



Kinross Newsletter

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Founding editor,
Mrs Nan Walker, MBE

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DEADLINE

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Contributions

The *Newsletter* welcomes items from community organisations and individuals for publication. This is free of charge. (We only charge for business advertising – see below right.)

All items may be subject to editing and we reserve the right not to publish an item.

Please also see our Letters Policy and Notes on page 2. Submit your item (except adverts) in one of the following ways:

Email: editor@kinrossnewsletter.org

Post or by hand to:

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CONTENTS

From the Editor.....	2
Letters and Thanks.....	3
News.....	7
Sarah Rankin Cooks.....	17
Church News.....	19
Features.....	21
Politicians.....	27
Health and Wellbeing.....	33
Community Councils.....	37
Club and Community Group News.....	47
Sport.....	63
Volunteering.....	69
Out and About.....	71
Kinross-Shire Centre Programme.....	75
Churches.....	76
Police Box.....	83
Notices.....	84
Emergency Contact Numbers.....	86
Diary.....	88

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Rates shown include VAT

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Colour (internal)	£19.00	£45.60	£91.20

The above prices are per issue, based on a six-month run of advertising being placed. One-off adverts are charged at a higher rate. The *Newsletter* welcomes advertising enquiries. We do not have a waiting list for adverts.

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These adverts are text only. The price is the same per insertion whether the advert is placed for one issue or several issues.

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- **The wording of your advert.**
- **A note of the number of insertions required.**
- **Your remittance.**

Send all this to the Advertising Manager by the normal monthly *Newsletter* deadline. The *Newsletter* reserves the right to vary the physical size of these adverts from issue to issue according to the space available.

If you wish to place a typed advert on a permanent or semi-permanent basis, contact the Advertising Manager to see if you can go on to our billing list.

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Letter From The Editor

NEW YEAR IS A TIME for fresh starts. I'm not one for New Year's resolutions as such, but I do always take a long break from work at this time of year and have time to reflect.

As I write this letter, Covid is back doing the rounds in Kinross, and in our house. Although I'm the daughter of a nurse, and betrothed to the poor patient, my reserves of sympathy always seem to run dry quite quickly.

My impatience is a trait I am prepared to work on, and at least I have the emotional intelligence to know that I am not a tolerant person. But, there are some things in life we should not tolerate under any circumstances, e.g. those stupid latte glasses with

tiny little handles, and the mis-use of an apostrophe in any circumstances.

If something or someone is making you feel uncomfortable, miserable or angry, you have the right to walk away from it or them and you will feel much better for doing so. I hope that like me, you can find the energy to walk away when you need to and that you can start 2024 with a clean slate.

If you decide to want to start something new this year, just have a look at the huge variety of clubs on offer in Kinross-shire, all offering a friendly welcome.

One interesting new group that has come to my attention is Kinross Conversations, which will host talks all over Kinross-shire, to spark thought and conversation. Organisers come from Scotlandwell, Kinross, Powmill, Glenfarg and Milnathort! I look forward to hearing more about their events in the next issue of the Newsletter. See p61 to read more about their plans.

If my hopes for January snow are fulfilled, and like me you are described as 'careful' (an excellent term often used to describe the Scottish) with your energy spending, you may want to take advantage of the 'Warm Spaces' listed on p15. Lots of Kinross-shire venues are throwing open their doors for you and will make you feel welcome when the weather is cold outside, so please make good use of them.

All of us on the Newsletter team would like to take this opportunity to wish you and yours a very Happy New Year!

Hannah Phillips, Editor

About The Kinross Newsletter

The *Kinross Newsletter* has been informing and supporting the community for over 45 years.

It began as a way of letting residents know what Kinross Community Council was saying and doing, but soon expanded to be so much more.

Readers use the *Newsletter* to find local trades and services, and our loyal advertisers support the community by enabling us to publish local clubs' reports and essential community information free of charge. Readers, when answering an advertisement, please say you saw it in the *Newsletter*. Thank you.

The *Newsletter* is published by Kinross Newsletter Limited (company no SC374361). Any profits are transferred to charitable company Kinross Community Council Newsletter Limited (charitable company SC040913) to be given away to local good causes.

Note to Contributors

A great deal of the *Newsletter* comprises reports supplied by local clubs and other organisations. These reports are accepted in good faith and the *Newsletter* accepts no liability for any inaccuracies contained therein. Senders should ensure reports are factually accurate and do not contain material which could cause legal proceedings to be taken against the *Newsletter*.

Letters Policy

Senders must supply their name and contact details. Letters should be truthful and not contain matter which could cause legal proceedings to be taken against the *Newsletter*, which accepts no liability for any inaccuracies contained therein. The *Newsletter* does not necessarily agree with any of the views expressed on the letters or indeed other pages. All letters must contain the sender's address, although this may be withheld from publication on request.

Note to Readers: Advertising

Inclusion of advertisements in the *Newsletter* does not imply any particular endorsement or recommendation of services or companies by Kinross CC or Kinross Newsletter Ltd.

Abbreviations

PKC: Perth & Kinross Council
CC: Community Council

Cllr: Councillor
CCllr: Community Councillor

Pensions Guidance

Lindsay Ross Ballantyne

The UK's state pension is one of the worst in the developed world – equivalent to about half the minimum wage at best and not paid until your late sixties.

With a good pension (private and/or employer) you can now take some of your pension at age 55, even if you're not retired.

I am now retired from the financial industry and feel that there is an overwhelming need to explain pensions to people of all ages in clear and simple terms. I'm not selling anything other than my expertise. After a consultation with me you will be able to:

- Engage with your employer about your pension
- Understand the benefits of increasing your pension contributions or setting up your own pension
- Understand why tax relief = 'money for nothing'
- Consider making one off payments to your pension
- Understand the impact of contributing more for longer
- Know how to spot scams and unscrupulous advisers

Whatever age you are now you need to understand your pension.

Enquiries welcome: 07712 181293 E-mail: lindsay63@hotmail.co.uk

Visit: www.lbpensionsguidance.co.uk

Letters

I am writing to you about an exciting opportunity to work with students at Kinross High School and the Pupil Learning Support Faculty.

We are looking at developing our Sensory Garden and room and would like to take this opportunity to work with the community of Kinross to build and grow projects which matter to us both.

We would love to work with you to create a special area outside to develop our learning as well as make our garden more approachable for our students, as well as support the wildlife in our area.

We have decided on the items in the list below.

To do this we are looking at support to make/donate or advise on how best to create these items*.

If you would be happy to support us we would love to hear from you. Please contact Mrs Learmonth at KHS using the email klearmonth@pkc.gov.uk.

Kind Regards,

The Leven Class, Kinross High School

Sensory Garden

- Sand/water station
- Ball tower
- Painted stones mosaic
- Easel
- Barrel drums
- Bug hotel
- Bunting
- Bells
- Mirrors
- Herb patches
- Scented evergreen areas
- Panels/wood boards
- Outdoor music; chimes, spinners and reflective spirals

Sensory Room

- Sensory Wall
- Weighted Blankets
- Fabric
- Rag rug
- Pillows
- Lamp Shades
- Fidget Toys
- Fairy Lights

**Opposite is a list of items that we could use to make these projects if we are unable to obtain the items in the list above.*



For sensory garden

Sand/water station

Sturdy basin, such as a concrete mixing tub, wood or table for stand

Barrel drums

Pots, pans, barrels, bins, paint pots, bin and pot lids drain pipes, pipes

Ball tower

Gutters, pipes, board to attach pipes to, outdoor paint

Painted Stones

Pebbles, rounded stones, outdoor paint or stain

Bug Hotel

Bamboo canes, bark (loose), corrugated cardboard, dead wood or wood chip, hollow stems, rotting wood, spare rolls of turf, straws or hay, stones and tiles, tree stumps, twine, burlap, bricks, chicken wire, drain pipes, old drawers, old tyres, palettes and skids, plastic bottles, plant pots, rope

Easel

Window, window frames,

board for stand, posts for stand

Bells

Bells, hollow items, rattles, sindles

Mirrors

Any size

Herb patch

Herb plants, cuttings, compost, posts

Scented evergreens

Heather, Bay, Hebe, Azaleas, Lavender, Camellia, Ceanothus, Choisya

For sensory room

Sensory Wall

Fabrics, spool, carpet, pom poms, wool, fluff, sponges

Weighted Blankets

Material, Fabric, FluffBeads, Off cuts

Rag rugs

Material, Wool, Thread Mesh, Backing Mesh

Pillows

Off cuts, material, thread, fluff/filling



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Thanks



Poppy Appeal 2023 – Donations In Kinross-Shire

We promised in the December edition of the *Newsletter* to give a quick update on what the 2023 Poppy Appeal made in the many outlets, shops and businesses, which kindly let us place our poppy boxes and tins in their premises last November.

The Kinross area tins took an amazing £1,347.52, plus a wonderful £174 from Kinross Primary school and £212 from Kinross High school.

The Milnathort and Portmoak area took a fantastic £1432.06. This includes a terrific £113 raised by Milnathort and £153 by Portmoak Primary schools.

We did have QR codes on tins and text donations too and we await those numbers nationally.

Thanks to the helpful, hard-working Sainsbury's staff in Kinross for taking the poppy boxes and tins, and for letting us do several can-collection shifts in store again. The Sainsbury's total will follow.

So in this area, overall, we are going to be well over £3400 – fabulous.

Renewed thanks to you all – outlets, schools and generous public.

*Niall Bennet and Christine Robertson
Scottish Poppy Appeal - Area Organisers Kinross-Shire*

Santa and His Elves

The families and staff at Rachel House were so touched by Santa and the Rotary Club's visit to the hospice in early December. Helping children and families create special memories together is a huge part of what we do at CHAS, and seeing the sleigh coming through the entrance to Rachel House brought so much excitement to the children and a tear to the eye.

Some of the children took pride of place in Santa's sleigh – a magical moment for any child. Thank you from all at Rachel House for making a special detour to visit us.

We're lucky to have such wonderful friends in Kinross Rotary Club.

CHAS





Recycle your Christmas tree for CHAS



We will collect and recycle your real Christmas tree. It's a hassle-free way to dispose of your tree, while helping children with life-shortening conditions and their families.

Register now for your Christmas tree collection.

Visit chas.org.uk/xmas-trees or scan the QR code.

For 2024, we'll only be collecting from the KY13 postcode.



Children's Hospices Across Scotland (known as CHAS) is a Scottish charity. SC019724, regulated by the Scottish Charity Regulator (OSCR).

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GLENFARG COMMUNITY TRANSPORT GROUP



	55	55	55	55	55	55	55	55
Kinross P&R	0745		0845		1445	1545	1645	1800
Kirkland's Hotel	0748		0848	Every Hour	1448	1548	1648	1803
Carnous, HC	0753		0853	»»»»»	1453	1553	1653	1808
Milnathort, Church St	0755		0855		1455	1555	1655	1810
Glenfarg, Greenbank Road	0805		0905		1505	1605	1705	1820
Bridge of Earn, Side Street	-----		0918		1518	1618	-----	
Perth, Canal St	-----		0928		1528	1628	-----	
Perth, Railway & Bus Station	-----		0930		1530	1630	-----	
Perth, Leisure Pool	-----		0932		1532	1632	-----	
Perth Royal Infirmary	-----		0935		1535	1635	-----	
Perth, Retail Park	-----		0939		1539	1639	-----	
Perth, Mill Street	-----		0945		1545	1645	-----	
Bridge of Earn, Side Street	-----		0955		1555	-----	-----	
Glenfarg, Greenbank Road	0710	0810	0910	1010	1610	1705	1710	
Milnathort, Church St	0720	0820	0920	1020	1620	-----	1720	
Carnous, HC	0722	0822	0922	1022	1622	-----	1722	
Kinross P&R	0730	0830	0930	1030	1630	-----	1730	

THE 55 BUS NEW PERTH TIMETABLE FROM 9TH JAN

11 TIMES A DAY, 6 DAYS A WEEK
 FULL TIMETABLE AT www.GlenfargCT.co.uk
 OR USE QR CODE:



From January we will be starting a three-to-six-month pilot of an extension to the 55-bus route. The extended daytime service will be running hourly from Kinross, through Milnathort, Glenfarg and Bridge of Earn to Perth, where we will serve a range of stops including the station, leisure pool, hospital and retail park in addition to the City Centre. We are therefore recruiting.

Our drivers are a very special breed! We say that our service is not about buses, it is about people. Every passenger we carry has a story to tell about why they use the bus, and our drivers are very sensitive to the needs of our travelling public – they go the extra mile (often literally) to make sure that our wee bus service delivers much more than public transport.

Contact us: transport@glenfarg.org



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NEW HORIZONS FOR THE GLENFARG BUS



AFTER GETTING OFF TO a great start in 2023, the new year brings a number of exciting developments for Glenfarg Community Transport. In January, the 55 Bus will start to run an extended hourly service between Kinross and Perth via Glenfarg and it is hoped to deliver the same benefits that the Glenfarg to Kinross route introduced – reliability, punctuality, friendliness and inexpensive travel. Like the shorter route, the Perth service will be flexible and in due course, offer a wider range of destinations in Perth.



The new service will be run as a pilot for 3-6 months to allow GCTG to trial a few innovative solutions for public transport. For the first six weeks, to allow the service to bed in, it will be run as a traditional bus service.

In March, however, it is hoped to start the trial of a flexible service using the MooveFlexi passenger App which will allow passengers to book a trip, pay for a trip via the App, watch the

progress of the bus with a real time tracker and receive updates if the schedule should slip.

It is hoped that the 55 will connect with the Ember E1 service and run to Perth destinations such as the Railway and Bus Stations, Leisure Pool, PRI, The Retail Park and Mill Street Bus Interchange.

Cllr Neil Freshwater commented, 'Glenfarg has been doing amazing work with the new bus service which has won national acclaim, and it's great to learn of the expansion. It's also exciting to hear that they may pilot an app which could make the service even more responsive and convenient for passengers.'

Cllr Cuthbert said, 'I am really pleased to see this new route being taken on ... I wish them well with it. As for the new technology, I think this will be fantastic once it works!'

A telephone booking service will continue for those who do not have access to smart phones. More information about this development will follow in the February *Newsletter*, the new website Glenfargct.co.uk and the GCTG social media channels.

SECOND CHEMIST FOR THE HIGH ST?

PROPOSALS ARE AFOOT for a new pharmacy to open on Kinross High Street.

NHS Tayside is currently in discussion with Kinross Pharma Ltd who wish to open a new community pharmacy at 145 High Street (next to Mark's Barbers).

Before Kinross Pharma Ltd submits a formal application, a joint consultation exercise is being carried out to seek the views of people local to the proposed premises, or those who might use the proposed new pharmacy.

The consultation aims to measure opinion on current access and adequacy of provision of pharmaceutical services in the 'neighbourhood' where the premises are situated. The consultation is aimed at gauging the level of public support

for this proposal. Views are invited from those living in the area or who may use the proposed pharmacy. There are eight easy questions to answer including:

Do you think that the current pharmaceutical services being provided in the neighbourhood, are adequate?

Do you think there are any gaps/deficiencies in the existing provision?

Do you think that the proposed opening hours are appropriate?

Mon-Fri: 9am - 6pm
Sat: 9am - 5pm
Sun: Closed

Do you think there are other NHS ser-

vices that the proposed pharmacy should consider providing?

Complete the survey to have your say and answer all eight questions. The consultation runs until 15 March 2024. You can access the survey using this link, or the QR Code on p8.

www.surveymonkey.co.uk/r/KYT7FBG

For more information on the pharmacy application process please visit the Pharmacy Applications page on the Board's website at: www.communitypharmacy.scot.nhs.uk. Click on NHS Boards then Click NHS Tayside.



NEW PHARMACY KINROSS

Kinross Pharma Ltd is proposing to submit an application to provide pharmaceutical services at 145 High Street, Kinross.

Views are invited from those living in the area or who may use the proposed pharmacy.
Complete the survey to have your say.

Consultation runs 7 Nov 23 - 15 March 24

A paper copy is also available and in other languages or large font by calling 01382 424114.


General comments may be submitted by email to tay.primarycareservices@nhs.scot

Go to

www.surveymonkey.co.uk/r/KYT7FBG

**COMPLETE THE
SURVEY**



 **SCAN ME**

PKC: MISTAKES HAVE BIN MADE

CONFUSION HAS GREETED the announcement that medicine blister packs cannot be put in the new grey bin, despite leaflets from Perth and Kinross Council saying that they could.

The information was incorrectly printed on documents that went out to householders.

A spokesperson for PKC told the *Newsletter*, 'We had thought that medical packaging included blister packaging. However it has been clarified that blister packs are not an acceptable item in the grey bin and should be placed in the green bin, or can be taken to Superdrug for recycling.'

Superdrug pharmacy stores have dedicated collection boxes which are collected by Terra-cycle. They will not, however, accept bulk drop offs. The nearest Superdrug pharmacy stores are Perth and Glenrothes.

Whilst some blister packaging may be branded as recyclable, blister packaging is made of composite materials which cannot be extracted by the machinery at the processing facility. However, until 15

January, grey bins will not be rejected by PKC if they have blister packs inside them, and the packs will go to an Energy from Waste facility – they will not be landfilled.

Cllr Freshwater said, 'Kinross-shire residents were glad to learn they could recycle blister packs in the grey bins, so it's disappointing to learn that's not actually the case. There has been quite a bit of confusion over this and the miscommunication from PKC, albeit well-intended, is regrettable.'

Cllr Cuthbert said, 'I was hugely disappointed when I heard the news that blister packs cannot be recycled in the grey bins.'

'What's worse is that people have been told that they can be. Clearly a mistake which needs sorting out.'



GREAT SCOTT! ANDREW'S A WINNER!

RENOWNED WEDDING celebrant Andrew D. Scott has clinched the title of 'Most Promising New Business' at the Perthshire Chamber of Commerce Business Star Awards.

Andrew, with his passion for crafting unique, personalised wedding ceremonies, has quickly emerged as a rising star in the celebrant community in the three years since he qualified.

Having married just a handful of couples in 2021, he'll have married an impressive 250 by the end of 2023.

His success is due to word of mouth recommendations and an impressive TikTok following; his 6'6" stature, flowing beard and charismatic personality also playing their part.

Andrew said, 'I'm just so chuffed to be recognised. This award validates the hard work and passion I put into my business.'

Andrew adds, 'It motivates me to keep writing and delivering ceremonies which make couples, their friends and family laugh and cry – happy tears, of course!'



Wedding celebrant Andrew D. Scott shines as 'Most Promising New Business' at Perthshire Chamber of Commerce Business Star Awards.

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Saturday 0900-1230

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KYTHE GET £90K LOTTERY FUNDING

KYTHE IS CELEBRATING AFTER learning they have been awarded £90,000 in National Lottery Funding to support its work with young people.

The Kinross-shire based charity plans to use the money for a three-year programme of drop-in, workshops and activities for young people aged 11-19. The programme will include Drop-ins, Study Support Sessions, Job Club, Cooking Skills, Life Skills Workshops, Youth Band, Woodwork and Art. These all contribute positively to young people's mental health, wellbeing and employability skills.

KYTHE has grown in size since it was formed in 2014 and now supports over 360 young people. Barry Dougall, youth worker, told the *Newsletter*, 'We are delighted. Now we will be able to further develop our team to offer a variety of groups across Kinross-shire for young people to meet in a safe, informal setting.'

'This is important because it puts young people at the centre in a non-judgemental environment to be challenged, supported and also to relax and socialise.'

The new funding from The National Lottery Young Start Fund, will see KYTHE be able to reach more young people that are

struggling and provide support to help young people reach positive destinations, such as re-engaging with education, going to college or getting a job.

John, volunteer said, 'It's a privilege to be part of a team working to see young people happy, relaxed, and comfortable. It's genuinely satisfying to be part of such a joyous environment.'

AUDREY T

LADIES AND GENTS HAIRDRESSING THE SALON

HIGH STREET, KINROSS

01577 869592

Awfy brow, tell yer maw!

NEW DATE FOR PORTMOAK FILM

DIARY CHANGE ALERT: Portmoak Film Society are postponing the January film until **Saturday 20 January** (not 13 January as previously advertised).

It's *Till*, the acclaimed 2023 film by writer-director Chinonye Chukwu which tells the story of Mamie Till-Mobley, the mother of young black boy Emmett Till who was killed by Southern US white supremacists in 1955. She became an activist and campaigner whose determination to 'make America bear witness' eventually led to the Emmett Till Antilynching Act being passed in 2022... Don't miss this powerful film in the age of Black Lives Matter!

Their pre-Christmas film was Steven Spielberg's remake of the classic musical *West Side Story*. Unlike many remakes, it did not disappoint, in fact exceeded expectations and the audience gave it top ratings. It was a delight to see the dramatic dance scenes and hear all the favourite Leonard Bernstein songs on their fantastic new AV equipment; some fans could even be heard humming along!

All films are shown at Portmoak Village Hall, Scotlandwell. Doors open at 7pm and films start promptly at 7.30pm.

A season's membership is available for £40 covering all eight films, or you can pay £6 on the door. Refreshments served after the film, regulars and newcomers welcome! For further information, contact Felicity Garvie on 01592 840825.

NEW HOUSES FOR SCOTLANDWELL

LOCAL DEVELOPER ARDBEG HOMES has received planning permission for their latest development in Causewayfield, Scotlandwell.

The project, which includes the construction of 16 new build homes and six self-build plots, was designed by the award-winning architects 56three and received planning approval at the Perth & Kinross Council Planning and Placemaking Committee on 15 November 2023.

One of the key features of this development is its focus on sustainability, with numerous eco-friendly features implement-



ed to reduce energy consumption and running costs over the lifetime of each home. Additionally, six affordable self-build dwelling houses will be included in the development, allowing local families to build their ideal homes in a flexible and adaptable way.

Further details on the development are available at www.ardbeghomes.co.uk

ARE YOU WORRIED ABOUT MONEY?

THE INDEPENDENT FOOD AID Network (IFAN) and local partners have developed a Perth and Kinross 'Worrying About Money?' leaflet which can help people experiencing money worries, and frontline support workers and volunteers identify what help is needed and where to get help locally.

The leaflet's aim is to reduce the need for charitable food aid by helping people access any existing financial entitlements and advice on income maximisation as a cash first response to food insecurity. The interactive online resource is available at www.worryingaboutmoney.co.uk/perth-and-kinross. You can also see the printed poster on p68 of this *Newsletter*.

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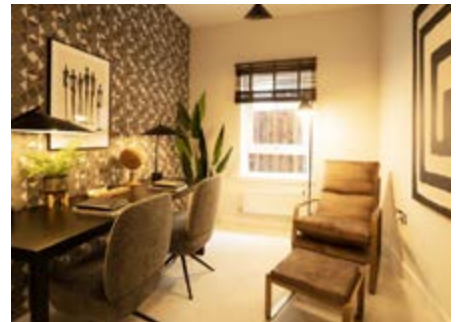


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KINROSS ELVES GO VISITING!

SANTA AND HIS ELVES were out and about all over Kinross-shire thanks to the Kinross and District Rotary Club and all their willing helpers. They even made it out on a very rainy Friday December evening.

The Trishaw 'Elves' (pictured below) had lots of fun helping with the amazing Kinross Rotary Santa Sleigh collection around cen-

tral Kinross. A spokesperson told us, 'The weather was challenging with lots of heavy rain showers but this didn't deter us. We were so pleased to see lots of children and families coming out of their homes to meet Santa Claus.'

'It was lovely to see the excitement on the children's faces as Santa called out their names and reminded them to be in bed ear-

ly on Christmas Eve. We're so proud to be part of such a fantastic community event and would like to thank everyone for their donations which will go to local good causes.'

One amused Kinross resident who saw Santa with her grandson told us, 'My grandson is going to get a lot of mileage from being told that he's on the Nice List while I have two weeks left to improve my behaviour!'



A very special visitor came to Rachel House (below). Thank you Santa and Kinross Rotary Club. You made some children very happy.



JOSEPH

God meant it for good

7 th January	New Year's Walk – from Burleigh Sands to Loch Leven's Larder at 11 a.m.	
14 th January	Genesis 37: Joseph... The infuriating dreamer	Stephen Jones, LLC
21 st January	Genesis 39: Joseph... The innocent victim	Fiona McDonald, Scottish Bible Society
28 th January	Communion Sunday	Richard Gibb, LLC, Graeme Gunn, LLC
4 th February	Genesis 40–41: Joseph... The forgotten interpreter	Michael Forde-Hyde, Hope City Church, Edinburgh
11 th February	Genesis 42–45: Joseph... The testing brother	Robin Kent, LLC
18 th February	Genesis 46–47: Joseph... The reunited son	Callum White, Buckingham Evangelical Church
25 th February	Communion Sunday	Will Cottrell, Tayside Christian Fellowship
3 rd March	Genesis 48–50: Joseph... The hopeful believer	Ross Simmons, Tayside Christian Fellowship
10 th March	Mission Sunday	Sharon Dickens, 20schemes, Richard Gibb, LLC

Join us in the Loch Leven Community Campus every Sunday morning from 10:30 a.m.

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KINROSS-SHIRE WARM SPACES



KYTHE

Study group (age 11–19), Monday, 3.45-5pm
 Fitness group, Tuesday, 3.45-5pm
 Art group, Wednesday 3.45-5pm
 Music, Wednesday, 6pm-8pm (by appointment only)
 Chill and bible chat; Thursday 3.45pm-5pm
 Drop-in, Friday 1pm-4pm
<https://kythe.org.uk/>

Millbridge Hall, Talking Donkey Café

Fri 11.30am-1.30pm. Open to all for a great hot lunch, a cuppa and a blether.

Warm Packs: Broke Not Broken, Kinross Day Centre
 (Soup in a flask (flask can be brought back and re-filled at the Centre, Monday to Friday 10am-3pm)

Loch Leven Library

Warm items, e.g. blankets, hot water bottles and flasks.

Kinross Parish Church

Board Games once a fortnight (on 8 and 22 January) 2- 4pm

Loch Leven Library

Tuesday and Thursday: 10am-7pm;
 Wednesday and Friday: 10am-6pm;
 Saturday: 10am–1pm.

Warm space, hot drinks.

Glenfarg Community Centre

Mondays: soup and roll 12.30-1.30pm.

Men's Shed

Mondays: 2pm-4.30pm, hot drinks and rolls with activities.
kdms.secretary@outlook.com

Tabernacle Hall, Blairadam

Every second Wednesday until March 2024, 12-4pm.
 Booking required; please call 07990 662073 and speak to Margaret.

Orwell and Portmoak Church

Milnathort Warm welcome, last Friday of the month, 10am-12noon. Messy Church and 3-course meal

Portmoak Church

Speaker and afternoon tea. Call 01577 861200

Carnbo Village Hall

Monday evening talks, first Monday of the month except January, starting at 7.30pm, refreshments. Call 07917 319003.

Coffee and Chat, Wednesday following the Monday talks, 10am-12noon.

Kinross Day Centre

Monday to Friday. Lunch and activities for older people, including board games, quizzes, singing, indoor curling and gentle exercise.

Carnbo Coffee & Chat

@ Carnbo Hall 10am-12noon

Wednesday 11 th October	Wednesday 10 th January
Wednesday 15 th November	Wednesday 14 th February
Wednesday 13 th December	Wednesday 13 th March

Over the Autumn and Winter months
 Coffee & Chat in Carnbo Hall
 No agenda, just come along for a cuppa and a chat!

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NET ZERO AT ORWELL FARM

IN LIGHT OF THE UK's aim to achieve Net Zero by 2050, businesses are taking greater steps to run their operations in an environmentally conscious manner. This can range from using electric or hybrid business vehicles to altering business practices to incorporate recycling.

However, for one Scottish architectural practice, their solution was to create their own net zero rural office for themselves and other SMEs who shared their environmental ethos.

Orwell Farm was purchased in 2019 by Jeff and Lynsay Manson who wanted to create an inspiring, sustainable rural office space for

their architectural practice, Studio LBA.

Although disused for many years and in a state of disrepair, Orwell Farm presented the perfect opportunity to create a sustainable, environmentally conscious development. The Studio LBA team approached the project with a focus on reusing the existing agricultural buildings, minimising waste, and utilising locally sourced materials and trades. This approach was initiated from the design stage and has led to a successful and sustainable outcome, achieving carbon neutral in the EPC ratings.

In order to ensure long-term sustainabil-

ity, the project was strategically designed to include integrated carbon zero technologies such as ground source heat pumps and solar PV. This allowed for the provision of all heating and electricity to the farm solely through renewable resources. Additionally, the car park features multiple electric vehicle charging points for both staff and visitors.

Jeff Manson, co-owner of Orwell Farm commented 'Our vision was to create a sustainable space where a community of businesses can all work, grow and thrive together and we're continuing to work towards that.'

TRAFFIC NOTICES

TEMPORARY PROHIBITION OF DRIVING, PARKING AND LOADING

B996 MUIRS/MUIRPARK ROAD – KINROSS

In order to permit BT Works on the above section of road a temporary traffic regulation order will be prepared. It is to be effective from 8 January 2024 for a period of one day.

The order will temporarily prohibit parking and loading (both sides) on the following roads

B996 Muirs, Kinross from its junction with private access to property known as Number 18, Muirs (311735, 702827) to its junction with Muirpark Grove (311690, 702954), a distance of 135.49 metres or thereby.

Muirpark Road, Kinross from its junction with the B996 Muirs (311704, 702920) for its entire length, a distance of 159.37 metres or thereby.

Pedestrian & emergency vehicular access to premises will be maintained.

TEMPORARY PROHIBITION OF DRIVING, PARKING AND LOADING

A91 DEVON BRIDGE - FOSSOWAY

In order to permit Bridge Repair Works on the above section of road a temporary traffic regulation order will be prepared. It is to be effective from 22 January 2024 for a period of six weeks.

The order will temporarily prohibit all vehicles from driving, parking and loading on the A91 from its junction with the private access leading to the property Fossoway Fish Farm (300997, 701833) to a point 145 metres East on the A91 (301120, 701897), a distance of 145 metres or thereby.

Pedestrian & emergency vehicular access to premises will be maintained.

The alternative route for vehicles is via –

A91 - A823 - A977 - A922 – A91



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WHAT'S ON?

January/February

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Late night Gather & Gab
January 9th: 6pm - 10pm
February 2nd: 6pm - 10pm
Open late, small plates & BYOB

Roald Dahl Afternoon Tea
February 14th - 18th
Join us this half-term for a special kids afternoon tea! Follow us on socials for more info!

Charaid Afternoon Tea
February 10th - 11th
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SARAH RANKIN COOKS



AFTER THE hectic nature of the festive season and the inevitable comedown that New Year never fails to bring, soup can never fail to fill the soul and I have a couple here that feel like a warm hug. First up is a sweet and fragrant beetroot version that's sure to satisfy. I

use fresh beetroot which is incredibly affordable and those you'll find in the supermarket at this time of year are almost always locally grown. You can of course use the ready cooked variety, but be sure you avoid those in vinegar. Using the ready to eat beets will take some

of the messy prep away, and you might find that avoiding the bloodbath that your kitchen will resemble after peeling the fresh ones is well worth the extra cost. Whatever you choose, you'll come back to this recipe again and again as its so simple and easy.

BEETROOT SOUP

You Will Need:

(Serves 2)

- 1 leek, finely sliced
- 1 small onion, finely sliced
- 2 garlic cloves, finely sliced
- 1kg beetroot, peeled and diced
- 1l vegetable stock
- 1 bramley apple, peeled and grated
- 1 cinnamon stick
- 1 bay leaf
- 1 clove, crushed
- 4 or 5 juniper berries
- 1 star anise
- 2 cm of fresh horseradish, peeled and grated
- Olive oil for frying

Fry the leek, garlic and onion in the oil slowly over a low heat so they cook gently and do not colour. This helps to bring out their natural sweetness and enhances the flavour of your soup, so please be patient. Add the spices and allow them to fry for a minute or two before adding the grated apple. Stir those together and add the beetroot and stock. Place a lid on top and bring to the boil. Once boiled, turn down to a simmer and leave to gently cook for 45 minutes.

Allow to cool a little and stir around to find the anise, juniper berries, bay leaf and cinnamon stick and remove them. Add the grated horseradish and blend well. Serve with a dollop of crème fraîche and some peppery leaves like rocket or nasturtium.

The second soup is the perfect way to use up your leftover cheeseboard into a rich and velvety cauli cheese soup with the crunch of fried shallots.

Sarah's Soups



CAULIFLOWER CHEESE SOUP

This will serve 2 comfortably:

- 1 cauli, cut into florets
- 1 small leek, white part only, finely diced
- 1 tbsp butter
- 1 tbsp plain flour
- 200g cheese (any hard cheese you like)
- 100ml milk
- 100ml veg stock
- White pepper
- Salt
- 1 shallot finely sliced
- 1 tbsp seasoned plain flour
- Vegetable oil for frying

Steam the cauliflower until tender, drain and set aside.

Cook the leek in the butter until very soft and translucent. Add in the flour and make a roux. Add in the milk to make a white sauce. Add in the cheese and stir until completely melted. Add in the cauliflower and the stock and cook for a few minutes more. Add salt and pepper to taste and leave to cool.

While the soup has cooled enough to blend safely, toss the finely sliced shallots in the seasoned flour and fry in batches in hot oil until crispy. Dry on kitchen paper.

Blend the soup and check the seasoning when it's cool. Reheat and serve with a sprinkling of the crispy shallots and a little extra grated cheese.



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WE ARE CLOSED FOR MONTH OF JANUARY,
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135 Years – And Still Going Strong!



THE GUILD OF KINROSS Parish Church celebrated its 135-year anniversary in December – one of the oldest Guilds in the Church of Scotland. Members gathered for afternoon tea and welcomed the Guild’s National Convener, Rae Lind, and her husband George, along with the minister of Kinross, Rev Alan Reid.

Rae gave a short talk on the history

of the Guild in Perth and Kinross where there were 45 Guilds on the 100th Centenary in 1987 of the founding of the Guild. She also said that membership of the Guild nationally was rising again. It stands at around 15,000 – one of the largest voluntary organisations in Scotland. This has been reflected in Kinross which has welcomed ten new members who have never

been to Guild before, including two men.

Enid Campbell, of the Kinross Guild leadership team, says: ‘We would welcome more members, including younger people – age is not a barrier. If you want further information, contact our church office (office@kinrossparishchurch.org; 01577 862570) or look at our website: www.kinrossparishchurch.org.’



POPPY SCOTLAND

THE COLLECTION AT the Remembrance Day service in Kinross Parish Church in November raised £438 for Poppy Scotland.

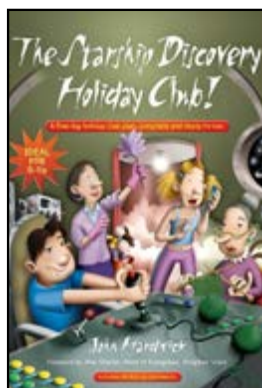
KPC RAISES £2300 FOR SHELTERBOX

THE CONGREGATION OF Kinross Parish Church raised £2,360 for the charity ShelterBox at its September Communion and Harvest Thanksgiving. ShelterBox works internationally to support communities in the aftermath of disaster and conflict, for example in Libya, Syria and Ukraine, by providing initial shelter, essential items and technical assistance.

FAMILY WEEK 2024

SAVE THE DATE for 2024 Family Week, based at Kinross Parish Church, when we’ll be blasting off with ‘Starship Discovery’.

It will be happening from Monday 29 July to Friday 2 August and will include all your favourite Family Week activities. Registration will open on 26 April.



shelter BOX WHAT'S IN A SHELTERBOX?





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LOCH LEVEN'S LARDER

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Open

Why not spend your New Years with Loch Leven's Larder and take a relaxing stroll along our scenic nature trails, before stopping in the café for a bite to eat.

We'll be serving limited hot dishes from our breakfast and lunch menus with last orders at 3pm.

No need to book, just pop along and join us in celebrating the start of 2024.

January 1st/2nd 2024

Opening hours

9AM - 4PM

CATCH THE LATEST NEWS

AT THE TIME OF writing, COP28 has just completed, mentioning fossil fuels for the first time, but only with a weak call for reduction. This is despite us nearing the end of the hottest of the last 100,000 years and with broad climatic impacts of greenhouse gas emissions plain to see. Collectively we need to do more..

The Scottish Government is responding more urgently, recognising that voluntary measures to shift away from fossil fuels are too slow. The proposed Heat-In-Buildings (HiB) legislation is now out for consultation, targeting one of the main sources of emissions, which will enact legal requirements to invest in efficiency upgrades and replace polluting fossil fuels-based boilers, affecting all householders and businesses.

As anticipated by many, the first strand of action relates to energy efficiency of buildings. EPC rating will be extended; not a perfect way of measuring efficiency, but it does currently exist as a mandatory approach. From 2028 (i.e. less than 5 years away), private landlords will be required to meet the minimum energy efficiency standard of EPC C, equating to a space heating energy need of less than 120kWhr/m²/year. For private dwellings this implementation deadline will be extended to 2033.

For many this will require access to grants and loans. Given the range of build standards, this will be, for some, a long and expensive journey. ScotGov talk of working with mortgage companies and other financial institutions to make access to funds easier but, in the current cost of living crisis, this will challenge the budgets of many households. Perth and Kinross Council (PKC) estimate over £900 million pounds is required to upgrade the county's properties.

The second strand of action embodied in the new law relates to mandatory replacement of fossil fuel-based boilers. Following purchase of a home, there will be a limited grace period where the new owner must eliminate a polluting heating approach. This will likely affect house prices where the change has not already been implemented. All buildings will need to eliminate polluting heating by 2045.

In other words, the carrot didn't work too well, so the stick is coming out. The shift to clean energy will be expensive with adaption costs falling primarily on individual consumers, now with legal consequences for non-compliance with HiB.

Another element embodied in the HiB proposal relates to District Heating Networks (DHNs). Heat Networks provide an opportunity to decarbonise faster, with reduced impact and efficiency requirements for the connected buildings. ScotGov is keen to increase the number of networks quickly and are implementing a licensing scheme to protect consumers. Every council has been asked, as part of its Local Heat Efficiency and Energy Strategy (LHEES), to identify heat zones in suitable locations. We have one proposed by PKC in Kinross, centred on the High School and swimming pool.

Where a formal heat zone exists, the HiB proposal suggests that businesses and new builds should be mandated to connect. Also, homeowners with a connection option would be given the choice of connecting to the clean source or investing in short

order in their own individual solution, although the DHN ought to provide the most effective answer with minimal impact. This becomes a legally enforceable way of assuring enough connections to the DHN to be economically viable. If connected EPC upgrades, (and household funding thereof), would not be required, but optional. Regular readers will recognise that there have been many recent articles about district heat.

Networks in this Newsletter

CATCH Loch Leven, as a community organisation, has been exploring the potential and opportunities of such a system to serve the whole community of Kinross and Milnathort. Useful progress has been made on several fronts, including:

- CATCH is now written into the PKC LHEES strategy, adopted by the Council in November.
- We are actively participating in dialogue on various sub-programmes within PKC.
- We have clear support to push on from our local Councillors, Community Councils, Mark Ruskell MSP and a range of community groups.

As a new community-oriented model, it might be applicable in other towns across Scotland.

Historically, there are many examples where, in times of change for our utilities, monopoly rights have been granted to big companies with remote shareholders. This results in profits, from meeting basic needs in the community, being extracted and removed.

The Danish, who are experts in DHNs, have a long-established approach which avoids this, delivery high quality service with strong local accountability. In Denmark there are some 327 local energy COOPs, owned by the consumers of heat, which as non-profit organisations, reinvest any surplus in improving the service, or reducing prices further.

This gets to what seems a crucial point; that of community wealth. If we act together then we can have a DHN:

- Of broad reach, bounded by the motorway and 30mph signs, accessible to all.
- Operating solely for the benefit of residents and businesses in the towns.

Without a strong collective response, and either no local DHN or one optimised for maximal profit for shareholders, the risk is of increased burden applied to individual families and small businesses, where our wealth is siphoned off as a significant part of monthly bills.

The door is open with PKC to grow their initial low ambition here. We are not central Perth, or the area of most challenging deprivation, though do have a relatively high emissions output.

CATCH is working to increase the priority for action here. For this we need your support. Evidence of engagement across the community is fundamental to investor confidence. With a single voice we can grow the ambition to reduce bills and carbon emissions, but also build community wealth and the wellbeing of all who live here.

Get in touch by email at info@catch-lochleven.org.

David Cairns






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KIM GOES TO DOWNING ST

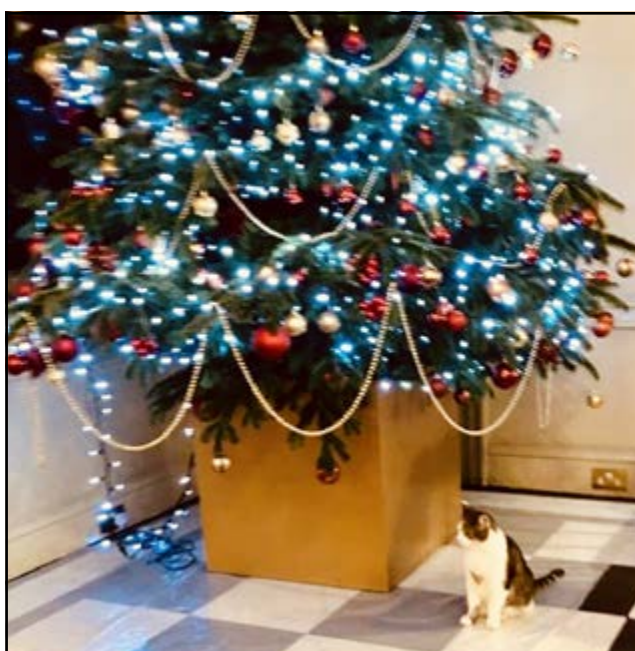
Kim at the door of Number 10 with the Champion Wreath



KIM STOKES, a veteran based in Kinross, is a volunteer at the military charity 'Salute Her UK'. Their free service supports female veterans who have been sexually assaulted or abused while serving in the Military. They offer trauma-informed support, with qualified therapists.

Salute Her UK believes that women veterans are often marginalised and frequently ignored. They advocate for compassionate services, treatment and care.

Of Lord Etherton's LGBT Independent



Review (an Independent Review into the service and experience of LGBT veterans who served prior to 2000) Lord Cashman KC said '...It is a most informative, extremely disturbing, and at times, appallingly repugnant read.'*

Since the review was released, many gay women have come forward to report rape and sexual assault. Many cases were not reported out of fear, say Salute Her UK, and if they were, they were swept under the carpet.

*Recent newspaper reports have brought this to the public's attention e.g. the recent acknowledgement by the Head of the Royal Air Force that an 'unacceptable culture of sexism, harassment and bullying' was allowed to flourish at the RAF's Red Arrows, where women were seen as 'property'***

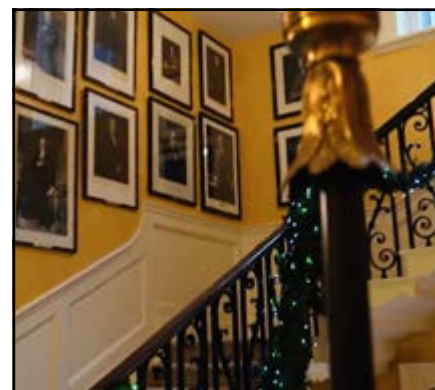
Salute Her UK is a lead campaigner for the investigations of Military Sexual Assault to become totally Independent of the MOD and the Military. Kim herself is currently involved in creating 'safe spaces' for women. This enables them to meet up together, as part of their healing process.

Kim was recently invited to Downing Street. Here is her story.

I was delighted to be invited by The Minister of State (Minister for Veterans' Affairs), Johnny Mercer and Akshata Murty (wife of Prime Minister Rishi Sunak) to a Military Charities Reception in the State rooms at No.10 Downing Street in late November.

After a flight down to London and an overnight stay in the Military Union Jack Club, we arrived by taxi early, so as to get through security.

The Union Jack Club is just minutes from Downing Street and a great location for veterans and their families to stay, when on a visit to the capital.



Prime ministers pictures up the stairs

As we approached number 10, we noticed the Christmas tree was looking splendid just to the left of the entrance.

Since 1982, members of the 'Christmas Tree Growers Association' take part in an annual competition for 'growth of the year' and the 'champion festive wreath' (pictured left).

The winners provide their champion creations for display outside Number 10. The winning tree must be at least 18-and-a-half feet tall! Maybe Kinross's Kilted Christmas Tree should enter one year?

As we entered we were asked to place our phones in our bags or put them into one of the lockers on the way in to the building and our coats were taken by the cloakroom attendants.

Larry the cat made a brief appearance next to the Christmas tree (pictured left) just inside the door of Number 10. We were then guided up to the State Room for a drinks and canapé reception.

As you go up the stairs towards the State room and White Room, all previous Prime Ministers line the walls ... it took a

The white room chairs and flag





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Tonya Ibrahim, Jonny Mercer (Minister for Veterans' Affairs) and Kim Stokes

while for us to move up the stairs here, as we were spotting and naming faces as we made our way up!

We were greeted by Aksharta Murty and Jonny Mercer. (Rishi Sunak was away on the day, sorting out the Elgin Marbles).

We entered The White room where Heads of State are usually greeted – two not so well known paintings by JW Turner hang either side of the fireplace.

We were imagining all the people who had sat in these two chairs, whose lack of ostentation belied the importance of who had actually sat in them.

We were allowed to sit in both the

PMs' chair as well as the chair assigned to the relevant visiting Head of State. We were informed that their flag would be displayed behind them on a visit, however on this day they were both Union Jacks.

I had gone with two other ladies from Salute Her UK along with my good friend Paula Edwards, the CEO of Salute Her UK.

Aksharta Murty made time to chat with everyone, she is a very slight and petite woman. I noticed when we shook hands, how tiny they were and felt they would almost snap if you gripped them too tightly!

She was very engaging and thrilled



Aksharta making time for children at the event

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with the Scottish produce we took along, that I had purchased in our wonderful local shops here in Kinross.

She was amazed and thanked us so much for observing that 27 November 2023 was Hindus 'Holiest day' of the year when they celebrate Kartik Purnama. This occurs when the full moon is at its biggest on the day of the Kartik month. It is Hindu custom to give presents to friends and family, like lamps, flowers and incense sticks along with special satvik foods such as in season fruits and nuts, shortbread, honey and so on.

I took a beautifully wrapped Christmas Pudding from Loch Leven's Larder, some whisky shortbread and some local honey from the girls at Cloverlea Apiaries. She was so appreciative, the gifts were well received along with some Tunnock's tea-cakes and wafers for their two girls, Krishna and Anoushka.

After a couple of elderflower and lime cordials, and prosecco for those who weren't driving later, we made our way to the ladies' powder room. It was painted in a beautiful 'Scottish Thistle' colour. Luckily I'd kept my phone in my bag so I took some pictures as I loved the colour.

I am currently putting together some breaks for women who need time away, to aid recovery, with people who have similar 'lived experiences'. Through a close friend, we are hoping to work with the England Women's Football team 'the Lionesses' and teams within the Women's Super League.

As well as getting a signed shirt for raffle or auction, to raise much-needed funds for Salute Her UK, I am hoping to send a few of our women away to an international game for a long weekend with a chance to meet some of the players! I also hope to extend this collaboration, by working with the Welsh and Scottish FAs and their Women's Teams.

For any woman who has experienced MST there is an opportunity to spend a few days away with free accommodation, food and activities, these are currently in England in the Lake District and in Wales in Hafren Forest. This is in collaboration with Brathay Trust and Radiate Arts.


I am currently looking for people in the hospitality industry in Scotland who could offer a few days in the year, free of charge, as a donation to charity. Ideally we are looking for accommodation to suit a small group of four to eight female guests. We keep the groups small so they can be kept safe.

If anyone can offer an activity suitable for our women to enjoy on a break here in Fife or Perth and Kinross, please get in touch at wrnsveteran@icloud.com.

Kim Stokes

*https://assets.publishing.service.gov.uk/media/64b14c0d07d-4b800133472e9/LGBT_Veterans_Independent_Review.pdf


**<https://amp.theguardian.com/uk-news/2023/nov/01/raf-chief-acknowledges-unacceptable-culture-of-sexism-in-red-arrows>



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 (Nahum Chapter 1 verse 7)

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Councillor Dave Cuthbert



Winter Festival Market

I am the Chair of the Kinross-shire Local Events Organisation (KLEO), which is the voluntary group who put on the Kinross-shire Winter Festival, the Kinross farmers' markets, Leven Voices, Kacophony Orchestra, Comedy Nights, Burns Suppers and so on. During the planning for this year's winter festival market, we considered what we would do should the weather turn against us. One of the interesting things was that nobody suggested re-locating the event to the Campus. Which struck me as odd, until I considered all the impediments that would present. As it was, we were incredibly lucky with the weather and I think the event was generally a great success. The aim of KLEO is to create a sense of community and I think the market helped to do that.

Loch Leven Community Campus

Since being elected to Perth and Kinross Council (PKC), I have been working hard to get the facilities at the Loch Leven Community Campus better used by the community.

There are several impediments which block the use of the campus, many of which have been in existence since the Campus was opened back in October 2009. I think the Campus is currently an untapped community resource and there are a lot of things I would like to see going on there.

To give examples of these: I would love to see a community theatre group putting on regular performances in the Campus. Kinross-shire produces many talented performers and I would love to see the Campus offering a performance school using the amazing facilities it has to offer. There is a climbing wall in the campus, which is currently not in use as it requires a licence. I would love to see a community climbing club accessing this on a regular basis. Finally, I have often thought that the closure of the Perth college facility in Swansacre should have led to them moving to the campus and have wondered why constituents must travel to other places to get these services.

So, I was very pleased to learn that responsibility for the Campus buildings would be moving from the Council's Education and Children's Services to a newly configured service which will have responsibility for the whole Council estate. I attended a meeting of the Campus Management Group last week and the strategic lead for this new service attended this as well, so hopefully the transformation process is starting.

Council tax on Second Homes

At its meeting on 6 December, Councillors agreed to charge double Council Tax on second homes, once the Scottish Government adopt the legislation to do this. Other parts of the UK have already done this, as second homes cause real problems in rural areas. The council's Highland ward has almost 500 of these properties and it has led to house prices increasing to the point where locals find themselves priced out of the market. It also leads to seasonal peaks and troughs for services such as shops in the area. The council agreed to set aside £1m towards affordable housing in rural areas from the additional revenues anticipated in 2025-26 and 2026-27.

202 Bus service

I have been working with the Glenfarg Community Transport Group, who now operate the 55 bus service and do a school run for the Council. They have been doing a fantastic job, more than quadrupling the number of passengers on the route. They have also tweaked their route to allow passengers to catch buses to and from work via the Kinross Park and Ride. I believe they are now looking at changing the timings slightly so that passengers can meet the Ember service, which is moving to an hourly schedule. I think this proactive response is fantastic. Well done guys. The 202 bus service however is not working. So, I have been working with

the group and officers to see if they could take over the 202 bus service, which runs from Kinross to Dollar and Tillicoultry. I am hopeful that this can be moved forward over the next few months.

A977 Mitigation Measures

The traffic lights at the junction between the A977 and the end of School Lane in Crook of Devon have now been installed and are operating. Feedback I have received, is that the way that these lights work will need to be tweaked to make them operate effectively. Officers have confirmed that they will monitor the situation and will adjust them as required.

The traffic lights in Drum have been delayed due to the cold weather snap. I have been told that the traffic signal equipment installation is programmed to begin on 8 January and officers expect to be able to switch on the junction between 15 and 17 January. The necessary road marking changes will also be undertaken during this time.

I am disappointed that there has been a delay, but I am looking forward to the lights being installed and made operational. These lights will work in the same way as the lights in Blairingone, thereby hopefully slowing traffic through Crook of Devon.

Funding for these works was obtained by me in 2017 and I negotiated a top up at the Council's budget meeting in March this year. The work is important as the A977 is one of the busiest roads maintained by the Council, carrying more heavy-goods vehicles than any other non-trunk road in Perth and Kinross. This makes it a huge issue for residents who live near the road.

Cleish Primary School Sign

A new sign was erected outside Cleish Primary school to advertise its presence. The sign is in my view, big brash and totally inappropriate for the conservation area. The four local councillors were contacted by Cleish and Blairadam Community Council who also felt that the sign did not fit within their conservation area. I have been pursuing this issue with officers, who have now agreed to liaise with the community and to erect a more appropriate sign in the village.

Councillor Dave Cuthbert

The poster features the Kinross High School logo (a colorful flower-like shape) and the text: 'faculty of Pupil Support KINROSS HIGH SCHOOL'. Below this, it reads: 'Pupil Support Café', 'Every Thursday at Kinross High School in the meeting room beside library.', 'Enter through school reception', 'All welcome', 'Selection of cakes plus either tea or coffee - £1', and 'Funds are used to buy new resources for the Pupil Support Faculty'. At the bottom, there are three small images: a cupcake on a stand, a cup of coffee with a spoon, and a plate of scones.

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Councillor Neil Freshwater



Revisions to Community Council rules

Kinross-shire is very fortunate to have all six community councils (CC) operating. They do excellent work. Some wards in PKC have no CCs functioning (Perth North and City South wards) and some have as many as many eight, with still space for more (Highland ward). Kinross-shire is also unique in having the devolved Kinross-shire Committee which devolves powers to the county and I believe helps to empower community councillors. The rules ('Scheme of Establishment for CCs') governing CCs are legally required to be reviewed by PKC on a routine basis and this was done recently and approved. Most of the changes are a tidy up, but it does modernise the wording of the rules such as allowing digital banking and online meetings. It was also agreed to remove the power for CCs to create sub-areas as it was deemed this can be a barrier to participation. Nonetheless, the review provides an opportunity to remind us of the great work that volunteer Councillors do in their areas.

Town centre shops

It's great to see that there is continued demand for retail units in Kinross and Milnathort with vacant properties generally filled after a short period of time. Recently we've seen the Audrey T salon move to premises on Kinross High Street, Tartan Kipper open in the former bookmakers, and I note the vacant shop at number 145 (next to Mark's Barbers) is being proposed as a pharmacy. I think we are fortunate that while there are many other towns whose High Streets struggle, we are fortunate. This poses the question of there being enough space for all the businesses, and this will be something that will be monitored, but on balance it's good to see businesses thrive.

Another pharmacy for Kinross? Have your say

Further to the above, Kinross Pharma Ltd is considering submitting an application to open a pharmacy at 145 High Street, Kinross. NHS Tayside is consulting on the proposals and readers can have their say online at <https://uk.surveymonkey.com/r/KYT7FBG>. There is also a link on the NHS Tayside homepage. I presume this would be in addition to the two existing pharmacies in Kinross and Milnathort.

And finally...

I enjoyed reading the article by Jo Middlemiss in last month's *Newsletter* about her time in Norway and the comments about how bad we are here at speaking second languages. I agree with her. Not having the fortune of being a councillor full-time, I – like many others – have another job, which is for the local branch of a Danish company. So I can relate to Jo's comments about how good the Scandinavians are at English. Reflecting on this some time ago, it dawned on me that as nice a 'problem' as it is to have, there is no default second language for native English speakers. You could be fluent in Spanish, Polish and German, but that's useless when visiting Greece or France. This is of course a complacent and arrogant view, but it does perhaps explain our inadequacy. Former UK education secretary Charles Clarke proposed this week that we should teach languages in the same way as we do music performance, with graded exams, rather than shackle them to the school curriculum. I think this idea has much merit and might even mean some more Norwegian speakers here in Kinross (I've tried Danish and it's very hard but am told Norwegian, despite its similarities, is much easier)!

And with that, I hope you all had a wonderful Christmas and wish you a prosperous 2024.

Councillor Neil Freshwater

Politicians

John Nicolson, MP

Once a year, the UK Youth Parliament is invited to hold a debate in the Commons Chamber. And last week I was asked along to listen in and say a few words.

Some people say that young folk aren't interested in politics. And it's true that they can be cynical about political parties. But they care passionately about issues.

And they care about one another. The contrast between a Chamber filled with MYPs (Members of the Youth Parliament) and MPs was stark. They listened intently to other Members. They kept to time. They applauded rather than making the weird grunting noises many MPs make to denote approval.

None of this went unnoticed by the Commons door staff who have had to endure adult MP tantrums over the years. "I'd like to see this lot here every day instead" one staff member whispered to me.

Some kids were there but still questioned whether politics achieved anything. And for them I pointed to the incredible social progress we'd made against the odds. They knew about the Suffragettes and their struggles against an unyielding Establishment. But many hadn't realised the relatively recent equality laws passed to protect the rights of disabled people, and to make racial discrimination illegal. And when I told them that when I was born, gay men could be arrested for holding hands in the street there was an audible gasp.

That day's debate was about food poverty. MYPs were outraged that some of their contemporaries went hungry in this, the fifth wealthiest country in the world and there was a vehemence in their condemnation of political leaders who had presided over such inequality. Because one thing seemed to unite the teenagers who'd come together from every corner of these islands – they were compassionate.

When it was my turn to speak I knew there was one unaddressed issue on everyone's lips – the bombing of Gaza. And so I tackled the issue of integrity in politics. MPs, I argued, had seen their conscience tested in recent days. My party – the SNP – had proposed a motion supporting a ceasefire. Symbolism matters in politics. And given our role in the division of the Ottoman Empire and imperial control of Palestine we have a special responsibility to speak about promises we once made and broke.

The Labour Party leadership had threatened any of its MPs with punishment if they voted in the Commons for a ceasefire and I told the story of one of my best friends in the place – a young Labour MP who had defied his whips and was waiting to see what retribution he would face for following his conscience.

He is ambitious, I told the Chamber. But his conscience matters more to him than his career. That's integrity.

The House rose in a standing ovation. And in the days following I've had emails and Direct Messages on social media from kids across these islands – thoughtful, detailed, sensitive communications showing empathy for the students' contemporaries in both Israel and Palestine.

I hope many in the Chamber enter politics. I have a feeling our future is safe in their hands.

John Nicolson, MP



Liz Smith, MSP

On Thursday 23 November, I was delighted to attend the Herald Politician of the Year Awards at Prestonfield House in Edinburgh and even more delighted to find out that the campaign of the year was named as the Public Inquiry into Professor Eljamel.



I want to pay tribute to Kinross resident Jules Rose who has led this campaign following her traumatic experiences. For the last ten years I have worked with Jules, and fellow campaigner Pat Kelly, to seek justice for the former patients of the disgraced neurosurgeon at NHS Tayside, Professor Eljamel.

Over this time many more patients have come forward. Each with their own harrowing story of Eljamel's operations and whose clinical malpractice has inflicted overwhelming pain, misery, and trauma upon his victims.

Worse still, we now know that Eljamel's butchery was allowed to continue despite warnings beyond reasonable doubt. He not only ruined the lives of patients, but their families who also had to adjust to living with the horrific consequences of his crimes.

On 7 September we eventually witnessed a breakthrough. The Scottish Government finally granted a full independent inquiry into the circumstances which allowed Eljamel to harm so many patients.

It is essential that this process can begin as soon as possible as the nature of Eljamel's crimes means many worry they will not live long enough to see the outcome and conclusion to this tragic affair.

Those responsible for this negligent lack of supervision will soon be compelled to face the scrutiny of the inquiry panel. Hopefully, this inquiry will ensure that events such as this can never be allowed to happen again.

I would like to send my best wishes to Jules and Pat who without their steadfast campaigning may have seen up to 200 patients continue to suffer in silence.

Their unwillingness to give up, despite being obstructed and knocked back at every turn, is a credit to their dedication for answers.

Their relentless campaigning achieved the much-needed media coverage and public support that has delivered this outcome in the form of a public inquiry.

There remain many unanswered questions and ongoing frustrations, but things are, finally, moving in the right direction. This award is their victory.

Liz Smith, MSP




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JANUARY CHANGES

WINNING WAYS

by Jo Middlemiss



There is no better time than the beginning of the year to change your mind for a change. Nothing will ever change in your life until you make the initial change in your head. All the slimming classes, nicotine patches, new trainers and gym memberships will cost you lots of money with doubtful outcomes. Changing your mind, on the other hand, costs you nothing, but brings you massive benefits. It's just so exciting when a person decides to stop blaming pressure and society for the way things are. For the most part, things are the way they are because that is the way we let them be. Often there is not much we can do about world events but lots we can do

about our response and attitude to them.

There is an old Indian legend that tells of a dog wandering about in the jungle. He comes across an extraordinary golden temple glitteringly decorated with wonderful mirrors.

As he entered the grand hall, he was suddenly faced with the sight of thousands of dogs. He bared his teeth and so did all the watching dogs. He started to bark and, terrifyingly, so did the others. He charged his reflection, it fell into many pieces around

him, and he fled terrified back into the jungle. Many months later, another dog entered the temple. He had been wandering alone for a long time, and was pleased to see so many companions. He started to wag his tail, and so did all the other dogs. The dog had a happy experience in the hall of mirrors, because of the attitude he had brought with him. So it is in our lives.

Attitude is the primary thing that affects our lives. Good luck only has a little to do with it. You really do make your own luck, and life reflects your attitude to it. I have just finished reading a book that I love to read over and over again, especially at the beginning of the year. It is short, easy to read and wonderful story, but the message of the story is the important bit. *The Alchemist* is by Paulo Coelho. It's the story of a young shepherd from southern Spain. He could stay in one place, and do what generations before him had done, but he wants to find his heart's desire. Once he has made this decision, the universe conspires to help him learn all the lessons he needs to learn, in order to find his life's purpose.

Time and time again, I get people saying to me that it's just not realistic to keep being positive. Many people use negativity as a sort of charm against bad luck. 'If I worry about this enough, it might not happen!' What they don't realise is that they are actually behaving like the fearful dog in the hall of mirrors, rather than the cheery tail wagger. Tough things happen to positive and negative people alike, but the positive ones turn things round for the best, and the negative ones have a good old "poor me" moan.

Have a Happy and Positive New Year.

Jo Middlemiss MBE

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Kinross Hub Jan Calendar



The sessions are drop-in but if you prefer an appointment time, please phone the number detailed for the agency you wish to connect with, or contact: Shona Fowler on 07896 280843 shona.fowler@nhs.scot, or The Social Prescriber southsocprescribers@pkc.gov.uk

- Wednesday 3 January** 2pm-4pm
PKC Social Work for signposting & support
Tel 01577 867300
- Thursday 4 January** 10am to 12.30pm
Broke not Broken – to offer advice, connections to support and also for foodbank referrals. Tel 07518 913107
1pm- 3pm
Mindspace – Info on supporting mental wellbeing. Tel 07928 859628 or 01738 631657
- Friday 5 January** 10am -12noon
VOICEABILITY for free advocacy regarding benefits access and supporting people to be heard in decisions about their health, care & wellbeing. Tel 07918 560891
- Wednesday 10 January** 1.30pm – 4pm
CATH will support with form filling – PIP, Universal Credit, Blue Badge etc.
Tel 07955333163
- Thursday 11 January** 10am - 12noon
Home Energy Scotland offering impartial advice on energy use, keeping warm and minimising costs. Tel 0808 808 2282
1.30pm – 3.30pm
PKC Employment Support Team: Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis, sensory loss or physical disabilities. Tel 07788 389659
- Friday 12 January** 10am – 12noon
Community Listening Service, an opportunity to talk, particularly during stressful events at home or work, or after bereavement or loss.
Tel 01382 423116 or 07967 771941. Email: tay.listening@nhs.scot
- Wednesday 17 January** 1pm - 3pm
Support Choices offers independent information and advice about Self-Directed Support and social care. We can support at any point of your care journey.
Tel 01350 729130
- Thursday 18 January** 10am – 12noon
Older Peoples Mental Health Team here to support and advise on all aspects of mental health for the over 65s. Tel 01764 653173
2pm-4pm
Camille Vickers, Social Prescriber – Community Connecting/ Signposting
Tel 07775 701630
- Friday 19 January** 10am to 12.30pm
PKC Skills & Employment – support & advice re CVs, Job search, support after redundancy etc. Tel 07867 351268
- Wed 24 January** 1.30pm – 4pm
CATH will support with form filling – PIP, Universal Credit etc.
Tel 07955 333163
- Thur 25 January** 10am to 12.30pm
Broke not Broken – to offer advice, connections to support and also for foodbank referrals. Tel 07518 913107
2pm – 4pm
PKC Housing Team for housing advice and signposting to their service. Tel 07917 552231
- Friday 26 January** 11am – 1pm
Social Security Scotland offering advice on their benefits – Adult Disability Payment, Carers Allowance Supplement, Child Disability Payment, Funeral Support Payment, Best Start Grants etc. Tel 0800 182 2222

LOCAL ADVICE HUB

THE ADVICE HUB IS a partnership between Kinross-shire charity Broke not Broken, P&K Health and Social Care Partnership and Loch Leven HC. It provides a much-needed local drop-in facility to support people with community connections, signposting to benefits services, foodbank support, mental health agencies and community organisations.

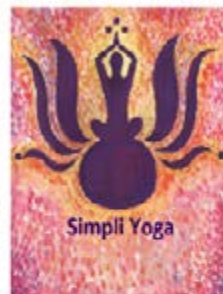
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If you wish to connect with Broke not Broken directly Danielle is in the advice hub on Thursday mornings or can be contacted on 07518 913107 or email admin@brokenotbroken.org

The Social Prescriber will connect you with local community groups, supportive exercise sessions, walking groups, green/nature prescribing activities, volunteering, learning opportunities or help you link with another agency. They can be contacted via southsocprescribers@pkc.gov.uk

These are just examples so please contact us if there is anything else you need or want to discuss with us. We're always available for a friendly, informal chat.

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ARTEFACTS & CURIOS

The Community Council News is based on draft minutes of local CC meetings. Full draft minutes are posted on local websites and notice boards. Please note, the Community Council News is not a verbatim reproduction of CC minutes. Where there are two months' worth of reports, there will be a considerable amount of editing.

Fossoway Community Council News from the December Meeting

<https://www.fossoway.org/community-council>

Present on 5 December were Councillors S Bruce-Jones, T Lamb, N Marchant and G Pye; Assoc Councillor C Farquhar; Cllr D Cuthbert; 12 (MoP).

Apologies: Cllrs N Freshwater, W Robertson and R Watters; Councillor A Cheape.

Declarations of interest

Councillor Cheape declared an interest in Planning Application 23/01961/FLL.

Community Police report

An assault took place in Crook of Devon on 13 November, the assailant has been charged; A driver was charged for Drink/Driving on the A823 by Rumbling Bridge on 25 November; Speed checks were carried out on the M90 by Roads Officers and the local perform checks as part of their normal patrols. On 24 November a driver was charged with careless driving in Powmill; on 2 December while carrying out speed checks in Carnbo, Roads Officers stopped a vehicle the driver was found to have no insurance or licence.

Matters arising

Windfarms

Councillor Bruce Jones reported that there were 110 responses to the survey (11.7%) and they are currently being collated. There will be a public meeting at Carnbo Village Hall in the last week of January to share the responses.

There was a good representation from the various areas with 14% from Carnbo. 63% of respondents were aware of the wind farm proposal, although only 26% had attended any of the public events. A significant number of respondents (over 80%) gave detailed answers to the questions.

The Brunthill Section 36 application will be submitted shortly, the CC will receive a digital copy and a hard copy of the application will be made available to view at Carnbo Village Hall, Loch Leven Campus Library and Bell's Library Perth.

A MoP asked if it could be placed in the mobile library as well, but there isn't sufficient space and it doesn't visit all areas.

The Craighead developers had sent a Memorandum of Understanding (MOU) about Community Ownership of the scheme.

The MOU states that 10% of the company will be offered to the community – but it's not clear what communities it would include. Getting an MOU signed is in Galileo's interest as Community Ownership is a key goal of Scottish Government renewables policy. Councillor Bruce-Jones has consulted various community organisations and been advised not to sign it at this stage. Consequently the CC has replied to that effect.

Councillors Bruce-Jones and Lamb attended a meeting with other CCs affected by windfarms in the Ochils – this is not a forum to oppose or support windfarms, each CC retains the right to make their own decisions. The aim is to collaborate on mitigation measures and get the best Community Benefit. The Chief Officer of 9CC, a group of nine CCs in Ayrshire, explained how they are handling Community Benefit from turbines in their area.

Although the scope of Community Benefit is entirely in the gift of the developer, Scottish Government guidelines specify that the benefit continues in perpetuity regardless of change of ownership. The CC agreed to continue consulting with the local

CC group (7CC.) A MoP asked if the CC could get money from developers to pay experts, however the CC members were very reluctant to follow this route.

Community Development Trust

Councillor Marchant provided a report from the 15 November meeting of the Trust: A website for the CDT with local information is being developed; The Community Action Plan (CAP) and LPP will be prepared in conjunction with the CC; Funds are being raised to develop a proper feasibility study and Business Plan for Blairingone School; Glenfarg Transport Group are interested in joining with the CDT to take over the 202 service. PKC have agreed to fund the CAP/LPP and website along with an administrator.

Road Safety in FDCC area including A977 mitigation measures

The traffic lights at Drum crossroad are being worked on, the plan is to complete by end of December in spite of cold weather affecting tarmac.

A MoP had raised concerns about the new traffic lights beside Country Fabrics, they had assumed that the new lights would work in sync with the old lights, but they are currently independent. PKC are studying this to see if it needs to be changed.

Another MoP was concerned about the lack of a footpath connecting Carnbo to the Gelvan Road, especially in the winter months when the verge can be very slippery, although the new 30mph limit is helping to reassure pedestrians. There are no countdown signs at west end of Carnbo. The CC proposes to re-examine the priority of traffic measures once Drum signalisation has been completed.

Fossoway area transport – 202 bus service

Councillor Lamb reported that the 202 service has been more reliable this month with only one breakdown. There are still problems with the tracking system. The major issue is restoring public confidence in order to improve take-up.

Crook Moss Travellers site

Cllr Watters had confirmed that the PKC engagement contact is Zoe Garvie. Councillor Farquhar said that things are currently very difficult at the site due to recent bereavement. The CC's aim is to get the Travellers to feel part of the local community and hence co operate with them. Councillor Farquhar has obtained two contacts at the site and in conjunction with Zoe will try to move things forward in the New Year.

FDCC By-election results

Councillor Marchant reported that the CC had three newly elected members who will formally join the CC on 7 December 2023. They

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are Adrian Carter, Angus Cheape and Tony Lamb. This means we still have the option to co-opt two additional members.

New Business

Cllr Freshwater reported that new grit bins had been requested at Aldie Hall; A MoP suggested Craighend Road as an additional site.

Consultations

Scottish Woodlands sent a consultation for the creation of Foswell Woodland on the northern facing slopes of Steele's Knowe and Carlownie Hill in the Ochil. The CC will comment, even though it is outside our district.

Scottish Water has sent a survey regarding the service they provide. The CC will respond.

Scottish Government

Democracy Matters Phase 2

Conversations have already started to explore whether far more decisions could be made by communities themselves. <https://consult.gov.scot/local-government-and-communities/democracy-matters/> Closes 28 February 2024.

Tackling the Nature Emergency: Consultation on Scotland's Strategic Framework for Biodiversity

This consultation is seeking views on a range of proposals related to biodiversity and tackling the nature emergency in Scotland. <https://consult.gov.scot/environment-forestry/tackling-the-nature-emergency/>

A draft response was prepared by Adrian Carter at the request of Cllr Marchant, which will be submitted shortly. Disappointingly it's essentially a process document with many aspirations but no concrete proposals other than in the National Parks. There is little coverage of the Lowlands at all and nothing about rivers and lochs which would apply to our area.

Proposals for a Heat in Buildings Bill

Like many other countries, Scotland has a legal target to reach 'net zero' greenhouse gas emissions. There is no way to meet 'net zero' without changing the heating systems in the vast majority of our buildings. This consultation describes proposed new laws about heating systems in homes and places of work, and to invite your views on those proposals.

<https://www.gov.scot/isbn/9781835216118>.

Closes 8 March 2024.

The CC will respond to this in due course, meanwhile the CC urges individuals to make their own comments. Cllr Pye noted that his initial study of the proposals indicated that they may be unrealistic for the majority of rural properties.

Community Council Business

Cllrs Bruce-Jones, Cheape, Farquhar and Marchant attended the CDT on 15 November.

Cllr Bruce-Jones attended the Kinross shire Committee on 16 November. Items covered included active travel; Blairingone School purchase is still in progress; Cllr Watters is trying to get a banking hub in Kinross or Milnathort.

Cllrs Bruce-Jones and Lamb attended the Sustainability Group of 7CCs Regarding Windfarms on 21 November.

Cllr Marchant attended the Planning Aid Scotland Webinar on Development of Local Place Plans on 21 November.

Cllr Cheape attended the Kinross Fund on 4 December – £2000 was granted to Light up Kinross.

Councillors' reports

Cllr Cuthbert said that there was due to be a Full Council Meeting on 6th, among agenda items is whether second homes would be charged twice the council tax, now allowed by Scottish Government, this could raise £2M in PKC alone.

Cllr Cuthbert will propose that £1M be ring-fenced for affordable housing. There could also be a moratorium on short-term rentals.

Planning Matters

Presentations from Developers – Position Statement

The CC has been approached by a developer who wishes to present their proposals regarding land in our district at a CC meeting. As we expect to have more requests in the future we wanted to agree how to respond. We have already said that the CC intends to prepare a LPP in partnership with the CDT which will provide spatial maps indicating areas that the community believe could be developed and their possible intended use.

Therefore, whilst the CC is happy for developers to make a presentation to us, they would be before the start of our formal meeting, and occupy a maximum time of 15 minutes. The CC will not make any official comment or provide feedback ahead of the completion of our LPP, although MoPs can ask questions and make comments if they wish.

Planning Applications

23/01794/FLL Change of use, alterations and extension to sawmill to form dwellinghouse and formation of vehicular access at Land 40 metres south east of 1 Nursery Cottages, Solsgirth, Dollar, no CC comment.

23/01619/FLL Formation of access track, erection of stables, siting of a caravan, and associated works (for temporary period) (in part retrospect) at Land 250 metres north of The Farmhouse, Easter Muirhead Farm, Blairingone, Dollar.

The CC objected. Access via a narrow single-track road does not comply with NPF Policy 29.

23/01813/FLL Extension to dwelling house at Suilven, Drum, Kinross, no CC comment.

23/01961/FLL Erection of a dwelling house and associated works at land 250 metres south west of Broomhill House, Station Road, Crook of Devon, Kinross KY13 OPG. The CC objected – No information to suggest the application is not contrary to NPF4 Policies 1, 9 and 17.

23/01865/FLL Extension to dwellinghouse at Craighead House, Drum, Kinross, no CC comment.

23/00491/FLM Formation of leisure development comprising erection of 124 holiday accommodation units, community hub with reception/leisure/retail areas with other associated uses, formation of vehicular access, motorhome stances, SUDS ponds, treatment plant, parking, landscaping and associated works at Whinstone Quarry, Devonshaw, Powmill.

The CC had obtained an extension in order to further discuss this application at this meeting.

The Fossoway and District Community Council in principle have supported the development of the Devonshaw Quarry site as it has long been a concern for the safety of visitors who predominantly use the area in the summer months. We recognise that this is unauthorised use and leads to litter and unsafe parking on the A977.

Initially the CC had made a series of neutral comments on the application expecting that the developer could accommodate



them, enhancing the biodiversity of the site and contributing towards active travel for visitors and local residents. However, we are disappointed with their response to PKC.

The CC now Objects.

Unacceptable impact on the natural environment, contravening NPF4 policies 3 and 4; No provision for sustainable travel (NPF4 policies 13 and 30.) The CC seeks an assurance that all owners of the lodges will be made fully aware of the occupancy restrictions of the site.

Planning Decisions

21/02133/AML Planning permission appeal: Erection of 10 dwelling houses at land 70 metres west of Innerdownie, Crook of Devon.

The DPEA have agreed to the appeal. In summary they believe the site can accommodate the ten houses and that their character is consistent with the village and will not generate a significant increase in traffic. Also believe that biodiversity will not be adversely impacted.

23/01265/FLL Siting of a container for storage use (in retrospect) at Waulkmill Park, Waulkmill, Crook of Devon. Application was approved, no CC comment.

The next meeting of Fossoway and District Community Council will be held on Tuesday 2 January at 7.30pm in Powmill Moubray Hall. All are welcome!

**Milnathort and Orwell
Community Council
News from the November Meeting**

Present at the meeting held on 9 November were CCllrs N Bingham, A Wanless, P Britton, M Thomson, K Heneghan, A Macrae, Cllr Robertson and 37 MoP.

Apologies: Cllrs R Watters, D Cuthbert, N Freshwater, L Watson (MPS) and PC Ben Samson.

Police matters

From 12 October 2023 (last meeting) there have been 35 calls to Police from the Milnathort area and 4 crimes recorded on Police systems.

Crimes of note (since last meeting 12/10/2023)

Theft by housebreaking (Back Loan, Milnathort)
MO Force open a shed with a crowbar causing damage and then stole a work bench which was recovered Subject to live investigation.

Assault to injury (Stirling Road, Milnathort)
MO Stab victim in the stomach with a knife causing an injury that required stitches: Charged and reported to the Procurator Fiscal.

Road Traffic Matters

Community officers are aware of regular areas where there are complaints about speeding in and around Milnathort. These are

all on our speeding matrix and we will continue to make efforts to carry out speed checks across the area during our patrols.

Traffic units have been carrying out speed checks in the area and have issued tickets since the last meeting, most notable during speed checks on the M90.

Actions from previous meeting

Liaise with Kinross CC to write a letter to PKC in support of the flood alleviation scheme and the benefit to residences and businesses in the area and the potential impact if there is a delay in completing this work. Neill updated that they submitted a comment on the PKC portal in support of the flood alleviation works.

Gate/bridge/fence gate to Fleming Court

The gate procurement is in progress.

Broken dog bin at Tillywally Woods

Cllr Watters received an update from the responsible PKC officer that they were awaiting stocks of new dog bins and when they arrive they will schedule in the bin to be replaced.

Milnathort Primary School Update

Laura was not present but provided an update readout by Neill MPS have been successful in their grant application to the Nature Restoration Fund.

The funds awarded will go towards encouraging wildlife and habitats and promoting biodiversity within the grounds of MPS. The project will promote community involvement with the school as well as helping to develop the school’s outdoor learning curriculum.

MPS have been raising awareness for Remembrance Day and collection are underway for the Rotary Shoebox Appeal.

MPS have re-established links with the Orwell and Milnathort Parish Church and as part of our Religious and Moral Education (RME), P1-P7 classes will attend a Christmas Service on 22 December 2023.

MPS continue to promote safer routes to school and our Junior Road Safety Officers (JRSOs) continue to promote road awareness and safety.

Core Paths Update

Finalising a date with Alistair McLeod at PKC to waymark various Core Paths in the area.

The Core path Group are planning to re-commission the Core Path that runs from Stirling Road to Pitdownies, this Path will at least get cleared this year.

Approximately 10 trees at Crow Wood were blown down during the recent storm. They completely blocked the Core Path there. These have now been removed.

Fly-tipping on the Core Path at the old Arlary railway line. Landowner has been informed about this. As it’s private land, PKC aren’t obliged to remove it.

Community Greenspace have been contacted for an update regarding the replacement gate off South Street at Lathro.

Milnathort Core Paths Group have been funded by PKC Community Investment Fund to buy our own flail.

Planning

Decisions

23/00775/FLL P8 Kinross-shire Erection of a dwellinghouse and agricultural shed, land 150 metres north-east Of Meadowside Middleton, Milnathort for WS Young And Son, refused.

Large Planning Applications

Ex-BCA – developers present to give an update on their planning application.

Graeme Reid, London and Scottish developer, gave an update on the BCA site, to be named Loch Leven Gateway.

They have completed the public consultation, which is a precursor to submitting the application.

They held two public meetings, and were delighted with the

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positive response from the community, they were well attended and a lot of feedback forms were returned complete with some useful feedback.

They are using this feedback to identify a phase 2 to the development.

The proposals have been well received, most people wanted to see the area benefit from the proposed shops. There will be no chicken or burger related drive through. Report will be created and submitted to PKC with the planning application.

They are waiting on the outcome of the Aldi application before proceeding with their proposal as it may have to change or adapt depending on the outcome.

The food discounter proposed as part of the Loch Leven Gateway development believes that there is only room for one discount food retailer in area.

The flood alleviation is needed to start first before the development can start. They visited the public consultation, and now the council will review the findings and move forward to get the funding, the timeline for starting and completing the flood alleviation has much improved from previously published, and is better for the Loch Leven Gateway development.

Audience members asked a variety of questions and below is a summary of the outcome of the discussions:

Graeme confirmed that if the Aldi application is rejected, there is no guarantee that the Loch Leven Gateway will get approval and go ahead.

PKC may want to review both application at the same time, this has been the approach by councils in the past, however the Loch Leven Gateway application will not be submitted until the outcome of the Aldi application is known.

Analysis performed by Lidl is that they area can support one discount supermarket in the area. This was challenged by a number of the audience, as nearby towns have two discount supermarkets, and a major supermarket larger than our own Sainsburys.

Graeme confirmed that they, the developer now owns the Loch Leven Gateway site. They have a plan B for the development if the initial proposal does not continue, but it will not be based on the same type of retailers.

Please visit the LSPIM website for more information and news:

<https://www.lspim.co.uk/bca-kinross-consultation>

Aldi planning application

Comments on the planning process are to be submitted to the PKC portal by 14 November.

Comments from a number of audience members included:

- The proposed site is unsuitable.
- The updated change to loading bay now make is unsafe for cars as delivery lorries are now accessing the site via the same entrance and may be reversing while traffic are trying to enter and leave the site.
- I don't like the site – the changes proposed are irrelevant, 10,000 cars is a modest assessment of the increase of cars, I think it is likely to be nearer 15,000. The volume of traffic has increased thru the village with the new housing developments in both Milnathort and Kinross.
- Traffic is going faster, and a few accidents at the junction to the development.
- More traffic already in the village, a bonus for the site is that a lot of local people could walk to the site.
- I've never experienced 1000 cars at Aldi in Cowdenbeath or anywhere else for that matter, I never see a queue or trouble to park at Perth for example.
- The junction at the end of the road, is too narrow for HGV.
- Will they put in traffic lights?
- Having this development is a benefit to the community, do we just want to be a village where people come back to sleep and we have to travel to do all our shopping.

CATCH presentation (Climate Action Through Community

Heating)

David Cairns from CATCH gave an overview on what CATCH is, the benefits it could provide to our community and what they are planning.

In summary CATCH are a local group exploring how to reduce carbon emissions, heating prices, and improving community wealth in our local context.

CATCH are exploring the role of District Heating (DH) as a solution to this and plan to explore this more and requested support from the local community.

Response from the audience was positive and the community council encourages all initiatives of this type to help explore new ideas as a mechanism to improve our lives and in the process help improve the environment and help with the cost of living crisis. The CC agreed to write a letter of support for CATCH that will help in applying for funding from PKC.

Councillors' reports

Cllr Robertson

LDP3 – Big Conversation is ongoing where communities get to input on what they want or don't want in their area.

The next meeting of Milnathort and Orwell Community Council will be held on 11 January 2024, 7.30pm at Milnathort Town Hall.

Kinross Community Council News from the October Meeting

Present at the meeting on 24 October were: CCLrs L McKay, W Freeman, E Leslie, H Phillips, C Collins, S Wells, B West, M Wilson and C Willsher, Cllrs N Freshwater and Cllr R Watters and Mrs C Aird, minute-taker and 8 members of the public.

Apologies: CCLr T Stewart, Cllr W Robertson, Cllr D Cuthbert and Police Scotland.

CCLr L McKay introduced CCLr Brian West and CCLr Chris Willsher, both of whom had recently been co-opted to the Community Council.

Police Scotland Report

Since the last meeting, there have been 71 calls to Police from Kinross area, with 11 crimes recorded. Crimes of note:

Racial abuse of a retail worker (Sainsbury's, Kinross) and Theft of motor vehicle (Dalwhamie Street, Kinross)

Both charged and reported to the Procurator Fiscal.

Subject to live investigation:

Theft by housebreaking (Wilson Court, Kinross)

Theft by housebreaking (Maree Place, Kinross)

Theft of car registration plates (Green Park, Kinross)

Theft by housebreaking (Argyll Road, Kinross)

Theft of motor vehicle (Myre Terrace, Kinross)

Police patrols have increased. If residents would like prevention advice, email taysidekinross-shirecpt@scotland.police.uk

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CATCH Loch Leven

Cllr McKay introduced David Cairns (chair), Bill McDermott and Mike Ramsay to the meeting.

Mr Cairns and his colleagues were present to speak to the Community Council about ways to reduce heating costs for the residents/community of Kinross and Milnathort via a District Heating Network.

Mr Cairns advised that CATCH were working on a local heat and energy efficiency strategy which involved utilising Loch Leven as a heat source, thereby supplying energy to homes in Kinross by means of underground pipes. He advised that 60% of PKC households are now defined as being in fuel poverty, stating that the country was in a climate crisis, and new energy sources need to be found. While heat pumps are a great source of renewable energy, two-thirds of houses would require a major upgrade for their installation to be successful. District heating is not a new idea: it has been successfully implemented elsewhere, mostly in Europe, providing low cost, low carbon energy to local communities and the technologies are well proven.

Loch Leven is currently under stress. Climate change is driving rising temperatures, combined with long standing issues of nutrient run-off which are changing the eco-system balance and CATCH had asked to present to KCC about their project.

After the presentation, members of KCC confirmed that they were happy to encourage CATCH to continue with their work on the project and wished them success with public consultation work.

Minutes of September meeting

Cllr C Collins raised concerns regarding inaccuracies of the draft minutes of the September meeting regarding item 6, Potential Kinross Community Action Plan and stated he had sent a number of emails to which he had not received responses. Cllr Collins raised a number of concerns with the minutes, namely the omission of the name/job title of the representative from STAR (Lesley Campbell, STAR Group Senior Consultant), the description of STAR as a 'local action group', the way in which the meeting had taken place without anyone else from the CC being invited to attend, the delay in information being relayed to CC members, the way in which the presentation at the meeting had seemed to be a 'fait accompli' and the omission of a large part of the conversation from the discussion at the September meeting.

Cllr McKay apologised for not amending the draft minutes to include Ms Campbell's name – and for the delay in passing information on – this had been due to Cllr McKay becoming unwell. Cllr McKay agreed to the draft minutes being amended regarding the description of STAR. It was also noted that it was Cllr S Wells who had suggested a vote and not Cllr Collins. The Minute Secretary was asked to update the draft minutes.

Cllr McKay again advised that the meeting had not been a formal meeting but more a chat with herself, Cllr Freeman, Cllr D Cuthbert and Mr Bruce Crawford about the potential of a Community Action Plan for the area and funding application being submitted, to which they had no prior knowledge of either. During the meeting, Ms Campbell had contacted Mr Crawford to advise she would be passing through Kinross that afternoon and could drop in some leaflets/information on the process. Ms Campbell did deliver the leaflets while Cllrs McKay and Freeman and Cllr Cuthbert were with Mr Crawford and during the discussion, it was agreed that Mr Crawford would be invited to the next CC meeting (September) to present the idea to members. Cllr McKay also confirmed that other CC members (Cllr S Wells and Cllr E Leslie) were invited to attend at short notice but had been unable to do so.

Cllr H Phillips raised concerns with regard to a private sector person (Ms Campbell) recommending one particular organisation for this work. Cllr McKay advised that should the CC be successful in their application for funding, STAR would not automatically be employed, but a tendering process would be undertaken.

The discussion became heated, and a member of the public

commented that the conversation should not be held in public. Cllr C Willsher also advised that he was not impressed by the behaviours and commented that he would be reconsidering his position if this was the way the CC conducted business. Cllr McKay apologised and confirmed that meetings were not like this. Cllr McKay advised that she was raising a motion regarding Cllr Collins' behaviour under section 7 Obstructive and Offensive Conduct and asked Cllr Collins to leave the meeting. This motion was proposed by Cllr McKay and seconded by Cllr Freeman, and subsequently carried. Cllrs Collins and Phillips left the meeting at approximately 20:27hrs.

Cllr Leslie asked those present whether they had been happy with how the information had been provided and this was confirmed. The minutes of the meeting, subject to the changes noted above were proposed by Cllr E Leslie and seconded by Cllr S Wells.

Matters arising

CAP Funding – Cllr Freeman confirmed he had submitted the funding application.

Speed reduction stickers for refuse bins – this idea had been put to PKC for consideration, but this had been declined.

Town twinning – more information had been received from David Munro with Cllr Watters confirming that PKC were changing the ways town twinning was being undertaken (handled centrally by PKC and adopted by respective CCs). It was noted that any such twinning would be covered by the CC's liability insurance and that there would be no cost to KCC. After consideration, the CC agreed to participate in this.

Kinross Town Centre

Burns Begg Street Junction

Following a request by Cllr McKay for an update on this, Cllr Freshwater advised that work was in progress and that he would raise the issue again at the Road Safety meeting.

Parking in Shared Space

Cllr Wells advised that this parking area was not fit for purpose due to indiscriminate parking and cars being parked between bollards meaning people were having to walk out into the streets to move around the town centre. It was agreed that Cllr Freshwater and Cllr Watters would raise this at the Road Safety meeting on 13 November.

It was also agreed that signage for alternative car parking was poor.

Planning Matters

Planning Applications received

23/01604/FLL Alterations and extension to dwellinghouse at The Bungalow, Brunthill Farm, Kinross.

23/01607/IPL Erection of a dwellinghouse (in principle) at land 45 metres north of Chance Inn Farm, Kinross.

23/01668/FLL Change of use of land to form extension to garden ground and erection of a fence at 40 Devonvale Place, Kinross.

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 Accessible Counselling Service
 Milnathort & Kinross Area

Carrie Arnott PGDip
 Person-Centred Counsellor

talk@connectcounselling.scot
07425 167 569

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Planning Applications determined

23/01274/FLL Part change of use of flat to form short-term let accommodation unit (in retrospect) at 3 Town Hall Apartments, High Street, Kinross, approved.

23/00112/FLL Erection of a dwellinghouse and formation of vehicle access at land 140 metres northeast of Hardiston Farm, Cleish, Kinross, approved.

Other planning matters

22/01004/FLL Erection of a retail unit (Class 1), formation of parking areas, landscaping and associated works (LDP site E21) Auld Mart Business Park Kingfisher House Orwell Road Milnathort Kinross – the meeting was advised that amended plans had submitted and therefore comments could be submitted prior to deadline (14 November 2023). Councillor Freeman was asked to request an extension to this deadline and asked the Minute Secretary to remind him to do this.

23/01413/FLL Formation of access road, land 60 metres southwest of Baltree Farm, Hatchbank.

Mr and Mrs Fernie from Greyhound Rescue Fife addressed the meeting about their planning application for the formation of an access road at Baltree Farm. Mr Fernie advised that he had been surprised to see two letters of objection, one from KCC and the other from Kinross-shire Civic Trust and wanted to advise the CC of the reasons for the application and the work which would be involved in what was classed as ancient woodland.

Mr Fernie advised that he and his wife had made a number of improvements over the years, including the clearing of drains, removal of fallen trees as well as planting new trees. In respect of this application, he advised that that there would be no damage to the woodland as all digging work would be done by hand and once complete, the road would only be used by cars. On hearing this additional information, the CC agreed that they would contact PKC to withdraw their letter of objection. It was also noted that the Civic Trust had withdrawn their objection.

Mr and Mrs Fernie thanked the CC for their time and invited everyone to visit the Centre in the future.

23/01349/FLL Part change of use and alterations to building to form 10 short-term let accommodation units at 54-56 High Street, Kinross.

In response to a question from Councillor S Wells, Councillor Freeman confirmed there was no further information available on this application.

Reports from PKC Councillors

Cllr N Freshwaters

There is a missing 40 MPH sign. Councillor McKay asked about the replacement bus shelter at Kirklands Hotel. Councillor Watters agreed to raise this matter with Cllr D Cuthbert.

Cllr R Watters

An application had been submitted for a banking hub for Kinross. He advised that a hub had previously been refused due to the alleged small number of businesses in the area (29) and the number of residents in a 1 km area (4000). These figures were subsequently challenged, with Cllr Watters advising that there were currently 62 businesses in the area and more than 4000 residents. Calculations have now been undertaken again and a team will be sent to assess the area for a potential hub. If successful, discussions can then commence on suitable premises.

In response to a question from Councillor Wells, Cllr Watters advised that not all hubs are in existing premises. A further question was asked by Councillor M Wilson in respect of who the hub was being aimed at and Cllr Watters confirmed that it would be available to anyone who wished to use it. Councillor Wilson questioned whether there was a need for a hub since a lot of people now carry out their banking online, but it was felt that the hub was a requirement for the area, given the lack of banking facilities and therefore the need to travel to other areas.

Cllr Watters confirmed that if the application was unsuccessful then the FCA will review the decision. He will provide an update at a future meeting.

Takran who are responsible for a regional transport strategy/ active travel plan would be issuing a consultation shortly and encouraged the community to respond. Cllr Watters also advised that Kinross had initially been omitted from the map, but this had now been rectified.

Reports from CC representatives

Councillor Willsher asked if there was a formal way for information to be shared and questioned why the minutes from the September meeting had not been uploaded to the website but were available on the Facebook page. Everyone was advised that information for CC members tended to be received by email and as such was forwarded on. The September minutes had not been uploaded to the website due to an admin error.



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It was agreed that CCLrs West and Willsher would be added to the member's What'sApp group.

CCLr Leslie advised that The PKC Road Safety Team had been out to look at the VAS in Gallowhill Road, there was no update available, and she would contact Cllr D Cuthbert for more information.

The Safer Route to School programme had also been discussed with the Road Safety Team and raised previously by Cllr Watters.

The Primary School are trialling a 'walking bus' where pupils meet at certain points (Green Park, LLHC and the bottom of Kinross) to walk to school with one teacher and one volunteer. In doing this, CCLr Leslie also highlighted an issue with parking on double yellow lines/zigzags outside the school, resulting in several 'near misses.' A more permanent solution was required, and she asked if the Police could be involved, speaking to drivers and highlighting the issue. Cllr N Freshwater agreed to raise the issue at a meeting of the Road Safety Team on Thursday, and Cllr Watters would take photographs to provide evidence.

Cllr McKay advised that a disabled resident had contacted her recently about them having difficulty accessing their property due to cars parking on/at the dropped kerb. The resident had also experienced problems whilst out in the town where the camber of some paths meant that they were being 'tipped out' of their wheelchair and were then unable to get up and into their chair. Cllr Watter agreed to investigate this matter and report back.

With regard to grey refuse bins, residents were advised to contact PKC Waste Services either via the website or the Facebook page.

It was suggested that the restrictions regarding on street parking in the High Street be removed but it was felt that this would cause the High Street businesses to suffer due to a reduction in movement. Cllr Watters agreed to raise the issue at Thursday's Road Safety meeting and CCLr Leslie is to speak to business to gain their views on the current parking issues.

CCLr McKay enquires as to the action regarding the clearing of drains and was advised that PKC had doubled their efforts in this respect.

CCLr B Freeman advised that the Christmas lights switch on would take place on 23 November in Greens' car park. The Remembrance Parade would be held on 12 November.

AOCB

Wind Farms

Neil Bingham, Milnathort and Orwell CC, advised that following a scoping exercise, the application for Craigie Wind Farm had seen the height tips and number of turbines being reduced. He also advised that a meeting was arranged for all CCs in the area to come together to discuss investments and use of funds for improving the area. At this meeting, there will be a short presentation from a representative from Ayrshire who will explain what has happened in their area, following the installation of wind farms.

Community Speedwatch

Mr Bingham also advised that Fossoway CC had purchased equipment for their speedwatch group but were now no longer

able to participate and as such, Milnathort and Orwell CC were now holding the equipment.

The CC were looking for volunteers for the campaign and anyone interested should contact them direct – full training would be given with volunteers being vetted by Police Scotland before being appointed.

Mr Bingham advised that anyone who was caught speeding would be sent a letter by Police Scotland with details of the offence. CCLr Leslie asked if it would be beneficial to include a letter from a child giving their point of view of speeding and what it could mean to them, and she was happy to tie in with the PTA to do so. Mr Bingham asked CCLr Leslie to wait until more information was available.

The next meeting of Kinross Community Council will be on 23 January 2024 at 7.30pm in the Masonic Hall. All are welcome.

Portmoak Community Council

The next meeting of Portmoak Community Council will be held on Tuesday, 9 January 2024.

Blairadam and Cleish Community Council

The next meeting of Cleish and Blairadam Community Council will be held on 5 February at 7.30pm in Cleish Village Hall.

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Our continuous service to the community is only possible due to the core funding received from:-

- Perth and Kinross Community Care
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- Kinross Community Council Newsletter
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A bit about me...

Originally from Cowdenbeath, I spent the last 10 years living in Dunfermline. I moved to Gallowhill Road, Kinross in August 2016, with my wife Jacqueline and our two year old son, Calum. I'm a time-served joiner with 17 years' experience.

Amelie and Sam with their dogs Ollie and Poppy, and their chosen Christmas trees at Portmoak Moss Christmas Tree Day



Kinross Garden Group

We had a fascinating and very informative talk in December from Dr Gregory Kenicer, a botanist at Edinburgh's Royal Botanic Garden. He gave us a most enlightening talk about plant names in Scotland based on his book *Scottish Plant Names*. A huge variety of names were explained to us, from Fairy's Thimbles to Dabberlocks and from Leddy's Fingers to Stinking Tam. I think it is possible to know what the distinguishing feature of the last plant was!

January brings the festive lunch, and this year we are having it on 11 January at the Thistle Hotel in Milnathort at 12.30 for 1pm. The cost is £25 for 3 courses and menus are available from Anne and David Walker if you do not already have one.

The next meeting is at 2pm on 8 February at the Parish Church, Station Road, Kinross, when Frazer Henderson will give a talk called 'The Mountain Flora of Yemen, it's not all sand!'

Membership fees are £20 for the year and £5 for visitors at the moment. If you are new to Kinross-shire and interested in meeting fellow garden enthusiasts you will be made very welcome. Doors will be open from 1.30pm.

For more details contact Caroline Anderson on 01577 864589 or by email at acaroline1000@gmail.com



Portmoak Community Woodland Group

www.portmoakcw.org.uk

You never know who, or what, is going to pop up in our community woodlands. One day a 'Strictly' winner, the next some Christmas elves and, in between times, a knitwear designer and at least one local artist.

Hamza Yassin, aka Ranger Hamza (the 2022 winner of Strictly Come Dancing) filmed a programme for the latest series of his Eco quest for CBeebies. It was all very 'hush, hush' and we were not allowed to breath a word about it until the day of transmission which was 13 December. His recent series has covered everything from earthworms and owls, to sunflowers and mosses; guess where Portmoak came in?

We were chuffed to bits that the production company came to Scotlandwell at the end of July and hired Portmoak village hall for the day, to use as their 'green room'. It was probably the wettest day of the summer but that didn't phase Hamza (pictured over the page with Louise Batchelor, from PCWG). As a wildlife cameraman he's used to working in all conditions and he cheerfully shrugged it off, saying it was 'only rain'.

An autumn walk in the Moss inspired designer, Louise Mossom, to create a beanie hat based on the play of light and shade. Her





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Kinross in Bloom



We exist to enhance Kinross with floral displays at strategic points around the town.

Presently, the bloomers are having a rest. The polytunnel has been tidied out. The plant trays are cleaned out and awaiting new spring plants and the bloom buggy and its water tank is parked up for the winter.

The first meeting of the new session will be held at 7pm on Wednesday 7 February in the Church Centre on the High Street. The monthly meetings from February to November are always held on the first Wednesday of the month and look at planning and progress as we move through the year.

The summer plug plants have been ordered and will be delivered in the spring and taken to the polytunnel to be transplanted into larger plant cells. Eventually the plants are transferred into the planters as well as the 40 hanging baskets which are positioned in agreed places with the help of the rugby club.

Before that can happen the winter pansies have to be disposed of. Can you help with any of the following jobs? Transplanting the plug plants (for an hour); giving the odd half hour to water the polytunnel; help to fill the hanging baskets and planters (an hour of work); clearing the dead plants out at the end of the season and more importantly, bringing your ideas to the monthly meetings as we plan for the future.

Kinross is a very public-spirited place and the bloomers are very grateful to our sponsors who help to cover costs. You do not have to be a Monty Don or Charlie Dimmock to be part of Kinross in Bloom. Please come along and feel welcome 7 February.

Any queries to can be directed by email to daviddickson2@hotmail.co.uk (co-chairperson) or susan.mitchell50@gmail.com (secretary).

Kinross Centre

What a change we have had in the weather from very wet to very cold. Be careful as there are lots of slippy areas out there. We also need plenty of layers to keep us all cosy.

We have had another very busy month with our 40-year anniversary celebrations, finishing off with two celebration days. We had a few of the local councillors, members of the committee and very good friends join us for lunch on 28 and 29 November to help us celebrate. Both lunches were followed by music and dancing, our favourite entertainment. Everyone had a fantastic time!

At the time of writing, we are looking forward to our traditional Christmas lunch on Thursday 14 December, which is now fully booked. The lunch will be followed by music and dancing; our feet will be sore by the end of the year. We will also have a carol service on Tuesday 19 December at 1.30pm followed by tea, coffee and hot mince pies. Everyone is invited.

We would like to take this opportunity to thank everyone who has given us very generous donations over the year, and to all the volunteers that have given up their valuable time to help us deliver this wonderful service to our local community. We wish you all a very Merry Christmas and a Happy New Year. Good health and happiness to you all.

Please note that we will be closed on the following dates:

25, 26 and 27 December, 1, 2 and 3 January.

We would love you to be involved with the Kinross Centre, either as a service-user, a volunteer or as a supporter. If you would like further information, please contact Nan Cook 01577 863869.

pattern was published in the Journal of Scottish Yarns. She says, 'The swirling wind picks up the leaves and scatters them on the ground. The changing light filters through the bare-branched trees, silhouetting them against the dewy sunset sky.'

Kinnesswood artist, Anne Taylor, has also been spending time in the Moss and her work, which beautifully captures the landscape through the changing seasons, was part of a recent exhibition at St Paul's Episcopal Church in Kinross. She kindly invited us to mount a small display of our own, featuring Moss leaflets and calendars by photographer and group member Michael McGinnes.

The woodland year ended with our popular Christmas tree event where the elves were very busy, more spruce trees were removed from the peat bog and everyone feasted on the group's home baking.

By the time you read this, we will be busy preparing for our next event; creating and installing nest boxes, in time for spring, with help from an expert guide and in partnership with Portmoak Primary and the Kinross Men's Shed.

Please come to our meetings which take place every third Tuesday of the month at 7.30pm in The Well Inn, Scotlandwell.

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www.ramblers.org.uk/kinross-ochil

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Tuesday Short Walks

Unless otherwise stated, these walks are usually about two hours long and a fairly gentle four miles. We often follow the walk with a visit to a cafe, farm shop or pub for refreshments, but this is entirely optional.

Tuesday 2 January

No walk has been scheduled for this date.

Tuesday 16 January, 'Tween The Devon and The Ochils

The walk will go east from Tillicultry along the old line towards Dollar. We will then branch off to pass through Harviestoun estate before rejoining the old line. Return to Tilly will be by way of an old bailey bridge. It is a pretty flat walk but appropriate footwear for January is advised. Post walk refreshments will be at the Mill cafe within the Sterling Home Furniture store.

Tuesday 30 January, Dumglow Circular

A walk in the Cleish hills starting with a gentle uphill climb through woodland to Dumglow. This spot offers some wonderful views of Black Loch and Loch Glow reservoir below. From here we head further into the woods before returning to the trailhead.

For further details of where to meet us for Tuesday walks, or for general enquiries, please contact Susan Tester on 01786 834535.

Weekend Longer Walks

Weekend walks are a degree more challenging and of varied longer lengths. We advise bringing along a packed lunch and flask or drink. We also recommend that you have appropriate outdoor clothing and footwear.

Sunday 7 January, Loch Leven's Larder

Starting at Kinross Community Campus this walk is along the heritage trail to Loch Leven's Larder, returning to Auld Mart Road in Milnathort. A short section of pavement walking then takes us back to the community campus. It is hoped to arrange coffee and cake at Loch Leven's Larder. Booking is essential.

Saturday 20 January, Glenfarg

This outing is a revisit of Kinross & Ochil ramblers' first ever walk. Starting just north of Glenfarg, it is an easy circular walk, mainly on tracks and farm roads. En route there are beautiful views over Bridge of Earn and Abernethy. Booking is essential. Check exact starting point with walk leader when making booking.

For further details of where to meet us for weekend walks or for general enquiries, please contact Ken Staples on 07810 180283.

Loch Leven Library

www.culturepk.org.uk

Tel: 01577 867205.

Email lochlevenlibrary@culturepk.org.uk.



Opening Times

Monday	10am-1pm*
Tuesday	10am-7pm
Wednesday	10am-6pm
Thursday	10am-7pm
Friday	10am-6pm
Saturday	10am-1pm & 1-3pm*
Sunday	Closed .

Christmas and New Year

All Culture Perth and Kinross Libraries will be closed until Thursday 4 January 2024. Regular library opening times will resume on Friday 5 January.

Activities in your Library

Come along to our free Thursday morning, 10am-noon get together with your needles and pins for a morning of crochet and knitting, a chat and hot drink or come along on a Thursday afternoon 2.30pm-4.30pm, to try your hand at one of the ever-popular board games including Rummikub, Scrabble, chess, snakes and ladders. No prizes, no pressure, just fun and a warm drink.

IT support sessions

Are you struggling to make sense of the digital world? Would you like to learn more about your tablet, phone, laptop or any digital device? Why not pop into our IT support sessions for one-to-one support? You could learn how to send emails, download apps, and surf the internet - topics covered would be specific to your needs. By taking the first step and booking a 45-minute, face-to-face session it might just make a huge difference to your life. The sessions are monthly at Loch Leven Community Library, anyone interested in attending a session can book their time slot by phoning the library.

Bookbug and Family Sessions

Storytelling – Join us for our storytelling sessions 4-4.30pm every Tuesday. Suitable for primary aged children. Booking not required.

Come along and join the library's fun storytime sessions with your child on a Tuesday every Tuesday 4-4.30pm. These drop-in sessions are for pre-school and early primary aged children – no need to book.

Bookbug sessions are held at the library every Wednesday afternoon from 2-2.30pm and Saturday morning from 10-10.30am. They offer fun, friendly sessions of songs, rhymes, and stories. These sessions are suitable for babies, toddlers, and preschool children to enjoy with their parents and carers. To book please contact the library.

Clubs & Community Groups

Friends of Loch Leven Library

We wish everyone a Happy New Year for 2024. We reopen on Saturday 6 January (1-3pm) and Monday 8 January (10am-1pm) and would remind our borrowers that we offer a limited service. It is essential to bring along your library card if you wish to borrow books. We would also like to thank BWR Recycling Ltd and *Kinross Newsletter* for their generous donations. These are very much appreciated and help us considerably with our overheads. We look forward to welcoming regular and new users in the coming year.

Kinross Bridge Club

At the time of writing members are looking forward to the end of term Christmas party. Our numbers are gradually increasing which is very heartening. If anyone wishes to join us, we play on Thursday afternoons in Orwell Bowling Club, now meeting at the earlier time of 1.30 for a 1.45pm start and finishing around 4.30pm. For further information please contact Catriona Marshall.

Milnathort Bridge Club

It has been a busy few weeks for Club members enjoying various competitive nights play. At the end of November eight couples participated in a match against Dollar Bridge Club for the Allocott Trophy which had not been played for since pre Covid days.

It was wonderful to meet up with our Dollar friends again and were entertained royally to a good evening's play plus an unbelievable spread for supper. Unfortunately we did not claim the trophy this time round so had to hand it over to Dollar for the year.

At the beginning of December we played, for second leg of the SBU's Celtic Winter Pairs league. Once again, Milnathort members featured high in the results table.

Jim Marshall and Sandy Scholls were placed 3rd in Scotland out of a total of 132 players and a very credible 28th place overall out of 625 players from Scotland, Wales and Northern Ireland!

In the same week a number of our members participated in Kinross & District Inner Wheel Charity Team Competition. The team from Perth tipped pole position but four of our members, Jim & Catriona Marshall, Beryl Harley and Jean Bennett, who were actually representing Kinross Bridge Club were runners up. All the proceeds from this event will go to Multiple Sclerosis.

Two members of the Club recently upgraded their status in the SBU rankings. Liz Pottie attained District Master level while Gloria Wilson became a Local Master.

Milnathort Bridge Club wishes all its members and friends a very merry festive season and look forward to recommencing play on Monday 8 January 2024.

Kinross and District Boys' Brigade and Girls' Association



Festive Fun

December was a busy month for members. First off was the Battalion Carol Service at Strathallan School which was enjoyed by all; especially the various instrumental accompaniments to many favourite carols by Strathallan pupils.

Members also enjoyed the Wizard of Oz pantomime at Dunfermline's Alhambra Theatre before rounding off with a traditional Christmas party featuring all the usual party games and treats.

Congratulations are due to Clara Almond who is winner of the junior section mid-Scottish competition to design a kite to celebrate 140 years of Boys Brigade. She received her kite along with a family pass to Blair Drummond Safari Park.

Wishing all present and past members of the Company a very Happy New Year!

Meetings take place on Friday evenings in the church centre. Our

Clara Almond and her winning kite



anchor section is open to boys and girls in P1, 2 and 3 and meets at 6-7.15pm. Our junior section is open to boys and girls in P4, 5 and 6 and meets at 7-9pm. Our company section is open to boys and girls from P7 to S6 and meets at 7-9.30pm.

Kinross High School Parent Council

Linktree: linktr.ee/kinrosshsparentcouncil

Find us on Facebook

The purpose of a parent council is often misunderstood. Therefore, this month, we thought it might be worth giving a brief overview to briefly explain what a parent council is and what its main functions are.

What is a parent council?

It is an independent body established under legislation to represent the collective parent body of the school. It is not run by the school or the local authority and is essentially a committee appointed by the wider parent forum to represent its views.

The committee usually comprises parents or carers but can co-opt non-parent members who have special skills that benefit the running of the committee. The school's headteacher is not a member of the committee but has a right and a duty to attend meetings. The local authority should support a parent council with finances, advice and support to allow it to operate within its functions.

What are the main functions of a parent council?

These are set in law and include supporting the development of the school improvement plan and standards and quality reports that set out how the school plans to improve how it works, involvement in the appointment of senior staff (such as the appointment of a new headteacher) and is considered to be a key stakeholder in school inspections.

It is the responsibility of a parent council to gather and represent the collective views of the parent forum to inform school planning, and the responsibility of the headteacher to encourage the parent council to have an active role in the development and review of school policies based on those collective views.

How can I become involved?

If you wish to become involved in your parent council, or if you would like to contribute views and experiences to the planning for improvement of the school, please contact us at kinrosshsparentcouncil@gmail.com. For more information about the role of a parent council, visit www.connect.scot.

Kinnesswood in Bloom



Our planning for the Michael Bruce Garden restoration took a step forward with a visit from Graham Palmer of Palmer Associates. We had a good turnout for the meeting and were able to discuss and develop ideas. We now have initial funding of £500 from the Kinross Newsletter fund and £250 from the Michael Bruce Trust.

We had a few work parties in November although Saturdays were not always the best weather days. After a couple of hours of raking leaves one member was astonished that she had done 10,000 steps that day, despite it being a very quiet morning. Gardening is officially good for you!

We had a lovely afternoon celebration of our Britain in Bloom awards at Portmoak Primary School on Wednesday 29 November. Barry Fisher, CE of Keep Scotland Beautiful and Juliette Camburn, Senior Officer were invited to speak at the event. They were joined by Jenny Williams, Senior Greenspace Officer and Elspeth Bruce, Senior Officer, Community Initiatives, both from PKC. They had a quick look at the bus shelter improvement followed by a tour by the children of the polytunnel and raised beds at the school.

The whole school assembled in the school hall along with parents and grandparents of the children who had met the judges in August. Also invited were villagers who have supported us in many ways over the years. Louise Gordon welcomed us all to the school and spoke of her long association with Kinnesswood in Bloom. Juliette spoke first about the Community Award and presented it to Carol, John and Jan.

Jenny was delighted to speak about John's well deserved Community Champion Award. After commendation of intergenerational work it was fitting that Zara, John's granddaughter, should present his trophy. She then presented a bouquet to Jenny who retires at the end of December.

Barry has considerable experience of youth organisations and was



delighted to present the award for 'Working with Young People' to Norma and John.

After a few more photos the invited guests adjourned to the library where tea, coffee and cake was on offer. It was a very sociable occasion and we are very grateful to the school for hosting the event.

We heard in December that Kinnesswood in Bloom had jointly won the Children and Young People Award in the Keep Scotland Beautiful discretionary award category.

Norma was nominated by PKC to go to the Carol Service at Westminster Abbey on Friday 8 December. This is organized by HRH The Princess of Wales and supported by the Royal Foundation. The service is broadcast on Christmas Eve on ITV.

Carol from Kinnesswood in Bloom organised a collection of useful gift items for Broke not Broken. This was very well supported by the group and many items were donated to this very worthy cause.

We are pleased to be open for routine eye care*, with enhanced cleaning & distancing measures

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Fairtrade in Kinross-shire

Celebration of renewed Fairtrade Zone Status

It was great that Councillors Willie Robertson and Richard Watters were both able to come to celebrate the renewal of Perth & Kinross' status as a Fairtrade Zone. Willie has supported Fairtrade in Kinross-shire for over 17 years and Richard is on the Climate Change and Sustainability Committee and is also very supportive of encouraging the use of Fairtrade products. If you are concerned about the effects of climate change, buying Fairtrade products is one way that you can help the farmers in the Global South to receive a fair price and be supported in sustainable farming.



Kinross and District Art Club

www.kadac.co.uk



The well-attended clubs AGM took place on Tuesday 21 November. Club President Dallas Key stood down and was replaced by newly elected Angela Walter. Dallas was then elected Vice President replacing Irene Douglas who stood down as Vice President but retained her role as Committee Secretary. Gillian Ross remains as Treasurer and Membership Secretary and Glenys Andrews as General Secretary. Angela had this to say about her new role:

'It's over 12 years since I joined KADAC, following my quest to develop my skills in art, begun at school where I loved art and had actually kept a couple of pieces I had done some years before. Living in Kinross, first I sought out an art teacher and then tried to join KADAC, but had to go on a waiting list (the membership was set at 20 in those days!).

It was a very thoughtful gift from my husband Andy one Christmas that helped me fulfil my wish to create art and to explore different mediums. This was a box of artists goodies – an easel, paints, brushes, pastels, art paper, etc. It was all there, but where to start? That's when I joined KADAC which, by this time, had many more members and a forward looking, energetic committee which I joined, first as Minute Secretary and later as Treasurer. I am delighted to now have been elected as President and look forward to the year ahead in this vibrant and well supported club.'

The meeting also recognised a new category of free life membership for anyone who has been in the club for more than 30 years. A certificate to confirm this was presented by the outgoing President to Irene Thorogood who has been a member for 35 years.

On Tuesday 5 December club members gathered for a Christmas

lunch at The Kirklands. Compliments to the chef and all the staff who made it such an enjoyable event!

Club sessions for 2024 begin on Tuesday 9 January and Friday 12 January.

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website. The Kinross and District Art Club meets on Tuesdays and Fridays

Kinross-shire Local Events Organisation

www.kleo.org.uk



What a fabulous time we have had with all the Winter Festival events organised by local community groups and businesses. The festive market was a great success with more than 90 stall holders and fantastic entertainment on stage including Dance Connect, Ewan Hutchison, Matthew Dance Academy, Kinross Primary School carol singers, Open Waters, Perthshire Ukeleles, That's What She Said (KYTHE), Tich Frier, Reeds United and The Leveneers. The sunny weather that day definitely helped!

We had two fantastic concerts by Siobhan Miller (supported by Open Waters) and Dougie MacLean. The Bookweek Scotland events with authors Bernard MacLaverty and Shona MacLean were also well attended and very interesting. Storyteller Sheila Kinninmonth told wonderful stories to a great crowd of children and the stories told at the Ten Minute Tales event were fabulous too!

The Choirs Together concert was an almost full house at the campus with the Cantie Choir, Kinross Parish Church Choir, Leven Voices, The Delphiniums and Hillfoot Harmony. The Kacophony Orchestra performed a set too and, as a finale, performed Highland Cathedral with all the choirs singing on stage.

The joint concert with the Tullis Russell Community Band and the Kacophony Orchestra was great fun with a wonderful variety of tunes.

There are too many people to thank individually but we would like to take this opportunity to say a huge thank you to all the volunteers, who helped us out during the events in November and December. An amazing number of people helped us out

Angela Walter with some of her artwork.





Left: Bernard McLaverty Above: Choirs Together and Orchestra



Tutor. Sessions are at 7.30pm-9.30pm in Kinross Parish Church. Fee is £4 a session. For more information about KLEO events visit our website or email info@kleo.org.uk.

Kinross Beavers

On Friday 17 November torches were at the ready as the beavers ventured out into Kinross for their night walk (see photo on page 57). From Millbridge Hall the beavers walked to the Phoenix Hide and then onwards to the car park at the cashmere centre. At this point we had a wee snack stop before we retraced our steps back to the hall. On return to the hall we were delighted to present Sammi and Jack their Chief Scouts Bronze Award, which is the highest award in the beaver section. We also said goodbye to them both as they move on to cubs. We hope you enjoy the next stage of your scouting journey.

The following Friday the beavers focused on their international badge by learning about cheeses from different countries. We also had a wee stroll through Kinross to identify all the different types of international restaurants we are lucky enough to have in town.

At the start of December, it was all about money money money as the beavers learnt about their money badge. We discussed how a bank works, types of money (including vbucks and robux) plus they designed their own coins. We also started practicing our Christmas carols for our year end visit to CHAS.

On 8 December which the scouts, cubs, squirrels and beavers went to the Panto at Perth Theatre to watch Aladdin. 'Oh no they weren't, oh yes they were' we hear you say. They had a great night and were very much into all the audience participation, booing and cheering at all the appropriate points. Well done everyone!

Are you interested in volunteering with scouting? Volunteering is easier than you think. We have opportunities both behind the scenes and directly supporting young people in our group. With full support and training, you can volunteer on a flexible basis. Not only is it incredibly rewarding and great fun, but you will also learn some brilliant skills which are transferable to the workplace and further education.

Please contact us by email at kinrossbeavers@hotmail.co.uk for more information.

by distributing flyers and brochures door to door in Kinross, Milnathort and other surrounding villages, helped with erecting and dismantling marquees and market stalls and stewarding at the festive street market. A special thanks to local company HAKI Access Solutions who provided us with a stage at the market! Also a huge thanks to the staff of Morgans Estate Agent's in Kinross and Light Up My Heart in Milnathort who sold tickets and to the *Kinross Newsletter* who included special feature articles for us.

Big Burns Bash

This is a fun, informal event with a lovely two course meal, highland dancing and a wee bit of light hearted poetry. Saturday 27 January, 7pm at Kinross Golf Club. Tickets £30 available on our website.

Kinross Kacophony Orchestra

Sessions with conductor Dougie Flower start again on Wednesday 10 January. Have you always wanted to play your instrument in a group but never had the chance? This is an orchestra for adults. All abilities are welcome but it is handy if you read music. Wednesday evenings from 7.15-9.15pm at Loch Leven Community Campus. Fee is £5 a session.

Leven Voices

This is a fun, informal drop-in singing group which you can join anytime. No music reading or singing experience is necessary. Tuesday evenings from 9 January onwards with a Horsecross Arts



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Kinross Squirrels

The squirrels were working on their 'All About Me' badge and learned how to tie a reef knot, and decorated the box that will be used to send all the items donated to the Ukrainian orphanage appeal. A big thank you to everyone who contributed to the appeal. Everyone was very generous with their donations and it is very much appreciated.

At the end of the meeting we said goodbye to Finn, Joshua and Jude who are the first squirrels to be moving on to beavers. Good luck for the next stage of your scouting journey.

To tie in with Thanksgiving in the USA the squirrels were learning about it for their 'All Around Us' challenge badge which requires them to learn about different cultures around the world. The squirrels also continued working on their All About Me badge playing the into/out of the pond game.

As we moved into December the squirrels had great fun doing their exciting experiment badge. They took part in four experiments looking at balloon rockets, magic milk, self-inflating balloons and static electricity!

The following week they saw the Aladdin pantomime at Perth Theatre along with the beavers, cubs and scouts. They thoroughly enjoyed it, including seeing some squirrels on stage and they got a shout out from the Dame Margarita McTwankie!

If you are interested in helping with the section then please email us on kinrosssquirrels@outlook.com for more information.

Kinross Cubs

In the middle of November the cubs had an enjoyable time taking part in a night hike up Hill of Beath. On reaching the top they were able to see the Queensferry crossing lit up, along with other areas including Dunfermline and Grangemouth.

On the same evening we said goodbye to Ryan, Ben, Harris, Cameron, Finn and Callum who are all moving on to scouts. Good luck for the next stage of your scouting journey.

The following week we were back at the hall as cubs were working on their DIY badge. They were learning about how to be safe when working with tools, different wood types and were practising using tools such as a hammer and a drill. There was also time for some games as well.

At the end of November the cubs celebrated St Andrews Day by taking part in a mini highland games, working towards their Scottish thistle badge. The cubs also took part in a pack forum, discussing ideas for what they would like to do after Christmas.

On 8 December, the cubs joined the squirrels, beavers and scouts as they went on a group trip to the pantomime at Perth Theatre to see Aladdin. They had a great time as they watched a young Aladdin McTwankie and his family try to stop the Countess of Killiekrankie, Abigail McKrankie's get rich scheme and work out who is the young woman who has just arrived in the village of Pass of Killiekrankie. Everyone had a great time!

Volunteering can make a huge difference to young people's lives, as well as your own. From having something to look forward to every week to learning in the great outdoors, being a volunteer is good for you, supporting your own confidence and skills, health, happiness, and community.

If you would like to get involved with 1st Kinross Cubs, then please email kinrosscubs@hotmail.com for more details.





Volunteers manning our festive market stall.

Kinross Guide Dogs

www.guidedogs.org.uk

We had a happy band of volunteers manning our stall at the festive market. It was a very successful event with, yet again, our total raised exceeding the previous year. The people of Kinross-shire gave generously. The mystery grid was particularly successful and the star prize went to Aileen Sorbie. The businesses, groups and individuals who donated the fabulous prizes cannot be thanked enough.

In the week before the market, Heather and Molly the ambassador guide dog, accompanied Sheila to give talks about guide dogs to two P5 classes at KPS. It was lovely to have such engagement from the classes and Molly, of course, was a star! The pupils knew about the secret knob at pedestrian crossings, which their teacher was unaware of. Do you know about it? After these sessions, lots of the pupils dragged their parents to meet Molly at the festive market stall and it was lovely to see them again.

Hopefully our new co-ordinator will be in post soon and will keep raising as much as we can for guide dogs. Watch this space for new events. We would love to hear your ideas if you just want to share them or if you would like to become a volunteer.

If you would like a talk about guide dog services, or just to learn more, please get in touch. Contact details are in the volunteer section on p69.

Thank you all for supporting us in 2023 and best wishes for a Guid New Year in 2024.

Kinross Historical Society

Despite problems with the digital projection system in the church, the members of the society really enjoyed their annual Christmas talk by Dr David Munro. His talk this year was called 'Grave Matters – Tales from the Kirkyards of Kinross-shire.'

Kinross museum volunteers have been recording information about grave stones in local graveyards for ten years.

The very first survey was done in 1850 by Henry Flockhart of Annacroich and in the 1960s a national survey was done by the Mitchell family for the Genealogical Society but they didn't record much information.



Stones are very different, some just grave markers with initials and some of the other older stones record Trade symbols and or Mortality symbols. Commonwealth War Graves can be found in some of the local kirkyards too. Lairs are sometimes recorded on the stone or between stones to mark boundaries.

By the wall at the Kirkgate graveyard is a watchtower but it is a replacement for the original one which was used to watch for grave robbers.

Dr Munro told the chilling story of a grave-robbing incident which took place in Portmoak in 1837. When the stolen body was returned to Portmoak there was a huge turnout for the reburial service.

Also in Portmoak kirkyard are the gravestones for the most of Tod family who farmed at West Brackley. The family had to give their farm over to the royal Navy during WW2. However, when it was no longer required, Tam Tod insisted on a big hand-over event. When he died in 1951, he was buried on his own land beneath Benarty rather than the greaveyard.

Old Orwell Church once stood by Loch Leven before the loch was lowered. The building still there today is a mausoleum erected by the Horn family of Thomanean. The gravestones there are very old and include that of Robert Stirk a covenanter and John Henderson a local farmer who was killed with a pitchfork by Balfour of Burleigh in 1697. When the museum volunteers were working there, they discovered that below ground level a pitchfork had been carved on his stone to record the death.

Rev Thomas Mair was ordained at Orwell Established Church but later joined the Seccession. The Muckle Kirk was built then for his congregation which could be as many as 2000 on a Sunday. When he died in 1768 he was buried in Milnathort Orwell graveyard and the inscription on his stone includes an acrostic poem using his name as the start of the lines.

Kinross-shire graveyards also show how the people of the area have travelled far and wide, such as Kabul, St Vincent Island and Belize. Dr Munro described how several local families came to be in such foreign climes.

Anne Milburn thanked David Munro for a superb talk covering so many different types of story including murder and graverobbing. She also thanked Ken Michie and Kevin Hennigan for managing to sort out the digital problems at the start of the evening.

Many members stayed on to enjoy mince pies with their teas and coffees served by some willing volunteers.



Common Grounds

We continue to be busy at our coffee mornings on Tuesdays and Saturdays with generous donations allowing us to support a number of charities, mainly in Africa, helping children with their education and health issues.



One of our volunteers has been collecting bras for Africa which, in turn, also gives money for Breast Cancer research. Having originally hoped to obtain 500 by the end of the year we are now trying to reach the excellent number of 1000! This is all due to the hard work of Jacky Chalmers who was congratulated with a cake at the end of our AGM in November.

Three project lunches with speakers have been held this year with great success and, at the beginning of December, we held a craft stall (pictured above) both in the guide hall at our coffee morning and at the winter market in Milnathort town hall. The group of crafters worked hard for many weeks and our thanks go to all of them for creating such successful events.



At the time of writing we are getting ready for our Christmas raffle which will be held on Saturday 23 December with hampers and individual prizes on offer.

We look forward to seeing you all in the New Year for good coffee, good company and a warm, glowing fire..

Kinross-shire u3a

u3asites.org.uk/Kinross/home



U3a is open to semi-retired and retired people and the joining fee is £10. We currently have a number of varied groups who enjoy activities such as a book club, military history, poetry, scrabble, genealogy, famous Scots and so on. We meet at Kinross Parish Church on the first Tuesday of each month.

In May we hold our Annual General Meeting but each month, from September to April, we offer a talk to our membership from an invited speaker. If you are interested, come along a couple of times and get to know us and get a taste of what u3a is all about. We would love to meet you.

On Tuesday 9 January Hildegard Berwick will be providing us with an informative talk on 'The Life and Art of Bet Low'. Doors will open shortly after 2pm and the presentation will start at 2.30pm. Tea, coffee and biscuits will be served afterwards.

Once again, our thanks go to Alzheimer Scotland for their most informative talk on 5 December. It was of great interest and those present are now more knowledgeable on the subject.

If you are interested in joining the u3a information is available from our website (search under Kinross-shire u3a) or contact us by email at mbs21@btinternet.com. New members are always welcome. Why not try out one of our monthly meetings?

PERTH TOASTMASTERS

is a local non-profit community organisation. If you are interested in practising, developing, and growing your public speaking ability in a safe and structured environment, then please visit

www.perthtoastmasters.org

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Kinross Climate Cafe

At the beginning of the New Year, there is always hope that the coming year will be better and happier than the last one. It is sometimes difficult to feel hopeful, especially with a climate crisis, economic difficulties and political conflicts.

Our group meet once a month in the library on the first Tuesday of each month at 7pm, except for the January meeting mentioned below. We meet to listen to invited guest speakers (experts on different aspects of climate change mitigation) chat informally with a cup of tea or coffee about the problems we face with the climate crisis and share ideas on how best to adapt. Everyone is welcome to take part in the meetings.

At our first meeting of the year on Tuesday 9 January, David Cairns will present his update on the CATCH Loch Leven District Heating Project (<https://www.catch-lochleven.org>).

'The Scottish Government has just published its proposed Heat-In-Buildings legislation, for consultation. Responding with greater urgency to Climate Change, it introduces proposals to force householders and businesses to upgrade the efficiency of their properties and to replace polluting gas boilers.'

There is a fuller article on p21, in which David talks about the new requirements and the potential impacts for our community.

Following on from this, we have an interesting programme of talks planned including a meeting with Nathan Jameson, an expert from the Heat Project Organisation with advice on heat pumps (March), presentation of Kirsteen Ross (CEO of Trishaws) about improving local cycling facilities (April), 'All about Raingardens in Kinross' by Brian Darcy (May). We are also starting our own Repair Café in Kinross-shire; the plan will be presented at the meeting in February.

Thank you to all the Loch Leven library staff who support our group by hosting the events. All talks are free but the library asks for donations to Culture Perth and Kinross charity. Wishing you all a Happy New Year!

Contact Gosia Stanton by email at climatecafe@kleo.org.uk.



We were out in daylight too, helping to serve Christmas lunches at our wonderful Kinross-shire centre on Thursday 14 December. It's always a pleasure to provide support to this amazing community facility.

Our Race Night on Saturday 25 November was another huge success with over £3000 raised during a fun-filled evening. Thanks to everyone who attended and bought a 'horse', and to rotarians Yvonne and Gray Smith who worked so hard to organise the event.

So many local organisations supported the evening. Particular thanks to Lucinda Russell, Arlary House Stables, who allowed the horses in the final race to be named after famous horses from her stables, and for donating a wonderful prize of two tickets for Perth Races.

Thanks also to all our race sponsors: Blinkerie and Burrowine Farm Livery; Greenknowes Estate Air B&B; Over-35 Kinross Colts; Complete Look; Loch Leven Laundry; Fresh Express Produce; J&G Wilson. Also thanks for raffle prizes from The Grouse and Claret; Le Jardin Café; Baynes the Bakers; Mowi. Truly an amazing community effort!

So what does the club do with the funds we raise here in Kinross? Following the race night, we are making donations to The Stephen Lyons Organisation, KYTHE and The Lighthouse for Perth to support the magnificent work carried out locally by mental health organisations. We are also making a contribution to the Christmas day lunch at Kinross Centre for those who would otherwise be alone. We salute and appreciate this work; we are pleased to be able to offer them our support.

Meanwhile, fellowship and fun are also elements of our meetings. In November Gerry Dunn spoke to us about Auchentoshan Whiskey Distillery, Dumbarton, which has recently celebrated its 200th anniversary! As a tour guide there since his retirement, Gerry was a mine of information about the history, the process of making the spirit and the transformations overtime; all delivered with enthusiasm and wit. Our occasional speakers add another dimension to the Rotary experience and we welcome anyone who is interested in joining us.

In December our members and partners also enjoyed a Christmas party. It is an opportunity to celebrate another excellent rotary year together. If your New Year's resolution is to do something new and make a positive difference, why not come along to one of our meetings and find out more? Contact secretary.kdrc@gmail.com for further details.

The Rotary Club of Kinross and District

www.ribi.org



We wish you a very Happy New Year!

Many of you will have met our members out and about the community over the past few weeks.

Santa's Sleigh has visited as much of the 'shire' as possible within (and stretching!) our resources. The schedule included the Lighting Up Ceremony, nine sleigh runs around the town and villages and, for the first time this year, a visit to Rachel House. It is physically impossible to visit every home, but we do our best to spread the cheer far and wide. Thank you to the volunteers who helped us and thank you to every one of you who made a donation. The joy on your faces – young and old – makes every trip so worthwhile. We love the sleigh; we're glad that you love it too. There will be an update later once all funds are counted. You can see more photos on p13.





Kinross Camera Club

www.kinrosscameraclub.wordpress.com
facebook.com/KinrossCCLub

Our New Year begins with a Zoom talk by professional photographer and tutor Daniel Bridge. Daniel will present a photography talk on water in its many varied forms, from the liquid stuff at the seaside and in rivers, to clouds, rain and rainbows, fog, ice and more. He will also show shots of wildlife associated with water, so there will be something for everyone.

Also this month we have our league two competition when we welcome judge Stewart Dodd to critique our images.

Later in the month Jerry Webb will be joining us for a Zoom meeting to present his talk, 'Breaking the Rules in Mono Photography'. Jerry is a British self-taught photographer and designer. He says he is often at odds with conventional perceptions, interpreting what he sees using his own individual methods and distinctive style. His photographs include people, portrait, event, street and project photography and he has been published many times. He has had exhibitions in London and Sussex where he now lives and works. This zoom presentation is not to be missed if you like alternative approaches to photography.

We conclude January with our highly entertaining 'Digital Knockout' event which will be held in the Kinross Church Centre. Members are invited to submit digital photographs on any theme they choose. The photographs are displayed in twos on projector screens and the audience is asked to vote for their preferred image. This continues until we are left with only two images, from which a winner is chosen. This is always an enjoyable evening all taken in good humour and one not to be missed.

If you would like to learn more about Kinross Camera Club and the planned activities and events please contact us by email at secretary@kinrosscameraclub.org.uk.

Throughout the season we hold a mixture of Zoom meetings where you can enjoy presentations in the comfort of your home and we also arrange in person meetings at the Church Centre in Kinross. Please see our syllabus on the website for details. Whether you are a beginner or have years of experience with your camera, you will be made very welcome. There is no need for lots of expensive kit; all you need is an interest in photography and meeting up with likeminded folk. Why not come along and see if it's for you?

Our featured photograph this month is the winning image from our recent creative digital competition, 'Close Call' by Doug Carrie.



Kinross-shire Conversations

Find us on Facebook

Hello Kinross-shire!

We are a new group which has been set up to hold talks and presentations in various different venues around the shire, hopefully sparking some thought and conversation. Our organising group come from across Kinross-shire including Scotlandwell, Kinross, Powmill, Glenfarg and Milnathort.

We held our first successful event at Loch Leven Community Campus on Friday 1 December in the small lecture theatre. It was a great venue and we were well looked after by the staff, so a big thanks to them. We were so fortunate to host the Fife based, award winning broadcaster, journalist, author, cyclist and Land Reform campaigner, Lesley Riddoch. Lesley has authored numerous books and hosts The Lesley Riddoch podcast with Pat Joyce. Her most recent book, *Thrive, The Freedom To Flourish*, is available from her website and all good bookshops. Visit <https://lesleyriddoch.com/>.

Interviewing Lesley on key points from her book, and on a range of subjects ranging from the Outer Hebrides, language, national identity, Scottish independence and the impacts of Brexit, was our very own John Nicolson MP for Ochil and South Perthshire, who has previously been a reporter, broadcaster and has written articles for numerous national and international newspapers. John shone a light on his life at Westminster as well as the history Lesley and he shared since their meeting in the early days of their careers.

We are hoping to cover a wide range of subjects, and no topic is off limits. If you have any suggestions for speakers, topics, want us to hold an event in your area, or just wish to be notified of any future events (such as our Burns Supper on 25 January at Kinross Rugby Club), then please get in touch by email at kinrossshireconversations@gmail.com or find us on Facebook.

Scottish Women's Institute

Carnbo SWI

The next meeting is on 15 January 2024 at Carnbo hall starting at 7.15pm.

We will be looking back at memories from our archives. Competitions will be flower of the month and a poem called 'What the rural means to me'.

Pennies for friendship will be collected.

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Kinross Otters

Our senior swimmers attended Midland Age Group Champs and Graded Meet in Forfar on 25/26 November. Our swimmers were fantastic both in and out of the water with lots of personal bests and SNAGS times achieved!

Special Coach mentions go to: Anna J for achieving her first ever SNAGS qualification time (100Br) and a great consideration time for 200Br too, and to Lily P for a cracking first 200Fly.

Our Age Group Champions were Charlotte, 16 years 400IM and Matthew, 14 years 400IM.

Age Group Medallists were Hannah, Charlotte, Lucy, Anna, Matthew, Grace, Hayden and Stuart. With Graded Meet Medallists Hannah, Mia, Lily, Jessica and Douglas.

District Champs Qualifying Certificates (aka Speeding Tickets!) were awarded to Mia, Lily, Christina, Jessica and Aila.

The final meet of the year was the InCAS Countdown to Christmas Meet at Michael Woods, Glenrothes, where 17 of our Bronze and Silver swimmers brought in some fabulous times and PBs.

Coach Caroline was super proud of all our swimmers who put



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such a fantastic effort including Finlay, Niamh, Amelia, Callum, Euan, Nevaeh and Lucy J, who all took home a medal or two, or three or even four! Phoebe smashed the 25m Fly and received a special Santa prize.

A special thanks to Lynne for all her help poolside and all our brilliant parents for officiating and cheering on the team.

Milnathort Golf Club

37 South Street Milnathort, KY13 9XA
01577 864069

www.milnathortgolfclub.co.uk



As we say goodbye to 2023 and welcome 2024, Milnathort Golf Club wishes everyone a happy and prosperous New Year.

The start of 2024 is a time when many people make New Year resolutions. If yours is to start playing golf or dust off your clubs and return to golf, why not come along to one of the best nine hole courses in the area? We have some great deals on memberships. If you are new to golf, come to our 'Get into Golf' where you receive coaching lessons and on course experience from an approved PGA coach. There are junior and family memberships available too. Our memberships can be paid monthly.

At the AGM on 26 November, Jan Gibson stepped down as the club captain after three years. We thank Jan for all the hard work and diligence over her captaincy. At the AGM Ken Dziennik was proposed for honorary membership.

In Perth and Kinross certain individuals can be notably associated with their clubs. With Milnathort Golf Club, Derek Murphy, Jim Strathie, Maureen Given, Jackie Sneddon and Ken Dziennik would all be in many heads.

Ken has been involved with Milnathort for 54 years. He was match secretary in 1969 and he introduced the Ochil league tankard and Dziennik trophy. Ken was secretary of the Kinross Golfing Association before it amalgamated with Perth to become Perth and Kinross. In 1972 Ken was club champion of Milnathort and Bishopshire and lost in the final at Glenrothes. He was appointed vice captain in 1979 and, while he was captain, the current clubhouse was approved and erected. Ken has been involved in the administration and governance of our club for 46 years as either match secretary, club secretary, captain, club administrator, rep to Perth and Kinross and the Scottish Golf Union. He has been club champion, as well as a team player, and has won nearly all of the trophies available to gents in the club. There will be very few golfers in the country who have done as much for a wee club as Ken has done for Milnathort over the years.

This is only a brief summary of the exemplary body of work carried out by Ken over these decades. The management committee of Milnathort Golf Club recommended that honorary membership be awarded to Mr Ken Dziennik and asked for the approval of the meeting. This was passed by the members in attendance at the AGM.

If you are interested in any of the above, or for more information, please visit the club website.

Kinross Volleyball

Kinross High School's senior boys and girls teams have just received notification of Scottish Volleyball's annual Scottish Cup draw which sees the boys team travelling to Perth to play St John's Academy. The girls team hosts Forres Academy who will have a lengthy journey to play this fixture. Games will be the best of three sets to 25 points and must be completed by the end of January.

Three club teams compete in the local Perth District league with both premier and recreational league teams finishing off 2023 in good form.

The club finished off the 2023 season with its ever popular Christmas Jumper Tournament.

Training resumes on Monday 8 January in the large games hall in the campus at 8-9.45pm. New members are welcome to join in.

Struan Bennet

<http://www.struanbennettri.wordpress.com>

Post Tri Season Update

It has been a big month of training for Struan since closing out the season at the British Championships grand final and grabbing a season bronze despite a poor performance from not being able to train in the lead-up.

After a little break, Struan moved into the start of winter training and has been going strong, gaining fitness through XC racing and big weeks of training. He has managed to get past his previous year's fitness despite the massive setback of a concussion and close to 10 weeks without proper training. He moves through the winter strong as he pushes to return to triathlons stronger, fitter and faster than ever.

You can read what Struan has been doing on his website.





Kinross Hockey

Kinrosshockey.org



The men's First X1 has a good mixture of youth and experience this year. As other clubs in the area will know, we suffer from a continuous churn of youths becoming established members of the team but then leaving to continue their studies or work further afield. Over the years youths who have achieved regional or national honours have been 'encouraged' by their coaches to 'move on' and play at a higher level. However, this does not deter local coaches who give up their time during the evenings to ensure that colts (Kobras in hockey) and teenagers enjoy outdoor sports.

The fence height has been raised as planned so we should see (hopefully) the new built terrace safe from flying hockey balls. It (and the newly extended pavilion) can be seen in the training photo above.

The club has training on every evening Monday through to Thursday for ages from 7 to whatever. Sessions are separated into appropriate sections, ages and abilities. To enquire please check out our website or email Kinrosshockey@gmail.com.

Kinross Road Runners

<https://kinrossroadrunners.weebly.com>

Who doesn't remember having to run cross country when you were at school? Did you suddenly pop out from behind a tree and pretend you had run the whole course? Can you believe that some adults actually love cross country and will run the whole course without hiding? Below we provide evidence that Kinross Road Runners do love cross country.

Camperdown Park in Dundee was the second race in the East District XC League and the weather was everything you would expect. Well done to all of our runners who ran in awful conditions and to Gavin the 'bag man' who was on hand at the finish line with warm and dry clothing.

What is a park run? Positive, welcoming and inclusive. There is no time limit and no one finishes last. Everyone is welcome to come along. Park runs are familiar to so many, whether you run to race against yourself or if it is your social event of the week. Our local park run is at Loch Leven and, on 25 November, Kinross Road Runners took on the marshalling and time keeping. It was a freezing cold morning, yet many runners arrived in shorts and t-shirts!





A total of 41 of our members either ran or marshalled and welcomed all runners with a cheery wave and words of encouragement.

On the same evening was one of our social events; a ceilidh held at the Larder. We had a fabulous evening. The food, the company and the band the Suited Bandits were second to none. One of our runners said they had their first non running-related blisters for a long time! Thank you to our social secretary, Caroline Jones, for organising this great event.

For anyone who had a clear head, the Giffordtown 5k (cancelled when Storm Babet hit in October) went ahead the following morning. All credit to 13 KRR who toed the line on a chilly but calm Sunday morning. Scott Strachan (2nd M50) 17:47, Matt Newton (3rd M40) 18:24, Sandy Freck 19:40, Ally Sinclair 20:26, Kirsty Grey (2nd F50) 22:43, Duncan Grey 23:27, Christine Myerscough 3rd F60) 23:39, Lucy Fraser 23:56, Alison Callaghan 23:59, John Myerscough 25:38, Ann Malcom 26:18, Hannah Lopez 27:32, Linda MacEachen 31:02.

What were you doing when the snow came at the beginning of December? Our amazing fell runner Fiona Horsfield was competing in the Montane Cheviot Goat winter ultra over the Cheviot hills in Northumberland and finished as second female overall, covering nearly 60 miles in a fantastic 17 hours 9 minutes 35 secs. Congratulations Fiona!

With the New Year approaching you may have resolutions on the horizon.



Whether it is to finish a park run, to join a running club or to meet new friends, Kinross Road Runners has something for everyone. If you are interested, visit our website and get in touch.

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Upcoming Social Events

There will be a Hogmanay Dance on Sunday 31 December from 7pm-1am. Enjoy a glass of bubbly or a bottle of beer on arrival, a three course meal (the menu is to be confirmed) and entertainment from Pinnacle.

The KLEO Burns Supper function will be held on Saturday 27 January.

Social Event Feedback

The Race Night for the Kinross & District Rotary Club was recently held at the Golf Club. The Rotary Club raised over £3000 for their charity.

AGM

This will be held in the clubhouse on Sunday 28 January at 2.30pm. All members are cordially invited to attend.

The Newsletter on Facebook



'Like' our page to be kept informed. Search for *Kinross Newsletter* or go to: www.facebook.com/kinrossnewsletter

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Follow these steps to find available financial advice and support in Perth and Kinross

Worrying About Money?

Step 1: What's the Problem?

I suddenly have no money

- Lost job/reduced hours
- Lost money/unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options **1 2 5 6**

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

My money doesn't stretch far enough

- Deciding between food/fuel/mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Not sure if eligible for support
- Change of circumstance (e.g. new baby/bereavement/illness/left partner)

See options **1 2**

I have debt

- Rent or Council Tax arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option **3**

Step 2: What are some options?

1 Scottish Welfare Fund

People on low incomes may be able to get a **crisis grant** from the Council.

This is a payment to help you cope during an emergency or disaster, or due to unexpected expenses.

Crisis grants do not have to be paid back (not a loan).

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently.

Speaking to an advisor could also help you with **managing gas and electricity bills** and **make sure you're not missing out** on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new Universal Credit benefit claim and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food.

It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone.

Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseeker's Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid.

Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help?

Scottish Welfare Fund

Crisis Grant to cover the cost of an emergency
01738 476 900 (Option 2)
www.pkc.gov.uk/scottishwelfarefund

Social Security Scotland

You may be eligible for support from Social Security Scotland, including Scottish Child Payment, Best Start Grant & Best Start Foods which can help with the costs of having a child
0800 182 2222 | mygov.scot/benefits

Each of these services offer free and confidential advice

Perth and Kinross Council

Free, confidential and impartial benefits advice, information and appeal representation
01738 476 900 | welfarerights@pkc.gov.uk
www.pkc.gov.uk/welfarerights

Help with options: 1 2 4 5 6

Perth and Kinross Citizens Advice Bureau

Free, impartial and confidential advice on issues such as benefits, debt, money, housing and employment
0808 196 9440 | advice@perthcab.org.uk
www.perthcab.org.uk | www.cas.org.uk

Help with option: 1 2 3 4 5 6

Christians Against Poverty

Debt counselling charity
0800 328 0006 | www.capuk.org

Help with option: 3

Other Support

PKAVS/Minority Communities Hub

Minority community support
07935 756 738 | 01738 567 076
minoritieshub@pkavs.org.uk

SCARF

Energy Advice
0808 129 0888
www.scarf.org.uk

Skills Development Scotland (PACE)

Redundancy advice
0800 917 8000
www.myworldofwork.co.uk

The HEAT Project

Energy advice
07868 864 418
www.theheatproject.org

Warm Connections

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07759 404 980
www.warmconnections.net

Breathing Space

Mental health support
0800 838 587
www.breathingspace.scot

Turn2Us

Financial support
0808 802 2000
www.turn2us.org.uk

LOCAL VOLUNTEER OPPORTUNITIES

Fossoway and District Community Council

We seek to co-opt one or two members to the council. We are looking for individuals who would be willing to take on some admin tasks. Please phone Trudy on 07584 127906

The Potager Garden

A small community garden in Bowton Road Kinross. Contact Amanda James on 07963 476803, or amandajames1577@gmail.com

Broke not Broken

Broke not Broken is a voluntary organisation working for the prevention and relief of poverty. Contact admin@brokennotbroken.org.

Greyhound Rescue Fife

Greyhound Rescue Fife at Balfree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. 01592 890583. www.greyhoundrescuefife.com

KLEO

(Kinross-shire Local Events Organisation): If you enjoy local events on your doorstep, like the monthly Kinross Farmers' market and the winter festival events (concerts, comedy and the festive street market), please join the KLEO team! Contact Bouwien Bennet at info@kleo.org.uk or call 01577 863107.

RSPB Scotland Loch Leven

RSPB Scotland Loch Leven: We need volunteer fundraisers to help with pin badge boxes and bucket collections. Please get in touch on communityfundraisingscotland@rspb.org.uk.

Kinross (Marshall) Museum

The Museum Trust is looking for volunteers. If you would like to know more contact the Museum on 01577 867153 or email: information@kinrossmuseum.org.uk

Swansacre Playgroup

A long established charity playgroup for children aged 2-5 years, we need volunteers to help support us with play sessions. For more information, please email swansacre@gmail.com

Kinross Heart Start

Campaign to secure funds for public access defibrillators in Kinross. Contact Pamela Hunter to find out how you can volunteer on 01577 862419.

Light Up Kinross

Light Up Kinross is a small local charity with responsibility for Kinross Christmas lights. Please contact David Colliar, email davidcolliar@tiscali.co.uk or Bill Freeman, billywhizkid78@gmail.com.

Common Grounds

A Charity Cafe staffed by volunteers on Tuesday and Saturday mornings from 10am-12.30pm in the Guide Hall, Church Street, Milnathort. Contact: Gaylor Hopkins 01337 860535 or Elaine Matthew 01592 840266.

Seamab

Seamab is a residential school that cares for some of the most vulnerable children in Scotland. For more information contact Melloney Flinn at mflinn@seamab.org.uk or call 01577 840307.

SSAFA

The Armed Forces charity is always on the look out for new volunteers in a variety of roles: client case working (free training is provided), admin office roles, fundraising or PR/media work. Contact the Branch Secretary 07594 650900.

Kinross-shire Day Centre

We are looking for volunteers to serve meals and help with day trips and activities, such as bingo and singing, for a lively bunch

of over-aged teenagers (over 65s). Pop in and speak to Nan or telephone 01577 863869.

Milnathort Town Hall Committee

We are looking for volunteers. For more information please contact us at milnathorttownhall1@gmail.com.

Volunteering with Aberlour!

We are currently recruiting new volunteers to support Aberlour, Scotland's Children's Charity. Visit www.aberlour.org.uk/volunteer, or contact Shonagh on 07864 625069/shonagh.ferguson@aberlour.org.uk.

SPARKS

SPARKs allows adults of all ages who have support needs or disabilities to meet together with their carers. For more information call 01577 867216/867218 or 07769 243282/07896 280843.

Scotland's Gardens

Do you love gardens? Might you be interested in meeting local garden owners, helping to support local gardens that currently open for charity, plus those that are considering it? If so, and you would like to know more, please ring Lizzie on 01577 862900.

Duke of Edinburgh

The Kinross-shire Duke of Edinburgh Open Group has a wide range of adult volunteering opportunities available. Contact us at dofekinrossshire@gmail.com

Interested in Guiding?

Volunteer with Girl Guiding and help make a difference to the lives of girls. If you would like to volunteer call Alison on 07764 750212

Friends of CHAS Kinross

Do you enjoy meeting people? Making a difference? Planning fun and creative events? Then please think about Friends of CHAS – Kinross. They'd love for you to join them. If you'd like to learn more please contact community fundraiser Lyndsay Stobie at: lyndsaystobie@chas.org.uk or 07557 370746.

Kinross-shire Volunteer Group & Rural Outreach Scheme

Could you become a volunteer driver for Kinross-shire Volunteer Group & Rural Outreach Scheme? We deliver a vital service to help the elderly and disabled attend appointments. Please contact the Administrator 01577-840196 or email administrator@kvgrs.org.uk

Guide Dogs Kinross

We would love new volunteers to join our fundraising group and we are also looking for a treasurer. You can still contact me for the foreseeable future by email at she61@hotmail.co.uk.

1st Kinross Cubs

1st Kinross Cubs is a part of the 1st Kinross Scout Group and offers the young children of Kinross-shire the opportunity to gain new skills and experiences under the guidance of the Scout Association. We have several volunteering roles available. Contact Daryl on 01577830346 or email kinrossbeavers@hotmail.co.uk

Kinross in Bloom

Volunteer group which provides and maintains floral displays to enhance the environment in Kinross. If you are interested in volunteering, please contact susan.mitchell50@gmail.com.

RSPB Scotland Loch Leven

Volunteer with the Education Team at RSPB Scotland's Loch Leven nature reserve! For more information, contact the Learning Officer on 01577 862355 or email lochleven@rspb.org.uk.

ORGANISATIONS: To add an appeal, email the Editor. Please let us know if you no longer need your appeal to be listed.

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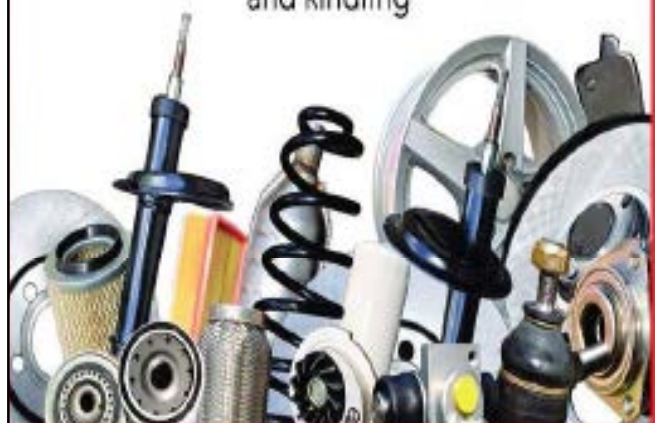


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NatureScot Loch Leven NNR

A Wildfowl Winter...

As we're now well into winter the loch is extremely busy with wintering wildfowl. We conduct monthly WeBS surveys along with our friends at the RSPB, to get as accurate a count as possible of all wetland birds on the loch.

At this time of the year you can see thousands of tufted duck, coot and good numbers of golden eye, as well as the thousands of geese that roost on the loch, the most numerous being pink-footed geese. We also occasionally get some rarer visitors, such as greater scaup, slavonian grebes, long-tail ducks, great egrets, velvet scoters and shovelers. There have recently been hundreds of greylag geese up close at Burleigh sands during the day. You'll usually hear them before you see them!

Winter is also a great time for tree planting, and we've been busy transplanting trees across the reserve, moving them from sites where they may not be best suited, or there may be more than plentiful, to another part of the reserve to where they will be more suited and can make more of a positive impact. This method saves our resources and is beneficial to the trees.

We've been out on the boat in order to plant willow around the shoreline of the loch, which when mature, provides excellent cover for birds.

In December we had our wreath-making evening, a free event where we used resources from around the reserve and provided guidance for visitors to make their own wreaths.

Everyone came up with beautiful individual creations to take home, and the event was so successful I'm sure we'll be having another evening next year. When using materials from places such as national nature reserves, it's important not to take too much, such as berries and flowers, as these are an essential resource to wildlife coming into winter.

Some of the materials we collected that were left over can be re-used, such as the willow whips we used to make the base of the wreaths.

They can be used as part of an anti-erosion method, by weaving willow fences at the water's edge into the ground, creating a stable wall and allowing the willow to continue to grow. This method was used along the south queich and can be seen from the bridge. This was built by our volunteers a few years ago, and they've been prepping more willow getting ready to weave more fencing.

We had our first snow of the year early December, turning the loch into a beautiful winter wonderland, with parts of the loch freezing over. I'm sure we'll be getting some more so when colder temperatures hit remember to wrap up warm and be careful on the icy trails.



Shoveler Duck

To keep updated with what's going on the reserve have a look at our social media (Facebook, Instagram and Wordpress blog – @LochLevenNNR), and feel free to get in touch with any of your own as well.

Sally Reay, Loch Leven Nature Reserve Officer

Weather



Recent Weather Reports From Kinross

November 2023

Total Rainfall	98.5mm/3.94in	
Heaviest Fall	18mm/0.72in	(13 Nov)
Total Sunshine	66.8 hrs	
Sunniest Day	6.9 hrs	(11 Nov)
Max Temp Average	8.4°C	
Highest Temp	12.7°C	(23 Nov)
Min Temp Average	0.31°C	
Lowest Temp	-6.6°C	(29 Nov)

...or a Very Waxwing Winter?

Photos by Darran Dixon

I feel like we say this every year but, it's crazy that we have moved into 2024 already! We hope you all had a fantastic festive period filled with lots of yummy treats (including our Christmas tiffin if you had been lucky to grab a piece while it was on offer!).

Although the Christmas period tends to signal the time for winding down, the reserve was as busy as ever with our winter wetland birds coming en masse as always. Species such as teal, gadwall, pintail and whooper swans were being spotted in large numbers with as many as 150 teal being seen at once during our Wetland Bird Survey (WEBS) counts. We were also lucky to have seen regular sightings of marsh and hen harrier at the reserve over the winter months in addition to short-eared owl sightings in late November. Waxwing, fieldfare and redwing also popped



up on our sightings board quite a few times as they visited us for the winter, following their breeding season in Scandinavia. It was looking like a very waxwing winter with several sightings popping up in the area which isn't always a guarantee every year.

We have had some gorgeous images of these captured by our Assistant Warden, Darran. For more frequent sightings updates and to

share your pictures with us, be sure to follow us on Facebook @RSPBTaysideFife or get in touch at lochleven@rspb.org.uk.

In general, the team have been working hard to maintain the site

over winter as well as having been busy developing plans for the improvement of our Cottage Garden area, Leafy Loop and Play Area. We are excited to hopefully see some of these plans becoming a reality in the coming year.

Now that we are in January, we are looking forward to the Big Garden Bird Watch weekend on the 26-28 January with our Optics Weekend and Big Garden Bird Watch trail events running alongside it. We are really looking forward to seeing the results of the world's largest garden wildlife survey and to see if there have been any changes and improvements for nature. In February we have our Fun Fact February trail back for the whole of the month to test out your searching skills and wildlife knowledge. For more information about our upcoming events and to book any of your tickets in advance, check out <https://events.rspb.org.uk/lochleven>.

As we enter this new year, if you are keen to get involved in the team and take part in the amazing work we do here, why not check out our various volunteering opportunities currently available? From Visitor Experience and Wild Challenge promotion to customer service in our shop and café, there is sure to be something that may spark an interest. For more information check out <https://volunteer.rspb.org.uk/opportunities> or look at the Volunteering section on p69 of this *Newsletter*.

Finally, we'd just like to say a Happy New Year to all and wishing you the best in 2024. We hope to see you soon!



Freya



Farming

Peas on Earth...

A pea-viner tipping freshly harvested peas into the trailer at Fruix Farm.



Some VIPs joined us for Christmas, alongside our turkey, stuffing, pigs in blankets, roast potatoes, parsnips and sprouts. The festive meal was deemed more important than presents when I carried out a wee survey of my nieces and nephews a few years ago. When I asked at home, our family agreed the dinner trumps gifts and I think many families feel the same. There's not much to beat coming together round the table with good company and lovely food and as I love it so much, I used to rely on a trusted formula to prepare for the festive meal.

However since my op, I have taken a back seat and I'm now only tasked to peel the veggies and make the stuffing. Andrew handles the turkey, he's always up first anyway so it gives him plenty of time to add the cream and flake to the trifle which he starts making on Christmas Eve. As Charlie has

a few livestock jobs to do, he misses out on the cooking so Kay and Fraser manage the rest and it seems like a fair division of labour. It has been great to see them take a few new approaches and our local tattie Barron (as John likes to call him) would be pleased to see such great care taken over the roasties, I must admit the addition of garlic and a sprig of rosemary during the last 10 minutes in the oven adds so much flavour. I'm unsure what goes in the gravy but it was very tasty and I think the young team are a bit more accurate when it comes to cooking the veg than I ever was. A bit like my farming, I miss being in control but am pleased the next generation is so capable, I really enjoyed it with our special guests, the VIPeas.

Yes, it's peas that made an appearance, a big bowl of these were plonked down on our farmhouse table to be demolished and they are so special, as they

were grown on our farms last summer by a local pea company who was kind enough to hand in a box of frozen peas just before Christmas. Scotland's annual production is in the hands of only a few specialist growers and in 2023, we were one of 200 landowners from Angus, Perthshire and Fife who rent land to Bruce Farms. They manage the entire cycle from seed to harvest, the crop is carefully monitored and it was visited very regularly.

The machinery required is specialist and the staff very dedicated as the vining operation runs 24 hours a day throughout the harvest period. Being the only independent supplier of peas to Birds Eye, Bruce Farms have invested in technology to guarantee 100% traceability so if you spotted the viners working in our fields in August you will know how huge the machines are and unsurprisingly they cost the price of a small house. With Kinross-shire being furthest out from their Dundee factory, it's rarer that they take land down here but I'm pleased to say our peas did well and met the target from harvest to frozen within an impressive 150 minutes per load. The rent paid of £180 per acre seemed attractive this year as the other option was to purchase very expensive fertiliser to grow spring barley and sell into an unpredictable market. Peas are valuable to us in another way too as they act as a 'break crop' naturally restoring the Nitrogen levels of the soil as they grow. So we both rented 34 acres each and have sown winter wheat into the fields already with no need for artificial fertiliser.

I hope you all enjoyed your own Christmas dinner and if you have peas on your plate at any point in 2024, thanks to a joined up approach between farmers and the grower, you will be eating a local and nutritious treat. Enjoy!

Fiona

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Scottish Charity SC004968

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PUBLIC HOLIDAYS We will be closed Monday 1st, Tuesday 2nd and Wednesday 3rd January 2024. May we take this opportunity to wish you all a very Happy New Year.

We would also like to thank all our service users, committee, volunteers and the whole community of Kinross and surrounding areas, for your continued support of Kinross Centre.

Weekly Programme For January 2024

Monday	Hearing Aid Clinic (8 Jan ONLY)	10am-12pm
	Exercise Class	11.30am
	Games: Indoor curling, quizzes, Scrabble, dominoes	1.30pm
	'Stride for Life' Walking Group	2.00pm
Tuesday	Vision PK (15 Jan ONLY)	10-11.45am
	Exercise Class	11.30am
	Singing Group (9 Jan ONLY)	1.30pm
	Games: quizzes, Scrabble, dominoes (7, 14, 21 Jan ONLY)	1.30pm
Wednesday	Church Service	11.15am
	Games: quizzes, Scrabble, dominoes (NOT 29 Dec)	1.30pm
	Craft Group (10 & 24 Jan ONLY)	1.30pm
	Reminiscence Group Garden Room (NOT ON)	NOT ON
Thursday	Chiropody Service (4 Jan ONLY)	10am-1pm
	Interactive Games (NOT 25 Jan)	11.30am
	Burns Lunch & Concert (25 Jan ONLY)	12.00pm
	Games: Indoor curling, quizzes, Scrabble	1.15pm
	Art Group	1.30pm
	Exercise Class with Kenny from Live Active	2.00pm
Friday	Football Memories ALL WELCOME (5 & 19 Jan ONLY)	11am-12pm
	Exercise Group	11.30am
	Bingo	1.30pm
	Life Story Books	1.30pm
	Board Games	1.30pm



Film shows • Cards
Dominoes • Art Class
Exercises • Chiropody
Trips • Daily Papers

All Activities Subject To Change. Activities May Be Added.

KINROSS CENTRE

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Kinross-shire Churches Together



Kinross Parish Church Church of Scotland

(Charity no SC012555)

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10 Station Road, Kinross KY13 8TG

Website: www.kinrossparishchurch.org

Facebook: Kinross Parish Church of Scotland

YouTube: Kinross Parish Worship

Instagram: kpcscotland

E-mail: office@kinrossparishchurch.org

Office Tel: (01577) 862570

The Church Office is open 10am-12noon, Mon & Fri.

Otherwise operating remotely. Leave phone message or email.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952

Assistant Minister: Rev Austin Wicks

Ordained Local Minister: Rev Margaret Michie

Session Clerk: Jaffrey Weir

Contact the Church Office for our weekly email of events and Zoom details. Events below are in the church unless otherwise indicated:

Regular Services and Events

Sundays

9.15am Choir Practice

10.30am: Morning Service, gathering song about 10.25. For young people: Junior Church (age 4 -11) meets in the Upper Room from 10.30 then joins in at the end of the service. Within the church there is a corner for parents with babies and toddlers.

Refreshments and Fairtrade Stall after most services.

Sunday morning services are also available online: live on YouTube and Facebook. Thereafter on YouTube, Facebook and the church website. Listen by phone on 01577 528270, or request a CD.

6pm: Sunday Evening Prayer, on Zoom

6pm: Crossfire, church centre during term time. P7 upwards

Mondays

10-12pm: Church Office open to visitors.

2-4pm: Bridge Sessions, plus Board Games once a fortnight (8 & 22 Jan).

7.30pm: Dungeons and Dragons for adults certain Mondays only – check website

Tuesdays

10-11.30am: Stepping Stones for babies, toddlers and carers.

2.30pm: House Group

Wednesdays

9.30am: House Group

11.15am: Midweek Service, at the church centre.

1.30pm: Craft Group

7.45pm: Men's House Group

8.00pm: Women's House Group



Thursdays

10.30am: House Group

11-12pm: Table Talk – chat on Zoom.

Fridays

10-12pm: Church Office open to visitors.

Boys' Brigade and Girls' Association, (Church Centre during term time)

6 - 7.15pm Anchor Section (P1-P3);

7 - 9pm Junior Section (P4-P6);

7 - 9.30pm Company Section (P7-S3)

7 - 9.30pm Senior Section (S4-S6).

OTHER SERVICES AND EVENTS:

December

Sunday 31: 11am United Service for Kinross-shire Parish Grouping at Cleish church. Teas and Fairtrade stall afterwards in Cleish village hall. No service at Kinross Parish Church.

January

Sunday 7 10.30: Morning Service followed by Communion at 11.45am

Monday 8 8am: Guided Silent Meditation

2pm – 4pm: Board Games Afternoon – a social get-together for anyone in the community to play Scrabble, Rummikub and other board games. All welcome

Thursday 18 9pm: Evening service of Compline

Saturday 20 11am: All Friends Together for adults with learning difficulties

Monday 22 2-4pm: Board Games Afternoon (See Mon 8 for details)

Cleish Parish Church

Church of Scotland

(Charity No: SC003168)

Interim Moderator and Locum Minister:

Rev Beverley Stevenson OLM

Tel: 07584 902508

Email: BStevenson@churchofscotland.org.uk

Session Clerk: Christine Maclure

Email: maclure19@gmail.com Tel: 07704 884584

Updates and changes to the dates below can be found on our church website : www.cleishandfossowaychurches.org.uk

We look forward to welcoming you to worship with us in Cleish Church.

JANUARY 2024

7 Jan – 11.15am Morning Worship. Fairtrade Stall.

14 Jan 11.15am Morning Worship

21 Jan 11.15am Morning Worship

28 Jan 11.15am Morning Worship followed by a

Congregational Lunch in the Village Hall. All welcome

Refreshments are served in the Young Room every Sunday after worship



Fossoway, St Serf's & Devonside Church

Church of Scotland

(Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 0UY

www.cleishandfossowaychurches.org.uk

Interim Moderator: Rev Beverley Stevenson

Telephone: 07584 902508

Email: BStevenson@churchofscotland.org.uk

Session Clerk: Anne McKay Telephone: 07766 418016

Email: annemckay90@gmail.com

Our church is a very warm and welcoming place situated in the Crook of Devon, a small village about 6 miles from Kinross. Come and join us – we would love to meet you.

Updates and changes to the dates below can be found on our church website <https://cleishandfossowaychurches.org.uk>



STEPPING STONES



Weekly in Kinross
Parish Church 10-
11.30am.

Stepping Stones is
for parents, carers,
babies and toddlers.

ALL WELCOME

JANUARY

7 Jan: 9.45am Sunday Morning Worship
 14 Jan: 9.45am Sunday Morning Worship
 21 Jan: 9.45am Sunday Morning Worship
 28 Jan: 9.45am Sunday Morning Worship

REFRESH THURSDAY

Thursdays, 2-4pm in the Church Hall (back on 11 Jan)
*Join us for a friendly blether with delicious home baking,
 tea and coffee. All are welcome.*

FILM NIGHT

Friday 5 January 7.30pm in the Church Hall **Barbie** (12)
 Barbie and Ken are having the time of their lives in the colourful and
 seemingly perfect world of Barbie land. However, when they get a
 chance to go to the real world... they soon discover the joys and perils
 of living among humans.

*Join in the fun and wear something pink!
 Donations of £5 appreciated, includes tea/coffee and biscuits.
 Please join us for the film, some refreshments
 and a blether. All are welcome*

FOSSOWAY BABIES AND TODDLERS

The group meets every **Friday 9.30-11.30am**, in Fossoway
 Church Hall. Join us for snacks, play and blether.

FOSSOWAY CREATIVE CRAFTS GROUP

Meets on **Monday evenings from 6.30pm** in the Church Hall.
 Please bring your own craft and join us.

FOSSOWAY HOUSE GROUP

Our House Group usually meets every **Thursday evening at 7.30pm**.
 For more details please contact Debbie Hill 01577 842268.

*All are welcome at any of our meetings and services.
 If you would like any more information, please contact
 Anne McKay, Session Clerk, 01577 840093.*

HALL BOOKINGS

If you wish to book our hall or meeting rooms,
 please contact **Mrs E Black 01259 742046**

**Orwell and Portmoak
Parish Church**

Church of Scotland (Charity number SC015523)

Interim Moderator – Rev Alan Reid

Telephone 01577 862952 Email: areid@churchofscotland.org.uk

Locum – Rev Dr Robert Calvert

Sunday Worship, and Junior Church: All children welcome.

10am Portmoak Church; **11.30am** Orwell Church

**Joint family services with the Praise Band will be held on the first
 Sunday of each month (except January), in Orwell Church at
 10:30am.**

Messy Church will meet on Saturday 27 January from 4-6pm at Orwell
 Church with all the usual crafts, fun, and food.

Dates For Your Diary

31 Dec **United Kinross Network service** in Cleish Church at 11am.
 No service in Orwell or Portmoak.

4 Jan **Ashley House Service** at 2pm.

7 Jan **Joint family service** in Orwell Church at 10:30am
No morning service at Portmoak Church

9 Jan **Guild Friendship Group** meets in Orwell Hall 2pm – 3:30pm

19 Jan **Tea and a Blether** in Orwell, 2-3:30pm

23 Jan Public meeting in Portmoak Church at 7:30 pm to
 discuss possible future uses for the building.

26 Jan **Oasis Ladies Group** meets in Portmoak New Room
 from 10:15am – 12 noon.

Bereavement Service in Orwell Church at 3pm

The Church Office and Shop is open 10-12pm, Mon-Fri.

Office email: orwellandportmoakchurch@gmail.com

Website: orwellportmoakchurch.org.uk

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Fr David Mackenzie Mills, Rector.

Tel: 01577 863795

Email: frdavidkinross@gmail.com



You can also find us on Facebook
www.facebook.com/stpaulsepiscopalchurchkinross

Fr David and the congregation at St Paul's look forward to welcoming you to our Episcopal worship services and other outreach and social activities.

We recognize how scary it can be to cross the threshold into an unfamiliar place, so you're assured of a friendly smile and any help you need for you and your family to feel comfortable.

Our Sunday and Wednesday morning services begin at 10am, unless otherwise advertised. These are usually Eucharists (worship with Communion, sung with hymns on Sundays). Our church bell rings from 9.45am.

The church building is open every day from 10-4pm for private prayer and the opportunity to light a candle.

We will provide regular updates on the website concerning our schedule of worship. Please do refer to it regularly.

Although we don't insist that people wear face coverings, you are very welcome to do so if that helps you feel safer in public spaces.

Our services are also broadcast from the church building as livestreams via Zoom (please email us to be sent weekly links).

The Liturgy outline can be followed on the website via the seasonal Sung Eucharist e-booklets and the weekly pewsheet.

Events and Services in January 2024

Wed 3

10am: Midweek Meditative Holy Communion

Sun 7 (THE BAPTISM OF THE LORD & The Epiphany)

10am: Sung Eucharist

Wed 10

10am: Midweek Meditative Holy Communion

Sun 14 (Epiphany 2)

10am: Sung Eucharist

Wed 17

10am: Midweek Meditative Holy Communion

Sun 21 (Epiphany 3)

10am: Sung Eucharist

Wed 24

10am: Midweek Meditative Holy Communion

Sun 28 (Epiphany 4)

10am: Sung Eucharist

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The Talking Donkey is a Christian venture so there will always be people on hand to offer **Prayer for any need**

Loch Leven Church

(Charity No: SC049050)

info@lochlevenchurch.com



Loch Leven Church meets at Loch

Leven Community Campus, at 10:30am each Sunday.

Our sermon series from January to March is 'Joseph: God Meant It For Good' and we'll be hosting the following services in January:

7 Jan: New Year's Walk - from Burleigh Sands to Loch Leven's Larder at 11am

14 Jan: Genesis 37: Joseph... The infuriating dreamer (Stephen Jones, LLC)

21 Jan: Genesis 39: Joseph... The innocent victim (Fiona McDonald, Scottish Bible Society)

28 Jan: Communion Sunday (Richard Gibb, LLC, Graeme Gunn, LLC)

Everyone, of all ages, is very welcome to join any of these. To know more about us, please visit our Facebook page 'We Love Loch Leven', our website www.lochlevenchurch.com, or email us at info@lochlevenchurch.com

Kinross Christian Fellowship

Jesus answered, 'I am the way, the truth and the life.'



Sunday mornings we come together at the Millbridge Hall, Old Causeway, Kinross.

Refreshments and a blether from 10am; pre-service prayer time at 10.15am with the service starting at 10.30am-ish.

As the Holy Spirit leads us, our service includes the reading of the Word, prayer, ministry, communion, praise and worship, and Bible-based preaching/teaching.

Everyone is welcome, all ages, so please come and taste and see that the LORD is good.

Alternatively you can join us interactively via Zoom:

Meeting ID: 895 3312 2460

Passcode: 461728.

We also have Bible Studies in small groups through the week; Mondays online via Zoom and Tuesdays in person.

Kinross Gospel Hall

8 Montgomery Street, Kinross

www.kinrossgospelhall.info Tel 07818 050785

CAROL SERVICE: 4pm Sunday 17 December

Gospel Meeting Sundays 4pm. **Toddlers' Group** Thurs 9.30-11am; **Explorers** (Primary School) 6-7pm. We look forward to seeing old friends and welcoming new ones. All welcome.

THE KINROSS NEWSLETTER

ALL PROFITS GO TO LOCAL GOOD CAUSES

The Newsletter on Facebook

We use our Facebook page to announce:

- our deadline and publication dates
- what's in the next issue
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Tom Webster

‘The Singing Postie’ passed away peacefully at his home in Kinross on 22 August 2023

Tom was born on 23 July 1933 at Southfields, Cuthill Towers, near Milnathort. He was the youngest of nine children born to James and Mary Ellen Webster. Growing up at the family home in Viewfar Road, Tom attended Milnathort Primary and Kinross High School before completing his apprenticeship as a Gardener at Telford Nurseries in Milnathort. Tom went on to serve across the south of England in the Army and Royal Military Police during his National Service before returning to his beloved Kinross-shire where he remained all his life, marrying his sweetheart Jean and going on to have four children – Wendy, Alan, Amanda and Alistair.

Tom was well known around Kinross-shire, Tayside and Scotland for his musical talents. Having toured across the country with ‘The Bill Wilkie Show’ Tom became a member of the ‘Fife Yokels’, appearing weekly on TV in the late 1960’s and releasing two albums. During this time Tom won Gram-pian Televisions prestigious ‘Male entertainer of the year’ for 1969 and 1970.

Tom then went on to found ‘The Lomond Cornkisters’ playing Bothy Ballads, Scottish favourites and some of their own compositions. In their first year – the Cornkisters won the coveted ‘Browse Cup’ for Scottish Music. The Cornkisters released five albums and feature on many more compilation albums.

Tom remained at the helm of ‘The Lomond Cornkisters’ for over 45 years – taking their music across Scotland, England and Germany, entertaining the crowds with a grand Scottish Ceildh as well as raising thousands of pounds for charity.

Tom was also well known for his gardening and for being a local postman around Kinross for over 25 years. Be it delivering the post or tending a local garden, you would hear his singing, whistling or yodelling before you saw him.

Tom is survived by Amanda and Alistair, seven grandchildren – Mark, Craig, Paul, Chloe, Daniel, Katie and Natalie and (currently) six great grandchildren with two more on the way!

Mandy and Allie would like to thank the family, friends, neighbours, carers and NHS staff who helped with Tom’s care and happiness during his final years at home. Also for



the many cards, flowers and contact from people expressing their love and respect for Tom. A special thanks must go to the Reverend Robert Calvert and his team at Orwell Church for a fantastic service and celebration of Tom’s life.

Over £1200 was collected at Toms funeral and presented to Kinross-shire Day Centre as a thank you for their tremendous work in the local community.

Tom really was an integral part of Kinross-shire for 90 years. He will be greatly missed by many but fondly remembered when his music is played.

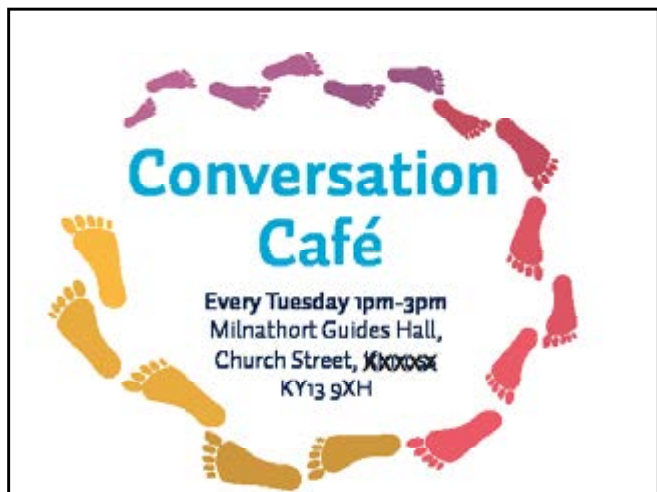
Acknowledgements

SHARP

The family of the late Agnes Sharp, Milnathort and the late Rev Jim Sharp, Geneva would like to thank everyone who attended their funeral.

Thanks also to Stewart Funeral Directors and Orwell Parish Church for their help in organising a fitting farewell.

Donations on the day raised £370 for Chest, Heart & Stroke, Scotland.



New Year Holiday Arrangements

Loch Leven Library

Reopening Friday 5 January at 10am.

Kinross Day Centre

1 & 2 & 3 January. Closed

Loch Leven Health Centre

1 & 2 January Closed

RSPB Loch Leven

1 & 2 January Closed
3 January Visitor Centre & Shop 10am - 5pm
Café 10am - 4pm

Rowlands Chemist, Kinross

Monday 1 January Open 2pm - 3pm (Emergency)
Tuesday 2 January Closed
Wednesday 3 January Normal opening hours resume.

Davidsons the Chemist, Milnathort

1 & 2 January Closed

Loch Leven Community Campus

1 & 2 January Closed

Milnathort Post Office (Giacopazzis)

Sunday 31 December 7am - 9pm
Monday 1 January 9am - 5pm
Tuesday 2 January 7am - 7pm
Wednesday 3 January 7am - 8pm
Thursday 4 January 5.30 - 10pm

Kinross Sorting Office

1 & 2 January Closed

PKC Waste Collections (Wheelie Bins)

There will be no domestic or commercial collections on 1 and 2 January 2024

Unless notified directly by letter, the following will apply:
Collections due on Monday 1 January will take place on Saturday 30 December

Collections due on Tuesday 2 January will take place on Sunday 31 December

There are no scheduled garden and food waste collections after Friday 22 December. Collection dates will return to normal from Saturday 6 January.

Real Christmas trees can be chopped up and added to your home compost bin, chopped up and placed in your brown-lidded bin (if you have a Garden Waste Permit) or taken to your local Recycling Centre. Real or artificial Christmas trees presented as excess waste will not be uplifted.

Severe Winter Weather

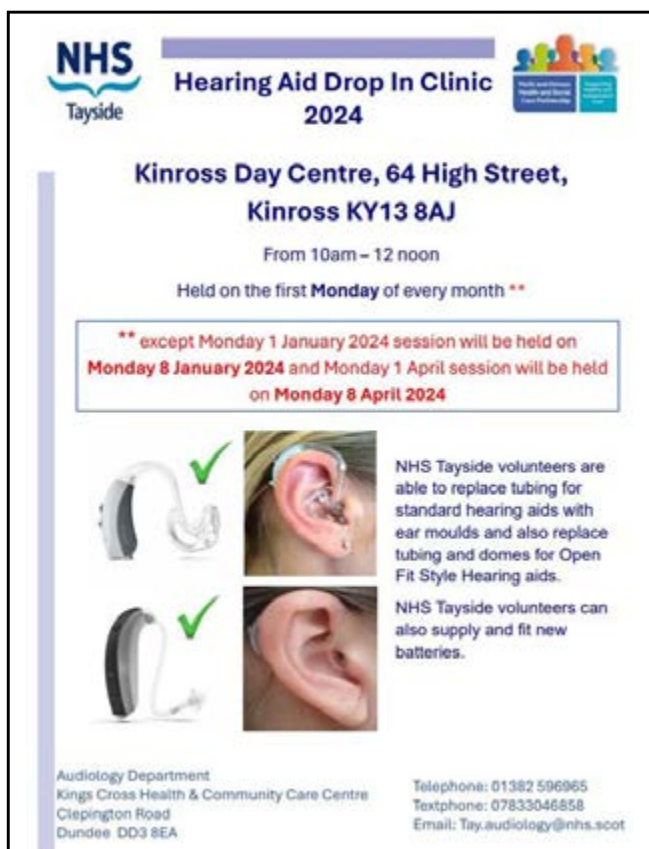
In the event of severe weather it may not be safe for refuse vehicles to visit all areas. If your bin is missed please leave it out for 48 hours and the Council will attempt to return for it. If the Council is unable to return, please re-present on the next scheduled collection day. If you have excess waste or recycling, please use local Recycling Centres or Recycling Points www.pkc.gov.uk/recyclingcentres.

Recycling Centres

All Recycling Centres will be closed on 1 and 2 January 2024.

Special Uplifts

Normal collections resume on Wednesday 3 January 2024.




NHS Tayside **Hearing Aid Drop In Clinic 2024**


Kinross Day Centre, 64 High Street, Kinross KY13 8AJ

From 10am – 12 noon

Held on the first **Monday** of every month **

** except Monday 1 January 2024 session will be held on **Monday 8 January 2024** and Monday 1 April session will be held on **Monday 8 April 2024**

 NHS Tayside volunteers are able to replace tubing for standard hearing aids with ear moulds and also replace tubing and domes for Open Fit Style Hearing aids.

 NHS Tayside volunteers can also supply and fit new batteries.

Audiology Department
Kings Cross Health & Community Care Centre
Cleington Road
Dundee DD3 8EA

Telephone: 01382 596965
Textphone: 07833046858
Email: Tay.audiology@nhs.scot



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- Post Op Rehabilitation
- Arthritic Conditions
- Neck & Back Pain
- Sports Injuries

T: 01577 864 875

M: 07912 100 845

**28 New Road, Milnathort
Kinross KY13 9XT**

www.kinrossphysiotherapy.co.uk

enquiries@kinrossphysiotherapy.co.uk



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tel: 01577 863186 mob: 07900 403 708 email: lee@cree8.co.uk

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KEEPING SAFE ON A NIGHT OUT

Festive Party Safety

If you're going on a night out then have fun and enjoy yourself. However, people can sometimes end up acting out of character and may end up regretting it later. Keep these simple steps in mind while having fun.

What can I do to keep safe on a night out?

- Plan your night out including how to get home.
- Take your mobile phone with you and make sure it's charged.
- Stay with friends and avoid leaving parties or nights-out with strangers.
- Be sensible about how much alcohol you drink and pace yourself - a drunk person is much more vulnerable and a far easier target for criminals.
- Watch your drinks - don't give anyone the opportunity to alter them with other substances. If you leave a drink unattended then don't go back to it.
- Think about what you've had to drink - If you feel very drunk or unwell after just a small amount then ask a trusted friend or a member of the club / pub management for help.
- Don't take drugs or New Psychoactive Substances (sometimes misleadingly called 'legal highs').
- Don't have sexual intercourse with anyone who is unable to give their consent because they are too drunk or under the influence of drugs. In Scots Law this is rape.
- Look after bags and valuables. Attracting attention to a phone, especially when leaving a club under the influence of alcohol, makes you more vulnerable to criminals.
- Make sure you have enough money left at the end of the night to pay for your journey home.
- Stay alert at cash machines. Hide your PIN, be aware of who's behind you and keep money out of view. Avoid using them if you've had too much to drink as you'll be more vulnerable to being the target of a robbery.

UPDATES

Two males aged 27 and 36 years old have been reported to the procurator Fiscal for theft by shoplifting offences in Kinross between Saturday 28th October and Wednesday 22nd November..

Rogue Traders – Who Should I Call?

...if I feel threatened, unsafe, or suspicious of a caller?

- Contact the police immediately on 999

...if I see something suspicious in my area, or want more advice about bogus callers?

- Contact the police on 101.
- Try and take a note of vehicle details or registration numbers, and descriptions of anyone suspicious....**if I want to contact the police anonymously?**

- Contact the independent charity Crimestoppers on 0800 555 111. You can also visit their website at www.crimestoppers-uk.org

...to find out more about home safety services?

- When circumstances allow, contact your local council for more information. Depending on your circumstances, you may qualify for a free security alarm.

Police Scotland – Local Community

Telephone 101 for non-emergencies

Community officer for Kinross-shire: **PI Lesley Macdonald.**

Email: taysidekinross-shireCPT@scotland.pnn.police.uk

Community Sergeant (Kinross-shire): **Sgt Mark Craig.**

Community Inspector for Perth South (Strathearn, Strathallan, Almond & Earn, Kinross-shire): **PI Craig Stephen.**

Police Scotland Twitter can be followed on twitter.com/policescotland or [@Kinross](https://twitter.com/Kinross).

Ways of Following the Police

Twitter: [@KinrossPc](https://twitter.com/KinrossPc) or twitter.com/policescotland

Facebook: www.facebook.com/PoliceScotland

Website: www.scotland.police.uk

Community Watch

Receive email alerts about criminal incidents in your area, crime prevention advice, flood alerts and much more by signing up to Perth and Kinross Community Watch.

The range of information received can be tailored individually; each person signing up can choose which partner agencies they would like to receive messages from. Visit this website for more details: www.pkcommunitywatch.co.uk

Crime Stoppers 0800 555 111

This is a free phone number, which any member of the public can contact at any time if you have information relating to a criminal activity of any sort.

It is, if you wish, confidential and you cannot be contacted if you choose to remain anonymous.

A MESSAGE FROM NATURESCOT

There is currently no water access on the loch until April. This means no kayaks, paddleboards, swimmers or any variation on those! This is to protect the massive population of wintering wildfowl. We must do everything we can to protect them from any disturbance. **Thank you in advance for your co-operation.**

The Stephen Lyon Organisation is a community-based charity with the mission of preventing suicide.

We offer support and advice, for people struggling with life's challenges.

We are here to help you navigate through difficult times and find solutions that work for you.

Call: 01577 820012

Or

Email: info@slo20.com

Charity No: SC050446.



MOBILE LIBRARY 17 January

(Fortnightly, Wednesdays)

Kinnesswood (Opposite Shop)	09.30 – 10:00
Portmoak Hall	10:05 – 10:20
Scotlandwell (Leslie Road)	10:25 – 10:50
Levenmouth Farm	11:00 – 11:20
Hatchbank Rd (Gairneybank, Kinross)	11:40 – 12:00
Powmill (Mill Gardens)	13:20 – 13:40
Crook of Devon (Village Inn)	13:45 – 14:45
Carnbo (Pitcairnie Lane)	15:00 – 15:30
Whyte Court (Kinross)	15:45 – 16:15

Contact us by phone on 01577 867205
or by email at lochlevenlibrary@culturepk.org.uk.

GRANTS FOR GOOD CAUSES

Kinross Community Council
Newsletter Limited (KCCNL),
Charity No. SC040913



All profits from the *Kinross Newsletter* are transferred to a charitable company, KCCNL, and given away to local good causes. Groups and individuals are invited to apply to KCCNL for grant funding. Decisions on grants are made at two meetings per year. The deadlines for grant applications are:

31 March and 30 September

More information is available on the kinrosscommunitycouncil.com website. Applications may be downloaded at www.kinrosscommunitycouncil.com/contact-us

NEWSLETTER DEADLINES

In very rare circumstances it may be necessary to change a deadline at short notice. Check the *Newsletter* Facebook Page for the latest information.

Issue	Deadline	Publication Date
February	Friday 12 January	Saturday 27 January
March	Friday 15 February	Saturday 2 March

KINROSS GARDEN GROUP

Thursday 11 January, 12.30pm for 1pm
Thistle Hotel, Milnathort

Garden Group Festive Lunch

THE GAELIC SOCIETY OF PERTH

The first cèilidh of the New Year will be on 19 January at 7.30pm at St Matthew's Church, Tay St, Perth. We will have a stunning line up of singers and performers including Mòd Gold Medal winners Wilma Kennedy and Alasdair Whyte and the superb Rhona Morrison. Come along and practise your Gaelic and enjoy the brilliant refreshments at half time! Admission on the door is £7 for non-members and £5 for members for a great evening's entertainment.

Perth Citizens Advice Bureau

Perth CAB can help you. Our advice is free, confidential, impartial and independent.



Advice line: 01738 450580

Appointment line: 01738 450581

Clients can access advice in the following ways:

- **By calling us** on 01738 450580 between 10am and 3pm any weekday. If the query is quick for us to deal with, we will do so and if it requires more time or research then we will arrange for an adviser to get back to them either via e-mail or with a telephone appointment.
- **Webchat** from our Perth CAB website www.perthcab.org.uk/ this is available from 10am each weekday, currently until 1pm but we hope to expand these hours soon
- **Via e-mail** to advice@perthcab.org.uk

Debt and Money Advice Service

Perth CAB has a team of specialist debt advisers. Advice is free, confidential, impartial and independent. To talk to a specialist debt adviser call 01738 450590 or email David Ogston (Senior Debt Adviser) using the following email address: David.Ogston@Perthcab.casonline.org.uk

THE KINROSS NEWSLETTER ALL PROFITS GO TO LOCAL GOOD CAUSES

P&K SCHOOL TERM DATES 2024

Spring term 2024

Term starts: Monday 8 January 2024

In-Service day: Wednesday 14 February 2024

Occasional holidays: Thursday 15 February and Friday 16 February 2024

MUSIC IN DOLLAR

Music in Dollar will have the first concert of the New Year on Sunday 14 January at 3pm in the Gibson Hall, Dollar Academy. The entertainment will be provided by the Belgian piano duo – the Duo Bizart, who will play a varied selection of exciting piano pieces including Copland's 'Simple Gifts', Greig's 'Norwegian dances Opus 35' and Ravel's 'Mother Goose Suite' – all for four hands. This is a must for lovers of piano music!

Tickets are £12 – pay on the door or on the website www.musicindollar.org.uk. Season Tickets for all 5 concerts cost £40. That's £8 per concert, unbeatable value! Anyone in full-time education goes free.

On 28 January at the Gibson Hall, Dollar Academy, we have our Young Pianist's Performance afternoon – starting at 3pm. Come and listen to the new generation of pianists! Free entry.

100th BIRTHDAY AND DIAMOND WEDDING ANNIVERSARIES

Do you know a Perth & Kinross resident who is celebrating their 100th or 105th+ birthday? Do you know a Perth & Kinross couple celebrating their 60th, 65th or 70th wedding anniversary?

PKC can arrange delivery of flowers or for a local councillor to present a basket of flowers to the person or couple on their special day.

Tel: 01738 475051 Email: CivicServices@pkc.gov.uk



Kinross-shire Fund

The Kinross-shire Fund was established in 2006 to make the area a better place to live, by making grants to a wide range of local charities, organisations and projects which make a positive difference to the community.

To date, over 50 organisations within the 73 square miles of Kinross-shire have benefited from an award, with beneficiaries ranging in age from pre-school to the elderly. The Fund is managed by Foundation Scotland and is currently open for applications, with deadlines quarterly on the first Monday of February, May, August and November each year.

Full details, including how to apply via our online application link, can be found at:

www.foundationscotland.org.uk/programmes/kinross-shire-fund

GRANTS AND FUNDING WEBSITES

www.pkgrantsdirect.com / www.foundationscotland.org.uk

BIG BURNS BASH

Saturday 27 January 2024

Kinross Golf Club 7pm

Tickets £30

KLEO is delighted to bring back the highly successful 'Big Burns Bash' as part of this year's Winter Festival. Like last year it will be a special celebration of the life and works of Robert Burns and of the talent within our very own local community.

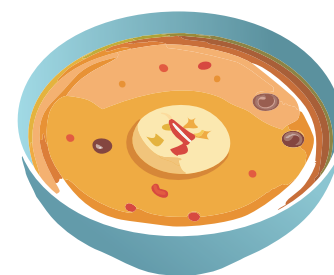


A fast-paced, really fun, informal event with all the favourites including Address To The Haggis, Toast To Lassies etc and so much more.

There'll be a lovely two-course meal, highland dancing and wee bit of lighthearted poetry. Fantastic musical performances will come from a range of professional and amateur talent.

Keep an eye on www.kleo.org.uk for further details.

Muckhart Primary School Parent Council



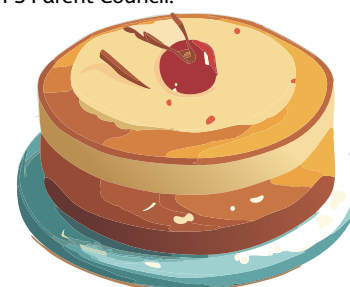
Soup & Sweet

Coronation Hall, Muckhart
Sunday 14 Jan 2024
12-2pm

All proceeds go to Muckhart PS Parent Council. All welcome.

Contact Katie on 07580 074051 for more information.

Adults £5
Kids £3



GLENFARG FOLK CLUB

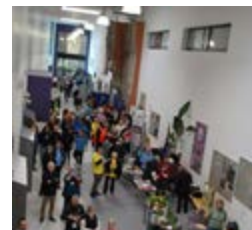
The Club meets every Monday evening in the Gateside Memorial Hall

Doors open 7:30pm. Music starts at 8pm prompt.

SAVE THE DATE

23th March 2024, 10am – 3pm
Loch Leven Community Campus

Better Place to Live Fair



organised by Kinross-shire Partnership and Loch Leven Campus Partners

2023 event was a huge success – 2024 will even better

More information coming soon

booking forms for tables will be available in January from pauline@thegreyhouse.co.uk

**MOBILE POST VAN AT
BUCHAN AVENUE,
KINNESSWOOD**

**MONDAYS 13.45 till 14.45
WEDNESDAYS 12.45 till 13.45**

Homes For Cats Wanted

Fife Cat Shelter, a Scottish Registered Charity, is always looking for homes for rescued cats.

Cats can be visited, by appointment, at Causeway Cattery, Scotlandwell.

Contact Rhona on 01383 830286.



**KINROSS DELIVERY OFFICE
ROYAL MAIL**

87 High St, Kinross KY13 8AR

MONDAY	8-10am
TUESDAY	8-10am
WEDNESDAY	8-10am
THURSDAY	8-10am
FRIDAY	8-10am
SATURDAY	8am-12pm
SUNDAY	CLOSED

Baby & Toddler Groups

Monday

Milnathort Babies and Toddlers
Orwell Church Hall 9.30 -11am

Tuesday

Portmoak Babies and Toddlers
Portmoak Church Hall
9.45-11.30am

Stepping Stones

Kinross Parish Church 10-11.30am

Wednesday

Breast Buddies
Health Centre 10-12pm

Glenfarg Babies and Toddlers
Village Hall 9.30am

Muckhart Babies and Toddlers
Church Hall 9.30-11am

Thursday

Montgomery Toddlers
Kinross Gospel Hall 9.30 -11am

Friday

Loch Leven Babies and Toddlers
Masonic Hall, Kinross 9.30-11.30am

Portmoak Babies and Toddlers
Portmoak Church Hall 9.45-11.30am

Fossoway Babies and Toddlers

Crook of Devon
Church Hall
9.30-11.30am

*Please let us know
if you have any
info to add to this list.*



EMERGENCY CONTACT NUMBERS

Medical

Loch Leven Health Centre	01577 862112
Loch Leven Health Centre Out of Hours	01577 865252
NHS 24	111
Perth Royal Infirmary main switchboard	01382 660111
Perth Royal Infirmary (Admissions and Enquiries Desk)	01738 473734
Ninewells Hospital, Dundee	01382 660111
Victoria Hospital, Kirkcaldy	01592 643355
Queen Margaret Hospital, Dunfermline	01383 623623
Rowlands Pharmacy, Kinross	01577 862422
Davidson's Chemist, Milnathort	01577 862219

Police, non-emergency 101

Police, Fire, Ambulance & Coastguard Emergencies 999

Gas (worried about gas safety) 0800 111 999

Water (loss of supply, foul water emergency) 0845 600 8855

Floods SEPA Floodline recorded messages 0345 988 1188

Perth & Kinross Council (PKC)

Customer Service Centre (Mon- Fri, 8am-6pm)
01738 475000

Reporting non-emergency Road and
Lighting faults (CLARENCE) 0800 232323

PKC Out of Hours emergency numbers

Adult care services	0345 301 11 20
Anti-social behaviour helpline	01738 476173*42*
(*42* telephone and leave a voicemail)	
Child protection	01738 476768
Council housing emergency repairs	01738 476000
Dangerous buildings	01738 476476
Environmental Health	01738 476476
Flooding	01738 476476
Homelessness	0800 917 0708
Mental health services	0345 301 11 20
Roads (e.g. reporting blockage)	01738 476476

Traveline Scotland 0871 200 22 33

Loch Leven Community Campus 01577 867200

Kinross High School 01577 867100

Community Councils

Kinross: Chair: Lynne McKay, 01577 531076
Email: kinrosscommunitycouncil@gmail.com

Milnathort & Orwell: Chair: Neill Bingham
Email: communitycouncilmilnathort@gmail.com

Portmoak: Email: portmoakcommunitycouncil@pkc.gov.uk

Fossoway & District: Chair: Trudy Duffy-Wigman, 01577 840669
Email: fossoway.cc@gmail.com

Cleish & Blairadam: Email: cleishandblairadamcc@gmail.com

Kinross Community Councillors

Bill Freeman	64 Muirs	01577 865045
Lynne McKay	5 Springfield Road	01577 531076
Tom Stewart		
Michael Wilson	16 Acremoar Drive, Kinross	01577 861181
Emma Leslie		
Chris Willsher		
Sharon Wells		
Brian West		

Have a look at our website www.kinrosscommunitycouncil.com

Portmoak Community Councillors

Andy Miller	Chair	E: Chair@portmoak.org
Dave Morris	Vice-Chair	
Ann Davidson	Treasurer	
Sue McGregor	Secretary	E: secretary@portmoak.org
Dave Patterson	Member	
Kenneth Donaldson	Associated Member	

Have a look at our website www.portmoak.org

Perth and Kinross Councillors Kinross-shire Ward

Clr DAVE CUTHBERT (*Independent*)
Tel: 01738 475110
Email: dcuthbert@pkc.gov.uk
Address: 85 Bowton Road, Kinross, KY13 8EG

Clr NEIL FRESHWATER (*Scottish Conservative & Unionist*)
Tel (office): 01738 475108
Email: nfreshwater@pkc.gov.uk
www.facebook.com/neil4kinrossshire

Clr WILLIE ROBERTSON (*Scottish Liberal Democrats*)
Mobile: 07909 884042
Email: wrobertson@pkc.gov.uk

Clr RICHARD WATTERS (*SNP*)
Mobile: 07557 812513
Email: rwatters@pkc.gov.uk

John Nicolson MP Member of Parliament for Ochil and South Perthshire

Telephone: 020 7219 3000
Email: john.nicolson.mp@parliament.uk
Twitter: <https://twitter.com/mrjohnnicolson>
Facebook: <https://facebook.com/JohnNicolsonSNP>
Instagram: <https://www.instagram.com/johnnicolsonmp>

Member of the Scottish Parliament for Perthshire South & Kinross-shire

Jim Fairlie, MSP

Constituency office: 63 Glasgow Road, Perth, PH2 0PE
Telephone: 01738 620540
Email: Jim.Fairlie.msp@parliament.scot

Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:
The Scottish Parliament, Edinburgh, EH99 1SP

Claire Baker MSP (Labour)
Email: claire.baker.msp@parliament.scot

Murdo Fraser MSP (Conservative)
Email: murdo.fraser.msp@parliament.scot

Roz McCall MSP (Conservative)
Email: roz.McCall.msp@parliament.scot

Alex Rowley MSP (Labour)
Email: alex.rowley.msp@parliament.scot

Mark Ruskell MSP (Green)
Email: mark.ruskell.msp@parliament.scot

Liz Smith MSP (Conservative)
Email: elizabeth.smith.msp@parliament.scot

Alexander Stewart MSP (Conservative)
Email: alexander.stewart.msp@parliament.scot

KINROSS RECYCLING CENTRE

Bridgend Industrial Estate

Monday, Thursday and Friday 9am-4pm
(last entry 3.45pm)

Saturday & Sunday 9am - 4pm
(last entry 3.45pm)

THE RECYCLING CENTRE WILL ACCEPT THE FOLLOWING MATERIALS

Bicycles	Engine Oil	Rigid Plastic Packaging
Books	Fluorescent, LED & Long Life Light Bulbs	Rubble
Bras	Fridges & Freezers	Scrap Metal
Bulky Goods	Garden Waste	Soil
Car Batteries	Stone	Telephone Directories
Cardboard	Glass	Textiles (Clothes & Shoes)
Cartons and Paper containers with metal ends	Household Batteries	Timber
Cooking Oil	Large Domestic Appliances	Car Tyres (maximum two per day, strictly household only)
Electrical & Electronic Equipment (WEEE - remove & recycle batteries separately)	Non-Recyclable Waste (General Waste)	
	Paper	

Free compost available (subject to availability).
A maximum of 2 x 25kg bags per day

Diary

January

- Tues 2 **Fossoway and District Community Council meets**
- Thurs 4 Kinross Centre re-opens
- Mon 5 **Cleish and Blairadam Community Council meets**
- Fri 5 Library re-opens
- Fri 5 **Fossoway Church Film Night - Barbie - see church entry for details**
- Sun 7 Kinross & Ochil Walking Group - see club entry for walk details
- Mon 8 **P&K school term begins**
- Mon 8&22 **Board games afternoon at Kinross Parish Church**
- Tues 9 **Portmoak Community Council meets**
- Tues 9 **Kinross Climate Cafe meets - see club entry for details**
- Tues 9 U3A talk 'The Life and Art of Bet Low' 2pm Kinross Parish Church
- Wed 10 **Carnbo Coffee and Chat**
- Thurs 11 **Milnathort and Orwell Community Council meets**
- Thurs 11 Garden Group Meets
- Sun 14 **Muckhart Parent Council Soup and Sweet, 12-2pm. Coronation Hall, Muckhart**
- Sat 20 Kinross & Ochil Walking Group - see club entry for walk details
- Sat 20 Portmoak Film Society show 'Till'
- Tues 23 **Kinross Community Council meets**
- Thur 25 Kinross Conversations Burns Supper, Kinross Rugby Club
- Fri 26-28 **Big Garden Birdwatch weekend**
- Sat 27 **Big Burns Bash**
- Sun 28 Kinross Golf Club AGM

February

- Mon 5 **Cleish and Blairadam Community Council meets**
- Wed 7 Kinross in Bloom meet, Church Centre, 7pm
- Wed 14 PKC schools Inservice Day
- Thur15&Fri16 PKC Schools Occasional Holidays

The Kinross Newsletter

is available from:

Greens of Kinross	High Street, Kinross	Buchan's Garage	Main Street, Kinnesswood
Baillies	High Street, Kinross	Kinnesswood Shop	Main Street, Kinnesswood
Sainsburys	Station Road, Kinross	Fossoway Store	Crook of Devon
Giacopazzis	Lathro, Kinross	Fossoway Garage	Crook of Devon
Keystore More	Green Road, Kinross	Mona's Coffee Shop	Muckhart
Giacopazzis	New Road, Milnathort	Powmill Stores	Powmill
Stewart & Smart	Stirling Road, Milnathort	Loch Leven's Larder	Near Wester Balgedie
Heaven Scent	South Street, Milnathort	Glenfarg Village Shop	Glenfarg