

June & July 2016

# The Strath Times

## 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 Aug/Sep Issue is  
**Friday 15th July 2016**

### Advertising rates

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

# MACK'S TAXI

**Strathpeffer**

**Evenings & Weekends**

**1830 Hrs - 2359 Hrs Evening**

**1830 Hrs - Till Late Weekends**

**07464 160144**

Remember to check the village website

**[www.strathpeffer.org](http://www.strathpeffer.org)**

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

## FREE NEWSLETTER

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



# Strathpeffer Pipe Band returns

We are delighted to announce that the pipe band will be starting their weekly Saturday night performances on Saturday 4<sup>th</sup> June at 8.30pm in the Square. There will be the usual display of Highland Dancing from the Marion Munro School of Dance as well as a raffle. We have been practicing hard over the winter months to ensure we are fully prepared for a busy summer season ahead! We have also been delighted to welcome back a few former members to the band as well as a number of new members, particularly drummers who are quickly getting to grips with playing techniques and tunes. If you are interested in joining the band come along to the Strathpeffer Community Centre, where we practice every Tuesday evening from 7.30pm-9.30pm.



We really hope to see you in the Square on a Saturday night very soon. We are always very appreciative of the support that the Strathpeffer Community shows us and we equally enjoy performing for you in the Square and representing Strathpeffer throughout Ross-shire. See you there!

## Community Involvement

Strathpeffer Community Association Ltd is the charity who wholly owns and runs the community centre. It meets every 2 months for board meetings along with the centre manager and oversees the work and development of the centre and help move things forward.

The board is currently seeking up to 3 new board members. Initially to be co-opted onto the board. You must live in the catchment area of Strathpeffer Primary School to become a member. We are a friendly group of people who are happy and committed to support a vital community asset. We are specifically hoping to attract members who have skills or experience in bookkeeping or accountancy, marketing, grant funding or developing a social enterprise.

In the first instance, please call Clara on 01997 421989 to find our further information or pop in for a chat. This is an established charity with policy and procedures already in place, it is unlikely to involve a lot of your time.

[www.strathpeffer.org](http://www.strathpeffer.org)

## Your local children's playground

Where will the children of Strathpeffer play when the village play equipment wears out? Did you know that Highland Council has no statutory obligation to replace or repair any of the play equipment in the existing play park in the village? Strathpeffer Residents' Association (SRA) has been told by the Highland Council that as things wear out they could be taken away! This is one of the reasons Strathpeffer Residents' Association has been working so hard to rescue the derelict land beyond the school playing field and turn it into a Community Park with facilities for ALL to enjoy – young and old!



SRA will be applying for grants to develop the park and will need to demonstrate to potential funders that we have the strength of the community behind the project. We urge you to complete the membership application form in the flyer, inside this edition of the Strath Times, and return it to SRA care of the Community Centre.

Our thanks to Phil and Sarina Armshaw of Relax at the Richmond Hotel, who raised £80 for the Community Park project at a recent quiz night.

Strathpeffer Residents' Association is a Scottish Charity Incorporated Organisation (SCIO) Charity Number SC04687

## World-Wide Knit (Craft) In Public Day

This year World-Wide Knit In Public day is on Saturday, June 18<sup>th</sup> and all will be welcome at Strathpeffer Station, 10am – 4pm. Although this is Knit in Public Day, we have widened the remit to include any portable craft. This is a day to come along and enjoy your craft with others or learn about a new one. There will be music, demonstrations, children's workshops, etc. Any queries to 01997 423209.



CANCER RESEARCH UK INVERNESS SHOP  
FREE COLLECTION SERVICE

## CAN YOU HELP BEAT CANCER SOONER

We are always in need of good quality goods to generate the funds to continue the invaluable research carried out by our charity. Can you help in this by donating items that you no longer require. We aim to offer a wide variety and the following is an indication but by no means exhaustive:

Clothing, Accessories, Footwear, Books, DVDs/CDs, Jewellery (even broken), Memorabilia, Banknotes/Coin (GB & Foreign), Bric a Brac. Regrettably we cannot accept electrical goods and bulky items.

Why not visit our shop at 1, Drummond Street (next to Barclays Bank). If you can donate goods but unable to visit the shop then please contact Peter French (01997 420161) who will be pleased to pick up from your house and deliver to the shop. He will also be pleased to answer any queries you may have.

REMEMBER TOGETHER WE CAN BEAT CANCER SOONER



## MUSEUM COFFEE SHOP

**Homemade meals and baking  
served all day**

Breakfasts

Hot filled  
rolls

Snacks



Delicious  
Soup

Light meals

Cakes  
&  
Traybakes

**Open 7 days a week  
10am – 5pm**

**Old Victorian Station, Strathpeffer  
Telephone 07759 690 459**

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

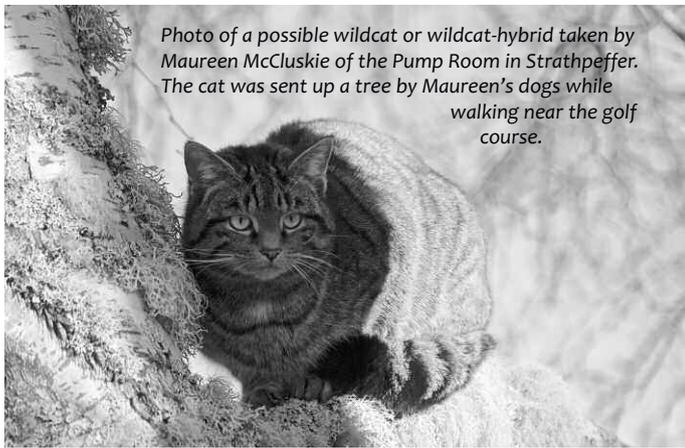


Photo of a possible wildcat or wildcat-hybrid taken by Maureen McCluskie of the Pump Room in Strathpeffer. The cat was sent up a tree by Maureen's dogs while walking near the golf course.

## Wildcat Action in Strathpeffer: protect the best, neuter the rest!

The Strathpeffer area may seem an unlikely hotspot for the critically endangered Scottish Wildcat. Domestic feral cats and their hybrids present the most significant risk to our few remaining wildcats through cross-breeding and transmission of disease. Scottish Wildcat Action is the first national project to conserve the wildcat and aims to secure the future of the species in six priority areas, including Strathpeffer.

As the Project Officer for this area, my first task was to find out where the wild-living cats are so we can direct the conservation work. Throughout the winter, volunteers from in and around Strathpeffer have been participating in the largest-ever survey for wild-living cats, operating 72 trail cameras across 100km<sup>2</sup> over 60 days. We found wildcats living alongside obvious hybrid and feral cats.

The next step is to trap, neuter, vaccinate and return (TNVR) these obvious hybrid and feral cats. We are beginning to trial this TNVR in collaboration with local vets and volunteers. TNVR will be focused on small

A potential feral domestic cat, with possible wildcat-hybrid features, caught on trail-camera in the Heights of Fodderty area during the winter survey. This cat is now being targeted for TNVR, unless an owner can be found (photo credit M. Davies and SWA).



[www.strathpeffer.org](http://www.strathpeffer.org)



### Enjoy fresh local food delivered to your door

Our delicious produce is grown organically on our croft at Knockfarrel. Wide range of vegetables, salads, soft fruit and herbs - plus our own free range sausages, bacon and eggs. Hand picked and delivered to your door. All sizes of household catered for - from one person to large families.

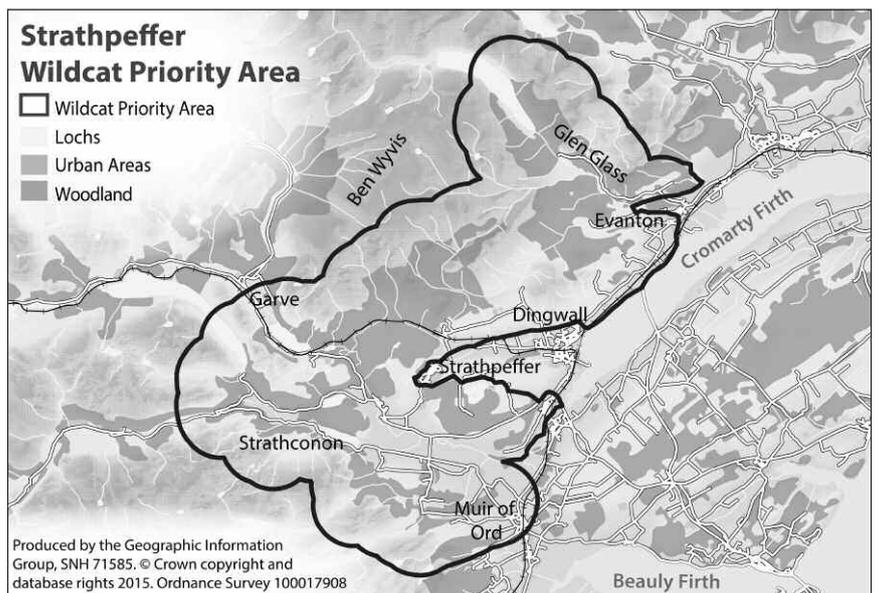


See our website for full details - [www.knockfarrel.com](http://www.knockfarrel.com)

Or contact us on [info@knockfarrel.com](mailto:info@knockfarrel.com) or call **Jo Hunt** on **07990 524280** to find our more & book your delivery slot

areas, and well-publicised to keep the local community informed: no pet cats are at risk from TNVR. You can help us and your local wildcats by ensuring that your own cat is neutered and micro-chipped, and by reporting feral cats in the Strathpeffer Priority Area. We also need volunteers to help TNVR cats.

Contact your local Project Officer, **Keri Langridge**, on 07920 181949 or email [Keri.Langridge@snh.gov.uk](mailto:Keri.Langridge@snh.gov.uk), or visit [www.scottishwildcattaction.org](http://www.scottishwildcattaction.org) to find out more.



## News from the Pavilion

The Friends of the Pavilion are now into their new season and have a number of exciting events coming up over the next few months. Your attendance and participation in our events is what makes the Pavilion a thriving hub and vital focus for our community and further afield. If you would like to become a member or have some special skills in IT or could help in any way we would love to hear from you. Call 01997 420124 and your call will be forwarded to a Friend.

Our Wednesday Coffee Mornings from 10am – 12 noon in the Restaurant are open to everyone so come along and bring a friend (or two or three). The coffee mornings will continue on the last Wednesday of May, June, July, August and September. Coffee cake and chat for £3.00 and a chance to get all the latest news of Friends and Pavilion events.

June 11<sup>th</sup> Friends will be participating in the Queen's Birthday Party, a community event with lots of fun and games, to be held in the Pavilion environs. Look for information around the village.

Our Summer Big Sing should be going ahead but as yet we have not fixed the date so – watch this space.

### The Queen's Official Birthday Celebration

#### PICNIC IN THE STRATHPEFFER PAVILION GROUNDS

**Saturday 11th June 2016 from 12noon**

Bring a picnic and join in the fun!

Throughout the afternoon  
Traditional board games  
Entertainment

Laser Tag (£2 each) – 12 noon - 2pm  
Hog Roast available plus hot and cold drinks

**Take part in:**

#### **Bake a Cake for the Queen**

Bring your cake to the Pavilion by 1pm along with your contact details on the back of a card.  
1st, 2nd, 3rd prizes for under 12s and over 12s

#### **1920s Dress Parade**

Come along dressed in 1920s costume  
Prizes for best under 12 and over 12 boy and girl

The fun starts at 12 noon with the Official welcome, opening of refurbished bandstand and reading of Queen's greetings and ends at 4pm

*In the unlikely event of it being wet then the picnic and entertainment will be in the Pavilion.*

VOLUNTEERS TO HELP SET UP FROM 10am ON THE DAY ARE INVITED TO LEAVE THEIR CONTACT DETAILS AT WHITE LODGE, TEL: 01997 421730



## 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



## PILATES CLASSES



Continuing throughout the year, with Karen Powell and Cathryn Cotterill.

#### **Strathpeffer Community Centre**

Tuesdays 7.30 – 8.30pm  
Thursdays 10.30 – 11.30am

#### **Dingwall Community Centre**

Thursdays 12.30 – 1.30pm

#### **Muir of Ord Village Hall**

Mondays 7.30pm

Contact Karen on 07795465540 for daytime classes and Cathryn on 07522241728 for evening class. All classes to be booked in advance.

[karen\\_powell\\_pilates@yahoo.co.uk](mailto:karen_powell_pilates@yahoo.co.uk) and [cathryncotterill101@gmail.com](mailto:cathryncotterill101@gmail.com)

Facebook [KarenPowell'sHighlandPilatesandNordicWalking](https://www.facebook.com/KarenPowell'sHighlandPilatesandNordicWalking)  
[www.karenpowellpilates.com](http://www.karenpowellpilates.com)

### The Queen's Official Birthday Celebration

#### PICNIC IN THE PAVILION GROUNDS

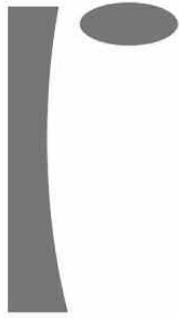
**Saturday, 11th June starting 12 noon**

**\*\* WANTED \*\***

**Names and contact details of people born in 1926 to sit at the VIP table**

**Please leave details at**

**White Lodge - Tel: 01997 421730**



# Leggatts Financial Services

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**Fax: 01349 866977**

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

[www.leggattsfs.co.uk](http://www.leggattsfs.co.uk)



## COUL HOUSE HOTEL *Deliciously Relaxing*

The gardens are looking fabulous,  
great excuse to come and have a drink on the terrace.

Bring a friend for afternoon tea  
or treat your loved ones to a dinner to remember.

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
Warm Welcome	All Day Every Day



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



## Leggatt & Co Accountants

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Dingwall, IV15 9RT  
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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!

# LGOWIT (Let's get on with it together)



LGOWIT (LET'S GET ON WITH IT TOGETHER) is a cross-sector partnership which aims to support self-management for people living with long-term conditions.

The partnership includes:- NHS, Highland Council, UHI, the private sector and the voluntary sector, including: HTSI, Arthritis Care, CHSS, and a public participant with a LTC.

Our work is in line with 'The Scottish Government's 2020 vision for Health and Social care', which states: 'That by 2020 everyone is able to live longer healthier lives at home, or in a homely setting and that we will have a healthcare system... where there is a focus on prevention, anticipation and supported self-management'

There are any people living in our communities who are diagnosed with a long term condition and while they manage the condition themselves with appropriate help from health professionals, it is often helpful to have additional support. What we offer is additional support encouraging and enabling individuals to take greater responsibility for their own health and wellbeing thereby seeking to live life to its full potential. This is achieved through our support groups or training which encourage those attending to share their experiences with others.

Self-management is not about DIY healthcare or 'going it alone', it is about forging an equal partnership between the individual, health and other professionals and the community to the mutual benefit of all.

These groups are not specific to any particular condition as it has been found that the many issues faced are similar regardless of the condition.

- Knowledge that you are not alone
- Top tips from others about how they manage a situation
- Benefit of shared knowledge
- Social opportunities
- Learn new skills to help you manage your own long term condition
- A local group can provide opportunities for friendships and social event

## We offer:

**A monthly support group on 2nd Thursday of the month in Dingwall Community Centre at 12.30 (not July)**

**5 week (2.5 hours/wk) Self-management training course – Starting Tuesday 31st May 10.30 – 1pm**

For further information or to book on the course please contact Tracy Shaw **07454 950 401** or email [lgowitracy@highlandtsi.org.uk](mailto:lgowitracy@highlandtsi.org.uk)

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## Building Carer Friendly Communities in the Highlands

### Carers Week 6-10th June 2016

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that unpaid carers face and recognise the contribution they make to families and communities throughout the Highlands.

This year the campaign will be brought to life by Connecting Carers, the charity that supports unpaid Carers in the Highlands and who are charged with organising events and activities to draw attention to just how important caring is.

In the Highlands too many carers across all age groups are struggling to look after older, disabled or seriously ill loved ones alone.

Carers Week 2016 will focus on 'Building Carer Friendly Communities' urging individuals, organisations and

service providers in every community, including schools, hospitals, Doctors and local authorities to take action to improve the lives of carers.

This could mean running or attending one of the events which will take place between 6th and 10th June, or by pledging to support unpaid carers in some way. For example an employer could design and implement a carer-friendly policy, a GP could be more flexible about appointment times or an individual could visit a neighbour in a caring role.

A full timetable of events will be released shortly and for more information or to get involved please contact Roisin Connolly, Connecting Carers Manager on 01463 723560.

# Diary of events for June & July 2016

## June 2016

Friday 3rd, 8pm  
**Tibetan Monks: Power of Compassion**  
Strathpeffer Pavilion

Saturday 4th, 8.30pm  
**Strathpeffer Pipe Band – weekly Saturday night performances begin**  
Strathpeffer Square

Sunday 5th, 8pm  
**A Night of Dirty Dancing**  
Strathpeffer Pavilion

Monday 6th – Friday 10th  
**Carers Week – ‘Building Carer Friendly Communities’**  
**Events throughout the week – contact Roisin Connolly, 01463 723560**

Wednesday 8th, 8pm  
**Monthly Film Night**  
Strathpeffer Pavilion

Saturday 11th, from 12 noon  
**Picnic – Queen’s Official Birthday Celebration**  
Strathpeffer Pavilion Grounds

Sunday 12th, 7.30pm  
**Budapest Café Orchestra**  
Strathpeffer Pavilion

Wednesday 15th, 10am  
**Sticky Kids: Move it & Groove it!**  
Strathpeffer Pavilion

Saturday 18th, 10am – 4pm  
**World-Wide Knit in Public Day**  
Strathpeffer Victorian Station

Tuesday 21st, 7pm  
**Conference of the Faeries**  
Strathpeffer Pavilion

Wednesday 29th, 10am – 12 noon  
**Coffee Morning**  
Strathpeffer Pavilion

## July 2016

Tuesday 12th, 8pm  
**La Traviata – Opera Bohemia**  
Strathpeffer Pavilion

Wednesday 13th, 8pm  
**Monthly Film Night**  
Strathpeffer Pavilion

Friday 15th, 8pm  
**Hayseed Dixie**  
Strathpeffer Pavilion

Sunday 17th, 8pm  
**Mick Flavin**  
Strathpeffer Pavilion

Wednesday 27th, 10am – 12 noon  
**Coffee Morning**  
Strathpeffer Pavilion

Friday 29th, 7.30pm  
**Edinburgh Quartet**  
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

### 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

Outdoor Bowling, 2.30pm - 5pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

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

Outdoor Bowling, 7pm - 8.30pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

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

### Monday—Friday

Out of School Club 3-6pm  
Strathpeffer Community Centre

### Saturdays

Outdoor Bowling, 7pm - 8.30pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

### Sundays

Tennis 10am-1pm  
Strathpeffer Tennis Courts

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



# Pavilion

VENUE, BAR & EATERY

NEW  
Brochure out now!

## June

- Fri 3 **Tibetan Monks: Power of Compassion** 8pm
- Sun 5 **A Night of Dirty Dancing** 8pm
- Wed 8 **Monthly Film Night** 8pm
- Sun 12 **Budapest Cafe Orchestra** 7:30pm
- Wed 15 **Sticky Kids: Move it & Groove it!** 10am
- Tue 21 **Conference of the Faeries** 7pm
- Wed 29 **Coffee Morning** 10am-12noon

## July

- Tue 12 **La Traviata - Opera Bohemia** 8pm
- Wed 13 **Monthly Film Night** 8pm
- Fri 15 **Hayseed Dixie** 8pm
- Sun 17 **Mick Flavin** 8pm
- Wed 27 **Coffee Morning** 10am-12noon
- Fri 29 **Edinburgh Quartet** 7:30pm

## Aug

- Thu 4 **Shona Brown** 7:30pm
- Wed 10 **Monthly Film Night** 8pm
- Wed 17 **Luke Jackson** 8pm
- Sat 20 **Bike n Hike Ceilidh ft Bahookie** 8pm
- Sun 28 **Auld Hat - New Heids** 7:30pm
- Wed 31 **Coffee Morning** 10am-12noon

# June July Aug

2016

Keep up to date  
with all that's going  
on at the Pavilion  
with social media.  
Just search:  
StrathPavilion



Box Office **01997 420124**  
Find out more at [strathpefferpavilion.org](http://strathpefferpavilion.org)

\*All times listed are start times  
Doors open 30-60 minutes before each event.  
Information correct at time of print, applicable until 30 June 2016