

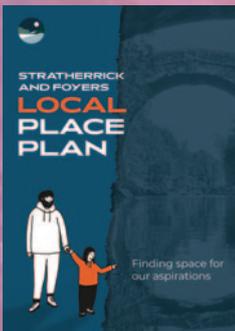
# STRATHERRICK & FOYERS NEWS

October 2023 Issue Number: 46



SPONSOR  
STRATHERRICK  
PS IF YOU CAN!

EXPLORE OUR  
PATHWAYS



WE HAVE THE  
FIRST LPP IN  
THE HIGHLANDS

and... food and fuel grants  
this winter.

AUTUMN MAGAZINE SPECIAL

Welcome to the Autumn edition of the Stratherrick & Foyers News! In this issue you will find community news, stories and events, as well as updates from the Board on projects and grants awarded. If you have any photographs, recipes, stories or news that you would like to share with the community, please send them through to [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk).

We are working hard to ensure that all members of the community are able to access copies of both our newsletter and our bi-annual magazine, which is widely available online or via email, with a small number of printed copies available for collection across the strath. If you would like to be added to our electronic mailing list please contact Caroline, our Project Co-ordinator at [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk).

Gareth Jones  
Chair, SFCT

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The Stratherrick & Foyers Magazine is published twice a year – online and on paper. Any opinions expressed are not the views of the Stratherrick & Foyers Community Trust and any businesses mentioned are not endorsed by the Trust.

## CHAIR'S BULLETIN

Whatever happened to 2023? Strong winds are starting to blow across Loch Mhor, a sure sign that we are sliding rapidly into Autumn. This month's magazine is a bumper edition, chock full of really interesting information about the area. A heartfelt thanks to everyone who contributes to the newsletters which, thanks to our efforts, provides an invaluable record of life in the Strath and Foyers.

The big news this month is that The Highland Council has validated our Local Place Plan. Yes, I agree, that doesn't sound exciting! Trust me, it is: the plan, developed by you with the help of Nick Wright, the independent consultant who many of you will have met, must be taken into account when The Highland Council and Central Government make decisions that impact our community.

This initiative is being driven by the Scottish Government with the aim of placing greater emphasis on the views and wishes of local people. It will take time to bed in, especially because we are the first community in the Highlands to get its plan validated. This has been a collaborative venture between the Trust and the Community Council.

Securing validation of the LPP (please click [here](#))

[www.communityfuture.net/local-place-plan](http://www.communityfuture.net/local-place-plan) for the full version) represents the culmination of a drive over the last three years to enable decision making to be pushed down to grass roots level. The LPP will sit alongside the Community Action Plan (please click [here](#) [www.communityfuture.net/community-action-plan](http://www.communityfuture.net/community-action-plan) to read it in full) which sets out what the community wants the Community Benefit Funds spent on.

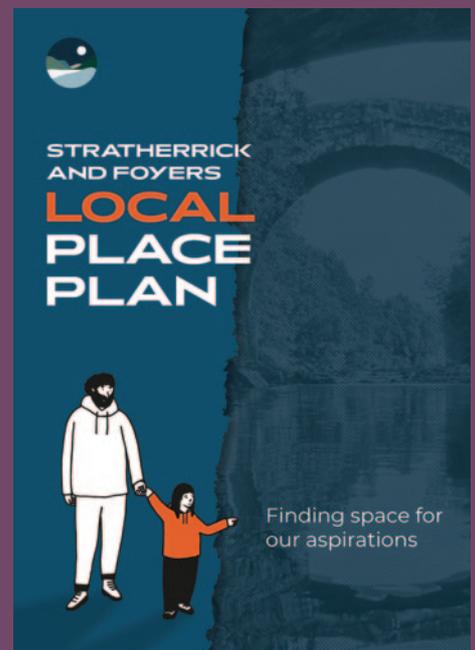
The Trust is now thinking through the last piece of the jigsaw with the Community Council; what do we put in place to enable people living in the six settlements, Inverfarigaig, Whitebridge, Foyers etc., to discuss and update the LPP over the next few years. It is intended to be a living plan that accurately captures what you want to happen on your doorstep rather than a document that sits on a shelf gathering dust. The governance approach will also have to resolve the inevitable conflicts that erupt in a small community when substantial change is proposed.

There are now multiple ways in which local people can shape life in the Strath and Foyers going forward. These include volunteering to do a simple task, work with a community group to deliver a big project, become a Trust director or a Community Councillor, take part in consultation exercises or simply participate in one of the growing number of events that take place at

places such as Wildside or BCC's hub in Lower Foyers. Little can be achieved without your input. To find out more about how you can get involved, click on this link [www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)

I will draw this bulletin to a close with news closer to home! I am stepping down as Chair of the Trust which means this is the last Bulletin I will pen.

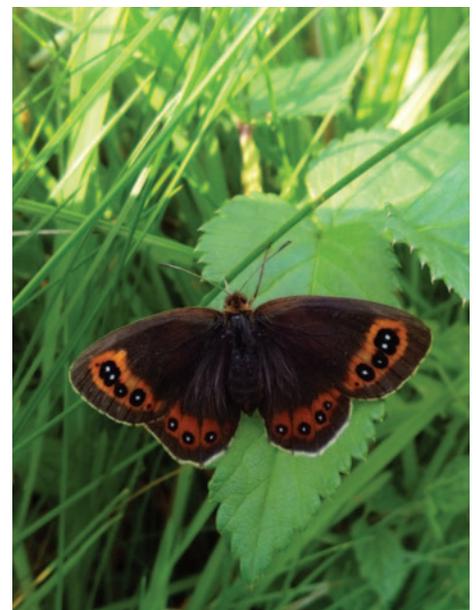
Gareth Jones  
Chair, SFCT



## BUTTERFLY CHASING AGAIN!

August brought a renewed warmth after a very wet July. This year the Pass Road yielded two butterflies we hadn't seen before; Hugh spotted and photographed a Small Copper and I spotted a Woodland Ringlet butterfly. That's not to say they haven't been lurking in other parts of the Strath and others haven't spotted them too?

Margie Elgar-Bond and Hugh Elgar  
(Ault-na-Goire)





## NEW ARRIVAL IN ERROGIE!

After moving to the area just over a year ago, Mark and Julie would like to introduce their precious daughter Ellie Brooke Hart. We became proud new parents on 21st July 2023 at 10:10am.

We are so blessed to be able to raise Ellie in such a friendly community and beautiful location, we are sure she will have a very fulfilled life here as will we. Thank you for making us feel so welcome.

Mark and Julie



## WELCOME ELSIE!

Raymond & Rachel are excited to announce the safe arrival of Elsie Margaret Robertson on the 10th of August 2023 weighing a healthy 7lbs 7. Elsie will be a little sister to big brother Struan!

## LAURA LEAVES

Trust Administrator Laura Walker-Knowles is leaving Stratherrick and Foyers Community Trust shortly to concentrate on her other job in renewable energy and her hobbies.

Laura has worked tirelessly and meticulously for the Trust for over six years, keeping track of the grants process and recording the minutes from every Trust Board Meeting, no matter how long the directors talked for!

Tony, the Trust CEO said 'I know that Laura's work and recording is always spot on. When I came to the Trust I quickly registered that she misses nothing, focusses on the correct processes and sticks to deadlines. I'm not writing her a job reference here, but if I was, it would be glowing!'

Tony added 'Without a good administrator even the most dedicated group of development workers would achieve very little. The people of Stratherrick and Foyers should be happy that Laura has served them well over the years.'

Laura lives near Dingwall with husband John. They both keep an eye on the passing trains and Laura loves swimming in freshwater and sea lochs in Scotland. She's been a regular at



the Windermere swims in England and loves the warmer waters around Cyprus too.

Tony Foster concluded 'We wish you well in the future Laura.'



## CONGRATULATIONS MARK AND ROSIE!

The wedding of Mark Sutherland and Rosie Gray took place at Ault-na-Goire on the 27th May. Mark grew up in Errogie, where his parents, Alex and Janet still live, and is currently known to many as a Director on the Stratherrick & Foyers Community Trust Board! Many congratulations to you both.



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## CHANELLA AND ANDY

I am delighted to have married my best friend and soul mate, here's some photos of our wedding day. Huge thanks to Craigharroch for a relaxed and beautiful reception, and Leyla from Zepice, for her delicious buffet. We had the best day!

Chanella and Andy MacVicar wed by Loch Ness in Lower Foyers on 10/6/23.



# IN MEMORIAM

## ALAN SPEIGHT 1950-2023

Alan was born in North Yorkshire and loved the countryside. After we were married in 1975 we spent many holidays in Gorthleck staying at Auntie Joyce's caravan. As a family we all loved it up here in the Highlands and Alan and I decided that Stratherrick was where we wanted our girls - Amy and Becky to grow up. So wheels were put in motion, we bought some land and began to build our dream house in the early 90s. Alan thoroughly enjoyed working alongside the tradesmen and as he told everyone these were "the best days of his life." As the house neared completion Alan realised that he had found his niche in life - he wanted to work for himself using his talents for doing jobs of various sorts.

Alan started working for himself, he was a perfectionist and would not be beaten

by an awkward job or task. His work varied from small repair jobs to larger contracts with schools and some of the estates, but Alan liked nothing better than being in the middle of nowhere working on his own for an estate. Alan would use his spare time to go hill walking with his dog and I can hear him now telling me proudly "that they had walked all the hills in the strath."

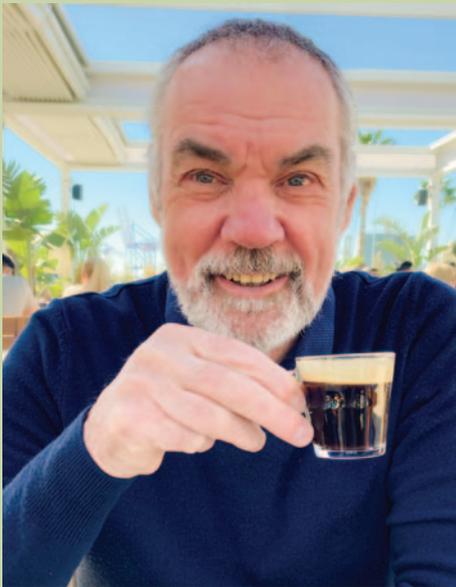
Sadly, Alan lost his battle with Motor Neurone Disease on March 30th, 2023. He had struggled with MND, a very debilitating disease, for almost 2 years. From the day he was diagnosed his life changed dramatically and we watched as he grew steadily worse.

As a family we are so grateful for all the support the Scottish MND charity gave us. We would like to thank Dr Mills and Foyers Surgery, the District Nurses, Boleskine Community Care and the palliative out of hours team who all supported Alan and the whole family throughout the last weeks of his life. I



would like to thank everyone who has supported the family and I with sympathy, practical help and encouragement since Alan's death. Alan would want us to celebrate his life and not be sad.

Mary Speight



## ANDREW MCINTYRE, GORTHLECK

It came as a huge shock to learn of the death of Andrew McIntyre who was killed in a road accident on Saturday 15th April.

Andrew and Gillian moved to Gorthleck in March 2017 having designed and built their home realising a lifelong dream of settling in the Highlands.

A retired Police Inspector, Andrew was a keen climber and walker, he enjoyed

many happy days in the hills with winter climbing in Glencoe, being his favourite. In his later years Andrew discovered a joy of walking the Camino, walking the 500 miles from Saint-Jean-Pied-de-Port on the French side of the Pyrenees to Santiago de Compostela in northwestern Spain. He had a love of aeroplanes and motorbikes and spent his retirement touring the Highlands when the weather was fair on his beloved BMW motorbike.

Winter months were spent building model aeroplanes with his study being full of beautifully painted replica planes. He was a huge music fan and had quite an eclectic taste although Bruce Springsteen was his favourite and had been to more than 30 of his concerts. They loved to travel and had only returned from a trip to Italy the week before he died.

Andrew and Gillian have enjoyed and become part of the community with Andrew recently being described as the 'glue' that has brought many people together, especially in the small community of Tom-A-Mhoid. Andrew was proud to be part of the Soup To Go team and thoroughly enjoyed his role as delivery boy! Andrew was legendary for his quick wit and funny stories for which he will be fondly remembered.

## DOUGIE ALLAN

Dougie Allan, respected and talented joiner passed away peacefully at home after a short illness. Sadly missed by family, friends and all who knew him.



**KEVIN JOHNSON**

When I received the really sad news whilst I was away on holiday that my very good friend and neighbour, Kevin Johnston had passed away very suddenly I was truly shocked and devastated at the loss of such a lovely man.

Kevin, although having spent most of his life in Stratherrick, was originally from Nairn shire and moved to Strathnairn as a boy and attended Brin Primary School and afterwards Millburn Academy and then Inverness Royal Academy when his father moved to Garthbeg. After leaving school he went to Clinterty Agricultural College at Aberdeen and graduated top student in his year.

His first employment was at Garthbeg before he moved to Dufftown and then on to Cawdor before returning to Garthbeg 26 years ago.

Aside from his regular employment Kevin always had his own flock of Blackface sheep which he always took great pride in and regularly showed them at the local Agricultural shows and in particular Nairn Show where over the last 30 years he never missed one except when Covid prevented it or during the Foot and Mouth epidemic. He had considerable success particularly with his lambs and won overall Blackface champion on more than one occasion. One of his great ambitions was to win the Black Isle show which in his lifetime he failed to achieve. But Kevin as always had his sheep booked to enter the shows in late July and early August this year. His daughter Kathryn and her brothers were determined to fulfill his

commitments and had success at the Nairn Show again and won overall Blackface Champion at the Black Isle Show with an excellent ram lamb. Kevin had only passed away a month before and now his ambition had come to fruition.

Being farming neighbours at Migovie, we worked together for many years when it came to gathering sheep in from the hills for shearing, dipping etc. He was always very willing to come and help and after the gather, retrieve the Corriegarth sheep that had wandered along to Migovie and vice versa. When arriving back at the fank (sheep pens) at Migovie after gathering the sheep (over a cuppa tea and sandwiches) we would look back at the hill with binoculars to see if we could see any sheep that evaded us. If there was any to be seen, he would be the first person to volunteer to head back out to the hill to fetch them. These were good days with neighbours helping each other out.

**Ken Fraser**



# NESSIE ORIGINS

## PART 1

by Alex Sutherland

The real story behind Nessie's appearance in the deep, dark, waters of the most famous loch in Scotland?

Many, many years ago there was a family of small, brown, creatures who lived in Loch Farraline in Stratherrick high up in the mountains above Loch Ness. They were known as the Clan MacNess and were very well thought of by their neighbours.

The clear waters of Loch Farraline were a beautiful place to grow up in. The MacNessies shared it with shoals of bright, golden speckled trout who were continually jumping out of the water to catch dragon flies and midges hovering above its surface. At almost any time of the day (and night) you could see a circle of ripples from somewhere on the loch or hear the splash as a greedy trout dived back into the water with a juicy insect in its eager jaws. Above the surface ducks paddled busily along the banks quacking important orders to their duckling families as they did their best to keep up with Ma and Pa Mallard.

Life was very pleasant and easy but perhaps just ever so slightly boring for young Angus MacNess. He had listened to all the stories and legends from his parents and great uncles and aunts many times over but every now and then he felt a peculiar restlessness and curiosity about the bigger world which he suspected existed outside his lovely home.

Loch Farraline is one of the most attractive highland lochs and the jewel that sits in the centre of beautiful Stratherrick. However at its far, western end the water gradually becomes much deeper and the surface is

marked with small whirlpools and sudden, anxious waves just before it flows out of the loch. It suddenly drops away into a deep narrow gorge and then changes into a fast flowing river full of large boulders and sudden drops into deep pools lined with overhanging gnarled birch trees.

Definitely not a spot that young MacNessie should hang about in and all of the adults in his family made sure that every youngster was warned about the dangers which lurked there, especially the slimy grey eels who could wrap themselves around young bodies and drag them down into their holes among the mud and the boulders at the bottom of deep black pools.

To the human ear a Nessie doesn't speak or appear to make any sound that can be recognised as a word but they manage to communicate with each other perfectly well and especially love to sing, or more accurately hum, catchy dance tunes mainly strathspeys, reels and jigs and of course a lullaby every now and then when it might be necessary to send children to sleep. This is all done in what appears to be a most extraordinary way by drawing water in through the mouth and then sort of squirting it out again through one or other or both nostrils changing notes with just a subtle twitch of the nose. Very often they will also keep time by swinging their tails from side to side or thumping it against a log or convenient rock.

Well young Angus was away in a world of his own (just what his mother was always warning him about) trying to master a particularly catchy but quite difficult jig that he had already sort of half learned by listening to his much older cousin Gordon who was by way of turning into a bit of a star performer at family ceilidhs and could even be destined for a spot at the next National Mod.

He was floating on his back cheerfully humming the melody line twitching his tail and blowing water out of his nostrils good style without really being aware that all the time he was gradually drifting towards the outlet from Loch Farraline. And he was unaware that the water was beginning to move more rapidly and an alarming, slightly oily sheen was appearing on its surface as it moved faster and faster towards the point where it dropped over the gap in the weir and began its headlong rush towards the gorge and Loch Ness.

Concentrating on his tune and floating comfortably on his back Angus was blissfully unaware of the fast approaching danger. Suddenly there was a rush and the little animal began to pick up speed. Too late he spun over onto his belly and tried to turn upstream and kick against the current with all the combined strength in his flippers and his tail but the relentless water held him in its tight embrace and his frantic efforts made no difference at all. His last glimpse of Loch Farraline was no more than a patch of blue sky and the outline of familiar hills before he was swept away from that dear familiar place.

Faster and faster, he was out of control and being swept along, spun over and over by the rushing water. The tune was lost and all his efforts were concentrated on simply staying alive in the torrent. It was just like being a dirty trainer shoe bumping round and round, over and over inside a washing machine with just brief glimpses of the outside world through the glass door. And then suddenly the sensation was like falling out of bed and being sucked down the plug hole in your bath all at once.

*To be continued in our Spring 2024 magazine*

## SUPPORT YOUR LOCAL MOBILE LIBRARY!

Many of you will remember the various guises of mobile libraries that have visited the strath over the years, from the old yellow van of the 1980's to the High Life Highland version we had pre-Covid.

Over the last year, the mobile library service has returned, but now in the form of a rental van with a small selection of books to choose from. It is now a monthly service, visiting Errogie and Foyers on a Tuesday and Gorthleck and Whitebridge the following Wednesday – upcoming dates and times can be seen on the poster.

As the selection of books is not extensive, you are encouraged to 'pre-order' your books online via the High Life Highland Libraries website and selecting Dingwall mobile library service as your collection point <https://www.highlifehighland.com/libraries/>

If you have any queries on how to use the service, or would like to request an alternative stop, please contact Mark Laurie, who runs the service, and he will be very happy to help.

You can reach him by emailing [mark.laurie@highlifehighland.com](mailto:mark.laurie@highlifehighland.com) or phoning 01349 869869.



**MOBILE LIBRARY!**

Errogie (1030hrs), Gorthleck (1100hrs) & Foyers (1130hrs)

October 18<sup>th</sup>  
November 7<sup>th</sup>

Farr (0930hrs) & Wildside Centre (1100hrs)

October 18<sup>th</sup>  
November 15<sup>th</sup>  
December 13<sup>th</sup>

If you would like to start using the Mobile Library service, then please email Mark at [mark.laurie@highlifehighland.com](mailto:mark.laurie@highlifehighland.com) or give him a phone on 01349 869869.

You can reserve specific books online via [www.highlifehighland.com](http://www.highlifehighland.com) and selecting 'Dingwall and Moray Firth Mobile Library' as your collection point.

Mark Laurie – Dingwall / Moray Firth Mobile Assistant Librarian  
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# THE REVOLUTION STARTS HERE!

Stratherrick and Foyers has become the first community in the Highlands to put in place a Local Place Plan. Yes, it sounds horribly bureaucratic but what it means in practice is that we now have a plan that sets out what our community wants to happen on the ground that regional and central government must take account of.

Local Place Plans are part of the Scottish Government's on planning reform to reduce conflict within communities, improve engagement in what should be developed and where and build public trust in planning matters.

This is what the Government has to say on the matter. 'It is vital that local people can engage meaningfully and have a positive influence in the future planning of development in their areas. The aim is to significantly enhance engagement in development planning, effectively empowering communities to play a proactive role in defining the future of their places.'

This is the key point: Once completed and then registered by the planning authority, they are to be taken into account in the preparation of the relevant local development plan.

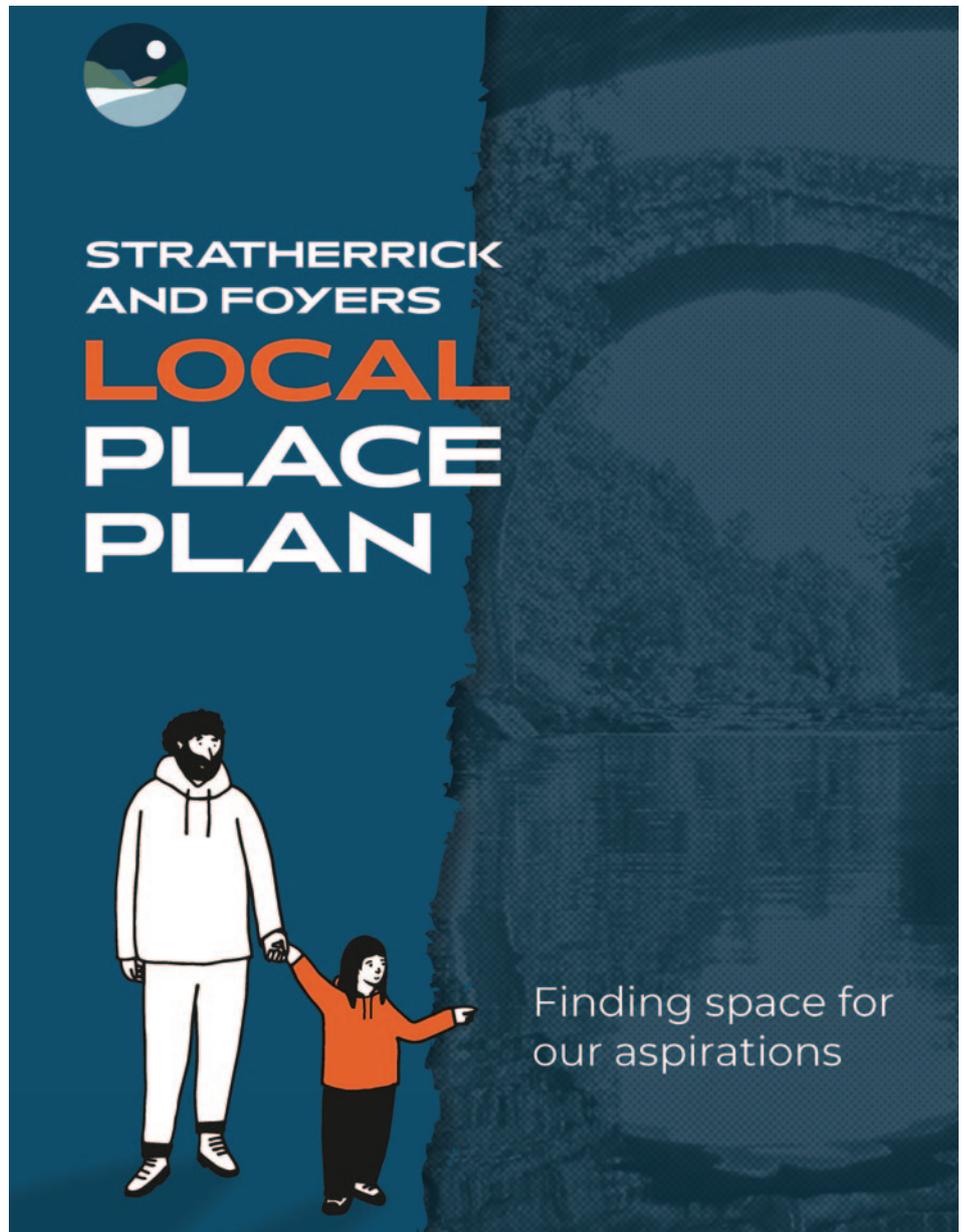
This week we received this notice from The Highland Council: 'We are pleased to inform you that your community's Local Place Plan submission has been validated by The Highland Council in accordance with Scottish Government Local Place Plan provisions.'

We will now make certain teams in The Highland Council aware that it has been validated, as some of them may be able to support your community in the delivery of your Local Place Plan.

Once your Local Place Plan is added to our register, it will be available for members of the public from your community, and other communities, to see and learn from, and for other people, such as developers to take into account when they are planning development or considering land and property management in your area.

The Development Plans Team will take your registered Local Place Plan into consideration when preparing the new, single Highland Local Development Plan; and Planning colleagues will be asked to consider the LPPS in the same way that other policy and area specific planning guidance is used, when they consider planning applications.'

We will also be able to use the registered plan to support bids for funding required to



realise the ambitions set out in our Community Action Plan. The LPP shows how the strategy and priorities in the CAP will take shape on the ground.

For example, the Community Action Plan doesn't say where affordable homes should be built. It doesn't say where new or better playparks are needed. It doesn't say which paths should be improved. It doesn't say where those affordable homes are most needed. It doesn't say which footpaths and cycle routes should be improved. And so on...

The LPP sets this out giving this community real influence over planning policy and public services.

The plan has been developed by the Trust and the Community Council with a huge amount of input during the various consultation sessions from the community

We would like to thank everyone who has engaged in this initiative and express our gratitude for all the work Nick Wright and his team have done in getting this over the line.

Nick is an independent consultant who has worked with the Trust over the last three years to gather the thoughts and ideas of the community,

Nick commented: "Kudos to Stratherrick and Foyers for blazing a trail again - this is the first Local Place Plan to be registered in Highland.

This is a new breed of plan under new planning legislation. Rather than being done to the community by government, this is the community's own plan of what you want to do yourselves and what you'd like local and national government to do.

Now that it's been registered by the Council, I'm looking forward to seeing how the community and the public sector will work together to make it happen. It's a whole new way of working, and Stratherrick and Foyers should benefit by being in at the start."

Gareth Jones  
Chair SFCT



## WOULD YOU LIKE TO BE A MEMBER OF YOUR LOCAL COMMUNITY COUNCIL?

We are looking for volunteers to nominate themselves to join the Stratherrick and Foyers Community Council.

Nominations are invited from residents interested in becoming a member. You have until 12pm on Wednesday 3rd October to put your name forward to become a community Councillor. Find out how you could play your part at [https://www.highland.gov.uk/info/799/elections\\_and\\_voting/643/community\\_councils](https://www.highland.gov.uk/info/799/elections_and_voting/643/community_councils) or talk to any of the current members or email [sfcc@aol.com](mailto:sfcc@aol.com)

On Monday 4 September the process for the 2023 Community Council elections began. On that day, the Council published on its website the Notice of Election to officially launch the process along with nomination forms, a publicity toolkit to help communities spread the word and lots of helpful information for anyone considering standing.

From this date nominations are invited from people seeking election to all Community Councils across Highland. This is your chance to help represent the views of your community to the Highland Council and other public agencies.

The Highland Council is responsible for running the Community Council's election, which must be held every 4 years. The maximum membership of each of the Highland Community Councils is determined by the population it serves and varies from 7 to 13 members.

Community Councils are voluntary organisations that act as a voice for their local area. They express views and concerns of local people within their area across a wide range of issues such as new buildings and roads to local services and facilities. They also have legal duties: by law, the Highland Council must consult with Community Councils on planning and licensing applications in their area.

In some areas, Community Councils have received Community Benefit money from windfarm projects which they can reinvest in the community. Others are involved in setting up Community Development Companies which can lead on larger scale projects to improve the area.

Community Councils also work to make positive changes in their local communities. Some Community Councils have worked to improve patient transport, dental services and care



services as well as looking at ways to improve their environment for the good of the community and visitors to the area.

Timeline for the CC elections is as follows - Monday, 4 September 2023 Publication of Notice of Election. Tuesday, 5 September 2023 Earliest date for receipt of Nomination Papers.

Tuesday, 3 October 2023 Latest date for lodging Nomination Papers – papers must be received by 12noon.

Wednesday, 4 October 2023 Publication within 24hours of close of nominations on THC website of list of nominations and notices of: contested election; uncontested election and CC not formed.

Tuesday, 10 October 2023 Latest date for withdrawal of Nomination Papers and submission of candidate's personal statements for community councils contested – notification in writing must be given by 12noon. At the close of the withdrawal period, should the number of candidates validly nominated equal or exceed HALF, but be less than or equal to the total maximum permitted membership, the said candidates will be declared elected from this date and no ballot shall be held. Tuesday, 10 October 2023 Existing Community Councils that are uncontested to be dissolved at 11.59pm.

Tuesday, 31 October 2023 Post out of ballot papers, where election is contested and publish personal statements on THC website.

Monday, 27 November 2023 Existing Community Councils that were contested to be dissolved at 11.59pm.

Monday, 27 November 2023 ELECTION DAY - postal ballot papers must be received by 12 noon.

Monday, 27 November 2023 and Tuesday, 28 November 2023 Counting of the Votes will commence at 2pm on Monday, 27 November 2023. Depending on the number of elections this permits the counts to be held on more than one afternoon.

By Monday, 18 December 2023 Notification issued regarding the calling of the first meetings of the new Community Councils.

Sharon Ferguson,  
Admin, SFCC

# STRATHERRICK PUBLIC HALL – HALL HAPPENINGS

With the building now wind and watertight Stratherrick Hall is fully up and running, with many of the regular users returning and new bookings being taken. Pilates classes are running regularly on Mondays and Wednesdays, and Ballroom Dancing is continuing on Tuesday evenings. Relaxation/Meditation sessions are being held on the last Tuesday morning of each month, and Indoor Bowling will be returning to make use of the full-length mats, alternating with the existing sessions at Wildside. The local Heritage Group have also been regularly meeting in the Hall, with an excellent talk given by Alistair Chisholm based on his Father's recorded memories of Stratherrick. Our award-winning local Dramatic Group "The Luvvies" are about to undertake regular rehearsals over the winter, and we look forward to attending their next performance - always a fun evening! Numerous single bookings have been taken, including a recent Surgery by our

MSP Kate Forbes. Boleskine Community Care held a Fund-Raising Open Evening with guest speakers and a raffle on Thursday 21st September, and Stratherrick & Foyers Community Trust hosted a drop-in session on Saturday 23rd September, to give community members an opportunity to come and chat with Trust Directors and staff. Also coming up is a Cookery Demonstration by Fort William based chef William Hunter on Saturday 25th November - this is to take the theme of "Christmas Lunch – Three Courses – Four Persons – Total Cost £15", and is being staged in conjunction with Lyne Mhor Croft who will be providing the ingredients and who will have produce on display and for sale on the day. A Community Christmas Carol Service is booked to be held on Saturday 2nd December, and a Community Lunch and Social Event will also be held on Saturday 22nd December, so mark these exciting events in your diaries. Full details will be posted throughout the area in due course.

Also a reminder that the Hall has a good selection of recent books (crime fiction and others) in our Library in the South Porch - anyone using the Hall is welcome to browse and take away books to read and return.

Regular running costs and continuous repairs to the fabric of the Hall meant that we had reached the annual limit of £20,000 allowed to be paid to constituted groups by Stratherrick & Foyers Community Trust, so to fund the replacement of numerous exterior lights and other electrical work the Hall Committee recently applied to Highland Council Discretionary Fund for £2500 to enable this work to proceed. Our application was successful, and our thanks must go to Sharon Ferguson of the Trust who assisted with preparation of the application, and also to the Councillors who backed and approved this funding. The Hall Management Committee has a further wish-list of major works to maintain and improve the Hall, and will be consulting with Stratherrick & Foyers Community Trust for assistance with funding to prioritise and carry out these improvements.

For Hall Bookings please contact the Bookings Secretary Jo Cameron - tel. no is 01456 486293, and e-mail is [spotnsilky@hotmail.co.uk](mailto:spotnsilky@hotmail.co.uk).

Hugh Nicol,  
Chair – Stratherrick Public Hall  
Management committee

## FIRA

Friends of the Inverness Royal Academy (FIRA) is the local youth group in Stratherrick and Foyers and we run a youth club and activities that are open to any young person from P7 to S6 that attend any High School, not just those that attend the Royal Academy. If you have a child in education of that age and you are not receiving our emails, please email - [contact.fira@aol.com](mailto:contact.fira@aol.com)

We run a youth club at The Wildside Centre, Whitebridge for any child in P7 to S6 once a month. We have had to move the day to a Wednesday as that is the only day our Youth Leader can make. Upcoming dates are - Wednesday 4th October, Wednesday 8th November and Wednesday 6th December. 7pm - 8.30pm. All welcome!

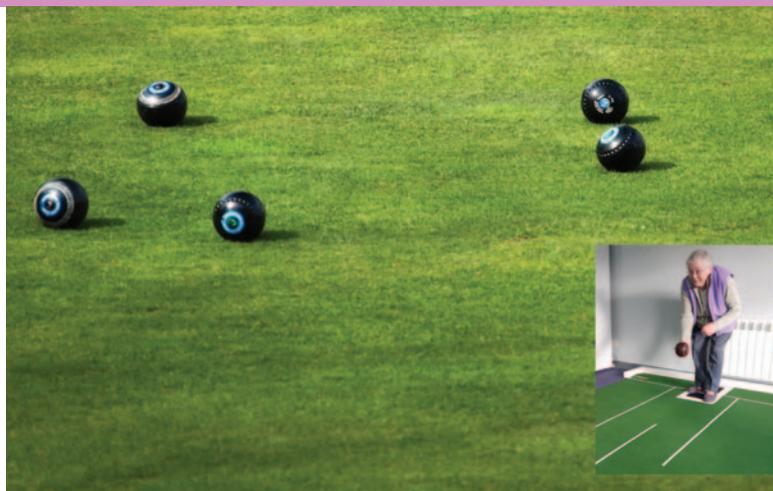
Our AGM will be on Wednesday 8th November at 7.30pm - all parents and carers are invited. Further notice will be given.

We have previously taken the group on several skiing trips, karting, trampolining amongst others and will be asking the young people what they want to do so that we can try to make that possible.

Any ideas for youth club/activities for FIRA to do and if any parents want to volunteer to help, please get in touch.

Finally, thanks to The CORRA Foundation and the help of the Community Trust's fundraisers, we received a small grant that we were able to disperse as grants to help families with the cost-of-living crisis. This fund has helped 15 families in the area and the help has been very much appreciated.

FIRA team



## INDOOR CARPET BOWLS

Every Tuesday afternoon  
2-5 pm

The Wildside Centre/ Stratherrick Public Hall  
Alternating Tuesdays

A fun, social afternoon of bowling, tea, biscuits  
and a blether.

It's certainly a laugh!

For more information contact:

Alison on 01456 486 586

Janet on 01456 486 688

# FOYERS PRIMARY SCHOOL

Shortly after we returned to school after the Easter holidays, we headed off with all our friends from Aldourie and Stratherrick PS to the Sealife Centre at Loch Lomond. We travelled down in Mayne's coaches, watching TV, chatting, and playing electronic games. We enjoyed tea at MacDonalds Balloch before playing and burning off some energy at a children's play park. It was 6 o'clock when we entered the Sealife centre and had a tour, asking so many questions that it was too late to watch a film in their cinema! We did still get our supper though – hotdogs!! We bedded down for the night, and almost everyone fell soundly asleep. In what seemed like no time at all we were woken in the morning for breakfast, got packed and back on the bus by 8.00am. We arrived back at Aldourie PS at 12 noon for lunch and then our weekly swimming lessons. By the time we got home after 3.00pm we were all exhausted but very happy. Thank you to the SFCT for funding this trip for Foyers and Stratherrick pupils. It was an amazing experience and let us understand more about what we had learnt in class about life under the sea, as well as create some fantastic memories.



The following week Foyers pupils were then off to Nairn beach with Aldourie pupils, to meet John Orr, a countryside ranger who showed us the range of sea creatures to be found on the beach and how they had learned to adapt and live in this type of habitat. We explored the different habitats around the beach area and played some fun games to help us remember what we had learnt.



On Thursday 18th May the children were invited to Robin Morley's croft to explore the different evidence of settlements there going right back to Iron Age times. This visit was part of our school topic for the term about our local area – it was so interesting to see what is on our doorstep! Margaret Fraser and Duncan Cameron came to Foyers PS to talk to us about the history of the school. We are very thankful to Margaret, Duncan and Robin for their generosity in giving up their time to help us learn.

On Tuesday 30th May all P1-4 pupils from Aldourie and Foyers had the opportunity to take part in the Baillie Cup in Inverness at the Bught Stadium. We had some individual successes and a tiring day as it was very HOT, but all in all everyone enjoyed themselves!

able to share directly with him what they thought the area needed as they were concerned about the number of children at school. Did they know what was on the horizon?

Wednesday 7th June saw us taking part in sports day at Aldourie PS with Amber Barry winning the Sports Cup for Foyers PS. Well done, Amber!

On Tues 12th June, all Foyers pupils visited the Archive Centre in Inverness to research more about their local area for their project. They also learned how the archive centre looked after exhibits, and shared highland history with visitors. It was a great morning and by the time we finished there we were ready to have lunch at Inverness Botanic Gardens and a quick tour round to see some of the beautiful plants and flowers.

Tony Foster, Trust Manager for Stratherrick & Foyers Community Trust visited the school on 8th June to explain how the Trust works and its role in the local area. This was interesting and the children were



In their Local Area topic work the children discovered that Foyers PS began on 14th January 1901 for the benefit of children of those employed at the British Aluminium Company processing plant nearby. It opened with a school roll of 27 pupils which grew rapidly to over a hundred pupils within 5 years! According to HMI records the school became 'uncomfortably overcrowded and with attendance still increasing the matter of additional accommodation became urgent'. And so it was in September 1906 that the present building was opened. In June 1907, an HMI reports that 'the handsome new school recently erected on a commanding site that seems to have all sanitary advantages in now in full occupation. The design of the interior is generally satisfactory, and the outer premises meet all reasonable



requirements. It is sad to think that this once vibrant building once so full of pupils has over time reduced to five pupils in 2023.

Then I heard from Highland Council about our falling school roll, which was due to be four pupils in August 2023. They asked for a meeting with parents to discuss the future of the school and how parents wished their children to be educated in the coming months and year. At this meeting the decision was taken to mothball Foyers PS in August 2023 with pupils mainly moving to Aldourie PS. The decision about where to educate pupils was taken by current parents for their children and no decision will be taken on the future of education for Foyers until Highland Council conducts a full consultation with the community.



And so it was that the staff and pupils threw themselves into organising a farewell 'Moth Ball' a week later. The children baked, decorated the hall, and dressed up as moths and welcomed over thirty ex pupils, staff and members of the community to say goodbye to this 'handsome school erected on a commanding site above Foyers'. Staff and pupils wish to thank everyone who joined us in commemorating this occasion. To all those that baked, brought photos and mementos – thank you. To hear the stories about lives gone by – thank you. One such story, was about a certain 'young' man who still lives locally, and how he hid 'Belinda' (the belt) from the headmaster but was then allowed to leave school sharp as he had a bus to catch while the rest of the class were kept in until 'Belinda' was found – she had been thrown out of the window!! Also of interest to me (as a gardener myself) was the story that the boys also had to dig over the headmaster's garden so he could grow his vegetables! It was a fine afternoon of renewed friendships some of more than 70 years+ and time together remembering. Our oldest ex pupil was 94 years of age, and it was a delight to be able to welcome her back.

The school closed for the term the following day with one last surprise.

With 12 minutes until the school closed, I was asked if I would be able to take over the helm at Stratherrick PS for an indefinite period as Mr Alan Graham, had been asked to cover a cluster school arrangement at Abernethy and Deshar PS for an unspecified amount of time. This is the second time I have been asked to lead this school. The first time was back in

December 1997, but due to my personal circumstances I didn't accept and so it has always been a school that I have thought 'what if?' Thus, I was delighted to cover this time. I wish Mr Graham all the best in his temporary new role, and I will endeavour to lead Stratherrick PS to the benefit of all pupils. I very much look forward to working with all parents and staff.

Louise Robertson,  
Headteacher



# KIDS' COMMUNITY CHRISTMAS PARTY

I cannot believe I am actually writing about this topic, but that time of year is fast approaching. Christmas Party Season!

This local event has been running for numerous years, with many of our community parents helping with the organisation and keeping it going year after year. I know, it's only September but there is a lot of preparation that goes into organising the children's community Christmas party. Santa's helpers have already begun putting things into place for the 2023 party. The Wildside Centre has been booked, jobs allocated, and the countdown has started. Last year's party, (which was the first for a couple of years due to the dreaded Covid pandemic) was an amazing success, and the heavy snow fall only added to the Christmassy atmosphere.

All children living in the Stratherrick and Foyers area, regardless of the school attended, from babies to primary 7, are invited. For an afternoon of fun, games, music, food and lots of laughter, get in touch with either Fiona or Kirsty (email addresses on poster) for your child's name to be added to the list. All children must have a responsible adult present. Also, please get in touch if you would like to be involved in helping to build on the success of last year's party. Parent volunteers are always welcomed. We are really looking forward to seeing what this year's event brings (hopefully not too much snow) and a little birdie even told me one of Santa's real elves was planning to join the party!

Fiona Mohan



**Community CHRISTMAS PARTY!**

THE WILDSIDE CENTRE

**SUNDAY 17TH DECEMBER 2023**

**2-4PM**

FUN | GAMES | MUSIC | FOOD

FOR ALL PARENTS WITH CHILDREN FROM BIRTH TO P7 IN THE STRATHERRICK & FOYERS AREA

**TO RSVP PLEASE CONTACT KIRSTY BALFOUR AT [kirsty.balfour.19@gmail.com](mailto:kirsty.balfour.19@gmail.com) OR FIONA MOHAN AT [fiona\\_mohan@yahoo.co.uk](mailto:fiona_mohan@yahoo.co.uk) BY 30TH NOVEMBER.**

EVERY CHILD TO HAVE A RESPONSIBLE PARENT PRESENT

**SAVE THE DATE!**

# WILDSIDE BABY & TODDLER GROUP

The Wildside baby and toddler group have had another fantastic year of informal, social get-togethers for parents and young children. We meet every Thursday morning from 9.30-11:30am and it is a great chance to chat and share stories while the kids play.

We receive funding from SFCT, which helps to fund our equipment, hall time and other events that we put on throughout the year. We are also funded by SFCC, who granted us some money to upgrade our outdoor play equipment - we now have balance boards, mini play tyres and a big spinning top and indoor bouncy castle.

This year the group have enjoyed getting together for an Easter party, with egg hunt and crafts, another Messy Ness sensory play session with a social BBQ and lots of gatherings during the school holidays which included older siblings. We look forward to our Halloween party and Christmas events as the year progresses.

The local Health Visitor comes along to our group once a month and this is a great opportunity to talk about child development, milestones and get some advice from a professional.

Our group is welcoming, informal and always keen for new parents to drop in and meet other local families. There is always tea/coffee, snacks and a friendly face to chat with!

Kirsty Balfour



# STRATHERRICK PRIMARY SCHOOL

It has been a pleasure to start at Stratherrick PS with a warm welcome from pupils, parents and staff. I have spent the first two weeks getting to know the pupils, staff and parents, school routines and available resources. We have welcomed Mrs Alice McRae to the school as a class teacher to cover the teaching vacancy left by Mr Graham's move and Mrs Fiona Kirkland, who is delighted to return to the school as a pupil support assistant. I know that a successful and happy school relies on all of us working together. While children are the heart of everything we do, relationships between school, parents and school community are vital to their success.

Mrs Louise Robertson  
Acting Headteacher at Stratherrick PS



## LOCH NESS 5K FUNDRAISER

The "Sensational Six" are back, along with a few other amazing pupils (& their equally brilliant/ bemused parents who you might now see trotting out & about so they can keep up!) to take on the Baxter's River Ness 5k on Sunday 1st October to raise some funds for the school.

Last year the funds raised by the Parent Council helped towards getting additional items for both crafting and gardening; a bus to take them to swimming lessons in Inverness; bushcraft, storytelling and messy play; new items for the nursery (jigsaws; balance bikes, helmets); trip to

the pantomime/ Father Christmas and the SeaLife Centre.

The original idea came from the school's "Daily Mile" and wanting to continue to promote that idea, as well as trying to raise funds for the school so that they can take part in more adventures/ experiences.

Stratherrick Nursery and Primary School is an integral part of the Community that we all live in, and we would really appreciate any support that you can give in allowing the youngsters the opportunity to experience a variety of experiences.

Thank you for any support, there will be some sponsorship forms put out within the community, however please also find an online address and QR code below:

Stratherrick Primary and Nursery School  
Loch Ness 5k Fundraiser  
([collectionpot.com](http://collectionpot.com))

Annelise Glew



# STRATHERRICK PRIMARY SCHOOL AND NURSERY PARENT COMMITTEE

The parent council has been very energetic over the last few months. Firstly, we have been very busy organising events for the children. Without the help of the Trust/fundraising these adventures/experiences would not have happened. We as the committee would like to start our wee article with a big thank you to the Trust, wider community and our outstanding fundraisers for all their hard work.

Whilst the committee have been fundraising and receiving funding from the Trust, we have also been organising events for the children of our wee Nursery and primary school (and sadly the only one in the area with foyers being mothballed). These events are always organised with the key objectives to develop the children's soft skills, so they can become a more rounded individual for the community in the future.

The youngest members of our community who attend the Nursery would like to say thank you for their new interactive toys they received for the nursery, so they can develop their learning via play. The nursery has been busy with special guests like Mr Creeping Toad who is described as "one of the leading

environmental educators", (he also visited the primary school children) and Messy Ness, a great sensory/play experience to name a few.

The primary school went on a big trip down to the Sealife centre at Loch Lomond and slept under the sharks and fish in the tropical Ocean tunnel. A big thanks to all the teachers/helpers who also went down and made this event a success and the Trust for funding this outstanding adventure. Also, luckily for the primary children they did not need to use their swimming lesson skills (which the Trust and parent council fund their transport for)!

Also, a big thanks to Steve "bush tucker" Glew who has now created a new world order of children living off the land with their new bush craft skills.

Whilst it is not always trips and adventures, the school scored highly in the academic results and were above average in all subjects at P1, 4 and 7 (the only years that are analysed).

Outside school, the new safe routes to School in Gorthleck have redeveloped the top of the village with a new look and created a safer area around the school. Whilst this is phase 1 and funding is still to be raised by Highland Council for the next phases, this is a welcome step change and one the committee have been lobbying for the last 7 years.

Before the parents, children and teachers completed their well-deserved holiday, we

all met up before the new school year at Wildside for a family fun day and it was a great day for all the children and parents.

However, we cannot finish our wee supplement without a big thank you to Mr Alan Graham for his time at Stratherrick Nursery and primary school and hope to see him in the future. While Mrs Louise Roberston is now in the hotseat as head of the Nursery/School, the parent council are keen to keep up the tempo set in the last year as this is the least our community and children need and deserve.

Paul Bain,  
Chair



## ST ANDREW'S DAY CEILIDH!

Stratherrick Primary school has been a focal point in our community for over 40 years. Where we live offers the children attending the school amazing benefits, however it also has a major drawback, and that is the financial cost of transport to take them on day trips and for their swimming lessons.

The school and nursery Parent Council aim to give the children a wide range of experiences away from the school to help broaden horizons, increase confidence and give them happy memories from their primary years. To make this happen, a vital role of the Parent Council is fund raising. Last year we were fortunate enough to host the raffle at Winter Wonderland, which was well supported by the whole community and we were overwhelmed by everyone's generosity,

with donations from local businesses to people buying raffle tickets. Thank you.

For this year's larger fundraising effort, we would like to host something that will bring the community together. What better way to do this than hold a St Andrews Day Ceilidh. Mark Saturday the 2nd December in your diary, for a night of dancing and entertainment at the Wildside Centre. We have local musicians providing traditional Scottish music and guiding us through the dances. There will be plenty of fundraising opportunities and games throughout the night, so get raiding those coin jars at home.

Tickets can be reserved by emailing [Fiona\\_mohan@yahoo.co.uk](mailto:Fiona_mohan@yahoo.co.uk) or by calling Fiona on 07742254200. Tickets will also be available to purchase on the night at the door, if possible we request reserving them so we have a rough idea of numbers.

There will not be a bar available so please bring your own drinks and nibbles.

We look forward to seeing as many of you all as possible for a fun night of entertainment.

Fiona Mohan

Stratherrick Primary School &  
Nursery Parent Council

## ST ANDREWS DAY CEILIDH

**THE WILDSIDE CENTRE**  
**SATURDAY 2ND DECEMBER 2023**

FAMILY FRIENDLY 6:30PM-8PM  
WILD ONES FROM 8PM TILL LATE

CEILIDH BY LOCAL MUSICIANS/ KIDS DISCO /RAFFLE  
GAMES & ACTIVITIES TO FUNDRAISE FOR  
STRATHERRICK PARENT COUNCIL

*Bring your own Bottle and snacks!*

**ADULTS £5**  
**CHILDREN £2**  
**PAY AT THE DOOR**

*CASH ONLY  
PLEASE!*

To reserve tickets please email Fiona  
[fiona\\_mohan@yahoo.co.uk](mailto:fiona_mohan@yahoo.co.uk) or phone  
07742254200

# STRATHERRICK HIGHLAND DANCERS

We have been very lucky to have Cheryl Heggie School of Dance at the Wildside Centre! Our children impressed her so much she was delighted to come back! Term 2 is off with a bang! We had a great turn out with a bursting younger class full of Tartan Tots, and an enthusiastic bunch of Sword Dancers in the older class. We have still got a couple of spaces so if you're interested, please get in touch. Everyone 3+ years is welcome!

The Tartan Tots are working on their rhythm, coordination and balance through games, music and dance, while the Sword Dancers are working hard on perfecting what they have learnt so far and moving onto building up their shredding skills for the Highland Fling.

Wider opportunities stemming from the Highland Dancing, adding to the

breadth of experiences we are looking to provide our children with, are already flowing fast. We had a fantastic turnout at the Moy Country Fair where they performed on the main stage! Our dancers looked so smart in their kilts and were SO brave walking onto the huge stage! I'm sure you will agree they rocked it!!

Our next event plans to be performing at the Stratherrick Primary Parent Council's fund raiser, the St Andrews Day Ceilidh, Saturday 2nd December. These kinds of experiences hope, most importantly, to be fun! However, they also help to build confidence, quick-thinking and self-esteem.

The CORONATION AWARD is a limited time Highland Dancing award for the Kings Coronation we hope our dancers will soon be ready to attempt. This award will help give the children a goal and a focus to work towards. Very exciting!

Moving into winter Cheryl and I have been talking about different methods of teaching, such as online or daytime options to maintain the children's

progress through the dark nights and winter weather. Thanks again to Cheryl for embracing our rural community, the SFCT and the Community Council for their continual support. Watch this space!!

Anna Peterkin  
Organiser



# STRATHERRICK LADIES SOCIAL EVENING

There have been several requests for an event where the ladies of the Strath could get together to mix and mingle, meet and make friends and enjoy an evening of chat, fun, laughter and maybe a wee dance. Interested?

We will be holding a Stratherrick Ladies Social Evening at the Wildside Centre in Whitebridge on the 6th October, 7pm-11pm.

Open to all ladies and the evenings format is simple, bring your own drinks & snacks, bring your friends and join in. This is a chance to see what social entertainments the ladies in the community would like.

If you would like to come along, and in order to gauge numbers, please contact Lyn Woods on 01456 486786

# DORES & BOLESKINE COMMUNITY CHURCH

As we come towards the back end of the summer it is lovely to be reminded of what a lovely month September can be. June at Boleskine Church was wonderful, doors flung open for the services and the sun streaming through the windows. Things became slightly less Mediterranean in July and August but we had the pleasure of visitors to the area coming to join us on a Sunday morning. It is always great to see new faces and catch up with regular visitors who come every year to the Strath.

Looking ahead to the next few months there are various events coming up. The Marathon on 1st Oct means that the service time will be changed from the usual 10.30 to 15.30 to allow for the roads to open.

The following week, on Sunday 8th October we are having our Harvest Service at the usual time of 10.30. Do come and join us as we give thanks for the land around and all that we receive from it.

There is always a very warm welcome on a Sunday at 10.30 with tea, coffee and chat after the service.

DATE FOR THE DIARY!  
Community Carols at Stratherrick Public Hall on Saturday the 2nd of December at 2pm.

# A "DAY" IN THE LIFE OF THE SOUP TO GO TEAM!



Mondays are busy but happy days for the STG team. We enjoy getting together and catching up while setting out and laying tables, preparing soup, baking bread, arranging flowers etc etc. We even manage to fit in a quick cup of tea!



Ernie and Alistair arrive.

They set up and tune their equipment and for a wee while we have our own private concert.

Before you know it, it's time to pot up the soup, bread & butter, and cake for the deliveries.

Soon folk start to arrive and greet each other, catching up with how their week has been, and exchanging any local news. We love the buzz in the room as the chatter and laughter begins to build as we begin service.



Once we clear the soup dishes off the tables and everyone is served their teas, coffee and cake, the StG team sit down for their soup.

As folk are singing along with Ernie and Alistair, the team take their diaries and begin to plan the menu for the next week, which of our volunteers will be making which soup, who will be making what cakes. The relevant recipes are picked out ready to go to the volunteers, we work out what ingredients are required, check what we have in stock and determine what we need to buy.



Once the shopping list is written, we then agree who will have the pleasure of doing the shopping.

At the end of the week our brave shopper visits many stores, getting the best buys and bargains available. Shopping is then sorted and delivered to the individual volunteer soup or cake maker's homes.

Most soups and cakes are made on Sunday. Often 1 or 2 of the Soup to Go team will also be making soup. Some soups and cakes are best made on Monday mornings, this falls to 1 or 2 of the Soup to Go team.

Every Monday is different. Throughout the summer, with the school holidays, we have seen cyclists needing sustenance, familiar faces and new faces coming to visit locally.

We also get surprise visits...

On Monday 24th July STG were happy to welcome surprise guests. Ian Gordon, now living in Mexico, who originally left Aberchalder in 1947, brought his family to our Strath and needed refreshments. We were delighted to welcome them (13 in total) and provide lunch. Alister Chisholm had given a full guided tour of the local area and then Willie Fraser took Ian, his brother and extended family to his home at Aberchalder and Migovie. It was a very emotional experience for Ian and

he was quite overwhelmed. He was very appreciative of our hospitality and gave a generous donation to Soup To Go.

Thank you Ian and Celina for your gift.



So that's basically it, a "day" in the life of StG.

And thank you, we love doing it for you.

As always, a very Big thank you must also go to all our 'unseen' soup and cake makers, who provide you with delicious dishes.

Soup to Go service is every Monday at the Wildside Centre in Whitebridge where we serve a soup lunch from 12noon to 1:30pm. We cater for all dietary needs.

To book please contact Pam Simpson on 01456 486 364 or Lyn Woods on 01456 486786.

See you next Monday.

# WEAVE A WILLOW FISH ON THE 28.10.2023 IN THE WILDSIDE CENTRE IN WHITEBRIDGE

Baskets have been made for thousands of years out of natural materials. Only our modern world has reduced the importance of baskets in day to day life.

It is an art form which often combines both utilitarian and aesthetic qualities. Baskets are made for a variety of purposes, including food gathering and storage, furnishings, garments and ceremonial uses. Basketry can transmit important artistic knowledge and cultural traditions. I believe that it is important to carry this beautiful art form with us into the future.

Basket weaving also is a very relaxing and meditative thing to do.

I am a local basket weaver and have just recently started to grow my own willow for basket making on our croft in Stratherrick. It is amazing how versatile willow is and all the wonderful things you can create with it.

On the 28th of October I will run a taster session in basket making at the Wildside Centre in Whitebridge where you will learn to weave a willow fish.

Children and adults are invited to make their own basketry fish which can be used either as an ornament or a hot plate holder.

You will also learn basic willow weaving techniques.

No previous experience is necessary, the workshop will be free of charge.

Workshops will run at 1, 2 and 3 pm and last about 45 minutes each. Contact Christiane to book a place at [info@inspiration-scotland.com](mailto:info@inspiration-scotland.com)

Christiane Morley



## WILD CRAFTS

The monthly Wild Craft Workshops are held on the 2nd Saturday of each month, at the Wildside Centre in Whitebridge, from 10:30am until 3:30 pm.

Workshops are open to everyone over the age of 4 years. However, children under 12 years must be accompanied by an adult.

Come along at a time that suits you and stay as long as you wish.

If you come for the full workshop, remember to bring a packed lunch. There is no charge for the workshop but you will be asked to bring some materials you need relevant to the workshop, e.g. fabric, clay, glue, paper.

Some materials will be available on the day, but as these come from my own personal stock there will be a cost price charge for any materials used. We also have a donations jar for tea/coffee and biscuits served.

Our workshops are very diverse but great fun.

The ethos of the group is to share knowledge and skills with all ages





Over the past 3 years we have held workshops on various crafts. Here are a few:-

- Learn to crochet
  - Making needle felt gnomes
  - Making paper craft gift boxes
  - Painting in style of specific artists
  - Making salt dough Christmas ornaments
  - Making animal sculptures from recycled materials & masking tape
  - Making Valentine gifts & pop-up cards
  - Making Chinese dragon stick puppets & dragon masks
  - Rug making
  - Air Dry Clay pots
  - Encaustic art
  - Making needle felt pictures
  - Branch weaving
  - Making willow garden obelisks
  - Making Mother's Day gifts & cards
  - Soap making
  - Making garden sculptures
  - Decoupage using napkins
  - Macramé
  - Paint pouring
  - Making woollen bowls
  - Soap carving
- Plus, many more fun things.



Again we have had a creative Spring and Summer (March to August), where members attending the workshops made:-

- Needle felt bunnies & chicks
- Memory cushions
- Flower arranging
- Garden Modroc Sculptures
- Willow Obelisks
- Macramé Hangings
- Air Dry Clay Sculptures.

Everyone has enjoyed trying new crafts and gaining confidence.

Now we head into Autumn & Winter we have a few more interesting workshops before our Christmas workshops - where glitter literally flies!

Why not pop along and try your hand at something different?

If there are any talented crafters that would like to come along and share your skills leading a workshop? You would be most welcome.

Remember though, we are a 'not for profit' community group and we run free workshops.

Contact Lyn Woods on 01456 486786.

#### DATES FOR THE WILD CRAFT WORKSHOPS

- 7th October - Puppet Making
- 11th November – Christmas Workshop

You can also checkout our Facebook page – [www.facebook.com/groups/118700209493257](https://www.facebook.com/groups/118700209493257)

# SPIN & CHATTER

Stratherrick Spin & Chatter holds regular fortnightly meetings at the Wildside Centre in Whitebridge. These meetings run from 6pm to 10pm, and folk pop in whenever they can, for an hour or 2, or for the whole session.

It is a very friendly group for all abilities.

So if you have ever thought about learning to spin, either on a drop spindle or a wheel, or if you would like to refresh old skills, why not come along and try it out.

For information contact Lyn Woods on 01456 486786.

Spin & Chatter meets on Tuesday evenings, fortnightly, at the Wildside Centre, Whitebridge, 6pm-10pm

## SPIN & CHATTER MEETING DATES

OCTOBER	10th	24th
NOVEMBER	7th	21st
DECEMBER	5th	



## WORLD-WIDE SPINNING IN PUBLIC DAY

This year World-Wide Spinning in Public Day took place on 16th September. As usual, members from the Stratherrick Spin & Chatter Group were out and about spinning. Thank you to everyone who came and said hello, and even had a go!



# NEEDLES & PINS

Needles and Pins is a sewing group for members of all abilities.

Our regular fortnightly meetings are held at the Wildside Centre in Whitebridge.

These meetings run from 6pm to 10pm and folk pop in when they can, for an hour or 2 or for the whole session. It is a very friendly group for all abilities.

Among us we have made many various items of clothing e.g. tops, dresses, pyjamas, dungarees, waistcoats, as well as a dog coat!

A large variety of bags, e.g. handbags, tote bags, slouch bags and cosmetic bags. Hair bags, doorstops, a baby's changing mat to name a few.

So if you have ever thought about learning to sew, or if you would like to refresh old skills, why not come along and try it out.

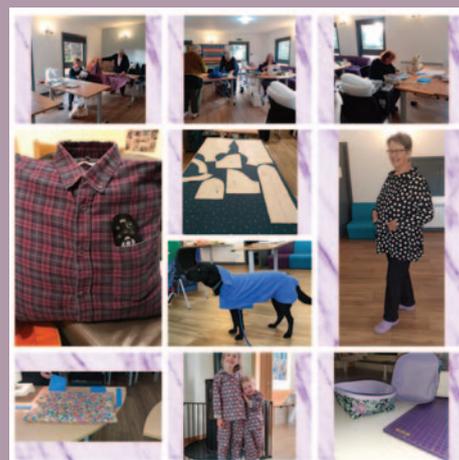
For information contact Lyn Woods on 01456 486786.

Needles & Pins meets on Tuesday evenings, fortnightly, at the Wildside Centre, Whitebridge, 6pm-10pm

Lyn Woods

## NEEDLES & PINS MEETING DATES

OCTOBER	3rd	17th	31st
NOVEMBER	14th	28th	
DECEMBER	12th		



# KNITTING AND CROCHET

The Knitting & Crochet group meet every week at the Wildside Centre in Whitebridge, where we join the Needles & Pins and the Stratherrick Spin & Chatter groups on Tuesday evenings from 6pm-10pm. You can come for an hour or for the evening.

All abilities are welcome and if you would like to learn to knit or crochet, we can help.

Just bring your current project and enjoy an evening of chat and laughter.

Over the past few months the knitters and crocheters have been very busy making poppies.

Wild Crafts will use these poppies to decorate the War Memorial for Armistice Day in November.

You can find more information about this in the Poppy Appeal article in this magazine.



# RECYCLE JINTY'S JAM JARS

Soup to Go currently recycle paper and card, soft plastics, pill blister packs and we thought we could help Jinty's Jams by recycling glass jam jars for her.

Jinty can reuse small, clean, jars and lids that have no commercial branding on them. She would then thoroughly clean and sterilise them ready for use.

Please note, coffee or large jars are NOT required.

Soup to Go have a labelled box for your clean jars behind the counter in the entrance hall of the Wildside Centre in Whitebridge. You can drop your jars off on Mondays between 10:30am and 2pm when Soup to Go is there, or when any other group activity is on.



For all the update information from Boleskine Community Care, head over to their website:  
<https://boleskinecc.com/>



## We are recruiting for our care at home service in YOUR area

- Care at Home Worker: £12 - £12.50 /hour
- Glenurquhart Co-ordinator: £13.50 - £14 /hour
- Travel time and mileage paid
- Supported and funded SVQ
- No experience needed for worker post

For informal enquires contact Vicky at [v.kilgour@highlandhospice.org.uk](mailto:v.kilgour@highlandhospice.org.uk) or call 07563 025017  
Full job pack and application form at [www.highlandhospice.org/vacancies](http://www.highlandhospice.org/vacancies) or scan the QR code below:



Sunflower Home Care is the Highland Hospice care at home service delivered in partnership with Boleskine Community Care, 3 Glens Community Care and Soirbheas



Highland  Soirbheas  3 Glens   
Highland Hospice is a registered Scottish charity no SC011227

# INVERFARIGAIG RESIDENTS GROUP

I think it's fair to say that we absolutely love our Polycrub down here at Inverfarigaig. Initially the plan was to just use growbags to capture the season, however a quick meeting on a Sunday morning and an hour later we had gathered wood and materials, and a plan was hatched... three days later Andy & Gavin had built us a raised bed the length of the Polycrub and we are growing lots of vegetables including sweetcorn, tomatoes, courgettes, carrots, beetroot and pumpkins. Outside in the field we have planted a further 4 apple trees.

In the field opposite the houses the growing theme continues! We have

peas, potatoes, runner beans and more courgettes! As well as onions and a selection of soft fruits.

The plan for autumn is to build another raised bed on the other side of the polycrub, rig up a rain capture system that will work a solar powered water pump.

The field continues to be used for walking in and enjoying the natural beauty that we live in. The local children play there and a 50th birthday was celebrated early this year in the field.

Lots of people have asked about our polycrub and we are hoping to hold an open afternoon for those interested in visiting us. Watch out for further details....

Helen Grainger



## FREE DONKEY MANURE

Would you like FREE donkey manure to help your garden grow?

Great for flower beds, composting, growing produce outdoors/polytunnels & hot beds

Bags available for collection  
Re-use your empty compost/animal feed bags or leave us a small trailer  
Please call Julie on 01456 289035 for more info or to collect

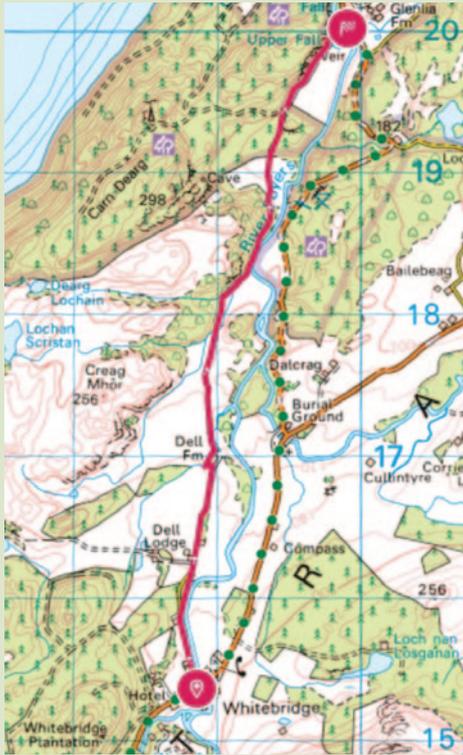
FREE  
Or in exchange for a donation to a local charity or a charity close to your heart

And our donkeys would always gladly receive any carrots you grow!!



# WALK THE WALK

from the Pathways group



## WALK 1 - WHITEBRIDGE TO FOYERS AND BACK AGAIN!

DISTANCE 5.18KM/3.2 MILES ONE WAY

Suitable for = walking, trail running, mountain biking & horse riding  
Level – Easy

Start area – Either Whitebridge bus stop/end of Dell Estate Road if starting from Whitebridge or the lane to the intake House, off the B852 at Glenlia, Foyers.

### DESCRIPTION

A lovely section of the Loch Ness 360 trail and can be one way or walk there. At Dell Farm, the trail does not head through the farmyard, please instead follow the signed path to the left to avoid it; then turn right along the track beyond. Soon it becomes a very pleasant grassy track and continues beside an old stone wall. There are a couple of minor burns to cross which can usually be done with dry feet using stones but there are some boggy bits along the way, depending on recent weather so you may want to consider waterproof boots. At the Foyers end, you go over a bridge where you can view the Upper Falls of Foyers.

Avoiding the mains roads, although the 1st section from Whitebridge bus stop to Dell Farm is the estate/farm road so some traffic may be encountered.

Please make your way responsibly to the start of any walk. There is no designated parking at the start of either way of this walk.

## WALK 2 – TOR AN TUIL CIRCULAR PATHWAY

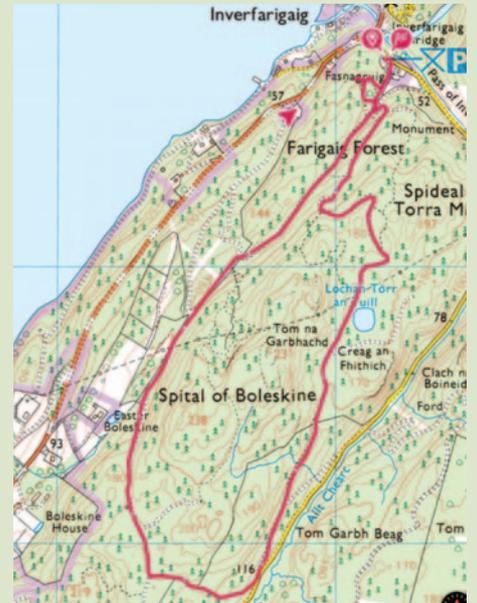
This circular walk takes you from Inverfarigaig up to a viewpoint overlooking Loch Ness.

You can extend your walk up to another Loch called Lochan Torr an Tuill ('Loch of the rocky hollow'. Known locally as 'The Magic Loch')

You can take in Boleskine House and cemetery (as long as you look towards Foyers) which is of historical significance, and then head back along the marked trail to your starting point.

The start of the walk is a climb 170m, the central part a switchback and the rest a gradual descent.

Most of the route is in forest with open and bright sites.



Wildlife includes ducks and waterhens on the Magic Loch, Roe and Sika deer in the forest and be sure to look out for Red Kites and the occasional Ospreys.

## WALK 3 – LOCH NESS & FALLS OF FOYERS

DISTANCE – 6.1 MILES

This is a longer walk which takes in the grandeur of Loch Ness, a remarkable body of water of 23 miles long, depth of 755 feet and a fact that is often banded around, holds more water than all the lakes of England and Wales combined.

The walk takes in a major part of the Great Glen, on our quieter southern side!

### DESCRIPTION

Start/parking: Inverfarigaig carpark, postcode IV2 6XS, grid ref NH522238  
Mostly good, clear paths and quiet tarmac roads but navigation is tricky descending Toman Tarsuinn in dense forestry.

1 Stile

9.97km

Approx 3 hours to complete at a good pace

Technical Difficulty: Moderate

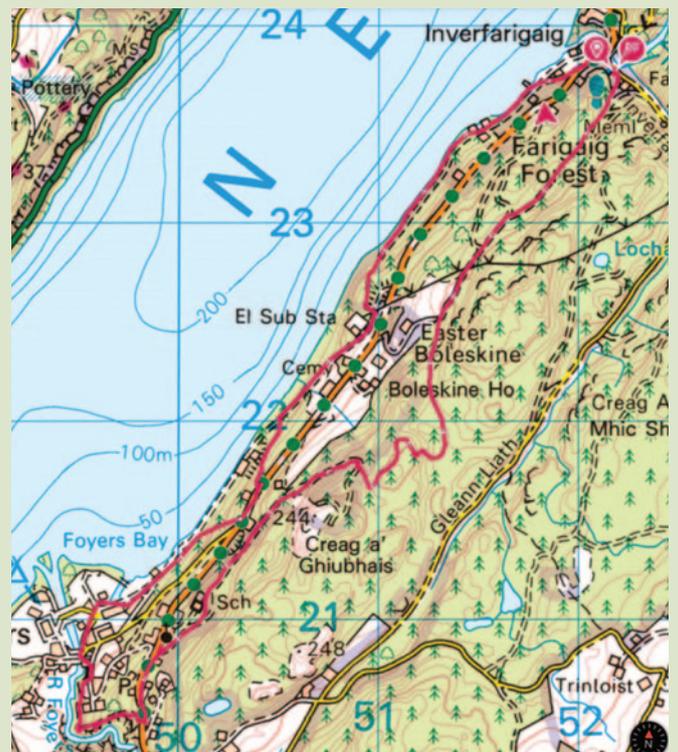
Activity Type - Walk / Hike

Total Ascent - 425.03m

Coffee and cake at The Waterfall Cafe, Foyers

Public toilets: Foyers Car Park next to the Cafe

Maps: OS Explorer 416; Landranger 26



## WALK 4 - DRUMMOND WOODS, WHITEBRIDGE

DISTANCE - 2.6KM CIRCULAR ROUTE

This one is no doubt a well-travelled and well-known circular route that picks up an easy trail into Drummond Woods, Whitebridge. It is just along from the Whitebridge Hotel so grab a pre or post refreshment from the lovely team there!

Parking is a little limited, but the trail is good for all, just mind the last little drop downhill as it takes you under some low branches.

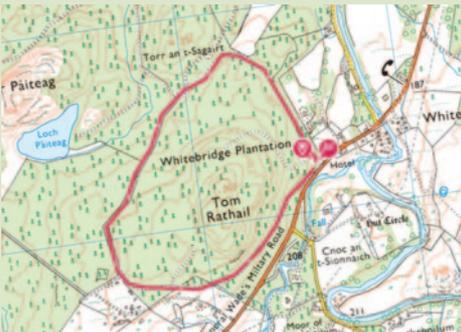
### DESCRIPTION

Park up just at the entrance (parking only for 1 car) or a suitable place along the road. Head off through the forestry gate and take the path straight ahead. Follow the path in an anti-clockwise direction which meanders round on a level wide pathway suitable for walkers, bikes and horses!

As you complete the circuit in the last third, watch out for the low branches as you drop down the hill especially if on horseback!

Keep your eyes peeled for deer, red kites, golden eagles and native woodlands, if you extend your walk to Loch Kemp.

Once complete, you can treat yourself to a coffee, cake or something stronger at the Whitebridge Hotel...just a few strides from the start of the walk. This easy and fairly level circular walk is a great accessible path with lovely views and peace amongst the woodland.



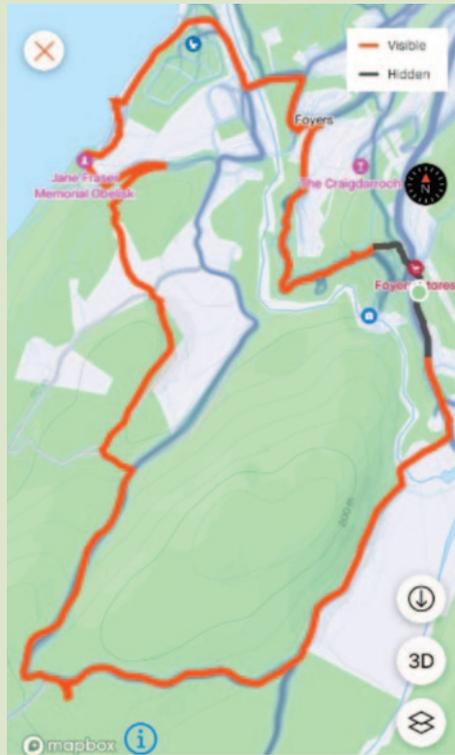
## WALK 6 – RESERVOIR WALK

DISTANCE – 1.5 MILES

### DESCRIPTION

Start at the car park at Foyers Stores and take the main road towards Inverfarigaig.

Turn right up towards the school and follow the hill route to Inverfarigaig and Boleskine. At the gate, take the small track heading uphill. Just after two old tree



## WALK 5 – FOYERS CIRCULAR – INCLUDING UPPER FOYERS

DISTANCE – 4 MILES

This is the Foyers circular including upper falls.

A circular walk taking in both the upper and lower Falls of Foyers as well as the loch shore. Care should be taken on the narrow path after the Jane Fraser Memorial. Some climbing, especially up to the Lower Falls.

### DESCRIPTION:

From the car park, turn left towards Whitebridge.

stumps, take the route to the right, not uphill to the left.

Soon you will see the marker posts. Follow these uphill and then along the side of the reservoir. At the end of the reservoir, there is another marker post with a path leading to the left. Don't take this immediately but follow the path you are on round to a large rick. If you are lucky and it is a still day, there will be wonderful reflections of the trees on the opposite bank in the water.

Retrace your steps and take the track at the marker post down through the trees where you will meet a vehicular track. Turn right here and follow this back towards Foyers, keeping left at the houses at Glen Liath. At the main road beside the playpark, turn right and return to the car park.

Turn right at the Waterfall Cafe sign and follow the track to the narrow bridge. Stop here and have a look at the upper Falls of Foyers.

Continue over the bridge and take the track along the side of the field. Take the track up to the right, which is steep for a small section then it begins to go downhill again. Just past a bench, (which used to have wonderful views of Foyers Bay!) take a left along a smaller, grassy path. Go through the gate and cross the grassy field, following the faint path towards the fence. Climb over the fence and follow the path towards the road leading into Foyers cemetery. (Alternatively, you can scramble down a steep slope the cemetery gate). Turn left towards the cemetery and keep to the right-side heading towards the Jane Fraser memorial. Walk round the memorial, following a narrow path which will lead you down to the Loch shore. At the campsite follow the road up to the Bailey bridge and turn left across the bridge, following the road round as it goes towards upper Foyers. Take a right where it is signed for Foyers Bay house and Foyers lodges.

Just at the entrance to Foyers Bay house, there is a track to the right. Take this track, which is steep in places, will lead you up through the woods with views of the Upper Falls and eventually to the main road and Foyers Stores. Return to the car park.





Whilst doing the memorial recording at Boleskine graveyard the Heritage Group members noted the further decay in the state of the roof on the Mort house building within the graveyard.

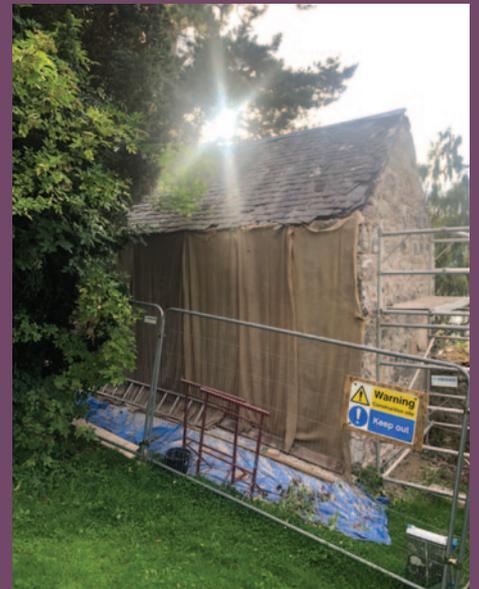
A tree had come down in a storm in 2013 and broke and dislodged slates on the roof, this had never been repaired by the Highland Council who own the building.

The Heritage Group had approached the Stratherrick and Foyers Community Trust in 2019 to see if a grant could be obtained to repair the roof. But due to their policies at the time this was out with their remit. In 2023, we again contact the Trust with a view to submitting a request for a grant to repair the roof and were advised to submit an application via them to the Stronelairg Windfarm Fund.

However, the intervening weather and other factors had taken its toll on the building, resulting in the mort house now requiring a new roof which will then entail applying for a Listed Building consent.

We submitted an application to Stronelairg Windfarm Fund for a grant to renew the roof, repair damaged stonework and to repoint all the building's walls.

We are delighted to announce that we were successful with our application and



work is currently ongoing to sort the stonework and repoint the building. Once Listed Building consent is granted, work will then commence on renewing the roof.

The Heritage Group will be having a Talk & AGM in the autumn/early winter, no details to hand yet. But when speaker and date confirmed, intimations will be posted on local noticeboards, Heritage Group website and Facebook and local Facebook pages.

factory, the changes in Foyers School (not only in the buildings but also how the classrooms were and how and what lessons were taught).

planned information board of the Mort House at Boleskine graveyard.

Alister Chisholm

Further information was sent to their teacher e.g., of the old stone dated 1865 at Foyers Mains steading which has fallen down but now cordoned off. See attached photo.

The pupils were then able to complete a timeline relating to the history of Foyers and of their school displayed on their classroom wall which those who attended a Farewell to Foyers School held on 28th June were able to see. The pupils were also told of some possible input from them towards the



Following a request from the pupils of Foyers Primary School in the Stratherrick and Foyers News: Issue April 2023, Number 42, that they would "love to hear from anyone who feels they could share their knowledge and experience of our local area : past, present and future", two members of SOUTH LOCH NESS HERITAGE GROUP Committee Margaret Fraser and Duncan Cameron volunteered to visit their school on 15th May.

The lesson began with the familiar word "water" with a map showing where all the water entering Loch Ness came from and continued how Foyers was thus chosen for the Aluminum Factory. Other key points were discussed: what Foyers was like before the factory, the increase in houses, the school roll during the years of the



# POPPY APPEAL

For the past few months the Knitting and Crochet Group, one of the Wild Craft groups, have been busy making poppies. Wild Crafts are planning to use these poppies to dress the War Memorial for Armistice Day in November.

Wild Crafts would like to invite any knitters and crocheters in the community, who would like to join us in creating poppies either at home or at the group meetings.

Patterns can be provided if required.

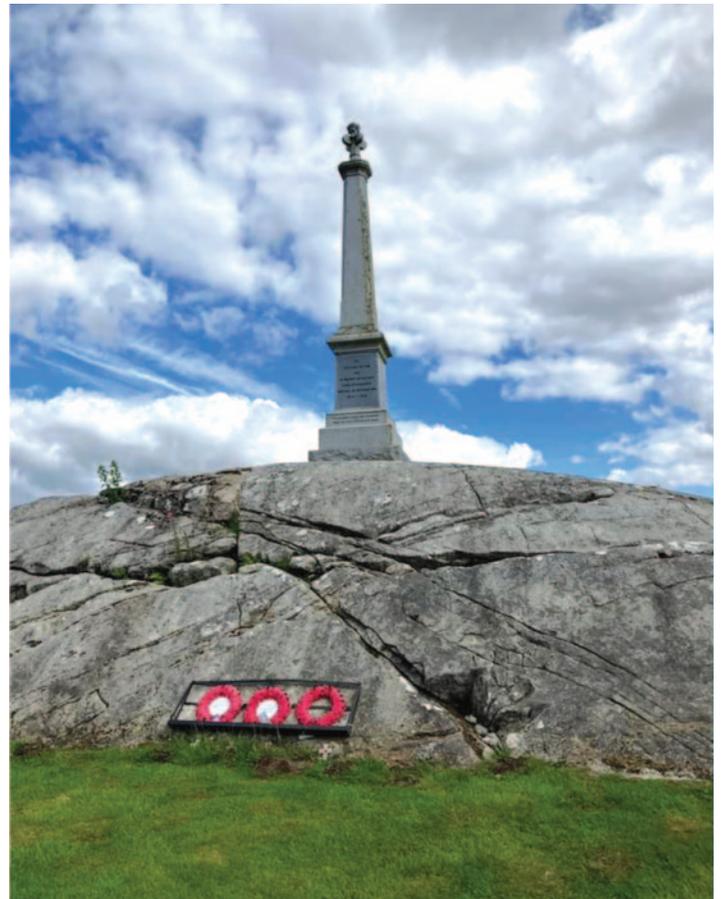
Remembrance Poppies of Red (for Servicemen), White (for Conscientious Objectors who served, e.g. Medics), or Purple (for the Animals that served) will be welcomed.

The poppies will be used to decorate the memorial and the rocks on which it stands.

If we get enough poppies, we would love to be able to place a small Remembrance spot in each of the villages in the Strath.

The Knitters & Crochet group meet on Tuesday evenings at the Wildside Centre in Whitebridge, 6pm-10pm. Members can come when they can for as long as they wish.

For further information please contact Lyn Woods on 01456 486786.



# STRATHERRICK CLAY TARGET CLUB

During the school holidays, we held a juniors and ladies practice night which was sponsored by Dunmaglass Estate, and then a junior's night which was sponsored by Grahams of Inverness. We were overwhelmed by the response! It was a huge success as we had more than 20 children at each of the sessions and a handful of ladies also having a go. They were first of all versed on the health and safety side of things before we started, then we split everyone into groups according to ability or size. We had a rack set up with some clays hanging off it for the wee ones to try to shoot – they used a .410 shotgun for this, it's the smallest and lightest type of shotgun for beginners. Then we had a couple of proper clay traps set up in a way that would make it easier for those having a go to be able to hit a target. I would say that anyone who wanted to try clay target shooting left with hitting at least one clay! Success all round! On the second night, almost all the kids who had attended the first session came along to the second one, plus a few more! We also had lots of parents coming along on

both nights with the children and they were delighted to see the young ones trying something new and really enjoying it. They praised the tuition given by our team and the patience shown to the children (and the adults who had a go). It was such a delight to see the children keeping empty cartridge cases as souvenirs of their visit – especially if that was the cartridge that hit the clay! Their wee faces beaming with pride when the clay broke into pieces by their accurate shooting.

Of course, all of this was helped along by grants from SFCT for which we are very grateful as well as the team from the club who were on hand to set up, coach and encourage.

We look forward to doing it all again next year and hope to have a few youngsters joining the club, and their parents, to keep our club a busy, safe and welcoming place to learn to clay target shoot.

Lesley Matheson,  
Secretary



# BOLESKINE SHINTY REPORT 2023

As the shinty season draws to a close, Boleskine Camanachd find themselves mid-table in North Division 2. After a blistering start, the team has had mixed results but are happy to see some new players making their mark – good omens for next year.

Obviously the team, everyone at Boleskine, and indeed the whole shinty world, was shocked by the sudden passing of Scott Knox in early May. Scott was a formidable player and is sadly missed – but none more so than by his family and friends. In early October, Boleskine are holding a Charity Match at Farr against Scott's original team Fort William in aid of Mikeysline. Boleskine have already raised around £400 for this cause and we hope a good turn-out on 7th October will add more to

what is an extremely vital charity – not just for shinty but for everyone in the Highlands who they support. Please check our Facebook page for more information on this match.

We cannot finish this report without mentioning two former Boleskine players who are making their mark in shinty. Abi Kirkland (Aberchalder) took part in the Valerie Fraser Women's Camanachd Cup Final on Saturday 2nd September for Glasgow Mid Argyll. Although on the losing side, it was fantastic to see Abi following in the footsteps of Annie Butterworth, another former ladies player from Boleskine. Also on Saturday 2nd, Duncan MacPherson (Abersky) took part in the Caol Cup between North v South Under 21 teams picked from all clubs in both areas. Unlike Abi, Duncan was on the winning side with the North Under 21s beating the South Under 21s 3 – 1.

As a small club we are very grateful to all our sponsors who support us both in



monetary terms and with services and equipment.

If you would like more information on how to join us, or be a sponsor, please get in touch with me at [catrionafraser@tinyworld.co.uk](mailto:catrionafraser@tinyworld.co.uk)

Catriona Fraser



## THE NEIL MACKENZIE TRUST NEWS - 40 KILOMETRES TO CELEBRATE 40 YEARS

On Saturday 19th August, three ladies, Caroline, Audrey, and Diana, completed a 40km walk from Laggan near Newtonmore over the Corrieyairack Pass to Fort Augustus, to raise money for The Neil Mackenzie Trust. This year would have marked Neil's 40th birthday, so we were keen to find a way to celebrate this, and what better than to match distance with years! It was important to encapsulate his spirit of adventure and give us a challenge too, so this seemed appropriate.

The Corrieyairack is a challenging route that follows a Wade military road, which originally would have linked the Government base of Fort Augustus with Ruthven Barracks outside Kingussie. The road is now a Scheduled Ancient monument, and many of the original

Wade bridges are still in use. It was an amazing walk, and the Scottish weather lived up to its reputation, with horizontal rain, howling winds, and some sunshine too.

We would like to thank The Boat House in Fort Augustus for feeding us so well, and thanks also to everyone who has supported us and donated so far. You are still able donate at our Gofundme page - [www.gofundme.com/f/40-kilometres-to-celebrate-40-years?utm\\_medium=email&utm\\_source=product&utm\\_campaign=p\\_email%2Bhtml\\_summary\\_donations](https://www.gofundme.com/f/40-kilometres-to-celebrate-40-years?utm_medium=email&utm_source=product&utm_campaign=p_email%2Bhtml_summary_donations) – if you would like to!

For more information on what else the Trust has been up to, including some news on Grants awarded and expeditions completed, you can visit our website – [www.theneilmackenzietrust.com](http://www.theneilmackenzietrust.com)



# THE BAXTERS LOCH NESS MARATHON

The Baxters Loch Ness Marathon is taking place on Sunday 1st October this year.

Malcolm Sutherland, event director said: "We would like to thank all the local community for their fantastic support and encourage folk to come out and cheer on runners where possible."

There is much more happening than just the Loch Ness Marathon with the River Ness 10K, 5K and the Wee Nessie – a wee race for children aged 5 and under in Bught Park, also taking place and adding to the fun of the event.

There is a great website with lots of information for locals here.

<https://lochnessmarathon.com/event-info/spectator/>

If you would like to volunteer to help at the event, you are encouraged to contact the organisers by email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com).



## BOARD REPORT

The Board meeting of the Trust on 6th September was a long affair.

We kicked off with a presentation from Graeme Ambrose on the Pathways Action Group and the work they are doing. They are working on the local pathways for walking, running, cycling and horse riding. Establishing with stakeholders who should be looking after what. Looking at current pathways and how to improve them and launching a potential app which is very exciting. A lot of work has gone in by the volunteers.

There was also a large strategic discussion on succession planning, the governance of the Trust, who will be responsible for what and how to take forward projects including housing, transport, grants and the Community Action Plan and Place Plan.

Also reported was the following;

Work by parents/carers on after school care at Stratherrick and Foyers Primary School.

New lighting has been installed at Wildside to benefit the groups there who requested it.

The land at Wildside has been purchased for housing/development if required. We have informed local residents we now own the land.

The Park at Wildside has been given planning and £20,000 has been raised towards its development.

Errogie Phase 1 wind and watertight (and protection of bats) has been completed and an application is in to planning for Phase 2. We have a funded project with Accelerate to review the Business Plan for Phase 2 and a funding bid to strengthen that.

The Slipway at Foyers was awarded planning, the QS has arranged the tenders and will work on a transport plan.

The land at Inverfarigaig was purchased for the local residents who will agree a lease from the Trust.

We have started the process of a community asset transfer from Forestry for the Forest School at Inverfarigaig, which will impact budgets in 2024/25.

We are arranging a new lease with SSE of the land on which the Trust owned

Hub sits. This will be leased rent free to BCC and includes a lease for the extra car parking requested by BCC. This is taking a little more time than we would like but we hope to have it completed soon.

We were given Planning In Principle for the Riverside Field Project and set up the Community Liaison Group. The residents recently met to discuss and agree the landscaping as part of Phase 1 (a second meeting will happen soon) and we have initiated work to meet planning conditions.

At present the Housing Group are seeing what the demand is for the homes at Inverfarigaig is like before making any further decisions.

This winter we will work with the Knockie Trust to give out £18,500 of financial support to individuals for fuel and food. This will be the final year of this support. The Trust has requested a deadline for application will be made this year, rather than first come/first served, and all will be reviewed at the same time.

Tony Foster  
Trust Manager



# Riverside Highland Medical Group

## FOYERS MEDICAL CENTRE

### FLU & COVID:

We hope that everyone managed to have a nice time over the summer season. As we move into autumn the time will soon come, for everyone eligible, to receive their FLU and covid booster. This historically was done at the Medical Centre however, unfortunately the practice will no longer be providing these for our patients. As the same as last year, NHS Highland will be sending out letters to all patients when they are due. We are very sorry to say that the staff at the Medical Centre will not be able to assist any queries relating to vaccines. If you have any queries about your vaccines, please refer to NHSinform.scot where you can find information and contact details.

### SIGN POSTING AND NON-GP SERVICES

We appreciate your patience and understanding when we are not able to provide certain services that we once would have.

The biggest example would be directing patients to the ITR Clinic for post-hospital discharge follow up. This is when your consultant asks for follow-up for various reasons such as blood tests or dressing changes, which in the past would have been carried out in practice, however the NHS has taken responsibility for these procedures. The ITR clinic is based at the RNI hospital. Our reception staff are trained to signpost to the most appropriate services such as podiatry, dentist, opticians and A&E. Please be aware that sending people away is the last thing we want to do however, we need to work within the contractual agreement between the GP Practice and the NHS.

### ONLINE PRESCRIPTION ORDERS / PATIENT SERVICES:

Thank you to all who have signed up to Patient Services so far. It has been a bit of a learning curve for both you and us, however, it seems as though everyone is getting the hang of it. At the moment Patient Services can only be used to order your medication. Sometime in the future capabilities will be rolled out to allow patient's access to their medical record, see results and book appointments. There is no set date for these changes, however, when these services are enabled, you will be notified.

Please note that in the near future online prescriptions will only be available through Patient Services. We would encourage all those who order direct from the website and who wish to continue ordering online to request an account.

### STAFF:

There have been a few changes in the personnel department. We welcome Dr John Elder who has joined the partnership, he

will usually be with us on a Wednesday each week. Nurse Angela will be attending the practice on occasion to provide some nursing cover and we also have some Junior Doctors starting and returning. We say hello again to Dr Amy Forbes who is currently completing her GP Specialist training. We also have Dr Josu Carte Garcia joining us as a Broad-Based Trainee. They will be offering appointments and will be mentored and supported by Dr Mills. We also have a new Mental Health Nurse Gail Robertson, she will be attending the practice regularly providing support and advice for any of our patients in need of her service, you will need to speak with one of our GPs prior to booking in with her.

### CONGRATULATIONS!

We would like to congratulate our Dispenser Jan, who is now qualified as our very own qualified Pharmacy Technician. On top of her regular dispensing, we will see her role expand into pharmacotherapy support for wider RHMG and bring a heap of knowledge into our dispensing service. Not only is she qualified as our Pharmacy Tech, Jan is carrying out some Healthcare Assistant duties, for example performing blood withdrawal, blood pressure checks and monitoring of Long-Term Conditions. All results will still be reviewed by one of our clinical staff members.

### THE END OF AN ERA

All of you will know Julie, our dispenser. Julie has served the community for 30 years! When she moved up with her family Julie was a District Nurse providing nursing and midwifery services for our patients but when the NHS centralised the community nursing team Julie switched sides to work in the "Doctors House" as a receptionist. As time went on and staff members moved on, Julie was offered the role of Dispenser. She completed her training to become a qualified dispenser and every prescription issued by the GP, Julie would be on hand preparing your meds and keeping the practice stocked of all the essentials. But as with every journey through life, it must come to an end and now that she has moved out of the country back into the town, she has decided the time has come to start preparing to depart from her role here with us at Foyers. As much as we want her to stay, we can only respect her wish and thank her for the many years of service she has given to the practice and our patients. So please join the practice in wishing Julie all the best in future endeavours as she aims to depart in the coming months.

We would like to take this opportunity to say thank you to all our patients. Your kind words of support and praise mean a lot and it keeps us motivated to keep working through these ever-changing times.

Thanks!

Andrew Thomas



**SCOTTISH**  
**FIRE AND RESCUE SERVICE**  
 Working together for a safer Scotland

**firescotland.gov.uk**

## FOYERS COMMUNITY FIRE STATION

Foyers Community Fire station now has a competent crew of 8 personnel but we welcome any other potential new recruits.

In the last few months, the crew have had an increased number off call outs both within and out with our station area, mainly due to the dry spring.

We have attended wildfires, road traffic collisions and water rescues.



As Autumn approaches we would encourage you to get your chimney swept by a professional chimney sweep.

### KEY TIPS

- Always use a fire guard to protect against flying sparks from hot embers.
- Make sure embers are properly put out before you go to bed.
- Keep chimneys and flues clean and well maintained.
- Make sure you have a carbon monoxide detector.
- In the event of fire, a smoke or heat alarm will alert you and give you time to react safely and sensibly. Make sure you have working smoke alarms. Fit a heat alarm in your kitchen.

Taking steps to ensure your chimney is properly maintained can help make sure you, and your family, are safe from fire.

Visit [www.firescotland.gov.uk](http://www.firescotland.gov.uk) for practical fire safety advice or talk to your local firefighters.

### CHIMNEY SWEEPING

The type of fuel you burn will determine how often your chimney should be swept.

Don't forget to give your chimney a clean sweep before winter as dust and debris can build up or blockages can occur if it has not been used regularly over the summer months. Make sure you use a registered chimney sweep. The following offers a guide:

- Smokeless coals or oil- At least once a year
- Wood- Quarterly when in use
- Bituminous coal or peat - Twice a year

WC Stewart Macpherson  
 RVS Support



# STRATHERRICK & FOYERS COMMUNITY TRUST AGM

7.30PM, WEDNESDAY 29TH NOVEMBER 2023 AT THE WILDSIDE CENTRE, WHITEBRIDGE

Further details to follow –  
 keep an eye on the Stratherrick & Foyers Community Trust website and Facebook page

# STRATHERRICK & FOYERS COMMUNITY TRUST - PROJECTS OVERVIEW

## RIVERSIDE FIELD LIAISON GROUP

Despite some teething problems, due to dates and timings, the Riverside Liaison Group is up and running. After our meeting in April, the Riverside Foyers Residents Group met in June with the landscapers to discuss their preferred options for the landscaping of the field. Their designs have been worked on and are now back with the Residents Group to finalise. The plans will come before the Liaison Group at our next meeting in October for discussion and then go out to wider community consultation – and to other interested groups such as the Biodiversity group formed as a result of the CAP.

In order to meet planning conditions, SFCT has commissioned archaeological, acoustic and arborist specialists to ensure any development meets the standards required.

Further up-dates can be found on the Riverside Field page on the Project section of our website.

Catriona Fraser,  
Director

# THE WILDSIDE CENTRE PLAYPARK CONSULTATION

COFFEE MORNING  
THURSDAY 5TH OCTOBER - 9:30AM-11:30AM

DROP IN SESSION  
FRIDAY 6TH OCTOBER 1:30PM-4:30PM

COME AND SEE THE PROPOSED DESIGNS FOR THE PLAY  
AREA BEHIND THE WILDSIDE CENTRE!  
WE WANT TO HEAR YOUR VIEWS!  
ALL WELCOME!



## FULL STEAM AHEAD FOR A NEW PLAY AREA AT THE WILDSIDE CENTRE!

Playparks have always been a key part of life for the younger members of our community. The results of our Community Action Plan clearly indicated that there is a need to improve their provision within the area, and the Local Place Plan identified that within Whitebridge and Gorthleck this was a high priority for our community members.

As part of the improvements to the landscaping around The Wildside Centre, the steering group proposed including a small play area at Wildside. This would provide a play park for the children in Whitebridge and also add value to an existing community asset.

At the end of July, we received notification that planning permission had been granted for the new play area at Wildside, and

following this we are now working with our three preferred suppliers – Caledonia Play, Scotplay and Proludic – to come up with possible designs for the play area. All three have visited us onsite and discussed the options available with the project team.

Using the thoughts gathered from members of the community at the consultation event last November, we have now received designs from our three potential suppliers.

We would like to invite you to our next consultation event on Thursday 6th and Friday 7th October at The Wildside Centre, so please come along, have a chat, look at the designs and let us know what you think!

Kirsty Balfour & Caroline Tucker  
Director & Project Coordinator



# LOCAL CHILDCARE UPDATE

Work is still progressing to open an after school childcare facility at Stratherrick Primary School, the care and learning alliance (CALA) who would be running this service, recently did a more in-depth survey to find out the numbers of who would use the facility to enable them to work out running costs. This scheme would need to be financially supported for a few years but with the idea that as more families use the service and the school roll increases, this service would become self-sufficient. Currently, many local families use primary schools in Inverness due to lack of any local childcare and this service will make a small rural school more attractive to working parents.

At the moment, the building is being assessed for its suitability as the Care Inspectorate has different requirements for a childcare setting compared to a school setting. The process to become registered as a childcare setting does take at least 6 months but progress is being made!

We are still looking for anyone interested in being a registered childminder in the area. Stratherrick and Foyers area has been included in SCMA's recruitment campaign with a fantastic package of fully funded support and training available to one successful applicant, providing everything needed to establish a new childminding business from home. This is a great opportunity for someone. If interested, please go to - <https://www.childminding.org/childminder-recruitment> for more information on the scheme and to register your interest.

Sharon Ferguson,  
Fundraiser, SFCT



**scma** Scottish Childminding Association  
committed to quality childcare

# TRUST STAFF AND CHECKS TO PROTECT VULNERABLE GROUPS

Stratherrick and Foyers Community Trust has commenced checks with their staff who may deal with children and vulnerable groups.

Trust CEO Tony Foster said, 'It is good practice for the Trust to ensure any member of staff who is in charge or has regular contact with children or vulnerable people to have a PVG certificate.'

Tony added 'It is usual for most people who work for Care Providers to use the Disclosure Scotland PVG scheme. The Trust is not in that type of business, but a number of our staff do have regular or intermittent contact with people from

vulnerable groups, so these checks are appropriate for some of our roles.'

The Trust is working with an intermediary organisation, Childsafe, to ensure that staff who may be in charge of children or vulnerable adults are all 'PVG Checked'.

Tony Foster concluded 'Nowadays people expect organisations to take all possible steps to ensure people's safety. With our staff running events such as Winter Wonderland and providing janitorial services in our community centre, the Trust considers that PVG checks are just as important as good fire or electrical safety measures.'

Steven Watson,  
CLO



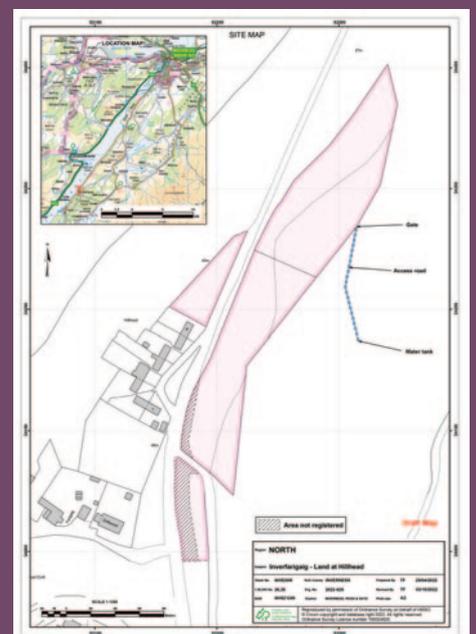
# HISTORIC LAND TRANSFER IN INVERFARIGAIG

One of the themes of the CAP was for the community to gain control over land that would enhance and enable community life. This desire was certainly felt by The Inverfarigaig Residents Group (IRG), who had use of Forest and Land Scotland (FLS) land in Inverfarigaig via a Memorandum of Understanding, which has been active since July 2018. This enabled the folk of Inverfarigaig to develop community vegetable gardens, a community orchard, and recently a community Polycrub, (with the help of our fundraisers), allotments and a shelter for small gatherings.

For the IRG it was a natural step to seek a more permanent arrangement via a Community Asset Transfer (CAT) request from the FLS. As the IRG is only a constituted group, it could not undertake a CAT, but the Board of Stratherrick and Foyers Community Trust agreed to do so. In 2021 the process began for the fields around Hillhead and the old Forestry Commission depot/nursery site at the bottom of Corkscrew Road to be transferred to community ownership. Fast forward to the August 2023 - now

the community owns the land after it was purchased from Scottish Ministers for £6,000. The IRG has already gained a Woodland Trust grant to plant native Scottish hedging on field boundaries. There are plans to tackle the brownfield site at the bottom of "Corkscrew Road" by restoring the old garages and the workshop into a Men's Shed for the use of all the people of Stratherrick and Foyers. There will also be a community EV charging point. More news will follow!

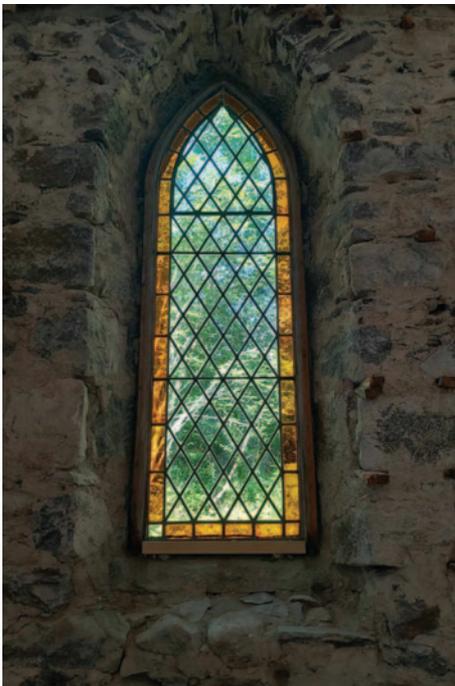
Chris Gehrke,  
Director



## ERROGIE CHURCH

We look forward to welcoming members of the community into the church over the coming months so that you can see the results of the work carried out in phase 1, starting with our Doors Open Day, in conjunction with Highland Archaeology Festival, on the 7th October – more details can be found on the poster. Keep an eye out for details of future events being publicised in due course.

The designs for phase 2 of this project are currently in planning. We will share the outcome of the application as soon as we hear.



**ERROGIE CHURCH**  
**DOORS OPEN DAY**

In conjunction with the Highland Archaeology Festival, Stratherrick & Foyers Community Trust would like to invite you to see inside Errogie Church.

Come and see the progress made so far on preserving this historic building and learn about our plans for the future!

Chat to members of South Loch Ness Heritage Group and discover the history behind our iconic mobile pulpit.

**SATURDAY 7TH OCTOBER**  
**10AM-2PM**  
**ALL WELCOME**

REFRESHMENTS AVAILABLE  
DONATIONS TO GO TO SOUTH LOCH NESS HERITAGE GROUP

## FOYERS BAY

A series of actions have been taken to improve the general look, layout and general management of the Foyers Bay site. The slipway and Foyers Bay compound is already in use by the local community and was in desperate need of action to be taken to tidy the site and to bring some order to the area. Whilst the construction of the new slipway is costed and funds raised, action was taken to improve the slipway in its current form whilst undertaking some of the initial tasks that will be required prior to any works beginning on the new slipway. The slipway in its current form presented some challenging features that could be vastly improved to the user with minimal effort. The current slipway is used by several members of the local community and the current slipway access was hindered severely by the nature of the vehicle transition down toward the loch shore by an awkward profile in the slipway access route. This made it impossible to visually see where

you are reversing your vehicle, trailer and boat, making it extremely unsafe and dangerous to use. In addition to this, trees and vegetation that surround the current slipway made it extremely tight to manoeuvre a vehicle and trailer down to the loch shore safely.

It was proposed that during the implementation of the first stage plan, whilst plant, equipment and people are on site that the vehicle/trailer transition to the current slipway be improved by the removal of ground from the area until a more suitable access and egress is achieved. This was achieved with minimal intervention and subtle ground works. In addition, any vegetation and trees that form immediate risk were removed.

The next steps will be to clear any materials from this work and the general look of the boatyard.

Tony Foster,  
Trust Manager

# PATHWAYS GROUP

Over the summer months the Pathways Group has continued to progress existing projects and develop a whole new stream of work, the 'Walk the Walk' marketing campaign. Using information collected as part of the paths audit, the aim is to encourage locals and visitors to get out and explore our many and varied pathways, but not just for the obvious health benefits of doing so. The paths are part of what makes our area so special, rich in history, legend, and biodiversity, and to explore the paths is the best way to truly appreciate what we have on our doorstep. To achieve the aim, most weeks over the summer a local walk, submitted by one of the group volunteers, has been posted on the Trust website and Facebook page. To date, interest in these has been very encouraging with it regularly appearing in the top 5 most viewed stories.

On the next page is a list of all the walks featured to date, details of which can be found on the Trust website at [www.stratherrickcommunity.org.uk/walk-the-walks/](http://www.stratherrickcommunity.org.uk/walk-the-walks/). For this autumn newsletter our featured 'Walk of the Month' is the Inverfarigaig to Foyers, South Loch Ness Trail pathway. (You will find this below.)

With regards to our paths improvement project, following consultation with landowners, the group is now in a position whereby we hope to make a decision in the next few weeks as to which one of two potential works identified (stream crossings on South Loch Ness Trail (SLNT) between Foyers & Whitebridge or near to the highpoint of the SLNT between Inverfarigaig & Foyers) will go ahead. This has only been made possible with the £20K awarded to the group earlier in the year by Highland Council and £20K received from the Trust.

As for the App, on the basis that sufficient funding can be secured for this exciting project, we expect this to be developed early next year. The group have already received proposals from two experienced app developers who are very interested in the project, and we are now in consultation with HIE to gain support under the Support For Communities Framework. If successful, this will take the form of project management of the app project.

So there is lots happening, and as a very small group of volunteers we are indebted to the substantial assistance that we receive from the Trust fundraisers, Sharon and Sarah.

Graeme Ambrose  
Pathways Group Chair

## WALK OF THE MONTH!

Inverfarigaig to Foyers, South Loch Ness Trail

3.2 miles, moderate

This walk follows a short section of the South Loch Ness Trail from Inverfarigaig to Foyers.

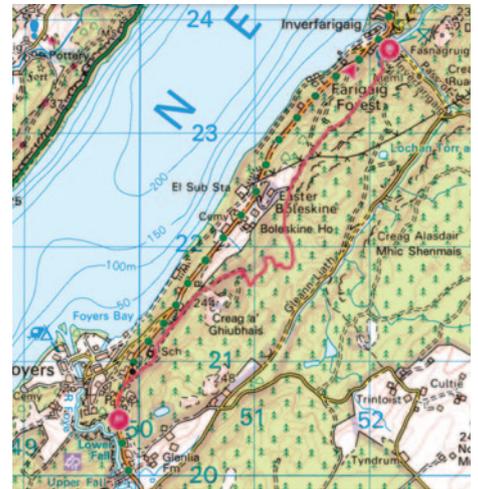
Start the walk at the Farigaig car park. There is a short steep uphill section to begin but turn right after about 50 metres to follow a small track to a viewpoint overlooking Loch Ness. If you are into Geocaching, you may want to search out the cache near here! Follow the route back down to the main forestry track. Turn right and look out for the blue marker posts with a squirrel which are the official signs for the South Loch Ness trail. When you reach the large pylons, it is worth making a very short diversion to the right to get views down to Foyers Bay. Continue on the forestry track, keeping left at a signpost marked for Easter Boleskine. Follow the track uphill, again, looking out for the blue marker

posts. Keep straight ahead when you see a track on the left and follow this next section, which can be pretty boggy, up into the trees.

Again, look out for blue marker posts and be careful when you come to the chain to help you over a short rocky section. The track continues to wind uphill. Unfortunately, most of the views of Loch Ness have been obscured by trees, but there are a few big flat rocks which you can scramble onto for a peek at the loch or just sit and relax after the exertion of climbing to the highest point.

The track now heads downhill, and after hopping across a wee burn, you come to a main forestry track again. Turn right here and follow this track all the way down to the main road B862. Be sure to look out for the shaft at a small clearing. This is a service tunnel of the Foyers Pump Storage Hydro scheme.

Turn left at the road and following the pavement, walk up the short sharp incline to the shop/car park at Foyers.





## INVERFARIGAIG FOREST CLASSROOM UPDATE

The Trust's request to Forestry and Land Scotland to transfer the Forest Classroom and neighbouring land was submitted in early August 2023.

Trust Chief Executive Tony Foster said 'The Community Action Plan and recent Place Plan both highlighted that the community wished to take on the property. The classroom has not seen much activity in recent years and community ownership, if it goes ahead, will provide an opportunity to reactivate the place and do more with this local asset.'

Forestry and Land Scotland now has up to six months to consider the request. Details of the scheme appear at this weblink <https://forestryandland.gov.scot/what-we-do/communities/community-asset-transfer-scheme>

Steven Watson,  
CLO

## THE WILDSIDE CENTRE

It's been a busy Summer at the Wildside Centre – it's great to see so much activity there for such a wide range of ages and interests!

Some of the highlights so far have been:

- The arrival of the Polycrub. There is a little bit of work to do to get this set up for next year's growing season. If you would be interested in helping out with this community growing space, please contact [sarah@sfctrust.org.uk](mailto:sarah@sfctrust.org.uk).
- Progress with a new play area at the back of Wildside. In July we received notification that our planning application had been approved, and since then the team have been busy putting together funding applications and meeting potential suppliers.
- Following communication from the community groups using Wildside that the lighting was inadequate, we have finally been able to bring in an electrician to install a new lighting system and carry out some other electrical improvements. Feedback has been very positive!

Remember to keep an eye on the weekly calendar on the website for activities and events at the Wildside Centre and throughout the community that you can take part in – you can find the calendar here -

[www.stratherrickcommunity.org.uk/calendar/](http://www.stratherrickcommunity.org.uk/calendar/)

As the seasons draw in, we hope to reintroduce Warm Wednesdays, where you can come along and make use of a heated building, use the board room to work, or relax with a hot drink and a book and catch up with friends and neighbours. You are also likely to find some of the staff team here on a Wednesday so if you have anything that you would like to discuss with them, do pop in and say hello. The library



van also visits once a month, and Jane from Lyne Mhor Croft comes along on the first Wednesday of the month selling fresh, local produce, so there is lots going on!

Caroline Tucker,  
Project Coordinator

## TRUST LAND HOLDING AT WHITEBRIDGE EXTENDED

An area of land between Thain Road and the Wildside Centre at Whitebridge is now under community ownership.

Trust Director Ken Sinclair commented 'Land owned by the Trust is community land to be used for community priorities. It is great we have this site 'in the bag' for future development. When Nick Wright was gathering local views about development projects for the Community Action Plan many people wanted to see additional affordable homes built in our area. Young people who may have access to local jobs have no hope of a house of their own. Caravans, or staying at home as an adult means that they just do not want to stay here.'

Whilst the Trust has no immediate plans for developing the site, it adjoins the Wildside Centre and can be accessed by the adopted public road off the B862.'



Director Ken Sinclair added 'The ground conditions may not be ideal for housing however the proximity of local services, water and electricity, school bus routes and the opportunities for local employment probably outweigh that factor. We will

be looking at the possibilities in the year ahead.'

The Trust took ownership from Highland Council on 28 June. The site extends to 0.58 hectares and cost £27,000.

## THE KNOCKIE TRUST FUND

For anyone new to the area, The Knockie Trust is a small local charity which has been in existence since the early 1800's! Its main purpose has always been to assist residents of the Stratherrick & Foyers Community with hardship grants in times of difficulty.

In addition to this, the Knockie Trust also offers annual winter comfort in the form of Christmas Vouchers for use in one of the main supermarkets. These are currently available to anyone aged 65 years or over who has been resident within the Stratherrick & Foyers area for 4 years or more (one distribution per household)

For further information on either hardship grants or Christmas vouchers, please contact the Knockie Trust on either of the numbers below.

Alistair Colquhoun (Chairman)  
01456 486369  
Fiona Bateman (Secretary)  
01456 486646

### FOOD AND FUEL GRANT

After unprecedented demand last year this winter SSE have agreed for the Stratherrick and Foyers Community Trust to help support local people with food and fuel again. This support is provided by the Trust from existing budgets.

£18,500 will be made available and the Knockie Trust will evaluate the applications from community members on behalf of the Trust.

This year we will have a cut-off date for applications, so applications can be judged together rather than first come first served. The closing date for applications will be 31st October 2023 and the application form can be found within this magazine and online at [www.stratherrickcommunity.org.uk/the-knockie-trust/](http://www.stratherrickcommunity.org.uk/the-knockie-trust/).

Completed forms should be returned to Fiona Bateman, Knockie Trust Secretary, Dalruidheah, Killiechoilum, Whitebridge, Inverness, IV2 6UR.

We have limited funds so please don't apply or ask for the full amount if you don't need it - £100 helps 185 families or

£250 helps 74 families. This will also help the Knockie Trust assessors to share the funds available to as many people as possible.



# SCREEN MACHINE

Ask the question “What was the first film you saw at the pictures?” and most people can tell you. Even if the film title has been forgotten, the memories of that first visit will remain; the place, the people, the sweets and being part of an audience for the very first time as the lights dim.

How many people can answer the question “What was the first film you saw in a lorry?” My answer would be Whisky Galore next to the Tobermory distillery! The Screen Machine gives us a wonderful cinema experience in some of our most fantastic locations in Scotland - in sunshine and snow; the Torridon mountains, Loch Ness, Eilean Donan castle and Hebridean Island sunsets. There are not many cinemas where the scenery outside is as fabulous as the film locations inside!

The Screen Machine has been bringing film and cinema to communities throughout the Highlands and Islands, Argyll & Bute and North Ayrshire for 25 years and is much loved. Now it is under threat. The current vehicle lease expires in April 2024 and a new vehicle needs to be commissioned with funding for 50 percent of the cost from the Scottish Government needed.

## Why does it matter?

It brings communities together young and old. It is accessible and open to anyone wherever it visits. It provides films for us all to enjoy, but is so valuable in communities where there is no community cinema available. Subsidised ticket schemes make it affordable.

## How can we help?

Regional Screen Scotland is asking the public to write to their MSP, MP, or councillor, and to the First Minister, cabinet secretaries and council leaders.

You can find more information here:-

<https://www.screenmachine.co.uk/screen-machine-is-turning-25-and-needs-your-help/>

As a community, we could consider contributing towards fund-raising from our own community trust and/or by collaborating with other local community benefit funds to keep the Screen Machine on the road in our area and to support other communities across Scotland.

Julie Harvey



Scotshaven Holistic Therapies & Yoga

## SCOTSHAVEN COMPLEMENTARY THERAPIES

As well as weekly yoga classes and complementary therapies, Gill and Alannah at Scotshaven also offer monthly 1 day yoga retreats on the last Sunday of each month and a Sound Bath and social evening on the second Saturday of each month.

### ONE DAY RETREATS

On the last Sunday of every month, we hold a one-day yoga retreat for up to 8 people which is suitable for all abilities. It runs from 10am to 3.30pm with an hour for lunch. A typical day may include a discussion on the philosophy of Yoga, a hatha yoga practice, a breath work session, a yin or restorative yoga practice, a shamanic journey, sound bath and a yoga nidra meditation. A great way to relax and restore the body and mind. These days are very popular and book up very quickly. For residents of the Stratherrick and Foyers area these days are offered at a reduced cost of £30. (£40 for anyone residing out with the area).

### OVERNIGHT RETREATS

3 and 4 day overnight retreats are also available throughout the Winter months, further details and dates can be found on our website.

### SOUND BATH AND SOCIAL EVENING

On the second Saturday of each month, we hold a 1-hour sound bath followed by tea, coffee and cake and a chance to relax with friends. An explanation of sound therapy and some of the benefits can be found in the description below. Come along and experience the therapeutic power of sound. £15 per person including tea and cake.

For more information about any of the above and contact details please see our website [www.scotshavenwellbeing.com](http://www.scotshavenwellbeing.com) Facebook: @ScotshavenHolisticTherapies Instagram:@scotshaven\_holistic\_therapies

### WHAT IS A SOUND THERAPY?

The use of sound is an ancient concept which probably started in the caves with echo, where they used the vibrations that sound creates to test the stability. Drums were often used in ceremonies and rituals, and they would sing when they went hunting or as the women worked.

So, sound has been used for thousands of years and is still being used today. I'm sure you all have a song that makes you feel energised, one that makes you feel loved, one that makes you feel agitated even. That is the sound vibrations working with your body and mind.

The practice of sound bathing, as the name suggests, is the practice of being deeply immersed in sounds and vibrations that

have the power to cleanse and heal. It is a journey of self-discovery through deep relaxation and meditation. The sound vibrations allow you to drop into an outer state of consciousness which means that you can start to shift any issues that need dealing with.

To receive a sound therapy treatment is to take a holistic approach to relaxation and healing. It can be a perfect escape from the modern stresses of life.

A sound therapy treatment can help cleanse your soul and restore your internal balance. This stems from the immense power of sound and vibration, everything around us is made up of particles that are constantly vibrating, this is why sound affects us the way it does. Sound has a great influence on our emotions and health and can help us feel happy, energised and relaxed.

#### THE EFFECTS OF SOUND THERAPY

##### Physical Level -

- Higher levels of energy
- Sense on overall balance is improved
- Lessening of sensitivity to particular sounds
- Relief from chronic tiredness
- Relieve the sensations of tightness

##### Mental Level -

- Brain "fog" dissipates
- More motivated life
- Improved ability to listen with an open mind
- Better organization skills
- Less likely to become irritated by external events

##### Emotional Level ~

- Relief of frustration and anxiety
- More Confidence & easier to express emotions
- Improved overall mood
- Improved patience
- Improved ability to communicate and interact

#### WHAT TO EXPECT

Have a clear intention and let go of your stress. Whatever you feel is all good, so let your feelings come and go. Being open in this manner will help you release deep-rooted emotions. You might have moments where you feel very happy or very sad. You might even cry during the session. Whatever happens is fine. Let your emotions flow and accept the release.

You might even fall asleep during the treatment and that is more than welcome. When the body is sleeping the mind is no longer engaged which means that it is no longer resisting, Therefore, it allows the therapeutic qualities of the sound vibration to work its magic.

#### GROUP SESSIONS

During sound bath sessions, everyone will feel intense vibrations surrounding their bodies. Some will receive those vibrations and feel themselves moving into a meditative state. Others may experience emotional release. Everyone experiences sound bathing differently, there is no right or wrong way to do it.

#### ONE TO ONE TREATMENTS

You can receive one to one sound therapy sessions which are treatments in which the body can be restored to health and well-being by the exposure of precise resonant frequencies (sound vibrations) into the corresponding part of the body that is currently ill or out of balance.

#### TYPES OF ONE-TO-ONE TREATMENTS

##### FULL CHAKRA ALIGNMENT WITH ONE TIBETAN SINGING BOWL

This treatment works with the Chakras, the energy centres within our body. There are seven main chakras that run along our spine. They start at the base, or the tailbone, of our spine and extend up to the crown of our head. Each Chakra corresponds to certain nerve bundles and major organs. To function at their best, your chakras need to stay open, and balanced. If a resistance builds up in them, you may experience physical or emotional symptoms related to that particular chakra. Each one has its own traits. During this treatment the singing bowl will be placed on the client's body along the spine, where each Chakra is located. This will be done on the clients back first while they are lying on their front. They will then be turned over and the same process repeated on their front body.

##### RELAXATION & DETOX TREATMENT WITH THREE TIBETAN SINGING BOWLS

This treatment is designed to help completely relax the body and mind, giving you a sense of peace and to help let go of any stress that you have been dealing with. The bowls will be placed around the body, either all on one side or with one on the opposite side – which will create a di-pole (where the energy flows back and forth through the body).

##### BALANCING TREATMENT WITH FOUR TIBETAN SINGING BOWLS

This treatment will help to balance the whole body including the emotions. How often throughout the day do we have to deal with emotions? And how often do we shut those emotions down because we don't have the time to sort through them, or we're not in the right company to let them out, or that we simply don't want to deal with them. This treatment will help to give you the space and personal power for you to acknowledge each one, work through them and allow those emotions to balance out again. The bowls will be placed around the client's whole body so that the energy and the vibration of them can flow through every part.

##### WHOLE BODY TREATMENT WITH EIGHT TIBETAN SINGING BOWLS

During this treatment the bowls are placed all around the body, therefore, working on the body as a whole. Opposite bowls are played, one after the other, creating an energetic push and pull from head to toe and side to side. This is a powerful cleansing session and can leave you feeling relaxed, confident and ready to face the outside world. It can also bring up a lot of emotions, so you may also feel a release on that level and you may even feel the need to cry at points during or after the treatment. Whatever effects you experience, remember that you are safe and that anything is welcome.



# MEGS MINDFUL MOVEMENT

So most of you already know me, born and brought up here at Abersky, Torness, I trained in Mindfulness in 2016 and with courage set up my first ever Mindful Movement and Meditation Class in Gorthleck Hall in 2017.

Last year I completed over 2 years and with the help towards costs from an education grant from the Stratherrick and Foyers Community Trust, my 500 hour Yoga Teacher Training. This training has set me up in good stead and I have not looked back, as well as teaching classes face to face, I continue to teach online, as it is accessible to those who cannot attend face to face, reaching out to everyone. Online relaxation restarts (over the winter months) on Mondays, 23 October at 8.30pm helping you to unwind for the evening. Every Thursday at 10.30am I teach online Chair Yoga, excellent for building strength, stretching and improving balance as well as calming the mind.

I run monthly day retreats for up to 5 people, keeping the numbers small allows me to make sure everyone is feeling included and safe. These retreats are designed for you to totally relax and rest and unwind. Over this year I have been invited to teach at Staff Well-Being Days, WI Meetings, The Highland Hospice and Maggies Centre. For the Summer Solstice I organised a fundraiser for Maggies Centre,

a dip in Loch Ness, a sauna, yoga on the lawn and a potluck summer, what a lovely evening it was. I was selected again to teach Mindful Movement at Belladrum this year and last weekend delivered Gentle Yoga to the campers of the VW Dubness Festival at Dores.

I am a teacher with the Highland Mindfulness Group and deliver morning meditation sessions as well as delivering the 8 week Mindfulness Based Stress Reduction Course, which I would urge everyone to take. Basically this is what changed my life. (I previously delivered this course in S&FCT and would absolutely love to be able to bring the benefits of this course back to the local community).

I also run various online sessions for Connecting Carers, a fantastic charity for Carers. For more information see [www.ConnectingCarers.org.uk](http://www.ConnectingCarers.org.uk) get in touch at [carers@connectingcarers.org.uk](mailto:carers@connectingcarers.org.uk) and see how they can help you.

Continuing to improve myself at all times is very important to me so I always find myself studying. Currently I am studying pranayama, use of the breath and will be bringing aspects of this into my classes.

My message is to anyone with a desire to do something they love is to go for it! Take the plunge, it's hard work but in the end it is so worth it. It is so important to work at something you love and then it does not feel like work!

So what type of yoga do I teach - well it's slow, mindful, gentle, flowing yoga, please

get in touch if you want any information regarding any of the above, either through my website [www.MegsMindfulMovement.co.uk](http://www.MegsMindfulMovement.co.uk) or FB or Instagram or by any other way you want!

All the best - be happy

Meg Somerville



## PILATES

My husband Martin and I, together with our 3 dogs, moved up to the area from Lincolnshire it having been our dream to do so for about 12 years after visiting the area

one Christmas. We returned every year from then on, finally making it our home in September 2021. I'm a qualified Pilates instructor and having successfully taught Pilates for over 25 years, decided to open classes in the local area. I initially got into Pilates through having an issue with my back due to being in a car accident many years ago and it turned my life completely around. You see, Pilates doesn't stress your body, ruin your joints nor do you ache for days after every workout. It evenly tones and strengthens your body, is low impact and will transform how you look and feel. Although Pilates is specifically defined as exercise for the core or abdominal muscles, it is important to know that the core includes the entire trunk, which is the abdominals, the hips, the inner and outer thighs, and the back. It also includes moves specifically meant to engage areas like your arms, glutes, and lower legs. So expect a workout that works your entire body. Pilates, sometimes referred to as Yogas athletic

cousin, is a full-body exercise method that will help you do everything better. It strengthens and stabilizes your core, decreases back pain, prevents injury, increases energy levels, boosts your immunity system, improves sleep and is a great stress reliever promoting whilst improving your posture, flexibility, and mobility.

So why not give it a go and come along to a class. Not only will you get a workout but you'll have fun doing it in a supportive group setting.

Gorthleck Hall  
Mondays 7pm  
Wednesdays 10am & 7pm

For more information contact me, Sue Fisher; [susetefisher@btinternet.com](mailto:susetefisher@btinternet.com) or 07824387162.

Sue Fisher

# THE WHITEBRIDGE HOTEL



We are having a fantastic season at the Whitebridge Hotel; our feet are tired, but we continue to deliver a warm Highland welcome, resulting in positive customer feedback and outstanding customer online reviews!

Our 5th year anniversary was celebrated in June, bringing together some of our hardworking staff, locals and hotel guests. We had live music from Dave Rudge which got us all dancing, many of us became back-up singers and glitter bombs! One of our talented staff members made a stunning cake for the occasion which went down a treat with everyone.

We unexpectedly received a '2023 Summer Stars award' from Hotels of the Year 2023-Scotland. The award certainly gave us all a wee spring in our step and put a smile on our faces. We have been nominated for two further awards with the winners being announced at the end of October in Glasgow; we just hope that we can get the night off to attend!

We feel honoured to be part of the journey of the Whitebridge Hotel. Our plan was to get the old girl on the map, operate a professional kitchen that produces quality locally-sourced food at an affordable price in an interesting, cosy environment. All this alongside a well-stocked bar full of Scottish liquor and beers, eclectic range of music, a host of events throughout the year and most importantly – recruitment of hard-working hospitality staff that offer a friendly, personable service with a smile. We constantly strive to deliver on all of the above and a wee bit more!

The local community continue to be instrumental in the success of the Whitebridge Hotel. Many of you have signed up for the local's discount card and have taken advantage of the 10% discount this offers on food. It's always lovely to see local faces and have a wee catch-up, big thank you to all of you who continue to support us. We are touched by your kind words of encouragement and we are

delighted you love the place as much as us. At the end of the day – it's your pub, we just have the privilege of running it.

Fish Friday – Our link working with SFCT to produce an afternoon fish tea at a reduced cost to the community of Stratherrick and Foyers has been very successful. We have brought people together in a warm friendly environment, many have become acquainted through the Fish Friday afternoons and everyone reports that they very much enjoyed the opportunity to dine with other people living in their community.

We still have a few subsidised places left for Fish Friday – so if you haven't managed to make it along yet, why not get booked in? We promise, we are a really friendly bunch. If you are 16 or under, you can take advantage of the subsidised prices as often as you want. Give us a call on 01456 486226 to book in.

Our live music nights have brought some fantastic talent to the pub, including – Dave Rudge, Blond & Bitter, The old Wrinklies and Dorec a Bell. Many thanks to these talented artists, stay tuned for more live music!

On October 28th, the walking theatre Company are back by popular demand, hosting a murder mystery night. This time it's "Blazing Puddles" - Cowboy themed dinner theatre in the comfort of our lovely old dining room and what a menu our kitchen team have in store, our head chef is no "low down bum" when it comes to creative cooking!! This is the perfect opportunity to polish those cowgirl/boy boots and join us for some horsing around... Will you be the one to solve the murder? Or will you have the place "blazing"?

We will be closing for a week from 30th October to allow some essential electrical work to be completed. We hope this doesn't cause any inconvenience.

We have a fun events programme planned for the autumn/winter and more information to follow about music nights, pub quizzes, wine tasting, Christmas Day, New Year, Burns Night and more.

We continue to operate with a strong workforce of local people. In addition, our seasonal team members this year bring a welcomed dynamic to the team. We thrive in the diversity of the team, believing that everyone brings something different to the table, making working at the Whitebridge Hotel interesting and inclusive, not forgetting the many laugh out loud moments! We are always very keen to hear from local people who are looking for work in hospitality, whether you're looking for one shift a week, part time hours or full-time work, The Whitebridge Hotel has gained a

reputation in the community for being a "fun" place to work. Our staff report that being part of the team has also provided them with an effective way of meeting new people in the community and building social networks. We pride ourselves in investing in people, creating a working environment that brings out the best in people, where employees feel valued, respected and encouraged to be their authentic selves.

Testimonial from one of our seasonal team members - *"Genuinely, one of the best working environments I've ever experienced. Moving to such a remote area by myself, could have been quite daunting, but the staff, be it locals or newcomers made sure I settled right in. Invitations to go on walks, to get out on the water, to grab coffee and drinks soon followed, making me feel part of the Whitebridge family, not just from the staff but our regular customers too. Such a flexible place to work, I love how some staff just do an odd morning here or there to help out, shifts accommodate the kids' school schedules and if something crops up it's no hassle. Plus the product we have, be it the food, the rooms or the whisky is top class so it's a pleasure to be part of the team"*

Testimonial from a local team member- *I started working at the Whitebridge Hotel when I was roughly 15/16 years old and I'm now turning 19 and what an experience it has been. I started off working there with no experience in hospitality at all but everyone there was so friendly and patient to teach me everything I needed to know. The two owners Bella and Lesley have given me so many opportunities to prove myself and advance my skills in this business. From seasonal staff coming and going and the local staff working here I can truly say I have made so many friends forever and you have become a little family. I don't think I have a bad word to say about my experience at the Whitebridge and from day one you are made to feel welcomed by everyone that works there. From starting out with no experience in this industry to now being a breakfast supervisor and working in housekeeping and the bar I can truly say and appreciate all the time they put into helping me get where I am today.*

We hope you have been inspired to consider a role at the Whitebridge Hotel as we believe that hospitality in rural locations is delivered best when customers are hosted by local people, making their experience authentic. Some of the roles available are as follows – housekeeping, breakfast shift, bar shift, waiting, maintenance, kitchen porter.

If you don't already follow us on Social Media, you will find us on Facebook and Instagram or you can sign up to our email list when you sign up for your locals card.

# MORAG'S CRAFTY BOTHY

Morag's Crafty Bothy has been running for 9 years. It all started when I needed to change my job as a social care worker. After several months of sick leave I felt unable to return, so I decided to start my own business. I have always been into crafts and learnt to paint with ceramics many years before. The birth of a paint a pot studio started in April 2014 with the support of my mum, family and friends, and I set about looking for premises. Vicky and Kenny at Foyers Bay Lodges came forward with the 'bothy' next to their lodges hence the name Morag's Crafty Bothy.

The Bothy is somewhere you can come and paint a pot in peaceful surroundings. I give instruction to help you enjoy your experience to the full. All pieces painted then get dipped in a glaze then fired in my kiln, this process takes about 3 days after which you can return and collect your creation; if you are unable to return I offer a postal service. I include Group bookings, birthday parties, Hen parties, and team building sessions. Recently I have gone mobile, meaning I can come to your home or venue for you to paint a pot. I also visit Schools, nurseries and play groups. You can book by phoning or emailing me which is at the end of my story.

As I grew lots of folk asked for refreshments and cakes and that's when I started up Nancy's Nook tearoom in the little summerhouse next to the Bothy. People can come and enjoy a cuppa and cake either in the summerhouse or outside under the shelter of the gazebo in quiet surroundings. Mum (Nancy) was chuffed to bits I started this business but when she passed away in October 2014, I put all her collection of blue and white plates and



ornaments and her poppy collection into the summerhouse for all to enjoy. I named the tearoom in memory of my mum.

The Bothy is just a short walk to the Falls of Foyers. I have lots of customers glad to see my tearoom for refreshments and a re-fuel to enable them to continue back up the hill to their car at the top.

Now that I'm retired I work a short 4 day week and close for the winter. The Bothy is open from Easter to October. I still offer the mobile services in the winter.

I started painting my MacCoo and sheep design tableware about 5 years ago and sell them in my Bothy, Etsy Shop and shops at Dores, Portsoy and Ardoe hotel in Aberdeen which keeps me very busy, to the extent I sometimes nod off when painting many sheep in one day lol.

Here are my details if you wish to book or visit my etsy shop -  
[moragscraftybothy@outlook.com](mailto:moragscraftybothy@outlook.com)  
Tel. Number 07592 604249  
<https://www.facebook.com/moragscraftybothy>  
[www.etsy.com/uk/shop/moragscraftybothy](http://www.etsy.com/uk/shop/moragscraftybothy)

## USEFUL CONTACT NUMBERS

FOYERS MEDICAL CENTRE  
01456 486224

STRATHERRICK PUBLIC  
HALL BOOKINGS  
01456 486293

NHS 24  
PHONE 111

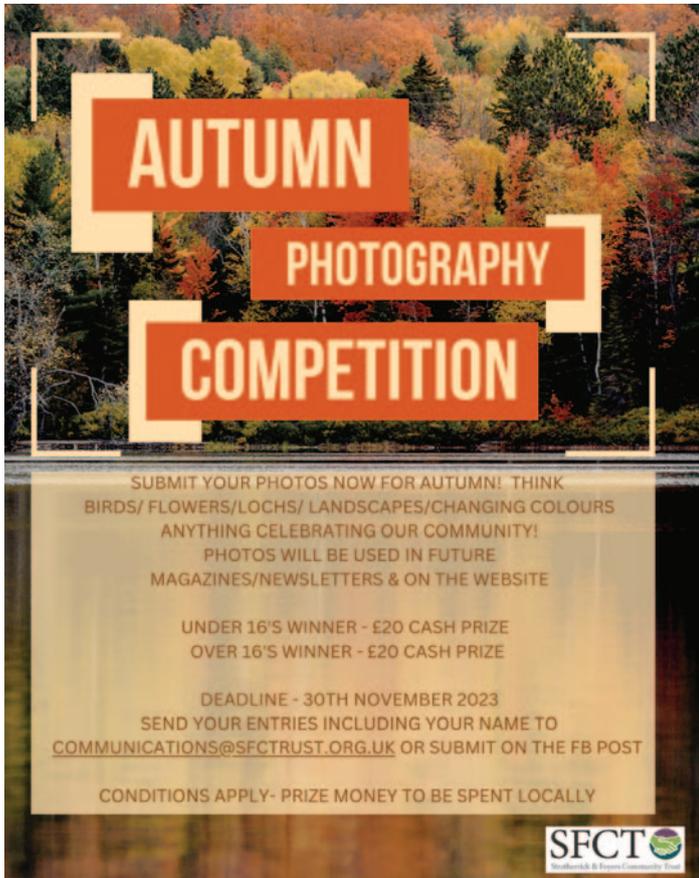
POLICE – NON-EMERGENCY  
OR TO REPORT A CRIME  
PHONE 101

MEDICAL, POLICE, FIRE,  
LOCH OR ANOTHER  
EMERGENCY  
PHONE 999

SSE POWER CUT HELPLINE  
PHONE 105

FOYERS FIRE STATION  
(NON-EMERGENCY)  
01463 240999

For more info about the Power  
Networks 105 service  
<https://www.ukpowernetworks.co.uk/help/what-is-105>



**AUTUMN  
PHOTOGRAPHY  
COMPETITION**

SUBMIT YOUR PHOTOS NOW FOR AUTUMN! THINK  
BIRDS/ FLOWERS/LOCHS/ LANDSCAPES/CHANGING COLOURS  
ANYTHING CELEBRATING OUR COMMUNITY!  
PHOTOS WILL BE USED IN FUTURE  
MAGAZINES/NEWSLETTERS & ON THE WEBSITE

UNDER 16'S WINNER - £20 CASH PRIZE  
OVER 16'S WINNER - £20 CASH PRIZE

DEADLINE - 30TH NOVEMBER 2023  
SEND YOUR ENTRIES INCLUDING YOUR NAME TO  
[COMMUNICATIONS@SFCTRUST.ORG.UK](mailto:COMMUNICATIONS@SFCTRUST.ORG.UK) OR SUBMIT ON THE FB POST

CONDITIONS APPLY- PRIZE MONEY TO BE SPENT LOCALLY

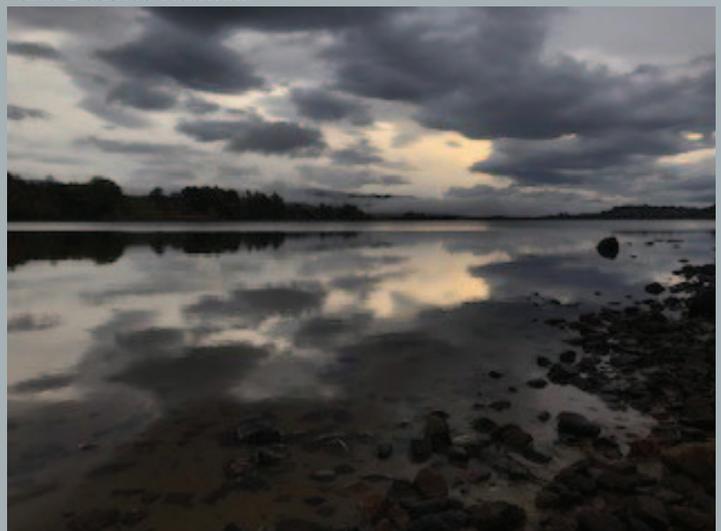


## THE SUMMER PHOTOGRAPHY COMPETITION WINNERS ARE....

Sue Fisher



and Beatrice Hadwin!



There really were some cracking pictures! A big thank you to all of you who entered and keep an eye out for your photos featuring on the website, in magazines and newsletters! The Autumn Competition is now live so please send any fabulous photos to [communications@sfctrust.org.uk](mailto:communications@sfctrust.org.uk) and please remember to include your name!

Happy snapping!

## GRANT AWARDS NOTICE MARCH – JULY 2023

The following grants were awarded at the Board meetings held on 1 March\*, 5 April, 7 June and 2 August\* 2023  
(\*out of rotation)

### STUDENT/EDUCATIONAL GRANTS

#### £500 awarded to:

Chantelle Lewis, Holly Emmott, Ellie Emmott,  
Daisy Ferguson and Roxana Elgar

#### The following awards were made to:

Gill Gray, £250.00  
Martin Fallon, £250.00

#### Cost of Living to Local Business Grants

Gill Gray, £1,000.00

#### Non-Constituted Grants

Sian Glanrid-Jones, £250.00  
Gary Fentiman, £892.00  
Lindsey MacNaughton, £966.00

#### Constituted Grants

Foyers and Stratherrick Primary Schools, £3,307.51  
Stratherrick Clay Target, £9,306.00  
Stratherrick and Foyers Community Council £9,322.00

Further details of the grants awarded are recorded in the minutes of the meetings available on the Trust website  
[www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)

# REMEMBER REMEMBER THE 4TH OF NOVEMBER 2023

Saturday the 4th of November is the date in the diary for the Foyers Fireworks 2023. The format is planned to be similar to previous years. The Camping and Caravanning Club is contributing the use of their site and facilities. Stratherrick and Foyers Community Trust will purchase the fireworks and food. Community volunteers will provide the fireworks expertise and entertainment. The first firework is scheduled for 7pm.

Steven Watson from the Trust is submitting the licence application and Trust Manager Tony Foster will be the responsible person for child safeguarding on the night. Steven said 'The event is planned for the Saturday night as the fifth of November lands on a Sunday this year. Look out for the banners and announcements in the autumn to confirm the arrangements.'

## MANY THANKS TO OUR FUNDERS... AND PHOTOGRAPHERS

This newsletter is made possible by community benefit funding from SSE Renewables, Greencoat and Green Highland Allt Luaidhe (228) Limited.

