

# The Strath Times

Feb & Mar 2016

## FREE NEWSLETTER

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



## Restoration Works at the Old Station

There are some major renovation works about to start at the Old Station in the next few months. The Highland Museum of Childhood Trust has secured funding to repair the canopy which covers the platform area. Most of the work will be to restore it to as near its original state as possible but also to carry out essential maintenance works.

Part of the project will also be to research the history of the station and gather factual information alongside people's stories and memories. The information will then be used to create display panels which will be situated on the exterior walls of the museum and also available in a leaflet for visitors and tourists. Susan from ARCH Highland will be delivering a programme of workshops starting on 17<sup>th</sup> February.

Participants will be trained in how to carry out research as well as how to set up a blog and update the museum's website with historical information about the station and railway. Dingwall Academy 3<sup>rd</sup> year art pupils will also be working on a design project inspired by the canopy and station later on in the year. Curator and manager Alison Boyle says: "It's fantastic that we have all our funding in place as even to the untrained eye you can see that the canopy is needing quite a bit of TLC! I'm also excited about finding out more about the history of the station and railway. We get many queries from our visitors about the railway. To have display panels and a leaflet will be a great advantage as will a new website and blog. We're hoping it will encourage more people to visit the village."

Information about when the works will start will be on the museum's website [www.highlandmuseumofchildhood.org.uk](http://www.highlandmuseumofchildhood.org.uk) and Facebook page. The project is funded by Museums Galleries Scotland and the Heritage Lottery Fund. Anyone interested in taking part in the workshops please contact ARCH Highland on 077888 35466.



### Contact The Strath Times

You can contact us by e-mailing [strathtimes@strathpeffervillage.org.uk](mailto:strathtimes@strathpeffervillage.org.uk) or telephone Iona Finlayson or Iain Sarjeant on 01997 420012 for editorial contributions. Contact Clara Hickey on 01997 421989 for advertising.

Deadline for the Apr/May Issue is **Friday 11th March 2016**

#### Advertising rates

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

### A star could be born?

It was nice to see so many people at the Big Sing in the Pavilion in December. It would be even nicer to see at least some of them on Friday mornings in the Goods Shed. Anybody who wants to sing for the love of it, is very welcome to join us from 10 – 12. The first session is free: then it is £3 per session, to cover the cost of the venue.

**Are there any volunteers out there who would be interested in taking part in and/or helping to put on a musical in the village?**

For details of the singing or the musical, please contact Sally on 01997 423209.



## Science Festival

This year's Science Festival held at Strathpeffer Community Centre is all about "Exploring Waterways and Seas". Held on Saturday 19<sup>th</sup> March 10.00am - 2.00pm, this FREE community event is a great day out for adults and children alike.

Find out everything there is to know about our rivers, canals and seas. Find out what grows underwater, learn about the dolphins that visit our shores. Learn about the engineering behind the canals and harbours and why flooding is much more common and what we are doing about it. Why do we have tides? How can salmon live in both fresh water and sea water? These questions and more will be answered during the festival.

Exploring our Waterways and Seas is suitable for young and old to learn and take part. There will be lots of hands on experiments to try out, displays to see, plus talks about specific topics relating to our waterways and seas.

In addition we will have a café selling refreshments and various competitions for children to enter.

## Strathpeffer Community Park

Another couple of steps forward, we have now submitted our Business Plan to the Asset Management team of The Highland Council. This starts the process to transfer the ownership of land from the council to ourselves. We are still having regular meetings on the second Wednesday each month at the Community Centre at 7.30pm. We are keen to see some of the original people interested in the project at these meetings along with anyone who would like to get involved or find out more.

We are planning a Second Hand stall in the village square on Saturday 13<sup>th</sup> February from 9.30am. Please come along and support this fantastic project.

Remember to check the village website  
**[www.strathpeffer.org](http://www.strathpeffer.org)**  
For all your news and what's on in the area

## FROM FELTING TO SOCIAL MEDIA.

WE HAVE IT COVERED.



Dates	Title	Cost
Thurs 28 Jan	Confident Speaking	£30
Sat 5th March	Basket Weaving	£30
Weds 17th Feb 2016	Advanced Social Media for Charities and small businesses	£30
Starts Tues 23rd Feb	Employability	No charge
Sat 19 Mar 2016	Grow your own food in a Polytunnel or Greenhouse part 2	£30
March 2016	Gardening in Spring	£15
Thurs 3 March	Dealing with Difficult Conversations	£30
Feb / March 2106	Felting	£30
March 2016	Soft Furnishing	£30

Call: 01997 421 989

Email: [info@strathpeffercommunitycentre.org.uk](mailto:info@strathpeffercommunitycentre.org.uk)

Go to: [www.strathpeffercommunitycentre.org.uk](http://www.strathpeffercommunitycentre.org.uk)

With funding from



Strathpeffer Community Association Ltd is a registered Charity providing services and facilities to the community.

## Investigating Strathpeffer Railway Station



As the canopy gets repaired, join us to research the history of the station, set up and maintain a blog and website pages, create information panels for the station. No experience necessary, just an interest!

Wednesdays starting 17th February 2016  
for 6 weeks, 10.30am - 1pm  
The Goods Shed, Highland Museum of  
Childhood, The Old Station, Strathpeffer  
**FREE**

For further information contact the ARCH office on 077888 35466 (leave message) or [info@archhighland.org.uk](mailto:info@archhighland.org.uk) or Highland Museum of Childhood on 01997 421031 or [alison@highlandmuseumofchildhood.org.uk](mailto:alison@highlandmuseumofchildhood.org.uk).

This project is funded by the Heritage Lottery Fund





# Health and Well-being in Strathpeffer

There are plenty of different ways of getting fitter and healthier in 2016. Plus there are the various local organisations working hard to improve the facilities for us in the village and numerous sports organisations for you to join. Here's a run down of just some of them:

- *Join the Strathpeffer Community Centre Gym, it may be small but it has all the equipment you need to get fit.*
- *Take up Golf; Shinty; Bowling or Mountain Biking - Just a few of the clubs in the area.*
- *Play tennis at the Pavilion Gardens – it's free*
- *Join Jog Scotland on their Monday lunchtime jog around the village.*
- *Get flexible and attend a Yoga class on a Tuesday lunchtime or Wednesday evening.*
- *Stretch and improve your posture and core strength with a Pilates class on a Tuesday evening or Thursday morning.*
- *Go for a walk with the Walking group on a Thursday, meet at the Community Centre from 9.30am*



- *New to Strathpeffer, Slimming World have classes on a Thursday evening.*
- *Belly dancing at Crystal House Retreat or Tap Dancing at the Community Centre are two different ways to get fit.*
- *Join Strathpeffer Singers on a Friday – as music is good for the soul.*
- *Finally put on some sturdy shoes and go for one of the many walks around the village and woodlands.*



**The Square · Strathpeffer**  
**IV14 9DW**  
**01997 421000**  
**www.squarewheels.biz**

## Over 150 Bikes in Stock




**Cube, Giant, Ridgeback, Genesis**  
**0% Finance packages available**  
**Spares, Repairs, Accessories**

## MUSEUM COFFEE SHOP

*Homemade meals and baking served all day*

Breakfasts	Light meals
Hot filled rolls	Delicious Soup
Cakes & Traybakes	Snacks



Winter opening hours: Thursday to Sunday,  
 10am - 4pm  
 Then open everyday from  
 24<sup>th</sup> March 2016

Old Victorian Station, Strathpeffer  
 Telephone 07759 690 459  
 Come & relax in the setting of the  
 Victorian railway station!



## The Peffery Way

Further progress has been made to make a safe low-level path along the old railway line linking Strathpeffer and Dingwall. The Peffery Way is now a registered charity, we applied for funding from The Co-operative membership fund and we are delighted to announce that following your help to vote for us we will receive £500.

Around 35 hardy folk “walked the route” on the 2nd. The weather has been wet to say the least but it was mostly dry on the day. We could see that the new drainage pipes are doing a great job at keeping the path usable.

We had a nice gathering with some fantastic food, chat and mulled wine back at the station.

Thanks to Alison for opening the ‘goods shed’ for us - it’s a great space. We’re all looking forward to the wee family ceilidh we’re planning to have on the platform in the spring.

We collected over £100 which was brilliant. This money, along with the £500 from the co-op fund and a donation we’ve had from a local firm will enable us to keep making improvements to the path so we can all keep using it.

A great start to 2016!. The next volunteer clear up session is Saturday 5th March. Meet at 10am by the Sewage Works.

For further details look at our website <http://pefferywayassociation.scot/> OR check out our Facebook page ‘The Peffery Way’.



## Ardival Harps

Harps and Harp Holiday courses.

Makers of historical harps since 1992: wire-strung clarsachs, gut and bray harps, and levered harp.

Dates for Beginners' Harp Holiday courses, 2016, with teacher Bill Taylor:  
Friday 29 April to Monday 2 May;  
Friday 29 July to Monday 1 August.

Experience is not necessary, and harps will be provided. Bill will teach early and traditional tunes, and students will begin by learning technique on gut-strung instruments. Students will also explore harp history and have the opportunity to play bray harps and wire-strung clarsachs.

You are very welcome to visit and try out our harps. Please phone or email in advance.



[www.ardival.com](http://www.ardival.com)

[info@ardival.com](mailto:info@ardival.com)

tel 01997 421260



## 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](mailto:info@leggco.co.uk)  
Website: [www.leggco.co.uk](http://www.leggco.co.uk)





## Free Fairtrade tea & coffee tasting to celebrate Fairtrade Fortnight

Strathpeffer Fairtrade Group invites you to sample teas & coffees from around the world at the annual Big Brew. This year the event will be held on Saturday 5<sup>th</sup> March at the Victorian Station, where all are welcome between 12 and 3 pm.

Every year during Fairtrade Fortnight your local FT group organises a free tea & coffee tasting, to draw attention to Fairtrade products. A variety of different teas and coffees will be accompanied by home baking using Fairtrade ingredients as well as Fairtrade chocolate.



We look forward to seeing you there!

### Join in the Big Fairtrade Breakfast

This year Fairtrade Fortnight is from 29 February until 13 March. The theme this time is Breakfast, and everyone is encouraged to have a Big Fairtrade Breakfast. Joining in is actually really simple: whether it is coffee from Kenya, bananas from Colombia, cocoa from Cote d'Ivoire, tea from India and juice from Brazilian oranges – they all count, as long as they are Fairtrade!

Each person eating one Fairtrade foodstuff and drinking one Fairtrade beverage qualifies as part of the Big Fairtrade Breakfast. It could be at any time of the day. Examples are a bowl of Fairtrade muesli with a cup of Fairtrade tea at home, or a coffee break with Fairtrade chocolate muffins at work, or a Fairtrade banana and a glass of Fairtrade orange juice on the go. They all count – as long as they are registered. Go to [www.fairtrade.org.uk/breakfast](http://www.fairtrade.org.uk/breakfast) to find out all about it, including how to register and to get inspired.



**Book Now**, for Valentines weekend; a lovely lunch, an amorous afternoon tea or a romantic gourmet dinner.

For an extra special treat, why not stay over too? Special B&B rates available when you call direct!

Afternoon Tea	11 am – 5 pm
Lunch	12 noon – 2.30 pm
Dinner	6.30 pm – 9.30 pm
Soup & Sandwiches	11 am – 10 pm



Coul House Hotel - In The Hills Above Contin - 01997 421487  
[www.coulhouse.com](http://www.coulhouse.com) (only 5 minutes drive from Strathpeffer)



### 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

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DAY, EVENING OR WEEKENDS  
PROFESSIONAL TREATMENT ASSURED**

01997 414355 . Mobile: 0788 0773342  
Email: [strathmore7@btinternet.com](mailto:strathmore7@btinternet.com)



[WWW.KEMPO.CO.UK](http://WWW.KEMPO.CO.UK)

Tel: 0845 838 5156

### KEMPO FOR KIDS (7YRS+) & TEENS

The Martial Art of Kempo is not just about youngsters learning Self-Defence.  
We also teach fitness, discipline, anti-bullying skills, respect and confidence!

**STRATHPEFFER COMMUNITY CENTRE, MONDAYS,  
4.30PM – 5.30PM**

Come along for a free trial lesson with Black Belt Instructors!



## Leggatts Financial Services

**Concerned about low interest rates?  
Contact us now to see how we can help**

### Free Initial Meeting

Investments ~ Pensions  
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Kempfield Court,  
Dingwall, Ross-shire, IV15 9RT

**Tel: 01349 863356**

**Fax: 01349 866977**

Email: [info@leggattsfs.co.uk](mailto:info@leggattsfs.co.uk)  
[www.leggattsfs.co.uk](http://www.leggattsfs.co.uk)

## Strathpeffer Community Council Elections

The local council elections which were held last October did not produce enough nominations from the community. This is your chance to put yourself forward to be a voice for the community and help pave the way forward to improving services and ensuring that our current facilities are not lost.

In Ward 6, Elections will be held for: Coigach; Contin; Kyle; Lochbroom; Stromeferry & Achmore and Strathpeffer Community Councils.

The formal Notice of Election are published on the Council website and nominations can be submitted to Robbie Bain, Ward Manager between Wednesday 20th January and Friday 5th February. Please note that Robbie needs to receive new nomination forms from all candidates.

If there are more nominations than places available, ballot papers will be posted out on 17th February and must be returned by 17.00 on Thursday 3rd March. Please consider supporting your community, meetings are held once a month with a little time needed between meetings for moving projects on.

## Try something new, meet new people, be creative...



A newly formed Art Group meets every Tuesday from 1-3pm in the Main Hall at Dingwall Community Centre. If you would like to come along and join us, you are welcome. Just bring along your own materials, whatever suits you, and enjoy a couple of hours in the company of like-minded folk. It's an informal gathering to enjoy art and make new friends in a warm, friendly environment. (£4 fee, no need to book. Call Dingwall Community Centre on 01349 864200 for more info).

## Seeking volunteers

**Contact the Elderly** is a charity that recently relaunched two groups which support older people who were at risk of suffering from social isolation in the Dingwall and Strathpeffer areas. The charity are appealing for drivers to take people to monthly Sunday afternoon tea parties.

Jackie MacNicol, Coordinator for one of the groups, said: "We've only been back up and running for a few months but the difference it has made to the older people's lives in even that short time has been absolutely fantastic to see. If you are thinking about volunteering next year, and enjoy tea, cake and good company, then please consider becoming a volunteer driver with Contact the Elderly."

Drivers collect one or two older people, taking them to the tea party before joining them for an afternoon of shared enjoyment and taking them safely home afterwards.

To find out more about volunteering with Contact the Elderly, contact Highlands Development Officer Aileen Reed on 01479 785007 or [aileen.reed@contact-the-elderly.org.uk](mailto:aileen.reed@contact-the-elderly.org.uk).

### What's on offer at your local community centre?

#### Venue for family events

If you have a birthday, wedding or anniversary, we have a great venue to suit your budget.

#### Office Services available

Colour photocopying, laminating, binding, scanning and design



**Still just £60 for a  
Children's Bouncy  
Castle Party!**

Contact: Tel: 01997 421 989  
Email: [info@strathpeffercommunitycentre.org.uk](mailto:info@strathpeffercommunitycentre.org.uk)  
[www.strathpeffercommunitycentre.org.uk](http://www.strathpeffercommunitycentre.org.uk)

Strathpeffer Community Association Ltd is a registered charity running a bright modern Community Centre with disabled access and a range of flexible meeting space.



"Run by the Community, for the Community"

# Diary of events for February & March 2016

## February 2016

**Wednesday 3rd, 11am-9pm**  
**Restaurant Open day**  
Strathpeffer Pavilion

**Sunday 7th, 7.30pm**  
**Guinness World Record Pub Quiz**  
Strathpeffer Pavilion

**Wednesday 10th, 8pm**  
**Monthly Movie Night**  
Strathpeffer Pavilion

**Saturday 13th, 12noon - 2pm**  
**St Valentine's Soup Lunch**  
Strathpeffer Church of Scotland Church Hall

**Saturday 13th, 9.30am**  
**Strathpeffer Community Park Secondhand Stall**  
Strathpeffer Village Square

**Sunday 14th, 12noon - 4pm**  
**Valentine's Day**  
Strathpeffer Pavilion

**Wednesday 17th, 10.30am - 1pm**  
**Investigating Strathpeffer Railway Station - for six weeks, FREE**  
**For more info contact ARCH 07788835466**  
The Goods Shed, Highland Museum of Childhood, The Old Station, Strathpeffer

**Wednesday 17th**  
**Advanced Social Media for Charities and Small Businesses, £30**  
Strathpeffer Community Centre

**Tuesday 23rd**  
**Employability Course starts, FREE**  
Strathpeffer Community Centre

**Saturday 27th, 7.30pm**  
**Scottish Opera Highlights**  
Strathpeffer Pavilion

**FEBRUARY/MARCH - Felting, £30**  
Strathpeffer Community Centre

## March 2016

**Thursday 3rd**  
**Dealing With Difficult Conversations, £30**  
Strathpeffer Community Centre

**Saturday 5th, 12-3pm**  
**Free Fairtrade Tea & Coffee Tasting**  
The Old Station, Strathpeffer

**Thursday 3rd**  
**Basket Weaving, £30**  
Strathpeffer Community Centre

**Sunday 6th, 12-4pm**  
**Mother's Day**  
Strathpeffer Pavilion

**Wednesday 9th, 8pm**  
**Monthly Movie Night**  
Strathpeffer Pavilion

**Saturday 12th, 12noon - 2pm**  
**Soup Lunch**  
Strathpeffer Church of Scotland Church Hall

**Saturday 19th, 10am - 2pm**  
**Science Festival**  
Strathpeffer Community Centre

**Saturday 19th**  
**Grow Your Own Food in a Polytunnel or Greenhouse Part 2, £30**  
Strathpeffer Community Centre

**Sunday 20th, 8pm**  
**Shrapnel**  
Strathpeffer Pavilion

**Sunday 27th, 12 - 4pm**  
**Easter Sunday**  
Strathpeffer Pavilion

**To book events at the Strathpeffer Community Centre phone 01997 421989.**

## Regular events

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

### Mondays

Hung Ga Kung Fu 12.15-1.15pm  
Crystal House

Jog Scotland 12.30pm  
Strathpeffer Community Centre

Qi Gong 1.15-2.15pm  
Crystal House

Kempo 4.30pm - 5.30pm  
Strathpeffer Community Centre

Rainbows 4.45pm - 5.45pm  
Strathpeffer Community Centre

Brownies 6pm - 7.15pm  
Strathpeffer Community Centre

Guides 7.30pm - 8.45pm  
Strathpeffer Community Centre

Fitness Session 7.30-8.30pm  
Strathpeffer Community Centre

### Tuesdays

Under 5s 9.30am - 11.30am  
Supervised sessions - contact Kate on 07808079054 for more information  
Strathpeffer Community Centre

Yoga 12.30pm - 2.00pm  
Strathpeffer Community Centre

Pilates 7.30pm - 8.30pm  
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) - 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

Tennis 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

Slimming World, 5.30pm - 6.30pm and 7.30pm - 8.30pm  
Strathpeffer Community Centre

New Adventure Sports for Kids, 6pm - 7pm  
Strathpeffer Community Centre

Craft and Craic 7pm - 9pm  
Strathpeffer Community Centre

Tap dancing 8.00pm - 9.00pm  
Strathpeffer Community Centre

### Fridays

Under 5s 9.30am - 11.30am  
Strathpeffer Community Centre

Strathpeffer Singers 10 - 12am  
Goods Shed at the station  
(ring Sally to check venue 01997 423209)

### Monday—Friday

Out of School Club 3-6pm  
Strathpeffer Community Centre

### Sundays

Tennis 10am-1pm  
Strathpeffer Tennis Courts

2nd Sunday of each Month - Singing Bowl  
Relaxation, 1-2.30pm, Crystal House



# Pavilion

VENUE, BAR & EATERY

FREE  
Event Guide out now!

## SPRINGTIME EVENTS

7  
FEB

WORLD RECORD  
PUB QUIZ

10  
FEB

FREE FILM NIGHT

27  
FEB

SCOTTISH  
OPERA TOUR  
SUPPORT THE  
PAVILION

Keep up to date  
with all that's going  
on at the pavilion  
with social media.

Just search:  
StrathPavilion



Find out how you  
can help support  
the Pavilion in our  
latest events guide

Box Office 01997 420124  
[strathpefferpavilion.org](http://strathpefferpavilion.org)

## Jan

Fri-Sun 22-24  
Sun 24

**Rabbie Burns Weekend**  
**Strathpuffer - Village Event**

## Feb

Wed 3  
Sun 7  
Wed 10  
Sun 14  
Sat 27

**Restaurant Open Day** 11am - 9pm  
**Guinness World Record Pub Quiz** 7:30pm  
**Monthly Movie Night** 8pm  
**Valentines Day** 12noon - 4pm  
**Scottish Opera Highlights** 7:30pm

## Mar

Sun 6  
Wed 9  
Sun 20  
Sun 27

**Mother's Day** 12noon - 4pm  
**Monthly Movie Night** 8pm  
**Shrapnel** 8pm  
**Easter Sunday** 12noon - 4pm

## Apr

Sat-Sun 16-17  
Sun 24

**Food & Craft Fair** 10am-4pm  
**Bi-Annual Wedding Fair** 12noon-4pm

\*All times listed are start times  
Doors open 30-60 minutes before each event.

