

June & July 2018

The Strath Times

FREE NEWSLETTER

Your free guide to everything that is happening in and around Strathpeffer



Stepping out on the Peffery Way

We are delighted that lots of people have been walking or cycling along part of The Peffery Way. The entrance from the Victorian Station in Strathpeffer has come on leaps and bounds with hedging plants, native trees and removable of broken gates. If you have not walked along then we urge you to give it a go!

At the last Maintenance Day a number of volunteers cleared ditches, repaired fencing and preparing the edges ready for grass seed. We are planning another maintenance day on Saturday 9th June. Meet at the sewage works for 10am, we will be doing some lopping, repairing fencing and clearing away stones. Please come along with tools and gardening gloves. We will supply the cake!



Contact The Strath Times

You can contact us by e-mailing strathtimes@outlook.com or telephone Iona Finlayson or Iain Sarjeant on **01997 420012** for editorial contributions. Contact the Community Centre on **01997 421989** for advertising.

Deadline for the Aug/Sep Issue is **Wednesday 18th July 2018**

Advertising rates

Single issue	Full page £70	1/2 page £40
	1/4 page £25	1/8 page £15

Strath Times – A new opportunity!

We realise it has been 4 years now since we (Iain & Iona) took over the design and editing of the Strath Times. (While the Community Centre Manager continues to manage the advertising, funding and production.)

It has been both enjoyable and interesting to engage with all the local news and see the progress of so many excellent projects and initiatives. And we are very pleased that we have had the opportunity to fulfil this role.

We feel, however, it is time for a fresh perspective, a different editorial approach and new ideas, to take this valuable newsletter forward.

So, if you are interested in the role of editor and/or designer of the Strath Times, please get in touch with Trish Wedderburn at the Strathpeffer Community Centre.



STRATHPEFFER - Village Community Plan

Recently, many of the voluntary groups in Strathpeffer came together to form a Strathpeffer Coordinating Group. The main aim of this new coordinating group is to help the groups within Strathpeffer work together for the benefit of the village.

To that end we are looking to create a Village Community Plan for Strathpeffer and the first step along that path is planned for:

Tuesday 12 June 2018 at 6pm

when we will be holding a workshop in the Pavilion. This workshop, funded by Foundation Scotland from the EDF-ER Corriemoillie Strathpeffer Community Fund and supported by Highlife Highland, will be facilitated by Lindsay Dunbar of LEGO® SERIOUS PLAY®.

Specialising in using a process based on LEGO, she assures us that the process will make the workshop good fun as well as productive.

If you have thoughts on how you would like to see Strathpeffer develop and want to contribute to the development of a Village Community Plan please come along to the workshop on Tuesday 12 June 2018 at 6pm.

Please get in touch with:

Ron McAulay on ron.mcaulay@btopenworld.co.uk
Trish Wedderburn on trishwedderburn@gmail.com or
Archie Macnab on balty@lineone.net

to let us know if you will be attending and to learn more.

Units To Let at the Old Station

As of November 2018 there will be units to let at the Old Station which currently house the Museum Coffee Shop. The Trustees are keen to continue to have a coffee shop/café operating here. At present we are taking enquiries from any interested parties, particularly if you have experience in the catering industry or have ran a similar type of business. For any enquiries please call **01997 421031** or e-mail info@highlandmuseumofchildhood.org.uk



Tel: 0845 838 5156
WWW.KEMPO.CO.UK

LIL' DRAGONS & KEMPO SELF-DEFENCE

Fun, Fitness, Confidence, Respect, Focus!

Strathpeffer Community Centre

Mondays

Lil' Dragons (4 – 7 year-olds) 4.30pm – 5.15pm

Kempo (8 – 15 year-olds) 4.30pm – 5.30pm

STRATHPEFFER COMMUNITY CENTRE, MONDAYS,
Spaces are limited. Get in touch to arrange a FREE trial lesson

With Black Belt Instructors!



Marion Taylor MCFHP MAFHP
Foot Health
Professional Practitioner

Corns, callus and hard skin removal

Verruca treatment

Rheumatoid and diabetic specialist foot treatment

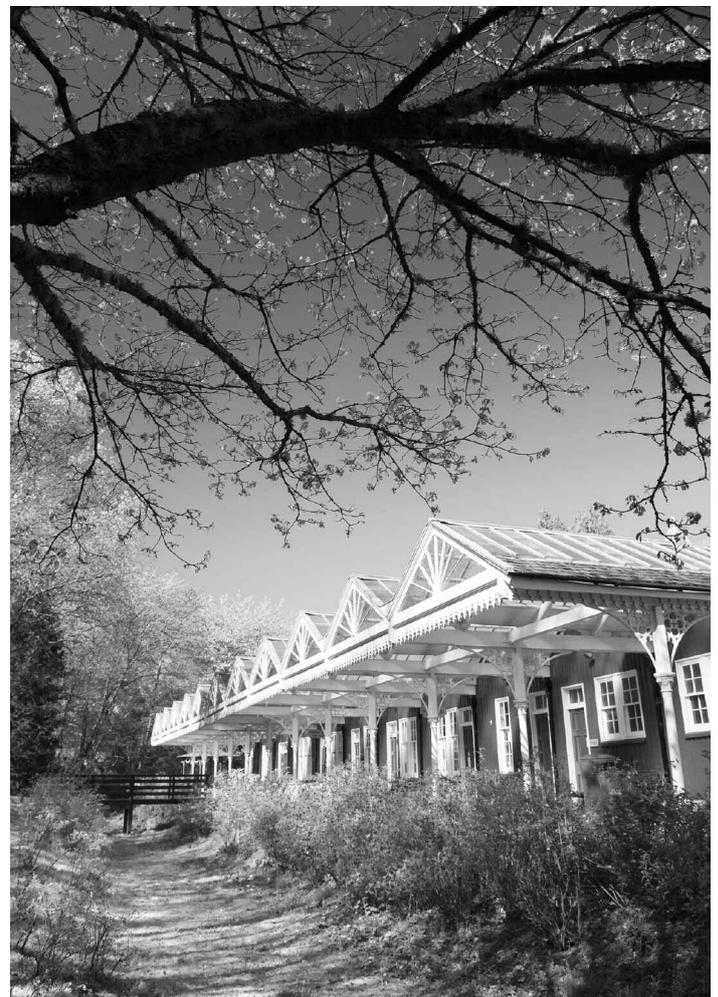
Nail trimming and nail reducing

Split nail and heel fissure treatment

HOME APPOINTMENTS
DAY, EVENING OR WEEKENDS
PROFESSIONAL TREATMENT ASSURED

01997 414355 . Mobile: 0788 0773342

Email: strathmore7@btinternet.com



Antisocial Behaviour

Sadly, the Strathpeffer Community Centre has been subject to several acts of antisocial behaviour and damage in recent weeks. The centre staff would like to thank those who have been supporting us and reporting various incidents that have been witnessed while the centre is both open and closed. As a charity run centre, with many regular groups who attend, this kind of behaviour can be upsetting and also bring with it a financial impact when having to carry out repairs and put in increased security measures/staffing.

Our first Amateur Photography Competition and the Annual Community Art Fair, at Strathpeffer Community Centre

We were delighted with the response to the first year of our Amateur Photography Competition held at Strathpeffer Community Centre.

The theme for this year was 'Energy' to fit in with the Climate Challenge funding we have recently received.



Here is Eilidh Johnson collecting her prize for coming first in the 13-18 age category.

Congratulations also goes to Mary Foley who won first prize in the adult category and Flynn Wilson in the 5-12 age category.

The photos were judged by Iain Sarjeant, a well-known local professional photographer and publisher.

All the entries were on display at the annual Community Art Fair at the centre which took place on the weekend of the 19th and 20th of May.



It was its eighth year of showcasing the amazing local talent in our area and is a delight for us to be a part of. We greatly appreciate the artists who donate a small percentage of their sales towards the running of the centre and the time given by many volunteers to help run this event.



Small Planet
TRADING

**We're a friendly local store
supplying environmental,
ethical and fairtrade products**

We stock (among other things):

- Fairtrade and organic food, drinks & snacks
- Body, hair and household products
- New & secondhand books
- Music
- Crafts, gifts, cards and wrapping paper
- Jewellery
- Wildlife gardening supplies
- Wool & other crafting supplies

- why not pop in for a browse!

Summer opening hours:

Tuesday - Saturday 10am - 5pm

Sunday 12noon - 4pm

**Unit 3, The Old Station, Strathpeffer, Ross-shire
T: 01997 421942 www.smallplanettrading.co.uk**

MUSEUM COFFEE SHOP

*Homemade meals and baking
served all day*

Breakfasts

Hot filled
rolls

Cakes
&
Traybakes



Light meals

Delicious
Soup

Snacks

Summer Hours

Open Tuesday to Sunday

10am - 5pm

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

Come & relax in the setting of the
Victorian railway station!

“ MY
SUMMER
BODY
IS IN
PROGRESS.”

GYM SPECIAL OFFER

NEW MEMBERS: FOLLOWING AN INDUCTION TO THE GYM

Pay for one months membership and get one free!

EXISTING MEMBERS: may also take advantage of this offer ...

minus the induction fee of course!

UNTIL THE END OF JUNE

For more information

Call : 01997 421989 or

Email: info@strathpeffercommunitycentre.org.uk

Induction Fees: £10 per person

Memberships: Single membership £10 per month

Joint membership is £15 per month (open to 2 people who live at the same address)



Property Maintenance

Landscaping / Gardening

Handyman Services

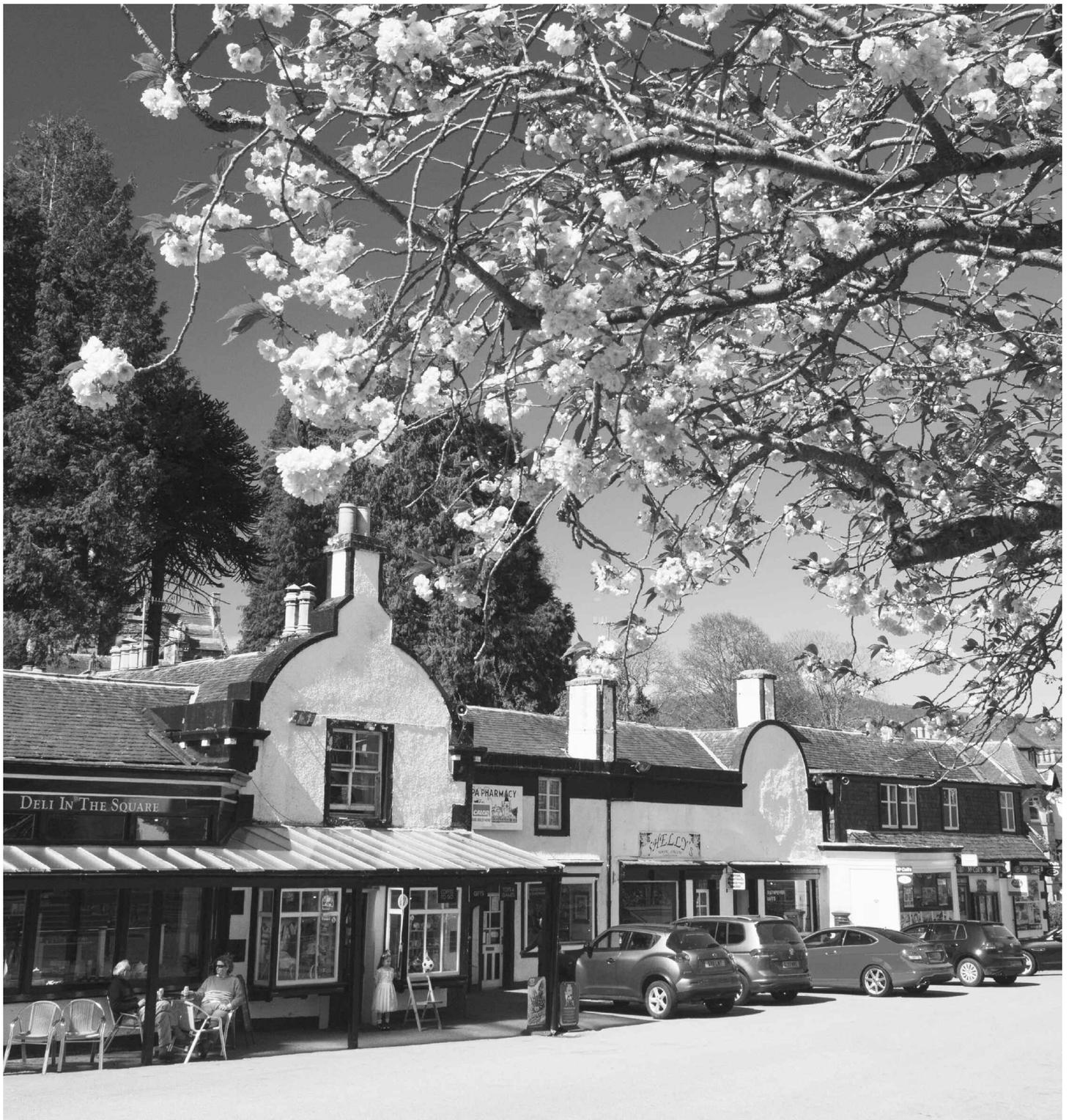
07872972103 / 01997421817

Email: macallister.peter@yahoo.com

Following work undertaken:

- Roof repairs, demossing
- Gutter and down pipes repaired and replaced and cleaning
- Exterior paintwork
- Slabbing, chipped drive ways, pathways, cement pointing
- Fencing
- General Garden Work

Can also deliver material from local quarries etc...





Neil Moscrop Plumbing Services

general plumbing maintenance
bathrooms designed & installed
installation & maintenance
of heating systems

iphe Chartered Institute of Plumbing and Heating Engineering
membership No: 00035101

Eng Tech

based in Strathpeffer e-mail: nwmoscrop@gmail.com
Tel: 07939 034544 website: neilmoscropplumbing.co.uk

Three more awards made from the Strathpeffer Community Fund

The next round of awards from the Strathpeffer Community Fund have now been announced. The Fund is provided by EDF Energy Renewables (EDF-ER), is linked to its Corriemoillie wind farm, and is managed by Foundation Scotland, an independent grant-making body.

The Fund has a total of £13,756 for distribution in 2018, and the first round of awards made by the Fund Panel were:

- **£2,500.00 to Strathpeffer Spa Bowling Club. To construct a lean-to shelter attached to the main clubhouse, including seating, and to replace the wood edgings of the bowling green.**
- **£3,000.00 to Strathpeffer Highland Gathering Association. To purchase 200 replacement chairs for the Gathering.**
- **£824.00 to Strathpeffer Community Council. To hold a workshop as the prelude to developing a local action plan for Strathpeffer.**

In 2018 there will be two funding rounds for the Fund, with the next application closing date being 24 September 2018. Decisions will be made in early November.

For further information about how to apply to the Fund visit

<https://www.foundationscotland.org.uk/programmes/s-trathpeffer/> or telephone the Foundation Scotland on 0131 524 0300.

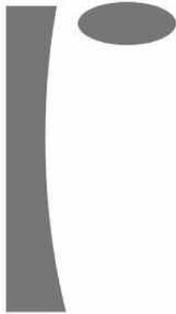


**Leggatt & Co
Accountants**

**Kempfield Court
Dingwall, IV15 9RT
Tel: 01349 863356**

Accountancy ~ Taxation
Book-keeping ~ PAYE
Business Start-up Advice ~ VAT

Email: info@leggco.co.uk
Website: www.leggco.co.uk



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Kempfield Court,
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**Tel: 01349 863356
Fax: 01349 866977**

Email: info@leggattsfs.co.uk
www.leggattsfs.co.uk

Diary of events for June & July 2018

June 2018

Saturday & Sunday 2nd & 3rd
Hooley in the Highlands - Cost £40
Strathpeffer Pavilion

Saturday 9th June, 10am
Maintenance day, Peffery Way
Meet at the Sewage Works

Sunday 10th, 7.30pm
Christian Garrick & the Budapest Cafe
Orchestra - Cost £15
Strathpeffer Pavilion

Tuesday 12th, 6pm
Community Plan Workshop - see article
on page 2.
Strathpeffer Pavillion

Sunday 17th, 2-5pm
Charity afternoon tea dance with
'Dancing with Sharks' 10 piece dance
band. Dances are Ballroom & Latin,
modern jive, lindy hop etc. No previous
dance experience needed... lesson
included at the start. Entry £10.
Strathpeffer Pavilion

Saturday 30th, 10am - 12noon
Aromatherapy Workshop
Strathpeffer Community Centre

July 2018

Thursday 12th, 7.30pm
Opera Bohemia - Falstaff (Verdi) -
Cost £16
Strathpeffer Pavilion

Sunday 15th, 2-5pm
Charity afternoon tea dance with
'Dancing with Sharks' 10 piece dance
band. Dances are Ballroom & Latin,
modern jive, lindy hop etc. No previous
dance experience needed... lesson
included at the start. Entry £10.
Strathpeffer Pavilion

Saturday 21st, 4pm
Alice in Wonderland themed Topsy Tea
Party
Strathpeffer Community Centre

Saturday 28th, 10am - 12noon
Aromatherapy Workshop
Strathpeffer Community Centre



To book events at the Strathpeffer Community Centre,
please telephone 01997 421989

Regular events

Please bear in mind that **some activities stop during school holidays.**

Mondays

Jog Scotland 12.30pm
Strathpeffer Community Centre

Kempo 4.30pm - 5.30pm
Strathpeffer Community Centre

Slimming World, 5.30pm - 6.30pm and
7.30pm - 8.30pm
Strathpeffer Pavilion

Rainbows & Brownies 6pm - 7.15pm
Strathpeffer Community Centre

Guides 7.30pm - 8.45pm
Strathpeffer Community Centre

Tuesdays

Under 5s 9.30am - 11.30am
Strathpeffer Community Centre

Yoga 12.30pm - 2.00pm
Strathpeffer Community Centre

Strathpeffer Pipe Band Practice 7.30-9.30pm
Strathpeffer Community Centre

Wednesdays

Blethers Community Cafe, first Wed of every
month (term time only) 9.30- 11.30am - all
welcome - tea, coffee, bacon rolls, home
baking etc.
Strathpeffer Community Centre

Bumps, Babies & Toddlers 9.30am - 11.00am
Strathpeffer Community Centre

Strathpeffer Bowling Club, 7pm - 8.30pm
Strathpeffer Community Centre

Strathpeffer & Dingwall Tennis Club
6pm - 9pm, Strathpeffer Tennis Courts

Yoga 7.30pm - 9.00pm
Strathpeffer Community Centre

Shimmy - Beginners fun belly dance
6pm - 7pm, Crystal House

Thursdays

Walking Group 9.45am
Strathpeffer Community Centre

Pilates, 10.30am
Strathpeffer Community Centre

Lunch Club, 12.15pm
Highland Hotel, Strathpeffer

Craft and Craic 7pm - 9pm
Strathpeffer Community Centre

Tap dancing 8.00pm - 9.00pm
Strathpeffer Community Centre

Contin SWI - 3rd Thursday each month
7.30pm start
Strathpeffer Community Centre

Kundalini Yoga - 2nd Thursday each month
7pm-9pm
Strathpeffer Community Centre

Fridays

Under 5s 9.30am - 11.30am
Strathpeffer Community Centre

Monday—Friday

Out of School Club 3-6pm
Strathpeffer Community Centre

Sundays

Strathpeffer & Dingwall Tennis Club
10am-1pm, Strathpeffer Tennis Courts
2nd Sunday of each Month - Singing Bowl
Relaxation, 1-2.30pm, Crystal House

If you are holding an event or
meeting in the local area, and
would like us to add it to our
Diary of Events, please get in
touch and let us know.

StrathBetter 18

Things to Try, Stuff to Buy, Ideas to Inspire

Amongst the myriad of services and ventures that Sarina and Phil provide for the village and its visitors is the annual Wellbeing Festival, which runs over the second weekend of May.

Now in its sixth year the festival found new branding with a mobile friendly one word title. A grant from the New York Villa Trust enabled eye catching feather flags to promote this event.

StrathBetter is a big undertaking for Phil and Sarina and the festival only works because it is very much a co-creation of stallholders, speakers, volunteers, the community centre and of course the festival visitors.

Over the course of the weekend more than 150 people visited StrathBetter many from outside of the village. Indeed one couple travelled from Elgin to be there.

This year StrathBetter had a stronger emphasis on community initiatives like the 'Strathpeffer and District Community Rowing Club' and Mental Health. StrathBetter falls at the beginning of Mental Health Awareness Week. Firm Favourites this year were the choral performances by "Hummingbirds" and "Highland Voices" Choirs. StrathBetter was Hummingbirds first public performance and later this year Highland Voices will be on the main stage at Belladrum. Tony Henry the musical director gave a vocal workshop on the Sunday.

Dance was well represented at StrathBetter with Belly dance performances and Argentine Tango demonstrations capturing the attention and imagination of the crowd. On Saturday Evening Toe2Toe dance gave a beginners dance lesson for the festival party and it was good to see some total dance newbies having a go.

These new dance skills were put to good use on Sunday 20th May at the Pavilion's Afternoon Dance which saw 66 people dance the afternoon away to a live dance band. Three more are planned for the third Sundays of June, July and August

If you couldn't make StrathBetter this year (and Saturday 12th was definitely a beach day) then Phil and Sarina would love to see you next year over the second weekend of May.



Remember to check the village website

www.strathpeffer.org

For all your news and what's on in the area

Survey regarding the Cycle and Footpath between Dingwall and Strathpeffer

Where do you live? (Postcode or village/town)

Have you heard about The Peffery Way or The Peffery Way Association? Yes No

Do you support an all ability path for cycling and walking? Yes No

Do you currently use any of the route? Yes No

When it is completed – would you use it? Yes No

If No, any particular reason why?

If Yes – How: (tick all that apply)

- Walking Commuting
- Cycling Dog Walking
- Running Accessing other paths e.g Knockfarrell
- Other:.....

How often would you use it?

- Daily
- Weekly
- Monthly
- A couple of times a year

What do you think are the main benefits of having the path between Dingwall and Strathpeffer?
(please tick all that apply)

- Recreation
- Improves community involvement
- Tourist attraction
- Exercise
- Safer commuting
- Avoids main Road
- Access to Wildlife
- Outdoor volunteering opportunities
- Historical interest
- Increases business opportunities
- Other

Would you be interested in finding out more?

Via Facebook page : The Peffery Way

Would you like to become a member? - it's FREE. go to web page [ThePefferyWay](http://ThePefferyWay.com).

Thank you for your time

Please drop back the completed questionnaire to :

Strathpeffer Community Centre

Or

McColls in the Square

