

STRATHERRICK & FOYERS NEWS

October 2026 Issue Number: 59

AUTUMN MAGAZINE SPECIAL



COMMONWEALTH
GAMES WEEKEND
SUCCESS!

NEW GYM
OPENS AT
THE WILDSIDE
CENTRE



STAY TUNED
FOR OUR
NEW PODCAST

and... read about all the community
updates that have taken place
throughout the year so far!

Photo by Calum Martin

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 in any future publications, please send them through to strathnews@sfctrust.org.uk or marketingofficer@sfctrust.org.uk.

We are working hard to ensure that all members of the community are able to access copies of our bi-annual magazine, which we are now sending out to every household that we have addresses for in the community! If you do not want a paper copy of the magazine or newsletter and would like to receive it electronically then please contact Kirsteen, our administrator, at admin@sfctrust.org.uk.

Peter Faye
Chair, SFCT

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Photo by Michael Jazwinski

The Stratherrick & Foyers Magazine is published twice a year – both online and in paper form. 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 REPORT

Hello Everyone.

Firstly, I hope everyone is well and has enjoyed the summer months. I'm not sure what happened to the succession of "heatwaves" here, but we have had some lovely days, and hopefully you have enjoyed some of the activities and events that have occurred over the past few months in our Community.

There have also been some weddings and some new "additions" in our small population, so many congratulations to all involved and a warm welcome to all who have joined our Community recently. Various opportunities for us to come together have occurred and a highlight was the weekend in August when the members of the "Events Committee" and Staff of SFCT all worked hard to put on lots of interesting and fun things to do (although I think Amy's sheep were getting a little nervous near the Archery Butts in their field!). I am sure that those who came along enjoyed the afternoon at Wildside, the ceilidh and Sunday activities at Dell Farm and Foyers Bay. My thanks go to Stewart, Amy and their stalwart children (although all of them are now fully grown and Iona was married to Flynn in May) for the use of their barn, fields and all the assistance they offered.

We also had a splendid concert at Errogie Church, where around 120 people enjoyed a "Night at the Musicals". Well done to all involved! As you may have seen from our Minutes, the church is now available for Community use, and SFCT is working toward an agreement whereby a group of committed local people can manage and make use of the building for all our benefits. Our thanks to them for all their efforts.

Also, having listened to what local folk would like, we are all very excited that a Community Gym is about to open at the Wildside Centre. It may well be open by the time you read this and we hope that it becomes a popular and well used facility – not only will it improve our health and fitness, but it will save a long round trip to Inverness! Details are all to be announced, but the main principle is that it will be free to use to all our Community.

We are also looking at finalising some "low impact" facilities at Riverside Field, and housing, always a priority in Communities like ours, particularly for

young folk, is high on the agenda with exploratory surveys being commissioned at Thain Road in Whitebridge.

On a more general note, you may be aware that our "Community Action Plan" (CAP) has been reviewed and everyone had the opportunity to say what they liked, disliked, want to see – and don't want to see - in all aspects of our lives in this area. This is a vital document and our Funders (thanks again to them) like to see that we consult with the community and establish their views. The results of the surveys will give us guidance on objectives for the coming years and the revised CAP will be published in the next couple of months. There will then be public meetings and presentations, where your attendance is vital – we will know what you want, but everything can't be done at once, so we will need to hear your preferences, so that achievable and reasonable goals can be set. SFCT have instigated a system of prioritisation for projects – no easy task – but it is fundamental that everyone in the Community has a chance to be heard. So please speak or write to any of our Staff or Directors and let your views be known.

Speaking of Staff, we have had some enquiries about their roles and how they work for our Community. My answer to that is "Very hard!". They are few, all incredibly committed, put in lots of extra unpaid time and importantly are incredibly focussed on making Stratherrick and Foyers a better place to live. Please support them and understand their resources are often limited, but my experience and knowledge of them makes me believe they couldn't be bettered – and they really care about what they do. As a volunteer Director, I am immensely grateful for all their efforts and achievements.

As for Directors they are, as mentioned, all volunteers and invariably give as much time as they can. How would you like to "give it a go"? Our AGM looms in November and there will be vacancies on the Board. It's a real opportunity to shape what happens in our area – it's not always easy, and occasionally a thick skin is useful, but the rewards can be immense. Board meetings are lively (sometimes very lively!), but what really counts is the thought and guidance the Directors (many of whom also hold down full-time jobs) give to the allocation of our Community's funds. So, if you want to change things, why not put yourself forward? All are



welcome and details of how to apply will be forthcoming shortly.

Of course, (and my apologies in advance!) the Festive Season starts to come into view. Arranging events to enable us to celebrate as a Community takes no mean effort, so in order to co-ordinate things an "Events Committee" was formed this year – and as ever, they could do with some help. Please contact the Events Committee if you can give a few hours to ensure we provide a celebration of the festive season for all ages.

Finally, two staff members have left us this year. Our thanks to Mandy for her great work in keeping everything tidy and running and looking after all the little things that keep our properties functioning (although I gather she now drives the School Bus – so well done and many, many thanks for all you did for the Trust and our Community!). And to Fiona, our Finance Manager, who is hanging up her abacus and looking forward to a happy retirement. Fiona kept us all on the right path and not a "bean" was allowed to be spent without her knowledge. "No receipt – no money!". She has been a stalwart, a guide, an "explainer" and a fabulous holder of the purse strings with endless patience, who will be sadly missed. Huge thanks to you from us all and have a great time relaxing and enjoying life – you've earned it!

So everyone, all you've got to do is join a Committee, join the Board, attend some meetings, make some decisions and do some "helping out". What could be simpler? We look forward to hearing from you – oh, and "Happy Christmas!"

Peter Faye
Chair, Stratherrick & Foyers
Community Trust



IONA AND FLYNN'S WEDDING

On the 29th May 2026 friends and family gathered at Glenburn House, Whitebridge for the wedding of Iona Macpherson and Flynn Harvey.

Iona is the daughter of Stewart and Amy Macpherson who have farmed at Dell Farm Whitebridge for over 18 years.

Flynn is from New Zealand and they met a couple of years ago at a sheep shearing competition here in Scotland.

The couple got married at a traditional Scottish wedding ceremony in the garden at Glenburn House; Iona having 5 bridesmaids by her side and Flynn having 5 groomsmen all dressed in kilts.

The wedding party then moved down to Dell farm cattle shed for canopies, champagne, speeches, a meal and traditional evening dance by a Scottish ceilidh band, with plenty of dancing and liquid refreshments, and the cattle shed had been dressed and looked fantastic as a wedding venue. With over 200 guests attending and around 50 guests making the long journey from New Zealand and many other friends and relatives from all over the UK a great evening was had by all.

The wedding celebrations continued on the Saturday with a buffet lunch out at Loch Kemp and many enjoyed boat trips around the loch.

MEDICAL SERVICES IN STRATHERRICK AND FOYERS 1800 - 2015



ALISTER CHISHOLM

ALISTER CHISHOLM - NEW LOCAL BOOK

MEDICAL SERVICES IN STRATHERRICK
AND FOYERS 1800 - 2015
BY ALISTER CHISHOLM

The Book details all known medical services in Stratherrick and Foyers area between 1800 and 2015, this includes all known Doctors, Nurses and Nursing Associations that served in the district. Each individual has a small profile relating to their medical career and of their time served in the district.

Following a successful book launch at the Hub Lower Foyers on the 20th August 2026. The book is available to purchase for £8, at the following outlets, Foyers Stores, Camerons Tea Room, Inverarnie Stores and from Alister by emailing alister.chisholm@btinternet.com or phoning 07855552832

STRATHERRICK HALL

Stratherrick Public Hall has been busy recently, quite a hive of industry. We have had new LED lights fitted to the main hall and the stage lights have had a major upgrade.

On another note our new windows and doors have now been fitted and are looking fabulous, thanks go to Foundation Scotland, Highland Council and mainly Stratherrick and Foyers Community Trust for the grants we received. Without these we would not have been able to do the upgrade.

The Hall still has its regular weekly events which include, Luvvies practice, Bowling, Dancing, Tai Chi, Pilates, Community Choir, Gaelic lessons and Badminton. The Community Council hold their meetings every three months, the Heritage Group use us and Citizens Advice are booked for 11th and 25th September and 9th October.

Our stage has been loaned out for a private wedding and for the SFCT's Barn dance at Dell farm.

Future planned events are birthday parties, Luvvies productions, Charity Ceilidh and a Charity Christmas Fair on the 22nd November.

My thanks go to all our Committee members who are always on hand to carry out what ever task is needed to keep the Hall running for the whole community.



STRATHERRICK HALL - CHRISTMAS FAYRE

We are holding another Christmas Fayre at Stratherrick hall. All funds raised from stall fees, raffle and coffee morning will be donated to the RLNI. Last years' Christmas charity Fair was a huge success with a great turnout, raising money for BCC and the hall. This is a rare chance to get some Christmas shopping on your doorstep with local arts, crafts, jewellery and produce, including Eddies handmade bird tables, Helen's Christmas Wreaths, Neil's woodturning and of course the ever popular Jinty's Jams and Morag's pottery and lots more. Then enjoy a wee rest with a cup of tea and delicious homemade cakes.

Saturday 21 November 2026 • 10am-12.30pm • Stratherrick Public Hall

Christmas Fayre & Coffee Morning

The perfect place to support local businesses and find unique gifts for everyone

- Craft & Gift stalls**
Local makers including art, wreaths, jams, scents, soaps, pottery and much more.
- Refreshments**
Funds raised will be donated to the RLNI.
- Raffle**
Prize donations welcome, funds raised will be donated to RLNI.
- Book your stall now**
anderson_32@msn.com

FREE ENTRY

Facebook Page: Stratherrick Public Hall
what3words: ///reforming.topic.sentences
Postcode: IV2 6YP



GÀIDHLIG ANNS A' GHLEANN.

GAELIC IN THE GLEN (OR STRATH!!)

We have almost finished a block of six weeks beginners' Gaelic lessons. So far we have learnt basic greetings, introducing yourself, counting to ten, days of the week, seasons, talking about the weather, and some very important tea break vocabulary! Always followed by plenty of tea, coffee, cake and biscuits!!

I'd like to say thank you to everyone who has come along, it's so encouraging to see such an interest in learning the language.

I hope to continue our classes throughout October.

Follow 'Gàidhlig anns a' Ghleann' on Facebook for all our updates!

Tapadh leibh uile airson tighinn chun na clasaichean Gàidhlig!

Molly

Leasan 1 - Basic Greetings & Introducing Yourself

<https://learngaelic.scot/littlebylittle/unit01/index.jsp#screen3>

<https://learngaelic.scot/sol/episodes/ep.jsp?prog=2&clip=1>

- 1) **Hàlo** — Hello
haalo
- 2) **Madainn mhath** — Good morning
matin va
- 3) **Feasgar math** — Good afternoon
fes-gar ma
- 4) **Oidhche mhath** — Good night
oe-che va
- 5) **Ciamar a tha thu/sibh?** — How are you (informal/formal)
cimar a ha oo/sheev
- 6) **Tha mi gu math!** — I am well!
ha mee goo ma
- 7) **Ciamar a tha thu/sibh fhèin?** — How are you yourself?
cim-ar a ha oo/sheev heyn
- 8) **Dè an t-ainm a th'ort?** — What is your name?
jey an ten-am a horsht
- 9) **Is mise...** — I am called (name)
iz mish-e
- 10) **Dè an t-ainm a th'ort fhèin?** — What is your name?
jey an ten-am a horsht heyn
- 11) **Tapadh leat / Tapadh leibh** — Thank you (informal/formal)
tapa latt tapa leyv
- 12) **Mar sin leat / Mar sin leibh** — Goodbye (informal/formal)
Mar shin latt Mar shin leyv



GET READY FOR A SPECTACULAR SEASON WITH THE LOCH NESS LUVVIES!

The Loch Ness Luvvies are gearing up for our biggest, most ambitious season yet! Whether you are a seasoned performer or have never stepped foot on a stage, your local drama group needs you to help make this year unforgettable.

Our new season officially kicks off on Monday 21 September 2026 at 7:30pm at Stratherrick Village Hall. Every rehearsal night will start with a fun, high-energy 'Improv' workshop to get everyone laughing and creating together, followed by rehearsals for our upcoming shows.

Be part of the magic!

CINDERELLA

Loch Ness Luvvies

Our first pantomime - and we need YOU!

We're looking for enthusiastic people to help with:

- ★ PROP MAKING
- 🔊 SOUND
- 💡 LIGHTING
- 💣 PYROTECHNICS
- ...and lots more!

No experience necessary – just a willingness to help!

Come and meet the Luvvies!
Every Monday evening
from 21st September
7.00 p.m.

We rehearse in
**Stratherrick Hall,
Gorthleck**

We need lots of help to make our first pantomime a success!
For more info call 07883209002
Join in, have fun and be part of something special!

WHAT'S COMING UP THIS SEASON?

We have a packed calendar of exciting productions and events lined up:

CINDERELLA (JANUARY 2027):

Our headline event! This will be our biggest production ever, taking over Gorthleck Village Hall. Even more exciting, we hope to use this pantomime to start touring to other Loch Ness communities.

SCDA ONE ACT PLAY COMPETITION (MARCH 2027):

We will be entering plays into the prestigious Scottish Community Drama Association competition.

MURDER MYSTERY:

A thrilling, interactive night of suspense and fun.

BURNS SUPPER:

A classic celebration of the Bard with a signature Luvvies dramatic twist.

No Experience Needed—Everyone is Welcome!

It takes a village to put on a show, and we need a huge team to bring Cinderella and our other events to life. We are looking for enthusiastic volunteers for all kinds of roles, including:

- On-stage actors and singers
- Set designers and builders
- Costume makers and wardrobe assistants
- Prop makers and stage crew

Absolutely no experience is necessary—just a willingness to get involved, meet new people, and have a brilliant time.

If you've ever fancied trying your hand at drama, or if you just want to support your local community, please do come along and join our group on 21 September, or any Monday evening thereafter. We can't wait to see you there!



THURSDAY SING

Every Thursday a friendly and enthusiastic group of people meet to sing together.

Thursday Sing meets at 7.30pm-9pm in Stratherrick Hall, Gorthleck.

Whether you're an experienced singer or new to singing, we welcome you. We sing different styles of songs, in unison and harmony and are led by Julie Harvey. The sessions are fun and as well as learning songs together, we develop our vocal technique.

All music and lyrics are included for £4 per session. If you can't commit every week, you are welcome to 'drop in' when you can.





BOLESKINE COMMUNITY CARE - AN UPDATE FOR OUR COMMUNITY

Boleskine Community Care (BCC) is a charity that covers the Stratherrick and Foyers area and we are based in the Hub building in Lower Foyers. For those of you that are new to the area, our charity's mission is to 'uplift, support and nurture the well-being of our community members'. In practice, this means that BCC focuses on supporting the wellbeing of the older and more vulnerable members of our community through four main areas of work: a monthly programme of activities in the Hub, wellbeing, beauty and support services provided from the Hub, a community transport scheme, and a food larder. But we are here for everyone!

BCC also runs one off events such as take-away nights, a Spring Plant & Seed swap and Christmas potluck and the building is available for use by members of the community for small private events.

BCC owns the building in which the Foyers Stores is located, so we act as the landlord for the Shop which is run by a completely separate Shop committee and management.

MONTHLY PROGRAMME OF ACTIVITIES

At the BCC Hub in Foyers, we offer a range of activities and events for community members to attend - all are welcome! Our activities include gentle exercise classes such as Tai Chi and Moovin Aboot, clubs based around hobbies or interests such as Art, Books and Films, and social events based around food and friendship such as MidWeek Mingle, Coffee Mornings and Broth n' Blether. For many in our community who live in isolated locations or are often stuck at home alone, this is a way to stay in touch with friends and meet new people in a welcoming environment. On average we have about 150 people attending these events each month.

Our monthly programme is available on our Facebook page, or in person at the Hub, and is also sent round to all 'friends' of BCC every month. If you want to become a friend of BCC, please contact us.

WELLBEING, BEAUTY AND SUPPORT SERVICES

At BCC we host regular visits by the NHS vaccination clinic, Mikeysline and the Citizens Advice Bureau and other organisations when relevant. We also support community members on a one to one basis enabling them to access and navigate services online such as bus passes, apply for grants to help with the cost of living where relevant, and signpost to specialist services, such as support for those caring for loved

ones with cancer or dementia. We are also able to visit those who are isolated or unwell in their homes, or in hospital, to check on wellbeing and provide friendship, or support those who are grieving. We have also recently started up a menopause cafe to provide advice and a place to share for anyone interested in or going through the menopause.

Thank you to all our volunteer leaders who run many of our activities.

One of our activities, a visit by Mikeysline to the Hub during MidWeek Mingle, was recently featured on STV news: <https://player.stv.tv/video/8tud/stv-news-clips/award-winning-charity-hits-the-road>

To give a flavour of our work, in July we conducted 10 one-one engagement sessions with community members (conversations, emotional support, signposting, help with online forms and referrals) including 3 home visits.

We host and support the following services:

Hairdressing by Aileen, twice a month

Wendy Hope Wellbeing, once a month. Wendy offers alternative treatments and therapies such as massage and reflexology

Beauty by Leteisha, once a month. Leteisha offers a range of treatments including waxing, eyebrows and nails

Relaxation therapy with Elspeth

At BCC we also provide a 'home' for the NHS funded carers in our local community - they use the Hub building for their supplies and the electric cars which they use for many of their journeys around our community visiting the people that they support.

COMMUNITY TRANSPORT SCHEME

BCC runs a local community transport scheme for those living in the Stratherrick and Foyers community. This scheme is a one to one service and compliments the minibus trips offered by the Stratherrick and Foyers Community Trust. Our scheme is staffed by a wonderful group of local volunteer drivers, who use their own vehicles (with mileage paid), to transport members of our community to medical appointments in Inverness or at the GP surgery, and collect and deliver prescriptions. This is a vital service for our community, funded by the Highland Council, which enables those who can no longer drive to continue to live well in their homes. On average we transport 5-10 people per week to vital appointments and our volunteer drivers regularly rack up over 1,000 miles a month!

To access this service, you need to sign up to our transport scheme as a member. Please contact us for more information. We are also always looking for new volunteer drivers, so if you are interested, contact us for more information. Even if you were able to offer one journey a month, this would help BCC to meet this growing need in our community.

Our volunteer drivers find this work really rewarding, as do all the volunteers who run many of our events and activities:

FOOD LARDER

At the Hub in Foyers, we host a food larder which is generously stocked by local businesses and supermarkets, local



individuals who often bring us their own produce, and Fareshare based in Tain. The purpose of the food larder is to reduce food waste and provide a service to our community. Regular stock includes tinned and packet soups, cereal and milk. If you use the food larder and are able, please make a donation to help BCC continue to run this vital service.

OUR STAFF

BCC is staffed by two part time members of staff - Jo and Rachel. We are usually in the office Monday to Friday 10-3 and overlap on Tuesday and Thursdays. Please contact us, we'd love to hear from you. We are a very small charity but are always looking for new ways to support our community, so if you have any ideas please get in touch.

No two days are ever the same for our little team, and it is certainly never a dull day! Alongside organising activities and welcoming people through the doors, a big part of what we do is simply being here when people need us. Sometimes that



means sitting down with someone over a cuppa and having a chat. Sometimes it's a one-to-one conversation with someone who is finding things difficult, a home or hospital visit, helping someone work out what support might be available to them, or making a referral or introduction to another service. And sometimes, people don't really know what they need when they walk through the door, they just know they could do with someone listening.

We have tried to create a space where people can come in, have a cuppa, have a chat and feel comfortable talking about what's going on in their lives. We feel incredibly privileged that people trust us enough to share the difficult things as well as the good.

BCC Contact information: Please pop in and see us at the Hub in Foyers or call 01456 486247.

With thanks to Stratherrick and Foyers Community Trust for their ongoing funding for BCC and to our community who regularly donate to BCC so that we can continue to support our community. Thank you all.

COMMUNITY MINIBUS – KEEPING OUR COMMUNITY CONNECTED

The SFCT Community Minibus continues to provide a free way for local residents to get out and about, with a variety of trips taking place throughout the year.

As well as special trips and community events, we regularly provide transport to the Coffee Morning and Broth 'n Blether at the BCC Hub, which take place each month. Both trips also include a stop at Foyers Stores, helping residents make the most of these regular community activities and local facilities.

We're always keen to hear your suggestions for future trips. Is there somewhere you'd like us to visit, an event you'd like to attend, or a destination that would make getting out and about easier? Let us know - your ideas help us shape our Community Minibus timetable.

If the traditional Bonfire Night is taking place in Inverness this year, we will be providing transport to this event. We will keep you all informed on this.

Looking ahead to Christmas, we're hoping to introduce some afternoon and possibly early/late evening shopping trips into Inverness during November, giving people more opportunities to get their Christmas shopping done.

Then, in December, we're also looking at the possibility of running trips to see Cinderella at Eden Court Theatre. We're considering both matinee performances and potentially an evening showing, depending on the level of initial interest. If either of these trips would be of interest to you, or if you have an idea for somewhere else we could visit, please get in touch and let us know!

Keep an eye on our member email, website and social media channels for all future Community Minibus trip updates and booking information.
07949 916955 minibus@sfctrust.org.uk

All passengers must book in advance. Suitable pick-up points will be confirmed at the time of booking.

BOLESKINE CHURCH

Autumn has spun round already, we have had a good amount of sun light and heat and although the gardens and fields are starting to look like they are going to bed, there is still colour to be seen and fruit and vegetables to be picked.

However, this picture from last winter shows that even when the light is getting lower in the sky and the days are getting shorter, the light can shine so much more brightly as it reflects off the glass in the windows, bringing unexpected sunlight.



We are very grateful to Bruce Rithie who continues to take the services on the 2nd and 3rd Sundays of the month and will be taking our harvest service on the 18th October.

We also have Rev Jonathon Fraser who lectures in theology at the Department on UHI in Dingwall.

6TH SEPT	REV JONATHAN FRASER 10.30AM
13TH, 20TH SEPT	REV BRUCE RITCHIE 10.30 AM
27TH SEPT	REV JONATHAN FRASER SERVICE AT 3.30PM DUE TO MARATHON
4TH OCT	BOB STRADLING 10.30 AM
11TH 18TH OCT	REV BRUCE RITHIE 18TH HARVEST SERVICE 10.30 AM
25TH OCT	REV HECTOR MORRISON COMMUNION SERVICE
1ST NOV	REV JONATHAN FRASER
8TH 15TH NOV	REV BRUCE RITCHIE
22ND NOV	JONATHAN APPLEBY
29TH NOV	REV SCOTT MCROBERTS
6TH DEC	TO BE CONFIRMED
13TH DEC	REV BRUCE RITCHIE
20TH DEC	CHRISTMAS CAROL SERVICE
25TH DEC	SHORT CHRISTMAS DAY SERVICE, BRING YOUR FAVOURITE PRESENT IF YOU WOULD LIKE TO!

Everyone is very welcome at any of these services and there are also activities for children during the service. Tea and coffee afterwards.

For any further information feel free to contact Iain and Fiona King 01463 751293

BOLESKINE BIODIVERSITY GROUP

BBG has continued to campaign against the proposed pumped storage development at Loch Kemp. Following a meeting with Ariane Burgess (Green MSP for the Highlands), BBG and Ness District Salmon Fisheries Board prepared a set of five questions which Ariane kindly agreed to submit to the Scottish Parliament. You can see these at <https://boleskinebiodiversity.co.uk/campaigns/loch-kemp-pumped-hydro-scheme/questions-to-scottish-parliament/>

Control operations to eradicate American Skunk Cabbage around Loch Mhor were undertaken by BBG volunteers and a contractor again this summer. We also commissioned a survey by Redwing Ecology to map the current distribution of Skunk cabbage. The survey results showed that all existing colonies are still present, even after 6 years of control operations. However, most colonies now consist of small plants, and no new colonies were discovered. But there are still a few large flowering plants around the Aberchalder Burn so control will need to continue for a few more years.

We set up a stall at the Community Gala at Wildside with a view to raising awareness of environmental issues and recruiting new members from the community. Visit our website for news of upcoming events.



A Swift's Eye View of the Strath

The Swift project has enjoyed considerable success this year. Swifts are essentially urban birds, and they are in steep decline. So it is very gratifying that the number of breeding swifts in Stratherrick has more than doubled in the last few years. This spring, a pair bred in a nestbox installed by the project at the old church in Errogie. This is a new colony, and we hope their numbers will increase in coming years.

Webcams were fitted to two nestboxes in Errogie, allowing activity to be viewed online. Prospecting birds also showed a lot of interest in a box installed in Whitebridge.

There are colonies in Errogie, Foyers and Boleskine. A few birds have also been detected further afield in Strathnairn.

Thanks are due to Ken McInnes and the Inverness Mens' Shed for building boxes, and to SFCC and SFCT for funding.

It is planned to install more boxes next season. If you'd like to participate in the Swift project, please get in touch.

<https://boleskinebiodiversity.co.uk/>

INVERFARIGAIG RESIDENTS GROUP

As I sit and write this, it's the middle of August, the children are about to head back to school and looking out into the garden it looks like an early autumn. I feel it's been a challenging growing season, cold spring and a dry summer. The trees and gardens reflect this with the autumn colours starting early.

IRG were awarded a £500 grant from the Community Council, which we are very grateful to. This has paid for our Public Liability Insurance for the next 12 months. We need a larger water pump for the polycrub and battery to run our irrigation system, the grant will allow us to upgrade this.

It's been lovely to see our benches, bought with our grant from the SFCT being used by locals and visitors waiting to catch the bus after exploring the area. There are two in the larger field and one by the Polycrub (my favorite little sun trap!) It's a lovely place to sit quietly and watch the birds, particularly in spring building their nests in the nesting boxes which Rob has put up along the row of trees.

We had hoped to have another community BBQ, but with the wildfire threat so high it would have been irresponsible to, hopefully we can fit one in before it gets too cold and wet!

In April we welcomed The Foyers Community Growing Steering Group. They came down to have a look to see what we have done here in the two fields, Polycrub and community orchard. We answered their questions and wish them luck in their venture. Members of the community and visitors are always welcome to walk and enjoy the fields.

Helen Grainger





STRATHERRICK CLAY TARGET CLUB

At the end of August, we held a Charity Shoot day at Stratherrick Clay Target Club and raised an impressive £4160 for the Highland Hospice!

A great day was had by all and we'd like to give a massive thank you to everyone who came along, helped set up and run

the day, to our kitchen staff and office staff for their hard work and to Sandy & Mo MacPherson for the use of the field!

We would also like to extend a heartfelt thank you to our sponsors of the event - William Fraser Haulage and Jenny McCallum Agricultural Consultant, as well as to the local businesses and all the estates for your extremely kind donations. We couldn't have raised this amazing amount without your generosity!



The heritage shoot that we held at the beginning of September was also a fantastic and entertaining evening! Lots of fun with our old style shooting with a side by side shotgun, a loaded game bag, a seated shot and everybody dressed in tweeds!

Our practice shoot nights are finished now, until next May, but we will be holding our Christmas shoot on Monday 28th December.



SOUTH LOCH NESS HERITAGE GROUP

What a fabulous day South Loch Ness Heritage Group had, walking the 'corkscrew road' from Bochruben to Inverfarigaig.

The weather was perfect and it was wonderful to see so many people interested in exploring the history of a very quiet part of the area!

We had a few stops, including the sites of the old mills along the River Farigaig, the ruins of Tyantuie school, Castle Kitchie, St Moluag's chapel & burial ground, then the most welcome spread of cakes at the end of the walk, in the old Inverfarigaig forest school building, put on by Màiri, Margaret & Janet.

We would like to thank Stratherrick & Foyers Community Trust for giving everyone a lift to the start of the walk with the community minibus and to Sharon for being on standby all day in case we needed a lift home!!

South Loch Ness Heritage Group AGM will take place on Friday 27th November at 7pm, followed by Robin Morley's talk at 7:30pm, on aircraft crashes and local occurrences during the Second World War.





FOYERS COMMUNITY FIRE STATION

As we have just come out of a very busy summer period attending the wildfire in the Cairngorms National Park on numerous occasions, we have also been busy attending other incidents including RTC's, shed fires and other small wildfires to name but a few, this year is turning out to be our busiest year on record.

We are still actively recruiting as we currently have 8 firefighters, and we are in need of more, should you like to find out more please pop along on a Monday night at 18:30 when we train at Foyers Community Fire Station, Gorthleck. Or email David.main3@firescotland.gov.uk



As we are entering into autumn please find below, some chimney fire advice.

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 for practical fire safety advice. Or talk to your local firefighters.

STRATHERRICK & FOYERS COMMUNITY COUNCIL

The Stratherrick and Foyers Community Council is made up of volunteer local residents dedicated to representing the voices of everyone living in our area. We act as a vital bridge between our community and local authorities, ensuring that our collective needs, concerns, and ideas are heard. From consulting on planning applications and road improvements to helping protect our local environment, we strive to make Stratherrick and Foyers a better place to live and work.

STAY INFORMED

Our meetings are open to the public, and you can keep up to date with everything we do by checking out our website. Please visit <https://stratherrickfoyerscommunitycouncil.org.uk/> to read the minutes of our recent meetings and other information.

LOCAL DEFIBRILLATOR NETWORK & FREE FIRST AID TRAINING

We also manage and maintain the network of Public Access Defibrillators across the area, ensuring this life-saving equipment is ready if an emergency ever arises. To support our community, our Chairperson is kindly running free First Aid & Defibrillator Training sessions on Saturday, 10th October. These sessions are open to all and completely free of charge. For full details regarding the times, locations, and how to sign up, please email admin on - email.sfcc@aol.co.uk to find out more and book.

Thank you to Stratherrick and Foyers Community Trust for their continued support and funding the community council running costs.





CREATIVE NESS

Creativeness is a community arts and crafts group. We aim to provide a space for members to meet, create and discuss their artistic interests. All creative abilities welcome!

Our group meets at the Hub BCC Mondays 2pm-4pm with an organised themed event last Monday of the month 2pm-4pm and 6pm-8pm. The group has extended to the evening for these events to allow more people to attend.

What have we been up to?



The groups monthly events have been a huge success. Members have completed: working with acrylics, bookmark making, tea art, calligraphy, air dry clay sculptures, colour theory, collages, and fused glass. We also have an online monthly art challenge where members are given a theme (e.g Landscapes) and then given 4 weeks to create an art or craft from that theme. Each one is then shared to the group though our Facebook page or WhatsApp group.

Creativeness group also attended the celebrations at the Boleskine Community Care Summer Party. Members' artwork and creations were displayed, and from this, the group raised £53 for the hub!

Our group was also visited by the Mikeysline "Hive On The Road" mobile mental health outreach team, who came and provided a workshop to our members on working with art and nature.



What's to come?

The group has applied to SFCT for funding and plan to use this to create more workshops and monthly activities for members and the community to attend.

All our upcoming events are displayed at the Hub and on our Facebook page: Creativeness or email creative-ness1@outlook.com for more updates.

A NEW WAY TO CONNECT – THE SFCT PODCAST

We're always looking for new ways to keep our community informed, connected and involved – and we're excited to share that SFCT is exploring the idea of launching its very own podcast!

A podcast could give us a new way to have conversations about the work of the Trust, explain some of the things we do, and shine a light on the people and projects that make our community such a great place to live.

The podcast will cover a range of topics across the episodes, including "What is the Trust?", funding and grants, community transport and some of the projects and initiatives happening across Stratherrick & Foyers.

We'll also be inviting some interesting guests to join us. We're hoping to chat with Nick from Nick Wright Planning about the reCAP process, as well as exploring the possibility of an episode bringing together members of SFCT and SFCC for a conversation about community development and the work happening locally.

We're hoping to get recording underway shortly and, once we're ready to launch, we'll let you know all the details – including the release date and the topic of our first episode.

DON'T MISS THE LAUNCH!

Keep an eye on www.stratherrickcommunity.org.uk and our social media channels for news about the podcast. When the first episode is released, give it a listen and let us know what you think.

We'd also love to hear from you. What would you like us to talk about? If there's a community project, issue or question you think would make a great podcast topic, get in touch and let us know.

Stay tuned, get involved and join the conversation!

Please email your suggestions to marketingofficer@sfctrust.org.uk



STRATHERRICK PRIMARY SCHOOL

Hello Everyone!

Only a few weeks into the new school year at Stratherrick Primary and ELC, but we are already in full swing!

Our numbers are very healthy this year with 21 children over two classes in Primary. In ELC, we have 8 children at present, and our two remaining places will be filled with new starts later in the year.

P4-7 have started their first topic of the year which is World War 2. They began by thinking about what they would like to find out and have used that information to make a plan for their learning. They

have been learning about the countries involved and the equipment used. They have made some great model Spitfires, and are planning to visit the Archive Centre in Inverness to find out what life was like in our area during the war.

P1-3 have started their year with a Books and Authors topic. So far, they have joined Julia Donaldson online to hear all about her new book, Gruffalo Granny.

This week, Pip the Explorer's bag arrived in the classroom, full of interesting clues. The children are now very excited about becoming authors, creating their own books inspired by Pip the Explorer! We are also planning a visit to Inverness Library before the end of term.

In ELC, the children have been enjoying lots of time in their outdoor environment. There has been a lot of interest in painting; they have been exploring different methods of painting, and experimenting with mixing colours.

Games have been popular, and these are helping the children to learn the skills of turn taking. Books continue to be a regular focus, and the children enjoyed joining P1-3 for Julia Donaldson's Gruffalo Granny session.

In addition to our topics, as an Eco-School we have been harvesting, cooking and eating our own produce. Both classes have been learning French, and P4-7 have also been learning Gaelic. P1-3 have had regular Kodaly (music) sessions from Rosalind Smyth

and P4-7 will soon be starting traditional music sessions with Ruairidh MacKay. We are also delighted that the Loch Ness Luvvies have asked us to be involved in their Pantomime, and very excited that some members of the Luvvies are keen to come and do some Drama input with us in school. Watch this space for more on this.

We have decided to take part in the Blythswood Shoebox Appeal this year. One of our pupils, Rosie Brown, had the idea of taking part, and our P4-7 pupils are going to help Rosie to organise it. We would like to open this to community participation, more details will follow once we have a collection date confirmed for the shoeboxes. It would be lovely if we could come together as a community to support this very worthwhile project. In the meantime, if you're treating yourself to new shoes please hang onto the shoebox! If you would like to find out more about the appeal you can have a look here: <https://blythswood.org/shoeboxappeal/>

Finally, we would like to say a very big thank you to the support that we receive from our Parent Council, from SFCT and from the wider community. Your support means everything to us, and helps us to thrive and grow as a small, but mighty, school at the heart of our community.

Jenni Troup

Acting Head Teacher
Stratherrick Primary School and ELC
Jenni.troup@highland.gov.uk

BABY & TODDLER GROUP

Every Thursday morning for a couple of hours, the Wildside Centre welcomes babies and toddlers and their mums and dads for a fun, relaxed play time. The room is set up with trampoline, slide, tent, tunnel, pedal cars, boxes of toys and lots more to entice our little ones to play, explore and get to know each other.

Meanwhile, the parents get a chance to have a chat over tea or coffee and a biscuit or two. When the weather is good, we go outside to play in the playpark, mess around at the mud kitchen or roleplay in the little house, maybe simply race around on the boardwalk or check on the crops growing in the polycrub.



With families from across the Strath, the toddler group aims to give parents a support network of friendly faces to relax and share experiences of parenthood with, growing new friendships in the community. In our chats just last week we discussed plans for parties, such as the Hallowe'en and Christmas parties and

possible outings to places like the leisure centre, Frankie and Lola's and Ness Farm, as well as organising Bookbug sessions with the children.

We would love to welcome you to our group any Thursday from 9.30 to 11.30. See you at the Wildside Centre!

COMMUNITY CRAFT GROUPS AT THE WILDSIDE CENTRE

The Wildside Centre in Whitebridge is home to three friendly and welcoming community craft groups: Needles & Pins, Spin & Chatter, and Knitting & Crochet.

These craft groups are free, we only ask for donations to the tea/coffee/biscuit fund.

We meet on Monday afternoons from 12:30pm to 4.00pm.

Needles & Pins and Spin & Chatter meet on alternate weeks, while Knitting & Crochet meets every week. All three groups are open to everyone, whether you are a complete beginner, an improver or an experienced crafter. New members are always welcome.

NEEDLES & PINS AND SPIN & CHATTER

For the past 15 months, Needles & Pins and Spin & Chatter have been taking a well-earned "rest". This has been due to a number of factors, including illness, family commitments, holidays, difficulties with carrying and transporting equipment, and members leaving the groups.

Happily, circumstances have improved, and we are now looking at restarting both groups. We are considering a variety of projects for members to tackle together, while members are

also encouraged to bring along their own projects. These can be as simple as sewing on a shirt button or taking up a hem, or more ambitious projects such as making tops, trousers or dresses. There really is something for everyone, whatever your skill level.

KNITTING & CROCHET

Knitting & Crochet has continued to meet regularly and has been extremely productive. Members have created several beautiful jumpers, cardigans, socks, baby blankets and baby clothes, as well as hats, scarves and mittens for the Christmas Shoebox charity appeal.

Recently members have also once again been busy knitting and crocheting poppies. These will be used to replace any of the memorial poppies that may have been damaged and to fill any gaps on the netting, helping to ensure that the War Memorial is beautifully dressed for this year's Armistice Day.

Further information about the restarting of Needles & Pins and Spin & Chatter will be issued in the near future.

If you enjoy making things, learning new skills or simply spending a few pleasant hours with like-minded people, why not come along and join us?

STRATHERRICK HIGHLAND DANCERS

Hello from the Stratherrick Highland Dancers!

We have been a little quiet as our wonderful teacher, Cheryl Heggie, had an operation on her ankle and has had to take some time off to heal.

During the Summer we decided as a group that keeping the children active, and to provide social opportunities for them (and the grown ups!) to continue our Tuesday afternoon bookings at Wildside. So I threw off the wellies.. then dusted off my trainers to do some music, rhythm, balance and coordination type fun and games with the children! I used part of my grant, allocated to subsidising the lessons, that was not being utilised to purchase sports equipment like balance beams, stepping stones and a tunnel. These items were a great addition to our get togethers and well utilised - they are kept at Wildside so they can be used for other local groups too.

Continuing our get togethers was a great success, we were all able to keep in touch and provide lots of great opportunities for the children. They also loved a play in the Park with their friends when weather allowed.

MOY COUNTRY FAIR. Cheryl Heggie was delighted to be back at the Fair again! A BIG shout out to our Stratherrick Highland Dancers who were so brave stepping into the huge



main ring to perform their dances! The packed out Moy Game Fair is a serious contrast to dancing in front of friends at the Wildside Centre. I couldn't have been prouder to see them step out of their comfort zone and blow everyone away with their progress!

As we sit tight for a call from Cheryl to say she is back in action we hope to find some new dancers to join in the fun for when she gets back!

Tuesdays 4-5pm, 3yrs to P7. Start date TBC.

Anna Peterkin
Organiser

PROJECTS UPDATE

As Project Coordinator for the Trust, I am responsible for gathering requirements from the community and the Board and organising investigations to determine feasibility and costs which are then presented in a concept paper for approval by the Board. Once approved and funded, I am then responsible for initiating a project and coordinating its delivery. Currently, I am working on one approved project and six investigations.

PROJECTS

WILDSIDE COMMUNITY GYM

Thank you to everyone who attended the recent gym preview event on the 1st October. We were extremely encouraged by the level of interest and support shown. A total of 80 membership forms were distributed, and we have already registered over 50 completed memberships.

If you missed our preview day but would like to become a FREE Community Gym member, you can register here: <https://form.jotform.com/2832091896606366>

The facility is now open and members are able to use the gym between 6am - 9pm 7 days a week.

We anticipate high usage over the coming weeks, so please bear with us and be patient if you arrive and the gym is busy. We really appreciate your co-operation as everyone gets settled into using the new facility.

If you would like a 1-to-1 induction, please contact Julie to enquire: jm2m@hotmail.co.uk
We look forward to welcoming you to the Wildside Community Gym!



INVESTIGATIONS

These initiatives remain at various stages of investigation, design or development. They have not yet received full commitment from the Board, and any future delivery will depend on matters such as feasibility, planning, funding and further Board approval and scheduling.

WILDSIDE CENTRE WINDOWS AND DOORS

We are exploring the replacement of the windows and external doors at the Wildside Centre to improve the building's condition, comfort and energy efficiency. Quotations have been obtained, and we are now investigating potential external funding. No decision has yet been made to proceed with the work.

FOYERS BAY

Following the recent tender exercise for improvements to the slipway, the Foyers Bay Steering Group is reviewing the options available. The group will consider how the existing facilities and boat-storage compound could be improved and how the remaining existing project funding could be used most effectively. Any proposals arising from this process will require further consideration and approval.



INVERFARIGAIG REQUIREMENTS

We are exploring potential improvements to community parking at Corkscrew Road, alongside possible facilities for the Inverfarigaig Heritage Group and Forest School activities. Initial design and feasibility work is being considered so that clearer proposals can be brought forward for review. Neither initiative has yet been approved for delivery.

RIVERSIDE FIELD

Work is continuing to develop a potential plan for Riverside Field. The emerging ideas include accessible paths, seating, growing areas, planting and space for informal recreation. The initiative remains at the design and planning stage, with further work required to establish the scope, likely permissions and funding opportunities before any decision is made to proceed.

THAIN ROAD COMMUNITY HOUSING

Early-stage work is continuing on the possibility of providing four energy-efficient and affordable community homes at Thain Road in Whitebridge. Site surveys are underway and will help inform an initial design proposal. The initiative remains subject to further feasibility work, funding, planning permission and Board approval.

ERROGIE CHURCH HEATING

Business Energy Scotland has been engaged to assess Errogie Church and advise on suitable options for improving the building's heating and energy performance. Once its report has been received, the recommendations and potential funding routes will be reviewed before any proposal is presented for approval.



OUR COMMUNITY OUR FUTURE

ERROGIE – FOYERS – GORTHLECK – INVERFARIGAIG – TORNESS – WHITEBRIDGE

reCAP

Keen readers of Stratherrick and Foyers News might recall from the April edition (page 23) that the Community Action Plan prepared in 2021 is being refreshed this year.

The community has achieved much in the intervening 5 years: new family homes in Inverfarigaig, purchase of Foyers Stores by the local community, upgrading of key parts of the South Loch Ness Trail, new playpark in Whitebridge and more. Other things in the plan have proved challenging to implement, for example childcare and employment growth.

Thanks to a grant from the Development Trusts Association Scotland, we are now refreshing the plan for the next 5 years with new priorities. Many of you completed a survey earlier in the summer asking about your fears for the community's future and about future priorities. Sessions were also held with young people in local schools to enable them to influence the new plan.

The results are fascinating. You can see a summary and lots of detail online at <http://www.stratherrickcommunity.org.uk/recap>.

As a community, our biggest fears are workers and young people being forced out, followed by a fractured community, governance and funding concerns, and damage to the natural environment.

To tackle those concerns, the 2021 plan's five priorities are broadly supported, although the details need to be updated. (The five priorities are community life; getting about; outdoors, nature and heritage; our homes; and organising ourselves.) It was also clear that a sharper focus on the long-term sustainability and viability of the community is required - to keep and attract more young families, in order to maintain our population, facilities and services. See more details at <http://www.stratherrickcommunity.org.uk/recap>.

Local priorities are emerging for each village, too:

- ERROGIE - open up church as community hub, more for children, extend pavements and traffic calming
- FOYERS - complete low-key nature/recreation at the riverside field, road repairs, housing
- GORTHLECK - road safety and condition, better environment for children
- INVERFARIGAIG - indoor community space, road safety
- WHITEBRIDGE - more activities especially for young people, road safety, housing

Local folk were invited to flesh out these ideas in more detail at drop-in events during August and September in Foyers, Gorthleck, Errogie and Whitebridge.

Before producing the draft Plan for feedback, everyone is welcome to a joint Community Council / Community Trust evening on Wednesday 14th October in the Wildside Centre at 7pm. This is one of the "Community Conversations" series and there will be plenty of interaction and opportunity to chat, with refreshments too.

The aim of the evening is to agree the priorities to include in the new draft Plan for feedback - in other words, what the community should focus on for the next 5 years. Then, shortly after, a draft of the refreshed Community Action Plan will be published for everyone to check and comment on, before it is finalised in response to feedback.

If you'd like to find out more or get involved, visit <http://www.stratherrickcommunity.org.uk/recap> or contact the independent facilitator Nick Wright 07900 334110 nick@nickwrightplanning.co.uk

MAILING LIST

We're always updating our mailing list! If you've missed out on any of our recent publications, we'd love to keep you in the loop. Just send your postal address over to admin@sfctrust.org.uk and we'll make sure you're added to the list.

COMMUNITY CONVERSATIONS

DECISION TIME: COMMUNITY PRIORITIES FOR THE NEXT 5 YEARS

THE WILDSIDE CENTRE

14TH OCT – 7:00PM

ORGANISED BY STRATHERRICK & FOYERS
COMMUNITY COUNCIL AND COMMUNITY TRUST

INFORMAL EVENT FACILITATED BY NICK WRIGHT
REFRESHMENTS – ALL WELCOME.

THE COMMUNITY MINIBUS WILL BE AVAILABLE
ALL PASSENGERS MUST BOOK IN ADVANCE

CALL/TEXT: 07949 916955 – EMAIL: SHARON@SFCTRUST.ORG.UK



FOR MORE INFORMATION EMAIL SHARON –
FUNDING@SFCTRUST.ORG.UK



GRANTS INFO

Grant guidelines and forms

Stratherrick and Foyers Community Trust support groups and individuals who reside in the area with a range of grants. Grant meetings take place four times per calendar year where SFCT Directors consider all applications.

Currently we have the following grants available:

All application forms and guidelines can be found on the Grant section of the website: www.stratherrickcommunity.org/grants-and-schemes and you can contact Kirsteen our Administration and HR Officer on admin@sfctrust.org.uk or Sharon our Fundraising Officer on sharon@sfctrust.org.uk if you have any questions or would like help to apply for a grant from SFCT.

Kirsteen Campbell
HR and Administration Officer

TYPE OF GRANT	WHAT YOU CAN APPLY FOR
Student	One application per year to the maximum value of £500.00.
Sporting and Excellence	Two applications per year to the maximum value of £250.00 each.
Driving and Motorcycle Lessons	One application per applicant to the maximum value of £300.00.
Large Groups	One application per year for groups who wish to apply for more than £25,000.00.
Constituted Groups for Community Benefit	Two applications per year to the maximum value of £25,000.00 each per project.

Grant Application closing dates	Grant board meeting dates
21 September 2026	4 November 2026
21 December 2026	3 February 2027
21 March 2027	5 May 2027
21 June 2027	4 August 2027
21 September 2027	3 November 2027

MEGS MINDFUL MOVEMENT

Megs Mindful Movement -
September 2026

Last year I trained in Yoga for Cancer, calming breathing techniques to help during treatment, gentle movement for recovery, enabling clients and relaxation to allow tension to be released. This year I completed an Oncology Massage course as the movements are very similar to the previous course. I have developed a gentle Lymphatic Cleansing Flow (movement) which clients have found helpful to rid the body of excess fluid.

With these qualifications, I am honoured to be able to teach at Maggie's Highland, chair yoga, (in person and online) and assist on 'Where Now' courses, designed for when you have completed treatment and have been discharged from your Oncologist. If you feel you or someone you know could benefit from this course the next one starts online in October, get in touch with Maggie's.

Karma Yoga is important to me, give and you will receive and it works for me. I am currently volunteering with Nancy's Natters, a monthly breast cancer support group held at the Balloch Church, the first Thursday of each month. Here you can chat to others,

get a free massage, I teach Lymphatic Flow and there is always tea and plenty of delicious cakes.

I run weekly Wednesday evening classes at Dores Hall, Online Chair Yoga on a Thursday morning as well as classes with private clients. I hold regular Retreats with Lindsey of Libra Holistics, combining breathwork, movement, relaxation with soundbaths and cacao ceremonies, helping people to slow down and rest.

I work with Connecting Carers, running online relaxation classes every Monday evening and helping out at their Carers Days/Events. Whilst I was teaching at Belladrum this year, I also managed to squeeze in a gentle flow for Carers at the Connecting Carers tent.

I am a Facilitator with the Highland Mindfulness Group and will be running the next Mindfulness Based Stress Reduction Course online for 8 weeks (2 hours per week) from 29 September. I have also been training to help run their free online course - Living with Long-term Conditions, if you would like more information about these courses please get in touch with HMG.

I run monthly classes for those impacted by dementia and their carers at Alzheimers Scotland, Inverness and tasters sessions for the charity Living with Long Term Conditions.

The best thing I ever decided to do was my 500 hour yoga teacher training with Yoga Scotland and my Mindfulness training as I always wanted to help others. I have had various small educational grants from SFCT which has helped me fund some of my courses, thank you.

Any questions or if you would like to organise a taster session with me, please get in touch with <http://www.megsmindfulmovement.co.uk> or Instagram or FB.

Best wishes and thank you

Meg



Reindeer Weaving Workshop



**Saturday 28th November
10am-1pm**

Christiane will be leading this workshop and each person will create a reindeer decoration to take home. All cost funded by Heart of England Grant.



**Limited space
contact Rosy**

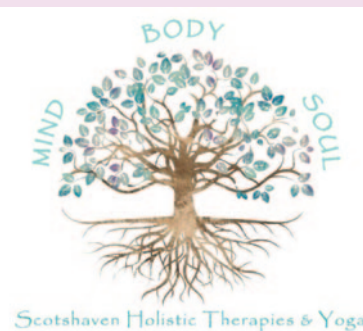


Boleskine Community Centre, The Hub, Lower Foyers

Email: creative-ness1@outlook.com



SCOTSHAVEN YOGA AND HOLISTIC THERAPIES, GORTHLECK



At our yoga classes, we believe yoga is for every body and every age. It's never about being the most flexible person in the room or achieving the perfect pose—it's about moving in a way that feels good, building confidence, finding calm, and enjoying the journey together.

We recently asked two of our wonderful students, Janet and Jean, both over 70, what yoga has meant to them. Their heartfelt answers remind us that yoga can bring so much more than physical benefits; it can create friendships, support independence, encourage self-care, and provide a little time each week that's just for you.

We're so grateful to have such an inspiring community, and we hope their words encourage others to discover that it's never too late to begin.

PERSONAL EXPERIENCE

At what age did you start practising yoga, and why?

Janet: 77! Why not?

Jean: I was 55 years old. I had recently moved from London in 2022 and thought it would be a good opportunity to meet local people. I had always been interested in trying yoga.

What surprised you most about the benefits of yoga?

Janet: The relaxed, easy-going class, with no pressure to keep up with the younger, fitter members.

Jean: Gill and Alannah using a holistic approach. I have a "monkey brain" — lots of chattering! Learning to meditate, breathe and be non-judgemental of myself.

Have the reasons you practise yoga changed as you've got older?

Janet: I didn't start until I was 77.

Jean: I can't get into all the poses I once could. Gill and Alannah always give alternative poses, giving the same results.

What is your favourite type of yoga or pose, and why?

Janet: Anything apart from Yin!

Jean: I don't have a favourite type of yoga. Each session I go to is varied and different, so boredom never sets in.

What is the biggest benefit you've personally experienced from yoga?

Janet: I feel fitter and more comfortable in my skin. Thanks to Gill and Alannah. xx

Jean: Making time for myself.

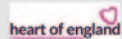
CALM YOUR MIND



HATHA YOGA
WITH CHRISTIANE MORELY

WEEKLY CLASSES STARTING
SUNDAY 1ST NOVEMBER
10AM-10.30AM

FUNDED BY:



CLASSES ARE FREE TO ATTEND BUT DONATIONS TO BCC ARE ENCOURAGED.





PHYSICAL BENEFITS

Has yoga affected your flexibility and mobility?

Janet: Yes, absolutely.

Jean: I am now 79 years old and feel my flexibility and mobility is pretty good when I see others my age. I feel this is due to my twice-weekly practice of yoga.

Do you feel yoga has helped with your balance or stability?

Janet: Yes.

Jean: My balance has always been pretty poor. It is improving and would be much better if I practised my balance poses more!

Have you noticed any changes in your strength since starting yoga?

Janet: Yes. My arms and legs feel stronger, and my core too.

Jean: Yes, I believe I am holding stronger poses, e.g. the plank! Only for short periods of time! I feel my posture is better generally.

Has yoga helped you manage everyday aches, stiffness, or tension?

Janet: Yes.

Jean: Some poses cause me to get cramp, but learning to breathe into poses helps, and the cramps go.

Do you find that yoga helps you stay active as you get older?

Janet: Yes.

Jean: Yoga certainly keeps me active, as I do suffer from arthritis in my knees. Doing gentle yoga poses and a blanket under my knees, my arthritis is under control.

Has yoga changed how confident you feel moving your body?

Janet: I am more confident moving about in my home and garden and generally.

Jean: I think it has helped my posture. Also managing my arthritis of my knees.

MENTAL & EMOTIONAL BENEFITS

How does yoga make you feel mentally after a session?

Janet: Relaxed and more supple.

Jean: Very relaxed, pleased I've made the time for me!

Has yoga helped you manage stress or anxiety?

Janet: Yes, by being aware of how I breathe.

Jean: Yes when I have been emotional and upset, not wanting to do anything or socialise, after doing yoga my stress appeared less. After the meditation, I feel very relaxed.

Do you feel yoga has improved your sleep?

Janet: Perhaps.

Jean: I'm sure it would if I did an evening session. After a morning session, I feel I could go back to bed.

Has yoga helped you feel more relaxed or present?

Janet: Yes.

Jean: Yoga has helped me become more aware and has given me the tools to relax.

What do you enjoy most about the mental side of yoga?

Janet: Very relaxing class and friendly.

Jean: Learning how to meditate. Also, that we are not our thoughts.

SOCIAL & LIFESTYLE BENEFITS

Has doing yoga helped you meet new people or build friendships?

Janet: Yes — a really friendly bunch.

Jean: I feel privileged and lucky to be a part of such a wonderful group attending Gill and Alannah's classes.

Has yoga encouraged you to take better care of yourself in other areas of your life?

Janet: Yes, it has.

Jean: Yes, I go to a yoga retreat monthly, where I learn about meditation and journalling, as well as yoga sessions. I thoroughly recommend - the holistic approach!

What motivates you to continue practising yoga?

Janet: My body feels better and my mind is able to relax easier.

Jean: As I get older, to maintain my mobility and independence.

Do you think yoga has changed the way you feel about ageing?

Janet: Yes, it helps me take care of and appreciate my body more.

Jean: I don't feel old. I may not be able to do as much as I once did, and I will continue doing yoga as I know, if you don't use it — you lose it!

What would you say to another older woman who is thinking about trying yoga?

Janet: Go on, give it a go!

Jean: Come along and try it. You will find a great bunch of people. Have a laugh and share in a safe space!

If you would like to give yoga a try or want some more information about our classes please contact Gill or Alannah on 07808 803445/07415 763836



TAI CHI AND QIGONG

I first came across Tai Chi about 20 years ago and liked the gentle rhythmical movements of the form. I've visited China three times to train with Master Lisheng Chen at his school on Wudang mountain.

Further training in Tai Chi and Qigong included workshops in Scotland, regular classes and teacher training with Chanquanshu School of Daoist Arts.

Qigong dates back around 3000 years and is a system of gentle exercise involving breath control and the stimulation of key acupoints in the body, self-massage and mental development. The exercises are used as preventatives against old age and sickness. Tai Chi is much more recent and developed from martial arts. However, it is now mainly practised for its health benefits.

Most people in the West tend to find Tai Chi later in life as I did. Through regular practice students should be able to improve muscle strength in the legs, balance and flexibility.

In the class we have a short warm up, meditation and are currently working through 24 Step Tai Chi. We will be returning to the Daoyin General Health Qigong and Stress Prevention Qigong in the future.

Classes are free and meet every Monday at the Hub in Foyers 10-11am and 11am-12pm, but due to limited space need to be booked in advance. An open class is held every Wednesday 2-3pm at Stratherrick Hall, Gorthleck.

All are very welcome. For more details contact Kathleen Farnham on anderson_32@msn.com or message 07810706456.

Photos are sword form in Wudang Mountain and classes at the Hub and Stratherrick Hall.



AUTUMN AT CAMERON'S TEAROOM

As the autumn leaves are well and truly begin to turn, come and enjoy a cosy Highland welcome at Cameron's Tearoom. The fire will be roaring, the kettle will be on and the homemade cakes will be waiting!

We're open Wednesday to Sunday, 10am–3pm, serving good food, warming soups, tasty lunches, tea, coffee and plenty of autumn cheer.

Bringing visitors to the Highlands? Book a visit to meet our friendly Highland cows by emailing cameronstearoom@gmail.com or calling 01456 486572.

Thank you for your continued support from our wonderful local community. We look forward to welcoming you this autumn.

Morag & the team

BEASTIE BOATS

It's been a busy season for the Beastie Boats Team - thank you to everyone who has booked boat trips, brought friends and family along to see us, or joined us on our community cruises. A big thank you also goes to the many local accommodation providers who have recommended us to their guests; this kind of support means a lot.

This season saw the launch of a new boat trip - our Urquhart Castle Experience. As the only regular service to the castle from the south side of Loch Ness, it gave visitors (and locals!) the unique opportunity to combine a

cruise with a castle visit without having to travel far to do so. This season was a trial run, but we are pleased at how popular this service proved to be, so we hope to be able to extend this offering next season too.

It's also been great to work with the Boleskine House Foundation, creating a joint partnership to encourage visitors to our side of the loch.

Our boats are now 'out of the water' for the 2026 season, but there is still plenty to do behind the scenes. We have a few new ideas for next year, so keep on eye on our social media pages for updates!

Malcolm and the Beastie Boats Team



BUSINESS HIGHLIGHTS

LOCHSIDE

JOINERY



BESPOKE JOINERY

FITTED KITCHENS

BATHROOMS





WINDOWS & DOORS

RENOVATION'S

EXTENSION'S



BEN MARSHALL
07598 278 096
BEN@LOCHSIDE.SERVICES



PETER FRASER

VEHICLE SERVICE & REPAIR

07913134923

pfservicerepair@icloud.com

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EXHAUSTS
CLUTCHES
WELDING
TYRES SUPPLIED AND
FITTED
WHEEL BALANCING

FOYERS COMMUNITY STORES

AUTUMN UPDATE

Plenty is happening at Foyers Community Stores & Cafe as we head into the autumn, with extended shop opening hours, new developments in the cafe and a busy programme of events planned throughout October.

Shop

We're currently trialling extended opening hours, with the shop now open from 8am-5.30pm. We hope the longer hours will make it easier for people to pop in before work, on the way home or whenever they need for those everyday essentials. As these hours are being trialled, we'd really encourage the community to make use of them if you'd like to see them continue.

We're also continuing to develop the range available in the shop, combining everyday essentials with a growing selection of products from local makers and producers. We're always keen to hear what people would like to see on the shelves, so please come in and speak to us if you have any suggestions.

Post Office

We know how important the Post Office is to our community and we want to reassure everyone that retaining the service remains a priority for us. The process of transferring the Post Office continues and, while it has taken longer than we would have hoped, work is ongoing behind the scenes. We're very grateful to Simon for continuing his role as Postmaster while we work through the process.

We'll share further updates with the community as soon as we are able to.

Cafe

It's been a busy few months in the cafe and we are continuing to develop what we offer as we head into autumn and winter.

Alongside our daytime cafe, we're beginning to make more use of the space for evening and community events. Following our first pizza night in September, takeaway pizza evenings will run every Friday throughout October from 5pm-7.30pm.

On Saturday 17th October, we're going back to some good old-fashioned home cooking with our Granny's Cooking Night.

This will be a three-course sit-down evening inspired by traditional meals and puddings that remind us of growing up. We'll also be serving Afternoon Tea on the 24th, 25th, and 31st of October and the 1st of November, including a special Halloween edition, and there will also be a Kids Halloween Party on Saturday 31st October.

Our autumn and winter food offering will also be arriving in the cafe, featuring plenty of warming homemade dishes, seasonal specials, coffee, cakes and sweet treats to enjoy as the weather gets colder. We are also continuing to look at how we can develop the cafe as an evening and social space for the community. We recently submitted our application for an on-sales alcohol licence, which, if approved, would give us greater flexibility for future evening events and allow us to expand what we can offer.

Keep an eye on our Facebook page and in-store for menus, prices and booking information for all our upcoming events.

A note from Olivia

"It's been great to see the shop and cafe continue to develop and, most importantly to see people getting behind the new things we're trying.

There's a lot happening behind the scenes, and we're always looking at ways we can make the business work better for the community. October is going to be a particularly busy month, and I'm really looking forward to seeing our new ideas come to life. I value feedback from the community, so if there's something you'd like to see us stock, serve or try in the future, please come in and have a chat with me.

Most importantly, thank you to everyone who continues to support the shop and cafe. Whether you're popping in for your shopping, having a coffee, enjoying lunch or coming along to one of our events, every visit makes a difference and helps us build a community business that can be here for the long term."

GOOD
FOOD
GREAT
COMPANY



LOCAL
PEOPLE
STRONGER
TOGETHER

OCTOBER EVENTS

AT FOYERS COMMUNITY STORES CAFÉ

EVERY FRIDAY	TAKEAWAY PIZZA NIGHTS 5:00 – 7:30pm	
SATURDAY 17 OCT	GRANNY'S COOKING NIGHT Three-course sit down meal	
SATURDAY 24 OCT	AFTERNOON TEA Homemade sweet and savoury treats	
SUNDAY 25 OCT	AFTERNOON TEA Homemade sweet and savoury treats	
SATURDAY 31 OCT	HALLOWEEN AFTERNOON TEA A spooky twist on our much-loved afternoon tea KIDS' HALLOWEEN PARTY Halloween fun for our younger customers	
SUNDAY 1 NOV	AFTERNOON TEA Homemade sweet and savoury treats	

We look forward to welcoming you! 

GALA WEEKEND

What a fantastic Community Gala Weekend!

We hope you enjoyed our Gala Day, Barn Dance and Sporting Events celebrating the Glasgow 2026 Commonwealth Games. It was wonderful to see so many members of our community coming together, with over 200 people joining us for the Barn Dance.

A huge thank you to Stewart and Amy MacPherson and their family, particularly Davie, for generously providing the barn, field and parking, as well as putting in so much work behind the scenes to make the weekend possible. We are incredibly grateful.

Thank you to everyone who came along and helped make it such a memorable weekend. Thank you also to our Events Committee and all the amazing volunteers who helped with setting up, running the events and tidying up afterwards. Your support made the weekend possible.

Want to get involved? Our Events Committee is always looking for new members who would like to help our community events thrive.

Please contact marketingofficer@sfctrust.org.uk or funding@sfctrust.org.uk for further details.



DIRECTORY 2026

CAMERONS TEA ROOM AND FARM SHOP
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E: info@cmpsonline.net W: cmpsonline.net/

FOYERS HOUSE AND THE WEE DRAM
W: foyershouse-lochness.com/mobile/

FOYERS STORES AND POST OFFICE
T: 01456 486233 W: foyersstoresandwaterfallcafe.co.uk/

GILCHRIST BOILER SERVICES
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E: gilchristboilerservices@gmail.com

JOHANNA SCHUSTER – HIGHLAND ACUPUNCTURE
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W: julienessmusic.co.uk/

LIBRA HOLISTICS
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SCOTSHAVEN COMPLEMENTARY THERAPIES
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THE WEE HAVEN AT SCOTSHAVEN
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W: <http://airbnb.co.uk/rooms/33110398>

TIM LUCAS FOREST MANAGEMENT
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W: wildsidelodges.com/

WILLIAM FRASER HAULAGE
M: 07778 927591 E: williegorthleck@tiscali.co.uk

We would love to expand and update our Directory so if you run a business in the Stratherrick & Foyers area, and you would like a listing, please contact Calum at marketingofficer@sfctrust.org.uk to be added. The Directory can be found at <https://sfctrust.org.uk/directory/>



CEO'S REPORT

As the leaves redden and the days get shorter, I look back over the last six months with some satisfaction that the directors and staff have delivered much which has been of benefit to the community. Most of these have been covered in the Chair's View, so I will concentrate on looking forward to what I believe, is the most fundamental change to how the Trust will operate over the next five years with the introduction of our Strategic Planning Process.

The review and refresh of the Community Action Plan (CAP) have enabled the community to identify what is important to them and I would encourage you to participate in the final 'act' of the reCAP by attending the joint Community Council / Community Trust session on the evening of 14th October 2026. We have also invited representatives of the Highland Council and funders to participate in the session at which we hope to agree the

priorities for what the community should focus on for the next five years. Please check the Trust website and social media for the agenda for this important interactive consultation session.

Once the 2026 revision of the CAP is finalised, the priority CAP themes the community identify will feed into the Strategic Planning Process (SPP) for our 27-28 financial year. Of course, we realise the costs of these aspirations will probably be more than the money that can be made available. At this point, the Board will take a strategic view of the requirements on the list and decide which CAP themes they are willing to fund in the 27-28 financial year, and which will be deferred until the 28-29 financial year.

Knowing which CAP themes we want to pursue, we will then engage with the community to identify specific projects or initiatives that address these themes. For instance, if the Community Woodland element of the Outdoors and Nature CAP theme was the priority, there will be many ways of addressing this; expand the usage of Inverfarigaig forest school, buy a woodland, harvest and distribute wood. Each of these ideas will be investigated, approaches and associated costs put forward in concept papers which the Board will evaluate, prioritise and put forward as the programme of projects for the 27-28 financial year.

We will then formally raise project initiation documents for each individual project on the programme and determine whether it is deliverable given the resources available. As a result of this

exercise, some of the programme may need to be deferred into the 28-29 financial year.

Well, that is the theory! I am sure that, as with all new processes, there will be much discussion, debate and disagreement, but our ultimate aims are to be open and transparent about how we made our decisions on what and when we will do the things the community have decided should be done.

If you have read through to this final article, you have my sincere gratitude and admiration. We are often asked, "What does the Trust do?" and I hope the articles in this magazine have gone some way towards answering that question. They showcase the remarkable variety of community projects, activities and events that are supported through Trust grants, fundraising efforts and the direct work of the Trust itself.

I would also like to thank our community members, volunteers and partners whose enthusiasm, ideas and support help make these projects possible and strengthen our community year after year.

None of this would be possible without the hard work, commitment and enthusiasm of our staff, and I would like to thank them for all they do to help turn these ideas and opportunities into reality.

As always, I am in the Wildside Centre most days of the week and am happy to make time to discuss any feedback, issues or concerns you may have and whether the Trust can assist you.



Stratherrick & Foyers Community Trust AGM

Wednesday 25th November 2025
The Wildside Centre, Whitebridge
7pm

For more information visit
www.stratherrickcommunity.org.uk

USEFUL CONTACT NUMBERS **MEDICAL & EMERGENCY**

FOYERS MEDICAL CENTRE:

01456 486224

Website: www.foyersmedicalcentre.co.uk

NHS 24:

Phone 111

POLICE - Non-Emergency or to report a crime:

Phone 101

MEDICAL, POLICE, FIRE, LOCH OR ANOTHER EMERGENCY:

Phone 999

FOYERS FIRE STATION (Non-Emergency):

01463 24099

POWER OUTAGE SSE Power Cut Helpline:

Phone 105

POTHOLES & FLOODING

To report a fault including potholes or flooding
telephone either:

Tel: 01349 886601 (Office Hours Mon-Fri)

Tel: 01349 886690 (Evening & Weekends)



Photo by Jo Mitchell

BRAXY BALL MEMORIES

During the late 1970's one of the biggest local events in the calendar was 'The Braxy Ball'. This committee was founded by a group of locals who wished to fundraise to benefit the children and the elderly members of the Strath. Sadly, most of the committee are no longer with us, including my late dad, Ian MacAskill, who along with the late Alec Prentice were founder members. The name Braxy came from an infectious disease affecting sheep, given the large crofting/farming population, it was a way of crofters & farmers celebrating that their flocks were all healthy. Many folk who may have left the area would return for this highly anticipated event.

I was a young girl at the time and have fond memories of the excitement that would build in the Strath, from the moment the dance tickets and raffle tickets went on sale. I recall my dad always having books of raffle tickets in his pocket to sell to anyone he met, wherever he went! This went on for months prior to the event.

The women and girls of the Strath would start planning their outfits way before the big day in October and hair appointments were planned. Many ladies chose to wear full length dresses and the men folk scrubbed up well in their kilts or dinner suits, frilled shirts and velvet bow ties which were fashionable in the late 1970s were popular too. Everyone pitched in to help, with locals providing all the baking and

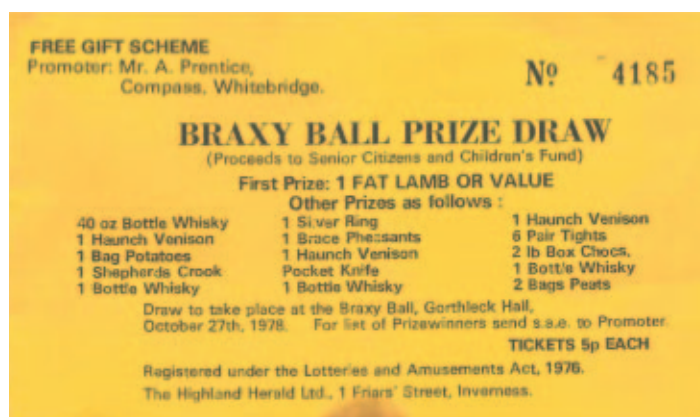
catering, this was laid out on long trestle tables in the back kitchen of Gorthleck Hall, a large brown enamel teapot was constantly being refilled. There was no licensed bar and many gentleman carried the obligatory 'half bottle' in their pockets!

For many locals this venue will forever be affectionately referred to as Gorthleck Hall, although newer residents to the area will know it as Stratherrick Hall.

Attracting dance bands to this event was always a great source of discussion. 'The Wallochmhor Ceilidh Band' and 'The Strathpeffer Dance Band' were regular bookings. My family and I fondly remember my dad always asking the question to any dance band he came across, "What would you charge to play at Gorthleck Hall?"

I have included a picture of the original Braxy Ball committee members, along with a dance ticket and a raffle ticket. I am sure the selection of prizes may raise a few eyebrows and cause a few laughs. However, this was an example of our community working together, to do the very best for the residents. It was, of course, a different and simpler time, but happy days!

Eileen Martin



Back row left to right: Alan Hards, Donald Forbes, Alistair Stewart. Middle row left to right: Donnie MacGruer, Wulstan MacPherson, Joe Brown, Ian Macaskill, Douglas Bailey. Front row left to right: Paddy Murray, Sandy Carr, Alec Prentice

WALK THE WALK - WEB PAGES UPDATE

Over the winter months Calum, our Marketing and Media Officer worked alongside a volunteer from the Pathways Group to redesign the Walk the Walk web pages to create an index and individual pages for each of our 21 local walks.

The main aims of the re-design were to create a standard layout for each walk and enable us to collect statistics for each of the walks. We also took the opportunity to update the index, creating a colour-coded map of the Stratherrick and Foyers area and allocating walk to one of the four regions, Whitebridge, Foyers, Inverfarigaig and Errogie.

The new Index and walk pages were made live at the start of April and a more prominent link, Local Walks, was added to the Main Banner of the Trust Website.

We are pleased to present the following statistics for the first five month of the new webpages.

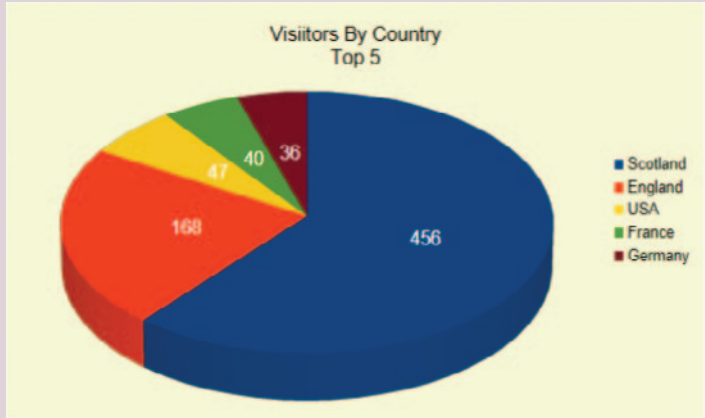
NUMBERS OF UNIQUE VISITORS

April '26 – August '26		
WtW Index Page	Visitors	Page Views
Walk The Walks	919	1863
WtW Route Pages	Visitors	Page Views
Loch Ness And The Falls Of Foyers	101	166
Whitebridge Plantation Circular	100	143
Whitebridge To Foyers Foyers To Whitebridge Return	80	106
Foyers Circular Including Upper Falls	75	102
Wester Aberchalder To Garthbeg	60	86
Beinn A'bhacaidh From Loch Knockie Track	58	109
Errogie Church To Wester Aberchalder And Return	57	88
Meall Donn	56	73
Reservoir Walk Foyers	53	58
Tyndrum Trinloist Figure Of Eight	53	70
Inverfarigaig Circular Via Glen Liath	50	67
Inverfarigaig Corkscrew Errogie Circular	50	64
Loch Nan Laan And Knockie Boat House	50	60
Drummond Plantation Circulum	48	58
Loch Tarff To Knockie Road End	43	55
Torness Charleston And Leadclune Circular	42	74
Inverfarigaig To Foyers	39	47
Inverfarigaig Viewpoint Circuit	39	46
Foyers Bay Circular North	38	45
Lochan Tor An Tuill Circular From Inverfarigaig	37	45
The Fair Haired Lads Pass	36	40
Totals	1165	1602

This table shows the number of unique visitors who accessed the walks. We have included all the 21 routes with the most

popular route being the Loch Ness and The Falls Of Foyers walk with 101 visitors. Unfortunately, we are currently not able to count the number of times the routes were actually walked, which is our ultimate goal.

VISITORS BY COUNTRY



This pie-chart shows the top five countries from which visitors accessed the Walk the Walk Index page between 1st April and 31st August 2026.

DEVICES USED

Device	Visitors	Average Visit Duration
Mobile	650	3m 45s
Desktop	234	6m 06s
Tablet	27	3m 54s
Not Set	2	0s

This table identifies the type of device used by visitors to the Walk the Walk Index page and the average amount of time visits lasted.

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.



citizens advice bureau

Your local Citizens Advice are coming to hold a drop in session

We can provide advice regarding Welfare Rights, Debt & Money, Housing & Homelessness, Domestic Abuse, Employment and Equality Rights, Consumer Issues, Family & Relationships

October Sessions for south Loch Ness :-

Wildside Centre	Thursday	1 st	from	9:30AM	to	11:30AM
BCC Hub	Thursday	1 st	from	12:30PM	to	5PM
Stratherrick Hall	Friday	9 th	from	10AM	to	1PM
Foyers Medical Centre	Friday	9 th	from	2PM	to	5PM
Daviot Hall	Thursday	15 th	from	10AM	to	1PM
Dores Inn	Thursday	15 th	from	2PM	to	5PM
Farr Community Hall	Wednesday	21 st	from	9:30AM	to	1PM
Foyers Medical Centre	Wednesday	21 st	from	2PM	to	5PM
BCC Hub	Tuesday	27 th	from	10AM	to	1PM
Farr Community Hall	Tuesday	27 th	from	2PM	to	5PM

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Website : inverness.cas.org.uk