the Ledmore & Migdale Community Woodsman, Chris Williams spinningdalewoodsman@woodlandtrust.org.uk mob. 07917 125733, or the Site Manager Eleanor Garty eleanorgarty@woodlandtrust.org.uk Tel. 01381 610433 or our Community Woodsman, Chris Williams.



Lawrence & Fraser
Two Secret Army Recruits

Gearrhoille Community Wood Ardgay - Registered Office: 28 Queensgate, Inverness IV1 1YN, Registered in Scotland No: 263887 Scottish Charity No: SC 036 181. 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 www.gearrhoillecommunitywoodardgay.org.uk has masses of information about the woodland and notices of upcoming events. It also offers you the opportunity to contact the GCWA directors and let them know what you would like to see happen in the wood in the future



It was not an easy decision to put up signs in the Gearrhoille Wood reminding dog walkers to clear up after their pets. We had always hoped that folks would have enough consideration for others walking, playing & learning in the wood not to need reminding. But when we were clearing the pond of weeds in the early spring – to keep the water clear for the benefit of spawning frogs – we noticed a lot of dog poo in the grass around the pond. The countryside ranger had arranged to bring primary school children into the wood & it was felt by the Gearrhoille Community Wood Committee that it was time to remind visitors of the health hazards that dog faeces pose to children. So, the signs went up. But within a few days they had been removed by vandals. And dumped in the wildlife pond. One of the signs was replaced, but again was removed the next day. We have had other notices in the wood advertising forthcoming events which have remained to be read by all, so I can only surmise that on this occasion a dog walker has taken offence on being reminded of their responsibilities.

It is an offence under the Dog Fouling (Scotland) Act 2003 to allow a dog to foul anywhere to which the public are permitted or entitled to have access and fail to clear up immediately afterwards. You could be liable for a fixed penalty fine (currently £40, rising to £60 if unpaid after 28 days)

Dog faeces as well as being unpleasant can carry disease. Each dog faeces can contain up to 2 million *Toxocaracanis* eggs. These can cause blindness in children. The Toxocara worm can also cause fatigue, loss of appetite, high temperature, coughing, stomach pain, headaches, skin rashes and swollen lymph glands.

So what should I do? Be prepared to clean up after your dog. Carry a supply of bags & use these to pick up the mess. There are bins for the bags in Oakwood Place or the Gearrhoille Wood Car Park.

Grab it, bag it, bin it This will ensure that the Gearrhoille Wood remains a very special place that is there for all to enjoy.

Remember Them! Ardgay War Memorial needs your help. The Royal British Legion Scotland and Highland Council have agreed to pay for some essential repairs to the structure of the support and clean off the moss and bird droppings from the soldier. However, the cost of repainting the names and details would cost £0.60 pence per letter, (this would come to around £400) and I would rather that you helped me to do this. I will provide the appropriate quality of paint as recommended by Monumental Masons and suitable brushes. If you are unable or unwilling to help I will just do it myself and it will take me a while but - it is not just my War Memorial.

If you want to help contact me - David Hannah – 01863 766061. Thanks in anticipation.



Ardgay & District Community Newsletter Distribution (350 produced).

We have a few vacancies for distributors – **No Distributor = No Newsletter**. (If you can even deliver a few it would help)

| Area | Distributor | NO. | Contact |
|--|--|-----|---------------|
| Ardgay Hill East | Phil Olson & Marion Turner | 28 | Phil & Marion |
| Ardgay Hill West | David Hannah | 22 | Editor |
| Bonar Bridge | Various – Post Office, Library, Bradbury Centre, Creich Surgery, Key Commercial Services, Police Station, Migdale Hospital, Business Gateway | 15 | Editor |
| Carron Place | Jeannie Sparling | 24 | Editor |
| Culrain Lower | Liz Cormack | 22 | Editor |
| Culrain to Oykel | Alan Lawrence | 20 | Alan |
| Culrain Upper | Tony Gibbs | 12 | Editor |
| David Laver | Station and Centre | 8 | David |
| Dounie to Amat | | 30 | Editor |
| Gledfield – Dounie | Davy Ross | 16 | Editor |
| Highland Councillors | Editor | 3 | Editor |
| Kincardine Hill | David Knight | 13 | Editor |
| Manse/Struie Place | | 26 | |
| Oakwood Place | Rhonwen Copley | 22 | Editor |
| Oakwood Place to W Fearn | Brigitte Geddes | 26 | Editor |
| Other bit of Oykel | Bob Sendal | 20 | Bob |
| Strathcarron North | (Includes Amat&Croick | 32 | Editor |
| Comhill | Theresa Langley | 8 | Editor |
| And of course it is available on-line at <ardgayanddistrictcommunitycouncil.org.uk> Total | | 347 | |

Community Councillors - 138 Delivery to others & distributors Editor – 121 - Spare 3 – **No Distributor 88**

We talk to you through every issue of the Newsletter – now it's your turn -Talk to Us!

Recently, there have been a number of changes in the way we do things on the Ardgay & District Community Council.

Many of these changes have focused on improving the way we communicate with the residents of Ardgay & District.

- ✓ We use the notice board at the Ardgay Public Hall to give advance notice of meetings.
- ✓ We have a web site which is kept updated with Community Council information and any other information which comes to us which we think useful to you.
- ✓ We deliver this quarterly newsletter to your door.
- ✓ We publish the phone numbers and emails of members of the Community Council so that you can contact us easily.
- ✓ We have taken a stall at some events to seek your views about the area.
- ✓ The Community Council minutes are available in the library, on the website and after each meeting a short version is printed in the Northern Times.
- ✓ The Community Council meets on the second Monday of each month except August and January. All welcome.
- ✓ We now start most meetings with a half hour devoted to a topic of importance to our area. Usually we have a guest "expert" and residents can join the discussion.

We hope you think you are being kept informed. However, real communication is a two-way process! We would like to hear from you. What should we be saying to the Highland Council on your behalf? Is there a guest speaker you'd like to have visit? Please let us know. - Use email – Telephone - Come along to a meeting - Talk to us when you see us

Bike Run - Total - 1200 MILES - On the 21st July 2013 2-man duo Forward Motion, consisting of Chris Bowden who works in Ardgay Garage and also owns a small Ardgay bike shop, Heaven Bikes; and Mark Campbell from Tain will set off to cycle 1200 miles around the coast of Scotland. They aim to cover this distance in 12 days, hopefully finishing on 1st August 2013, meaning they will have cycled 12 back-to-back centuries. All proceeds raised in the run up to the event and for 1 month afterwards will be donated equally between Macmillan Cancer Support www.macmillan.org.uk and The Archie Foundation www.archiefoundation.org.uk located very close to home in Raigmore Hospital, Inverness. Their journey will start in Tain on Sunday 21st July around 7:00 am

| | | |
|--|--|------------------------------------|
| Day 1 : Tain - Thurso | Day 2 : Thurso - Scourie | Day 3 : Scourie–Gairloch |
| Day 4 : Gairloch - Fort William | Day 5 : Fort William - Lochranza | Day 6 : Lochranza - Castle Douglas |
| Day 7 : Castle Douglas - Selkirk | Day 8 : Selkirk –Musselburgh | Day 9 : Musselburgh - Arbroath |
| Day 10 : Arbroath – New Aberdour Beach | Day 11 : New Aberdour Beach - Culloden | Day 12 : Culloden - Tain |

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

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This is the 20th (5+years) edition of the newsletter. We propose to issue 4 times per year:
Spring, Summer, Autumn & Winter.

Copy for the Autumn issue should be with the Editor by 20th August for issue in September

This Newsletter cost 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 – with a financial contribution or donation of any amount or by advertising please contact the Editor, Treasurer or any of your Community Councillors. We have successfully applied for partnership funding from Community Benefit Funding of £5,000 to keep it going but we still need your contributions towards ever increasing costs.

Newsletter Finance

| Income | | | | | Expenditure | |
|--------|------------|---------|-----------|------------|-------------|-----------|
| Date | Grants | Adverts | Donations | Total | Production | Total |
| Totals | £10,672.00 | £250.00 | £85.75 | £11,007.75 | £6,889.10 | £6,889.10 |

Current Balance £4118.65 Next Print – September 2013 £385.00

ARE YOU GETTING YOURS? - If we missed you out (see Distribution List on P17) and you want to be included for future issues contact any Community Councillor or the Editor – photographs and articles are always welcome and a lot more feedback would be appreciated.



**Falls of Shin completely destroyed by fire on Monday 20th May 2013m & Carbisdale Castle closed.
What Future for the Kyle of Sutherland as a Tourist attraction?**

CRISIS – No resolution to the ONGOING - Delivery Problem - Strathcarron— We now lack anybody to deliver the newsletter on the south side. Some copies can be obtained from the Community Council ex-Phone Box at Amat. Please help by letting me know if you are able to take few for your neighbours (Editor).



**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.**



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