



Kinross Newsletter

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www.kinrosscommunitycouncil.com/kinross-newsletter www.facebook.com/kinrossnewsletter

Founding editor,
Mrs Nan Walker, MBE

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DEADLINE

for the September Issue

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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:

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Post or hand in to:

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Rates shown include VAT

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Colour (internal)	£19.00	£45.60	£91.20

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- **A note of the number of insertions required.**
- **Your remittance.**

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Advertising Julia Fulton Treasurer and Subscriptions Ross McConnell Distribution David Anderson

Editor's Page

Cover photo: David McKerrow and his daughter Louise with their Texel tup, Kinross Show. Cover Design: Lee Scammacca of Cree8

Letter From The Editor

FIRSTLY, A HUGE CONGRATULATIONS to all at AeroSpace Kinross from all of us at the *Newsletter* – we are delighted to hear news about your successful funding bid. We're sure that everyone in Kinross is looking forward to this exciting new visitor attraction and science centre becoming a reality on our doorstep, bringing with it fantastic potential for both jobs and investment in Kinross-shire. Read more about it on p7.

I have to admit, I am pretty excited about going to Kinross Show on Saturday 12 August at RSPB Vane Farm. Agricultural shows are no longer just the preserve of the farming community – everyone is welcome, and the show is a fantastic day out.

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

Clr: Councillor
CClr: Community Councillor

If you've never been before, I'd urge you to go along and find out more about your community and the local producers on your doorstep. You can catch a free bus from various stops throughout the day – see pp22-25 to read all about this year's show. It's always a great day with so much to see! Let's hope the weather is kind.

Back in the town centre, we've recently welcomed another new shop on the High Street – the Kind Pantry. They are a refill and zero-plastic store selling dried foods, cleaning and bodycare products and we wish them well. We are looking forward to learning more about their story.

You'll see from this month's Diary at the back of the *Newsletter* that there is plenty happening this summer in the Shire. Whether you are into butterflies, Shakespeare, live music or wine tasting, or all of the above, you will find plenty of events to entertain you. That's as well as all the usual clubs and sports which are on offer.

We're always interested in local successes and challenges so do write to us and let us know if you want to thank or congratulate someone – we'd love to celebrate their success with the wider community. We welcome all your letters and contributions, however small. Having a name and photo in print can make a lasting keepsake, and that's something we are proud to make happen for you.

We always enjoy receiving your photos of Kinross-shire and it's diverse and abundant wildlife and scenery so if you get a great photo, do send us a copy! Personally, I am on the lookout for a great Purple Hairstreak Butterfly photo taken in Kinross – they are around, but they are hard to spot and even harder to photograph! Consider that a challenge....

Hannah Phillips, Editor

THISTLE HOTEL
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FREE ENTRY
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FOLK MILNATHORT FESTIVAL

FRIDAY, 18TH AUG. 5PM - 12AM
GEORGE RENNIE | JACK LAW
DUNKELD SESSIONS

SATURDAY, 19TH AUG. 1PM - 12AM
TANNINZIE | DOOLICHTERS
PUREMALT | JESSIES WELL
GORDON & SARAH MENZIES

SUNDAY, 20TH AUG. 1PM - 11PM
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BLACK CAT JOOK BAND

Plus a host of local talent performing every day!

OPEN SESSIONS FOR ALL

MUSIC MILNATHORT

Thistle Hotel | Village Inn - Milnathort

Pick Your Own Sunflowers

My name is Fraser. In January of 2023 I decided I wanted to grow sunflowers with the goal of creating a maze through the crop for the public to enjoy. As a Business Management student, I was keen to gain first-hand business experience and boost the biodiversity on my parent's farm. In May I sowed them and unfortunately did hit the fence once or twice with the tractor (sorry Dad!).

Now August is just around the corner, the sunflowers are growing more and more every day and I look forward to opening the maze in August. Follow us on Facebook and Instagram for more updates @fruixfields.

Fraser Turnbull



Queen of Quaichs

'Sir, never talk of your independency, who would let your Queen remain twenty years in captivity and then be put to death without your ever attempting to rescue her ...'
(Samuel Johnson, 1773)

That Queen spent a year (1566-67) imprisoned in a cold, stone tower on a tiny island in Loch Leven. The word 'quaich' was then in common use; a shallow, bowl-shaped, drinking-cup. Thus citizens of Kinross and Milnathort came to name the two main rivers whose journeys end at Loch Leven the North and South Quaichs.

Today the Quaichs share more than a word; both have sewage-works, purposefully located, close to their discharge into the Queen of Quaichs.

Clean water is drawn-off and chemicals added, to 'wash' the sewage. The 'treatment water' is then returned to the river, or alternatively discharged directly into the Loch.

Both Quaich sewage-works are enclosed behind high fences.

Who owns and runs them? Is it Scottish Water, or some Private Finance Initiative (PFI) contractor? Are they un-manned? What 'monitoring' of their continuous effluent is undertaken and recorded?

Take a stroll along the North Quaich; machete in hand.

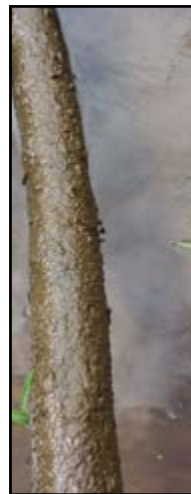
The water upstream of the sewage-works is fresh and clear. But by the time you've crossed the road

and followed the bank for 200 paces, a very different river it is.

Dead; nothing alive in it. Is that a branch there, just below the surface? Lift its end out. What is that disgusting, brown, slimy stuff it's coated with? Wherefore art thou SEPA?

And still they – the usual gang – call their meetings to discuss 'The Quality of Water in Loch Leven'; just as they've been doing for decades past. Careful never to mention, the hundreds of new houses, planning consented; nor their over-flowed, under-maintained, combined-sewer 'agreements'; nor the sewage-works, with their very own 'CSO's. No-one's drinking from the Queen's Quaich, today.

John Sheddon



Venue Development Programme Roles

Plans for the creation of a permanent venue for Aero Space Kinross have reached the implementation stage and as a result we are looking to engage some key people who will help us drive the project through to successful completion.

The 3 roles we currently seek to fill are:

Principal Designer, Project Manager, Financial Controller

These roles will be part-time and could either be voluntary or remunerated.

If you, or someone you know, have relevant experience and might be interested, please contact our chairman to discuss:

Alisdair Stewart

E: alisdair@aerospacekinross.com

M: 07825 698613

Aero Space Kinross Community Interest Company is a wholly owned subsidiary of Aero Space Scientific Educational Trust Co-operative Community Benefit Society No 7524 OSCR Registered Charity No SC045931

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Thanks



A Big Thank You

I WOULD LIKE TO say many thanks for supporting my basket and plant sales at Easter Aldie which raised £375 including donations. This was in support of my grandson Fraser's brilliant efforts running in the Kinross and Edinburgh Marathons in aid of Alzheimer Scotland Action on Dementia, which went into his Just Giving Page for the cause.

Again a very grateful thanks.

Heather Turnbull

We asked Fraser to tell us more... [Ed]

Fraser's Edinburgh Marathon in aid of Alzheimer Scotland

WELL THEN!

Six months ago I embarked on a mission to run a marathon in less than 4 hours having never run before. In aid of charity it was a no-brainer.

So I bought some shoes and got to it. Over the course of my training I ran 200 miles including a trip up the Pentlands, many trips along Union Canal and an extremely dark trip round Loch Leven.

In addition to my miles I was becoming a football referee and playing for three football teams so it's safe to say I was getting enough exercise.

My goal at the start was sub 4 hours and I'm delighted to say I completed the Edinburgh marathon in 3:33:10. That's 26 minutes faster than I expected and I couldn't be more over the moon.

I'm incredibly grateful to everybody who has supported me throughout my training and on the day. I wouldn't have worked so hard if it wasn't for such an amazing cause, which makes me even more happy to announce I have doubled my target for fundraising. We are currently at £1865, however, please still donate if you can.



To anyone who thinks they couldn't do a marathon: with the right mindset and good support, you can do it too. Although I may be a rookie, I still can offer some useful advice to anyone looking into running a marathon.

Once again to everyone, thank you.

Fraser Turnbull

Congratulations!



CONGRATULATIONS TO **Jay Crawford** on receiving the Queen Victoria Silver Medal from HRH King Charles III in recognition for being part of the group of sailors chosen to pull our late Queen Elizabeth's coffin on a gun carriage through the streets of London to Westminster Abbey, then on to Windsor.

It was such an honour for him to be chosen as he hadn't been in the Navy for a year but has now passed all his exams and is now a fully qualified engineer. We are all so proud of him.

CONGRATULATIONS TO **Max Crawford**. After four hard years working in all weathers, with Daniel Webster (Webster Development Scotland Ltd) and going to college, he is now a fully qualified Stone Mason. Thanks must also go to his journeyman at work, Andy Ward. Well done Max. Your hard work has paid off!

Norma Crawford



Glad To Be Back!

A HUGE THANK YOU to **everyone who came along to our latest screening** back in June and spent 2 hours in the company of the singing, garbage-loving crocodile Lyle.

Then to the wonderful groups of women who sat spell-bound 'til well past bedtime, watching the Whitney Houston biopic, I Wanna Dance with Somebody. A special thank you ladies for the round of applause at the end – much appreciated.

Well done to Charlie Souness, who won the cuddly Lyle, we trust Lyle is still behaving himself Charlie!

Later this month we're showing the first of our 'Specials' for the more mature members of our community and thanks to our

friends at Heaven Scent we're including a delicious afternoon tea too. Please do get in touch if you have someone in your family who would love to come along to this.

Our next super Saturday screening will be in time for Halloween, look out for our posts on our Facebook page and get ready to vote for the Halloween films you most want to see, or not see, if you're anything like us and watch the scary stuff from behind the sofa!

Contact us via our Facebook Page Milnathort Filmhouse Community Cinema, or if you prefer, drop us an email at milnathort-filmhouse@gmail.com Hope to see you all soon!

Milnathort Filmhouse



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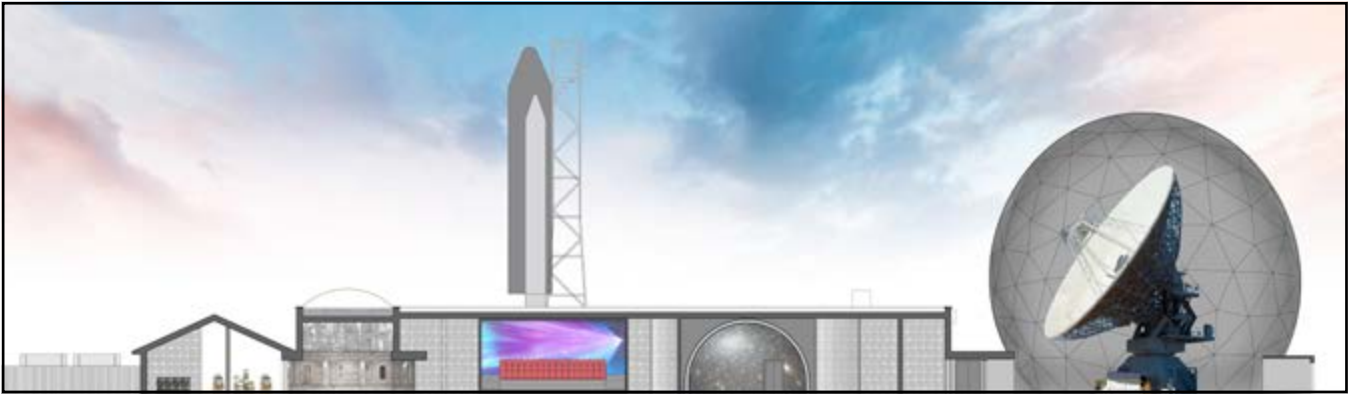


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GREEN LIGHT FOR AERO SPACE



FOLLOWING A RIGOROUS ROUND of business bids considered by the Tay Cities Region Deal Joint Committee, Aero Space Kinross (ASK) has received exciting funding news, that the ASK business case has been successful and funding of £1.6 million from the UK Government has been officially approved.

Plans for this uniquely themed aviation, astronomy and space flight centre are well under way with Tay Cities Region Deal funding now approved and a plan in place to site it at the former MOD/NATO Satellite Communications Station at Balado Bridge.



Utilisation of existing buildings will help minimise carbon impacts as will conversion of existing fossil fuel-based energy sources to renewables.

Chairman Alisdair Stewart told the *Newsletter*: 'We are really delighted to hear we have a formal acceptance of our Tay Cities Region Deal business case.'

'Coming shortly after our successful ASK bond offer campaign, where we raised £250,000 – we are now well on our way to making this a project a reality and are fully focused on securing the further funds needed to progress the project.'

UK Government Minister for Scotland, Malcolm Offord said: 'Aero Space Kinross is achieving the first steps in its mission to deliver a unique and exciting new visitor attraction and science centre.'

'This will educate young people and encourage them explore new horizons, while creating jobs and bringing investment to the region.'

'The UK Government is supporting the project with £1.6 million as part of £2.4 billion investment in levelling up across Scotland.'

MUSIC FUNDRAISER FOR KYTHE

A SUMMER AFTERNOON of jazz, light classics and contemporary sounds is scheduled for an upcoming fundraising concert to benefit KYTHE youth work.

This returning free music event, organised by KLEO, will take place on Saturday, 2 September at 3pm, where the tranquil setting of the Green Hotel courtyard will play host to a relaxing afternoon of beautiful music from talented local performers.

Kinross-shire youth workers KYTHE play an important role in education by engaging young people in different activities including the enjoyment of music. They are a charitable foundation who receive funding through



a mixture of sponsorship and fundraising.

The programme, designed to cover a wide spectrum of tastes, will be performed by local soloists and bands. Among them will be Guy Bathgate, graduate of the Leeds Conservatoire, and Ola Stanton, who is studying classical vi-

olin at the Royal Northern College of Music. Among the performing bands are the dynamic Open Waters bringing their young beats, Kim and Kevin Duo who always put on a groovy programme, and David and Evelyn Cairns with their debut at the summer concert stage. There will be more amazing artists playing cool tunes in this perfect setting for 'the last of the summer' beats.

The concert is free, but the audience are welcome to make voluntary donations.

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	NotSch				
Kinross	0845	0945	Every Hour	1645	1800
Campus	0853	0953	" "	1653	1808
Milnathort, Church Street	0855	0955	" "	1655	1810
Glenfarg, Greenbank Road	0905	1005	" "	1705	1820
Glenfarg-Kinross					
Monday to Saturday	55	55	55	55	55
	NotSch				
Glenfarg, Greenbank Road	0810	0910	Every Hour	1610	1710
Milnathort, Church Street	0820	0920	" "	1620	1720
Campus	0822	0922	" "	1622	1722
Kinross	0830	0930	" "	1630	1740
	NotSch				
	Does not operate on school days until mid-May				



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Events

22nd September: Harvest Celebration Dinner (6:45pm)

5-course dinner showcasing Scotland's finest seasonal ingredients.

29th September: Autumn Evening Market (6pm- 9pm)

Workshops

Embrace your creative side with our unique and relaxing workshops this harvest season. Enjoy a delicious two-course lunch whilst learning a new skill!

19th August: Lampshade making

2nd September: Ink Drawing

30th September: Autumnal Wreath making

All tickets and information on our events can be found on our website:
www.lochlevenslarder.com

KGV PAVILION 'PROGRESSING WELL'

THE KING GEORGE V Playing Field Management Committee is delighted to report that the major building extension works and refurbishment of the KGV's sports pavilion at the Muirs Playing Field in Kinross is progressing well and over half-way to completion.

Watching the project develop from architectural plans into a tangible three-dimensional structure is very exciting and gives a real feel as to the size and extent of what will be a marvellous new community asset.

The project will see the number of the pavilion's ground floor team changing rooms and showers increased



from four to six, with separate individual changing facilities for referees. There are also individual changing facilities for those who require them.

Upstairs the clubhouse social area is being extended out over the new changing rooms, increasing in size to provide a social and function space capable of accommodating larger functions of up to 120 guests. It will also provide viewing terraces overlooking the rugby and hockey pitches, and a large open terrace recreational space.

A new main entrance atrium is being built which will house

a new accessibility lift to the upper floor, enhancing the building's appearance and functionality.

There is also a much-needed increase in accessibility. Downstairs offers new, accessible changing rooms, showers and toilets. The new lift to the upper floor plus new accessible toilet upstairs completes the changes.

Unfortunately, the £19,000 cost of the new accessibility lift installation is not included within the £280,000 main project budget and the KGV is actively pursuing additional sources of funding to pay for the lift. They have successfully raised £6,000 thus far and would welcome donations or sponsorship from local organisations, companies and from the community to help make up the deficit.

The project reflects the KGV's ongoing commitment in providing sporting and recreational facilities at the Muirs, for the use of the wider Kinross-shire community and not just for the rugby and hockey clubs who currently use the pavilion facilities.



NEW EXHIBITION FOR KINROSS MUSEUM



Saturday 12 August with a display on the history of the Kinross Show and farming in Kinross-shire that is being organised in collaboration with the Kinross Show.

A week later, on Sat 19 August, the Museum and NatureScot are jointly organising three two-hour excursions to St Serf's Island. Numbers are limited but if you would like to know more, please contact David Munro or Jeremy Squires. Lastly, between 10-3pm on Sat 26 August, the Museum will occupy a stand at the Summer Market in the Park.

We look forward to seeing you at one or other of these events. Alternatively, do drop by the Museum on a Thursday or Saturday. You will be made most welcome.

MUSEUM VOLUNTEERS are currently busy curating a major new exhibition on the subject of 'Rural Life and Farming in Kinross-shire'.

Covering a wide range of topics, the mounting of this exhibition should be completed in August. All are welcome to come and see a display drawing material from the Museum's extensive collections.

August will see the Museum out and about: firstly, on

FOR HIRE

Milnathort Guide Hall

Church Street, Milnathort, KY13 9XH.

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**If interested, contact
Alison Hamilton at 077647 50212**

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The Court House



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SECT TO OPEN MEMBERS-ONLY SHOP AT INDUSTRIAL ESTATE?

A **CONTROVERSIAL RELIGIOUS** group has lodged plans to open a members-only convenience store at the Bridgend Industrial Estate. The only people permitted to use the shop will be members of the Plymouth Brethren Christian Church: it will not sell to residents of Kinross if they are not church members.

The shop will have no shopfront or retail signs, and will display 'members only' on the front.

Campus & Co, which is run by the Plymouth Brethren Christian Church, has plans to construct of two units on the Bridgend

Industrial Estate. Their current Perth branch at the Inveralmond Industrial Estate will close.

According to the planning statement Kinross has been chosen by them due to its close proximity to both Perth and Kirkcaldy. It states, 'The size of the congregation cannot justify multiple facilities in both Perth and Kirkcaldy and with the geographic spread of the households in congregation Kinross presents an ideal location for this facility'.



It will serve between 80 and 100 households throughout Perth & Kinross and Fife.

All profits from the shop will be donated to the Caledonia One School

Global in Alloa, which is run by the group.

The planning statement says the group are 'providing retail members clubs for household goods so that the profits from wholesale-to-customer prices can support the running of schools.'

Campus & Co is run by volunteers and mostly sells food produce and essential items, with customers able to enjoy a free coffee while they shop.

A spokesperson said, 'Proceeds from the new store will be an important addition to our goal of delivering enriching benefits from the communities in which our members live and work.'

PKC is to consider the application in the next few weeks.

David Conner Joins Board Of Scottish Men's Sheds

THE SCOTTISH MEN'S SHEDS Association (SMSA), has announced the appointment of the former Chairman of Kinross & District Men's Shed David Conner to its board.

David, who has run several businesses, was Chairman of Kinross & District Men's Shed for four years until recently stepping down to enjoy retirement and travel with his wife.

David joins seven SMSA Trustees to further extend the hub's reach of regional support to over 200 Scottish Men's Shed groups and represent as the voice of the Men's Sheds Movement. David (69) said: 'I am delighted to be a part of this very important membership body.'



'I look forward to representing the SMSA as an ambassador for my region to support developing and existing Men's Sheds groups using my learned knowledge and experience.'

SMSA Chief Executive Officer Jason Schroeder added: 'Our Trustees all give their valuable time to run Men's Sheds in their own communities. I have known and worked with David and his Shed for many years and I am grateful that he is volunteering his time to bring his strong expertise to our Board and the Movement we support and represent.'

WHO ARE THE PLYMOUTH BRETHREN?

LED BY AUSTRALIAN Bruce Hales, the church was formed in Plymouth in the early nineteenth century and serves over 50,000 members globally. Their website describes them as 'family orientated' and believe the Holy Bible is 'the true word of God.'

Former members of the church have described the group as a 'cult' with some ex-members saying they have been estranged from their families after leaving the religion.

Although it practises 'separation' brethren businesses can employ non members of the church and are privately owned. Members are encouraged to socialise with those inside the faith, but told to use 'judgement' when communicating with those outwith.



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GAME, SET AND MATCH TO ALESSIA!

FOSSOWAY TENNIS CLUB COACH Alessia Palmieri has been named the British Tennis Development Coach of the Year for her work in attracting and developing Scottish talent.

Palmieri, who was nominated after being named Tennis Scotland Development Coach of the Year, was presented with her prize at the LTA's annual awards ceremony at the National Tennis Centre in London on 4 July, 2023.

The 31-year-old was recognised for the work she has done at Fossoway to transform the single-court club into a hive of activity in the Crook of Devon community, with membership numbers soaring.

Speaking at the ceremony, which was also attended by Her Royal Highness The Duchess of Gloucester, Alessia said, 'I'm over the moon – it's so nice to be noticed as a small club and for all that I've worked towards over the last few years. It's amazing really. I am lost for words because I honestly didn't expect it.'

Looking ahead to the remainder of 2023, Alessia is aspiring to increase the number of girls playing tennis, keep growing the programme at Fossoway, and help expand the club to include a

clubhouse and second court to enable the club to play in league competitions.

Blane Dodds, Tennis Scotland Chief Executive, said: 'Alessia is a great asset to Fossoway Tennis Club and the Scottish tennis community, and we are immensely proud of her for winning this award in recognition of the work she has done for her club and beyond.'



Alessia, receiving her award from Judy Murray. Photo: Matthew Dickens

CASTLE CAMPBELL FINALLY OPENS

HISTORIC ENVIRONMENT SCOTLAND (HES) announced that the castle and its gardens in Dollar are reopened as of Saturday 22 July. This will give people the opportunity to explore one of Scotland's best-preserved tower house castles.

Access was restricted in 2022 by site managers HES, after inspections found repairs to the masonry were necessary.



'We are delighted to re-open Castle Campbell and Gardens to the public,' says Craig Mearns, Director for Operations at HES.

'Our teams have been hard at work ensuring that visitors are able to experience the beautiful tower house castle, one of the finest in Scotland. Visitors can also get onto the top of the tower to admire the surrounding views.'

While Castle Campbell is one of several HES sites that have recently reopened, about two dozen others remain closed. At other locations, the fear is that masonry could collapse and potentially injure visitors.

Castle Campbell is now open seven days a week until 30 September from 9.30am to 5.30pm.

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BLAIRINGONE SCHOOL TO BECOME COMMUNITY HALL

MEMBERS OF THE FOSSOWAY Community Development Trust Ltd voted in June by a clear majority of 25 to 9 in favour of a community buy-out of the former Blairingone School Buildings (in excess of 40 members).

They have submitted a Community Asset Transfer Form to PKC that is currently being considered and further meetings are to take place with PKC officials regarding this.

They have to produce a Business Plan, which is currently being worked on. Their initial proposal is for the Trust to pay a peppercorn rent, because of the state of the building that is PKC's legacy, with a view to purchase in due course.

The Trust is a registered company, limited by guarantee, with no share capital and non-profit making with charitable status. They are currently trying to open a co. bank account and then intend to apply to the Kinross-shire Fund for start-up funding.



Several applications for grant funding to a community hall, bearing in mind that Blairingone School are in process, with Blairingone has been stripped of all services the intention of converting the building in recent years.

PKC Opens Nature Restoration Fund

FOLLOWING THE SUCCESS OF last year's Nature Restoration Fund allocation, PKC is again inviting applications for funding of projects that address the drivers of biodiversity loss: over-exploitation of the natural environment; habitat loss and fragmentation; and invasive non-native species. The fund supports projects of a minimum of £1000 that meet the purpose and themes of the fund. This year there is no upper cost limit to the fund. Projects that contribute towards the delivery of a nature network are welcomed. Applications must be submitted by 20 August.

Projects should aim to achieve one of the following outcomes:
Habitat and species restoration
Freshwater restoration

Coastal and marine initiatives which promote restoration, recovery, enhancement or resilience.

Control of invasive non-native species (INNS) impacting on nature.

Urban: Enhancing and connecting nature across, and between, towns and cities.

For further information, to submit an enquiry about the fund, or to download an application form please visit www.pkc.gov.uk/naturefund.

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Also find us on Facebook at <https://www.facebook.com/englishandmathstutoringkinross/>



Wildflowers at Kinross Park and Ride

SPORTING MEMORIES IN KINROSS

COMING IN SEPTEMBER to Kinross Sporting Memories where we bring those memories to life for older people perhaps living with a diagnosis of dementia, depression or loneliness.

Sporting Memories is a highly successful network of free clubs for sports fans to reminisce, replay and reconnect. We will be launching a new club in Kinross meeting at the Kinross Ice Rink starting 12 September. We will then meet every Tuesday 10.30am – 12noon and would love to see you or your family member there. It's free to join, friendly and fun.



Linda W, who brings her 90-year-old Dad to one of our other clubs, said 'The volunteers and members are a wonderful bunch of people, where we reminisce and laugh lots.' She shared how much her Dad benefits from coming and told us 'It's the one activity he always looks forward to.'

Try it – you'll love it.

For more information contact Gary on 07941 123278 or at www.sportingmemories.uk

STARTING YOUR OWN BUSINESS?

THE KINROSS-SHIRE PARTNERSHIP is teaming up with GrowBiz to provide enterprise support to anyone in the Kinross-shire area looking to start or grow a business. The first session is planned for Thursday 7 September in the Avant Garde café and gifts shop at 55 High Street, Kinross, KY13 8AA.

GrowBiz provides confidential one-to-one sessions with experienced enterprise guides, along with a diverse range of online learn-

ing sessions, networking meetings and a mentoring programme. With funding support from Perth & Kinross Council, these services are all free and open to anyone interested in developing a business or social enterprise idea.

On a recent visit to GrowBiz's HQ in Coupar Angus, the Chair of Kinross-shire Partnership, Bruce Crawford, said: 'We are delighted to be partnering with GrowBiz, taking advantage of their expertise in supporting new and growing businesses and building on the entrepreneurship already evident in the area. We look forward to regular drop-in sessions in Kinross and would encourage anyone with business or social enterprise ideas to get in touch.'

Jackie Brierton, GrowBiz's CEO, said: 'We've supported a number of Kinross-shire businesses to start and develop over the last few years and are looking forward to working collaboratively with the Kinross Business Partnership to encourage even more people to consider self-employment and business start-up. We support people in many different sectors, including care & wellbeing, creative industries, tourism and food & drink and welcome new enquiries.'

More information at www.growbiz.co.uk



Photo left to right: John Ross, Fiona Cameron-Bowman (both Directors of Kinross-shire Partnership), Jackie Brierton, GrowBiz's CEO and Bruce Crawford, Chairperson Kinross-shire Partnership

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TODD & DUNCAN CAREERS OPEN DAY

COME ALONG TO TODD & Duncan's Careers Open Day on 5 September, in partnership with Developing the Young Workforce Tay Cities.



You will be able to take a 15-minute tour of the factory and learn about all the stages of production involved in creating their luxury cashmere products.

Learn about the history of Todd & Duncan and what plans they have as a company going forward. There will also be the opportunity to speak to a variety of different departments

arrive to the site 10 minutes before your hour slot, so we can start promptly.

This open day is for anyone over 16 years old who is looking for work. This is a great event if you are interested in the creative industries/art/manufacturing/engineering and much more.

Booking is essential! Please book your tickets by scanning the QR code.

Please note: no admittance is allowed between 12:15pm and 1pm.

Location: Loch Leven Mills, Kinross KY13 8DH

who are hiring!

Please pick a one-hour time slot to attend and if possible ar-

DYW TAY CITIES EMPLOYER ASSISTANCE



DEVELOPING THE YOUNG Workforce (DYW) is a Scottish Government initiative to help prepare young people across Scotland for the world of work. They work with schools to create and deliver career inspiration activity in partnership with local businesses.

There is no 'one size fits all' support package, but the DYW programme allows businesses to work flexibly with schools and find ways to engage which most suits them. They also help employers navigate the challenges of attracting the next work force, provide guidance on funding pots that could be available to them if they took on a young person and so much more.

If you think your organisation would like to get involved in inspiring the next workforce through activities like; work experience, career talks, mentoring, career fairs, competitions, events or taking on apprentice please get in touch with Morgan McLeod, DYW Tay Cities Employer Liaison Officer. Contact her on 07539 384225, or at morganmcleod@dywtaycities.co.uk



TODD & DUNCAN
SCOTTISH CASHMERE WEARERS

Careers Open Day

5th September 2023

Interested in a career in textiles manufacturing?
Come along to our open day to learn all about Todd & Duncan Cashmere, hear about current job opportunities and experience a tour of the mill.

10am - 3.15pm | Book your place using the QR code
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DYW | TAY CITIES
Developing the Young Workforce



New Kind On The Block!

A NEW AND EXCITING addition to the High Street has arrived.

The Kind Pantry eco re-fill shop, at 153 High Street, sells necessities of all kinds. Shelves are stocked full of household essentials: dried foods such as pasta, nuts, cereals and grains, as well as cleaning and bodycare products, laundry and washing-up liquid. Take along your own containers of any size and buy as much as you like!

This is the brainchild of Moira Hookham, who has lived in Kinross for over 20 years. Moira told the *Newsletter*



she is delighted to be launching her new venture, after consulting with local residents at

the Kinross Farmers' Market where she carried out her research.

'Sustainable products can be found in the shops nearby and we wish to complement those, rather than compete.

'We fill a gap in domestic shopping which allows us to be kind to our world, whether that is by reducing plastic packaging or waste, reducing petrol miles or selling sustainable food.'

The Kind Pantry will be open from 9-5pm Tuesday to Friday and from 9-3pm on Saturday.

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FOSSOWAY GATHERING MOMENTUM



Grand National Team To Open 2023 Fossoway Gathering

THE FOSSOWAY GATHERING ORGANISERS are delighted to confirm Linda Russell and partner Peter Scudamore of Linda Russell Racing, the hugely successful Milnathort-based training team behind the 2023 Grand National winner Corach Rambler, as their special guests opening this year's Fossoway Gathering on Saturday 2 September.



The Fossoway Gathering is a fantastic community celebration event. A showcase for local community organisations and enterprises, the extensive programme of activities and a wide choice of catering and refreshment options provides an enjoyable fun day out with something to suit people of all ages.

Gates open at 11.30am at Waulkmill Park, Crook of Devon, in advance of the formal opening at 12 noon. Entry to the Fossoway Gathering is free, but it is hoped you will take the opportunity to support them by purchasing a programme on the day, which is also your entry ticket for the grand prize draw.

The first of many arena events is the children's Fancy Dress Parade. Organised by the Fossoway PTA, the theme this year is Famous Scots. All children are welcome to participate, with prizes for the winning entrants and certificates for all who take part. A fun run for children and young people will again be organised by Kinross Road Runners – parents can accompany their younger children too! Other attractions include fun fair rides, games arcade, face painting, balloon modelling, nail bar, meeting farm animals and more. Look out for some new challenge activities for adults too!



Musical entertainment includes performances by the fantastic KYTHE Band. Local ceilidh musicians add to the mix and will hopefully tempt you to 'take the floor'.

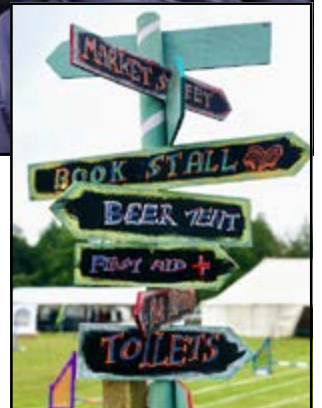
They look forward to welcoming you to the 2023 Fossoway Gathering. It's a great opportunity to support and engage with our community groups, meet friends and neighbours and have a great day out.

Keep in touch with on Facebook @FossowayGathering; Twitter @fossowaygather; or email fossowaygathering@gmail.com

If you are interested in supporting the Fossoway Gathering as a volunteer (even just for a few hours at set up / take down or on the day) or in other way, do drop them an email. They'd be delighted to hear from you.

Lottery Success

The National Lottery Community Fund has provided a welcome endorsement for the work of the Fossoway Gathering Commit-



tee. A successful funding bid resulted in a recent award of £3688 towards the cost of new marquees and related equipment. Two new marquees have now arrived in time for the 2023 Fossoway Gathering on Saturday 2 September.

In addition to use at the annual Fossoway Gathering, these add to the stock of equipment available for wider community use. A spokesperson said, 'We were delighted to see some of our marquees and gazebos in use recently at the hugely successful end of term Fossoway Primary School Fete. Enquiries welcome by email at fossowaygathering@gmail.com'.





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HOME DELIVERIES AVAILABLE

Continuing Support for Ukrainian Refugees

LAST YEAR, KINROSS PARISH Church sent £4000 to support a project by the Hungarian Reformed Church in Csongor, Western Ukraine to rebuild a house as a centre for refugees.

This was done by working with the Great Church, Debrecen, Hungary, which has been a long-term partner of the Kinross church and is also supporting the Csongor project.

A further £1000 has now been sent from Kinross out of funds previously donated for this purpose. This will help support the Csongor church which is currently cooking meals for 70 people every day.



IT'S THE BIG TOP HOLIDAY CLUB!

AS PART OF KPC'S Family Week, the Big Top Holiday Club, filled with fun and exciting events for all members of the family, takes place between 31 July and 4 August.

All groups will start at Kinross Parish Church each day at 9.45am and will finish at 12 noon. Note that while P2-P7 are to be collected from Kinross Parish Church, Pre-School/P1 will finish at Swansacre Playgroup and S1-S4 will finish at St Paul's Church. (Please register for the school year your child will starting in August 2023, not their current year)

Further Details:

The programme will include songs, drama, Bible stories, crafts, games, snacks, drinks and other activities. Family Week is free, but donations to cover costs are welcome in the donation buckets available.

There are many afternoon and evening activities on offer, and some of these involve a cost. Put these in your diary now.

Monday 31 July: FAMILY TREASURE HUNT around Kinross – Meet in Church garden at 2.30pm. Bring along a charged phone with the 'What Three Words?' app downloaded on it.

Tuesday 1 August: Senior Trip – ICE SKATING at The Peak Ice Rink, Stirling. **Cost £4.50** (plus £3 for skate hire if you don't have



FAMILY WEEK: 'BIG TOP' HOLIDAY CLUB

Mon 31 July – Fri 4 August

All age groups meet at KPC at 9.45am. Finishing at 12 noon.

Additional Family Week Events (meet at KPC)

JULY		
Mon 31	2.30pm:	Family Treasure Hunt
AUGUST		
Tue 1	2.45pm:	Seniors – Ice Skating
Wed 2	2pm:	Family Film Afternoon
	6.30pm:	Seniors & P7 Film Evening
Thu 3	2pm:	Seniors – Circus Skills Workshop
	4pm:	P6/7 trip to Hollywood Bowl
Fri 4	6pm:	Closing Celebration in church, with barbecue from 6.45pm

Long-Service Awards For KPC Elders



Four Elders at Kinross Parish Church recently received long-service certificates. Above, from left: Alan McGhie, Robin Webster, George Hayton, Robert Mitchell.

ice skates). Meet at the car park by Kinross Parish Church at 2.45pm, return around 6.45pm.

Wednesday 2 August: FILM EVENTS, including ice cream, all in Kinross Parish Church

Family Film Afternoon – 2pm till 4pm

Seniors and P7 Film Evening – 6.30pm till 8.30pm

Thursday 3 August: SENIORS CIRCUS SKILLS WORKSHOP – 2-3.30pm at Kinross Parish Church

P6/7 trip to Hollywood Bowl – **Cost £5**. Meet at the car park by Kinross Parish Church at 4pm, return around 6pm

Friday 4 August: FAMILY BARBECUE – Meet at Kinross Parish Church at 6pm to see and hear some of the things that the young people and children have been doing during the week, then go out into the garden for a barbecue at 6.40pm.

Contact office@kinrossparishchurch.org for more information.

LOCALS TAKE THE LEAD

NO LONGER JUST APPEALING to the farming community, the delights of the agricultural show now have a much wider appeal.

What's not to love about dog shows, sheep-shearing, a decorated welly competition and tasty food stalls? A fun day out at an agricultural show has been part of our rural life in Scotland for 200 years – records now show that they are as popular now as they ever were. In fact, agricultural shows have had record attendance this summer so far.

Celebrating farming, marvelling at champion livestock and enjoying home-grown produce and crops is not new. Today, however, the biggest pull is the show itself.

Figures show that in 2023 the Royal Highland Show broke records with 217,000 people visiting, to see the world sheep-shearing championship and chainsaw carving demonstrations, among many other events.

It is estimated that it brought in about £40m of business to the Ingliston area.

The Association of Show and Agricultural Organisations estimates that about 7 million UK people – around 10% of the UK – visit agricultural shows. A 2018 study of the Royal Welsh Show revealed that 39% of visitors to the show had no personal connection with agriculture.

The Kinross Show is one the highlights of the year to the many people who look forward to a great day out, even if they are without an iota of knowledge about farming. There is so much to look at and to enjoy, even for those of us who can't tell a woolly sheep from a goat.

Local agricultural shows are of reciprocal benefit to those who have relocated and the producers that want to meet



AGRICULTURAL SHOWS ARE HERE TO STAY!

them. Newcomers come along to see what's going on and buy the delicious produce on offer. In return they get an introduction to their local area, with plenty of stallholders around to explain to them about local projects and enabling them to find out more about what happens in the locality. All this is a great help to those who have moved into a rural setting and want more opportunities to learn about and take part in local life.

There are chances for everyone to get involved with craft competitions that anyone can enter, and plenty for children to get involved with too. The delight on a child's face when their dog wins the prize for the 'Dog With The Waggiest Tail' has to be seen to be believed!

Anyone is welcome to participate in crafts events as well as the traditional farming categories.

Importantly, agricultural shows enable people to reconnect with farmers and understand how their food is made, something that society can often be disconnected from.

Shows encourage us to shop local, with delicious food stalls beckoning us in with their most sumptuous products. We are becoming more interested in how food is reared and produced and, ultimately, more health-conscious than we once were. We want ingredients that come from trusted sources. This is the place to find those stallholders and talk to them about their provenance.

If you've never been to an agricultural show, give it a try. You won't be bored and you won't be disappointed!

KINROSS SHOW
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Entertainment Stage
Saturday 12th August 2023

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AT KINROSS SHOW 2023



HOME-SPUN EDUCATION AND entertainment will be at the forefront of next week's Kinross Show which the organisers pledge will be a celebration of farming and rural life within Kinross-shire.

'With more of the community than ever involved this year coupled with strong livestock and horse entries, I hope that visitors can enjoy this chance to look at farming through a different lens,' said Dora Smith, president of Kinross-shire Agricultural Society (KAS).

Following on from a revamp of the catering in 2022 the focus on local food choices will continue and for the first time ever there will be a live butchery and cookery demonstration. Past President of KAS, Ewan Paterson, has teamed up with Kinross' very own Masterchef runner-up Sarah Rankin to showcase the process involved in butchering a prime lamb. Sarah will then cook up some delicious dishes from the grass-fed lamb, kindly donated by Fossoway Farms.

Sarah told the *Newsletter*, 'I've had a really busy few weeks of shows and fairs recently, and I'm really looking forward to my first on home turf! I'll be cooking at the Kinross Show this August with Ewan Paterson of Allan's Butchers in Auchterarder. Ewan will be demonstrating lamb butchery and I'll be creating a few dishes based on the cuts he'll be telling us about.

'I can't wait to be part of the show which I've been attending as a guest for many years. The demo will be free and the timings will be announced in due course on my socials and in my newsletter so be sure to sign up so you don't miss out! I'm looking forward to seeing you there.'

Within the livestock area, it is the sheep classes that have gained popularity in recent years, new classes were added for emerging breeds, the commercial classes are well supported and with Kinross being a tremendous showcase ahead of the sales season, strong competition exists in both Blackface and Mule classes. This continued rise in numbers was making it





a challenge to provide enough pens for all the entries. Thankfully a successful application to Perth and Kinross Council, Community Led Local Development fund, secured enough money to purchase 500 new sheep gates which together with loaned gates will secure the future of the sheep section.

Further funding from the Kinross-shire Fund will support the cost of marquees and

the Childrens' Education Tent was a beneficiary of the Moto Community Fund so younger visitors can be sure of many ways to learn about farming and will have the opportunity to work with a local artist to create a mural of rural life in Kinross-shire.

Taking the reins in the main ring will be a Polo demonstration from Kinross Polo Club based at the stables of Thom



Bell, North Kilduff. Known as the game of Kings, the sport of Polo is the oldest ball game in the world and this is a rare chance to see it in action. With commentary provided to explain everything the ponies and riders will also play a short match.

'Looking back to days gone by and previous Kinross Shows has been a theme of my year as President,' comments Dora. 'Therefore, I'm delighted that a mini exhibition of memories will take place on Saturday in conjunction with Kinross Museum.

'On display will be photographs and films of previous shows and for the first time in many years we will have the Interbreed and rotating cups to present to the prize winners.

'I look forward to welcoming one and all to RSPB Loch Leven on Saturday 12 August,' she added.

PROGRAMME OF EVENTS

(Timings are approximate and subject to change)

7.00am	Showground opens
8.30am	Horse Judging commences
9.00am	Art & Crafts, Children's Food and Farming Tent opens to the public
9.30am	Judging of Beef, Dairy and Goat breeds and Sheep in pens
10.00am	Memories of Kinross Show Tent opens to the public
11.30am	Flower Show open to public
1.00pm	Young Farmers Stockjudging starts – register at YFC stand before noon
1.00pm	Dog Show commences – register at Dog marquee from 10.30-12.30

MAIN RING FROM 1PM (SUBJECT TO CHANGE)

- Children's Fancy Dress and Long Service Medal presentation
- Polo demonstration by Kinross Polo Club
- Vintage Tractor Display
- Judging of Archie Renton overall Horse competition
- Champion of Champions judging
- Grand Parade of Livestock and Horses
- Ridden Clydesdales
- Kinross Pipe Band
- Polo demonstration by Kinross Polo Club

3.30pm	Flower Show - Presentation of Prizes
4.00pm	SWI Marquee – Presentation of Prizes
6.45pm	Last bus leaves, SHOWGROUND CLOSSES AT 7PM



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FREE BUSES WILL RUN from approx 10.30am to approx 6.30pm. The bus will stop at all the usual bus stops and anywhere in the country, if waved down.

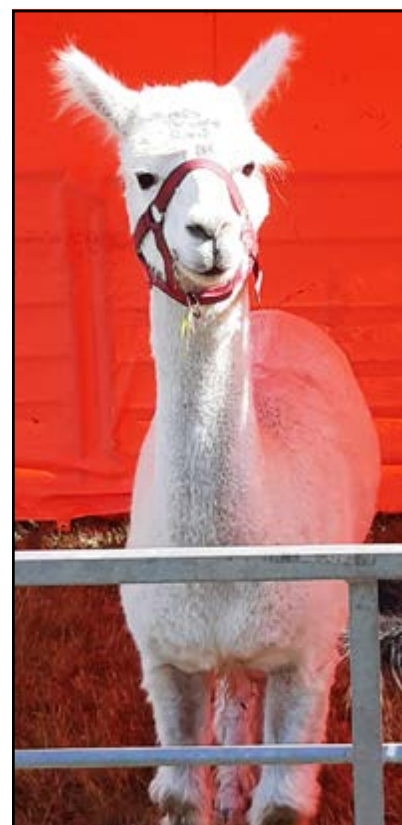
Buses run approx every 30 mins on the two available routes. Return journeys start at RSPB Loch Leven.

ROUTE 1

- Royal Bank Building in Milnathort
- Down to the roundabout at Rowlands Pharmacy, Kinross
- Turn right along Station Road to the Park and Ride
- Returning back along Station Road
- Turning right down through Kinross High Street
- To the show

ROUTE 2

- Loch Leven's Larder Car Park
- Turning right past Balgedie Toll
- Continuing through Kinnesswood
- Through Scotlandwell
- Straight down the road, turning right and along the south side of Loch Leven
- To the show





AUGUST STREET TRADING

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You will need:

SERVES 2

300g chanterelles
25g butter
1 tbsp oil
1 onion, finely chopped
2 cloves garlic, minced
2 tbsp sherry vinegar
200g risotto rice
200ml white wine
750ml chicken or veg stock, warmed
50g parmesan
A few chopped sage leaves

METHOD

Warm the butter and cook the onion and garlic slowly until softened but not coloured. Brush, trim and slice the mushrooms – reserving a few very small ones for garnish – and add those. Cook for a further few minutes until softened and a little coloured. Turn the heat to high and add the white wine and sherry vinegar. Cook out for a minute or so until almost all the liquid has gone.

Turn the heat back down to medium low and add the oil and the risotto rice, making sure every grain is well coated in oil. Slowly start to add the warmed stock one ladle at a time, making sure that each has been totally absorbed before adding the next. All in all, it should take around 20 minutes. Stir in the parmesan and chopped sage and spoon into bowls. Crisp a few whole sage leaves in a frying pan with a little more oil. Top the risotto with more grated parmesan, the crispy sage a few small, raw mushrooms. I also added a few pickled shallots for a bit of crunch and to cut through the richness.

Enjoy!

find sarah
on social media
[@sarahrankincooks](#)

IT IS CHANTERELLE SEASON and, if you are lucky enough to find some, this easy and delicious risotto is a great way to show them off.

When picking mushrooms only do so if you are **ABSOLUTELY SURE** you know what you are doing. Ingesting the wrong mushroom is a mistake you don't want to make as many can cause serious illness, and even death. So make sure you go foraging with someone experienced.

You'll find chanterelles in shady, damp areas under birch and pine and can usually hunt them out by their delicious scent of apricot.

When preparing them, don't mess around with them too much. Simply brush off any grit and trim the very end off the stalk.

Washing them in water will cause them to go soggy when cooked and remove some of that delicious flavour.



Chantarelle Risotto



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Councillor Willie Robertson



NHS Dentists

For the first time in my memory we have no NHS dentists in Kinross. Both our practices are now only taking private patients. No one either in the Scottish Government or NHS Tayside appears to be able to sort this out.

The problem appears to be that we are training too few new dentists and that the NHS contracts available to dental practices don't pay enough to allow practices to cover their costs. Given that this is a national crisis I am at a loss as to why our politicians are not doing their utmost to address this situation. Good oral health is very important and should not only be available to those who can afford private insurance.

In the meantime if you are seeking urgent dental care or are trying to find an NHS dentist please contact the Broxden Dental Centre in Perth. Tel: 01738 450550.

Graffiti

I have had reports of graffiti appearing in various parts of Kinross. Spraying graffiti is classed as criminal damage and makes areas where it happens look uncared for and rundown. I would like to nip this problem in the bud so if you know of this happening in your area please let me know. I will work with the Police to try and catch those responsible.



Overgrown Bushes

I have received several reports of trees and bushes overgrowing pavements since last months' Newsletter.

I think all those reported have now been cut back. However, if you know of a pavement which is difficult to use because of overgrowing vegetation please let me know.

Councillor Willie Robertson

Councillor Neil Freshwater



Community Buy-Outs

A number of community groups in Kinross-shire are considering the possibility of acquiring assets for the community. Often when a public asset is no longer needed, the local residents want to see it retained for community use. There a number of options for this depending on each circumstance but it could be as simple as raising funds to buy the property, or slightly more complex process like right-to-buy.

Kinross-shire is seeing a number of these underway at the moment. The residents of Blairingone are trying to acquire the old school there, there is a campaign to obtain Davies Park and with the likely closure of the local churches, Cleish and Portmoak communities are looking at options for their respective areas. The council can provide advice for any communities looking to do this, so if this might be of interest to you, please get in touch.

Road Safety

The 2023 roll out of the new Vehicle Automated Signs (VAS) is continuing across Kinross-shire. These are the signs that flash with your speed and tell drivers to slow down and are very effective and popular. I have noticed a number of them are now live including the one for Cleish Village. A number more are still scheduled for



installation this year. Additionally, I have been advised that a new officer has joined the roads department and one of their first tasks will be to progress the long awaited signage along the B9097 for the Westfield incinerator site.

A Kinross-shire Flag?

I have long been interested in the idea of a county flag for Kinross-shire. To my knowledge no such flag exists. The former Burgh and County councils each had their own coat of arms, but not a flag as far as I am aware. I think it could be a real benefit to help Kinross-shire maintain its unique identity, particularly when we have had to fight to keep the county as one through various boundary changes. I have had some brief discussions with a flag expert but will be looking to investigate more how we might go about this. I will update when I know more but if you have any interest in this, please get in touch.

Councillor Neil Freshwater

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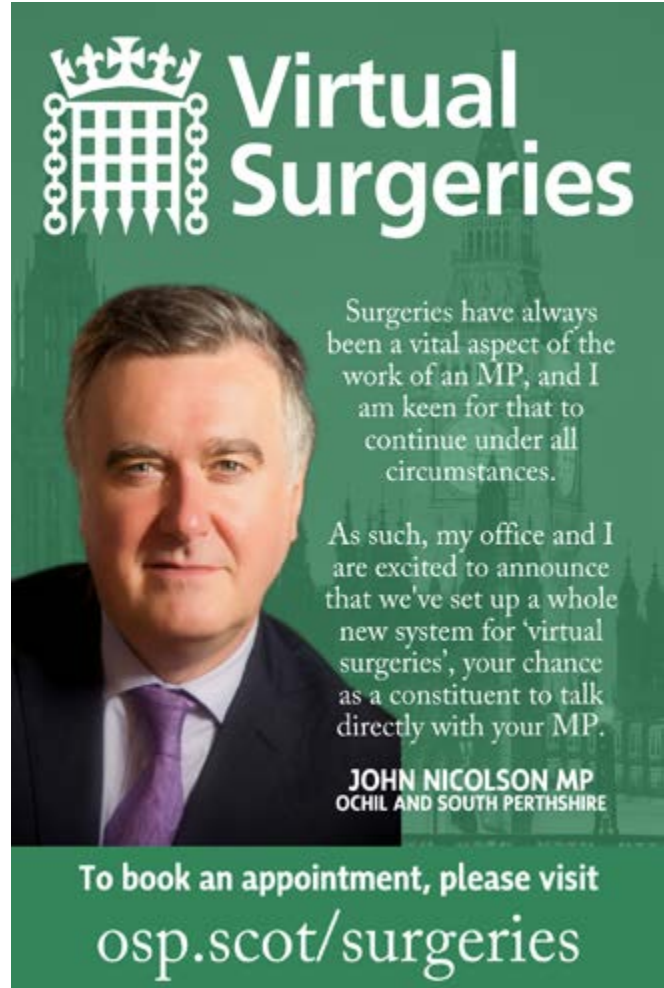
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Councillor Dave Cuthbert



Kinross High School Parent Council

The parent council for Kinross High School resigned as a group in March this year, which came as a surprise for many people. Subsequently to this, I worked with parents and officers to establish a new parent council. Which has been a complicated process.

Initially there was a question over the funds held by the former parent council and whether these would need to be passed to the school, as this is what was stipulated in the former parent council constitution, should it fold.

I contacted the former members of the Parent Council and they were horrified at this, as it was their understanding that the parent council had not ceased but simply that the members had resigned.

When I spoke to them, they indicated that they were more than happy to provide a set of accounts and access to the bank account to the new parent council.

I spent some time discussing this with officers and eventually we agreed that the bank account for the former parent council and the funds held in it would be passed over to the new parent council.

On top of this, the previous parent council constitution was very outdated and lacked clarity on many issues. So, in essence a new constitution had to be drafted and approved.

Following a lot of work by several parents, this new constitution was presented to a meeting of the Parent Forum (parents) on the 28 June, where it was approved, along with the appointment of office bearers. So, the new parent council was formed.

I want to thank all the former members of the parent council, for all their hard work. They put a lot of effort in and did their absolute best for the school.

I also want to welcome Euan Pirie to his new role as Chair of the new parent council, George Reid (Treasurer) and Susan Pirie (Secretary), along with the 10 ordinary members and 1 co-opted member.

I did not step back fast enough, so, I also got elected as a co-opted member.

I believe that there will be a meeting of the Parent Council in September and I know they would love for more parents to join them, either as office bearers or as members. Our task will be to continue the work of the former parent council.

Kinross-shire Local Committee

I am the convener for the Kinross-shire Local Committee. I see this committee as a forum where the community can meet with officers to discuss local issues and to get answers to questions they have.

The committee is a committee of Perth and Kinross Council and was formed as a pilot in 2021, with its first meeting in 2022.

There have been a few teething issues, which is normal for a pilot scheme and I am currently organising a Development Session with officers and the current members of the committee (being the Councillors and the six Community Councils in Kinross-shire).

The aim of this development session is to allow us to discuss the way the committee has been working and to look at ways of improving it.

It is also to allow us to look at how the pilot scheme can be amended, to allow Local Committees to function in other areas of Perth and Kinross, as the Council agreed to establish two more Local Committees at their budget meeting in March this year.

I see the Kinross-shire Local Committee as being very important as I firmly believe that there is currently a democratic deficit in

that there is very little locality-based decision making and this has in my view led to an over-emphasis on Perth issues.

I also see it as being a mechanism for empowering Community Councils, as I believe they do fantastic work, but get constantly frustrated by their lack of voice.

This is a continuation of the work I did with my fellow Independent Councillors to get the Council's Scheme of Administration changed so that an objection from a Community Council on a planning application would automatically trigger the application going to the Council's Planning Committee instead of it being decided by officers.

I firmly believe that the best people to decide on local issues, are local people and the more this happens, the better.

Kinross Colts

I recently met with trustees of Kinross Colts, as I am aware that the population of Kinross-shire has dramatically increased over the last few decades and I wanted to establish how this was affecting them.

Kinross Colts organise a lot of footballing activities throughout Kinross-shire. They recently added another team to the 14 they were already running and have approaching 500 members.

I see physical activity as being an essential thing for young and old, as it promotes health and fitness, which can help prevent all sorts of medical issues.

Following the meeting with the trustees I met with senior officers to discuss the issues raised.

In essence, there is pressure on the existing infrastructure, with a real shortage of winter training facilities.

I asked officers if one of the rugby pitches at the Community Campus could be converted to a football pitch, with movable goals. This would allow the goals to be moved, thereby protecting the goal area from wear and tear.

I asked for nets to be permanently on the goals at the campus and asked if goals could be erected at Wallace Park in Glenfarg, where there used to be a football pitch.

We discussed the possibility of taking out an area of the Community Campus from the contract with the PFI provider and it being rented to the Colts, so that they might create a hub and possibly establish a second all-weather pitch. This is being looked at.

I raised the question of drainage at the Myre, which becomes very boggy during wet weather and suggested that the flooding team be asked to look at this as part of their planning for the Kinross flood defences.

I also asked if a solution could be found to an issue relating to the residents of Montgomery Court, whereby they are getting footballs hitting their walls and causing disturbance.

None of these things will be fixed quickly, but even the longest journey starts with the first step.

Councillor Dave Cuthbert

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Politicians

**John Nicolson,
MP**



MY MUM ALWAYS REMEMBERED a wee German girl who arrived at her primary school in the late 1930s. 'Be nice to Ruth' the teacher said. 'She's escaped from an evil man in Germany.' Ruth didn't speak much English but showed my Mum a wonderful new invention she'd brought with her on the Kindertransport – a pen which didn't need dipped into ink. It was called a Biró.

Scotland has always opened its arms to those seeking sanctuary on our shores. I'm proud that in Ochil and South Perthshire we've recently welcomed Ukrainians, Iranians and Kurds who now call our beautiful part of the world their home.

I do everything I can to highlight the plight of refugees at Westminster. Refugees like Elham. Two years ago Elham was in hiding in Kabul. He was 17 and gay. The Taliban were searching for him to kill him.

He wrote a diary about his life in hiding and published it on line. I read out extracts in the House of Commons. He described his fear and feeling of claustrophobia as Taliban thugs hunted him door to door.

No one outwith a tight circle knew his whereabouts or that he was gay. He had taught himself English and dreamed of escape to the UK. But the UK Home Office offers no route for an Afghan asylum seeker appealing for sanctuary – even someone, like Elham, in imminent danger of death.

After months sheltered by distant family in Kabul, Elham managed to obtain an Afghan passport, and, in heavy disguise, fled across the border and on to Islamabad. For almost a year he tried desperately and fruitlessly to pursue his asylum claim with the UK Home Office. He describes hiding out in baking temperatures in a rented slum room. He spent his time improving his English and studying for a university entrance exam.

I was immensely moved by his diaries. And so, it seemed, were thousands of others who heard me read extracts in Parliament. A group got together and agreed to pay Elham's plane ticket to London. They agreed that, if he passed his university entrance exams, they'd cover his fees, accommodation, and living costs.

Elham visited me at the House of Commons last week. He got into the UK not as a LGBT asylum seeker fleeing for his life – that route has been closed by the UK Government. He's here as a paying student on a student visa. He dreams of a career as a foreign correspondent.

Elham's story is one of determination and courage. He misses his Mum and Dad, his siblings (and his Mum's home cooking). He worries desperately about their safety living under the Taliban. But he says he feels as if he has come home – to a country whose people have welcomed him and where gay people are able to express their love. As he puts it 'at long last I am free to be me'.

I can't wait to see the wonderful things this incredible young man is set to achieve.

John Nicolson, MP

**Liz Smith,
MSP**



THE ISSUE OF FIRE service cuts has dominated my inbox more than any other over the last few weeks. I would like to thank all of those across Perth and Kinross who have been in touch with me to raise their significant concerns over the £11m worth of cuts that are facing the Scottish Fire and Rescue Service in 2023/24.

The cuts will have potentially devastating consequences for the local community. In Perth, this will mean a reduction within the workforce and will also affect the Aerial Rescue Pump which will operate at reduced capacity, leaving just two fire appliances that can pump water.

I am aware residents are furious at this decision. This is particularly the case given the recent fatal fires that have shocked the local community. Firefighters are right to state that this decision to reduce the capability of the service could lead to further lives being lost. It is dangerous for the public because there are fewer people available to respond to emergencies, but it is equally hazardous for the firefighters themselves who will have less resource responding to a fire and therefore fewer people watching each other in what are often extremely perilous situations.

While the Scottish Government claim that the allocation of resources is the operational consideration of the SFRS, it is the £36.5m budget shortfall over the next four years that has left the fire service with no other option but to make unwelcome cuts, thus reducing the service's capacity to react to future fire emergencies.

This may not have been as potentially devastating as it is now if the fire service had not already faced many years of underfunding and neglect which has taken a considerable toll. The number of firefighters has declined meaning safe crewing levels have not been reached, there are less resources available to service and maintenance vehicles leading to an increased risk of breakdown, and all of these contributing factors mean response times to incidents have been rising.

Nobody knows better than the firefighters on the ground how these decisions could impact on the efficiency and effectiveness of our local fire services. The Scottish Government must listen to these issues and provide better funding and resources to firefighters who undertake such a pivotal role as first responders.

Liz Smith, MSP

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BIKE THEFT CAMPAIGN

Police Scotland has teamed up with a professional mountain biker to offer prevention advice as part of a campaign to reduce the number of bike thefts occurring in Scotland.

Scotty Laughland, who has competed across the world and creates mountain bike content on his social media channels, filmed a series of videos to discuss the impact bike theft had on him personally and professionally.

Scotty was joined by PC Graeme Scott to discuss the security measures the public can take to deter such crimes happening to them.

The 2020 Cycle Scotland Cycle Monitoring report showed that 45% of Scotland have access to a bike. Between April 2022 and March 2023, almost 4,000 bikes a year are reported stolen to Police Scotland.

In May 2022, Scotty himself became a victim of bike theft when his workshop in Stirlingshire was broken into and £50,000 worth of bikes, cycling equipment and tools were stolen from within.

Ahead of the UCI World Championship cycling events that will see thousands of professional cyclists and cycling enthusiasts visit Scotland, from Thursday, 3 August, three videos will be published on Police Scotland's social media channels over the course of the next three weeks to highlight to the public how they can safeguard their bikes and equipment.

Superintendent Claire Dobson from Police Scotland's Partnerships, Preventions and Community Wellbeing Division, said: 'We know that cycling is a popular form of exercise and transport in Scotland, bikes are also an attractive option for opportunistic criminals looking for an easy target to steal and subsequently profit from.'

'We now also see high-value bikes being stolen to order by organised crime groups and it is absolutely essential that we equip the public with all the necessary advice and guidance they need to safeguard their bikes and cycling equipment.'

'I am grateful to Scotty Laughland for working alongside us to create these videos and would urge not only Scotland's communities, but all of those visiting the country for the UCI World Championship cycling events, to view this content and our crime prevention advice to ensure they know how they can best secure their bikes and wherever they are stored.'

Scotty Laughland added: 'The impact of bike theft for myself and my family has been far reaching. I would advise anyone to take the advice offered by Police Scotland and ensure your bikes and equipment are secured at home, whilst travelling and during use.'

Police Scotland's bike theft advice can be viewed by visiting <https://www.scotland.police.uk/what-s-happening/events/cycling-world-championships-2023/bike-safety-advice/>

RECENT INCIDENTS

A 17 year old man was arrested for theft of a Mercedes A Class in Lathro Park, Kinross on Saturday 15 July. The vehicle was recovered in Dalwhammie Street.

Anyone with any information that may be useful should contact Tayside Division on 101 or any police officer, quoting the crime reference number listed at each incident. Alternatively information can be passed anonymously via the charity Crimestoppers on 0800 555 111.

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.

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BEE KIND TO BEES!

IMAGINE A NICE WARM summer's day (hard to imagine, given the weather at the time of writing) in Kinross. You might hear the low buzzing of bees, getting louder and louder, and when you look up you see thousands of bees flying, as if it was a scene from a movie. Alternatively, you might discover not just one or two bees in your garden, but thousands of them in the shape of a rugby ball. They could be on a tree, on a gatepost, in the roof of your shed or even on your bird table/bird box. They are honey bees looking for their new home.

While we are coming to the end of swarm season (April-September), with the unusual weather we have been having honey bees will wait for a break in the showers before they leave their colony to look for an alternative home.

Swarming is the only way that a honeybee colony reproduces. As a democratic colony they will decide to make a new queen, and just before the new queen hatches, the old queen takes off with about a third to a half of her workers (female bees) and drones (male bees). This wee gang of up to 30,000 are off to set up a colony in a new location. The remaining house bees will stay with the new queen, taking care of the original colony.

This tends to happen because the hive has become overcrowded. The colony may be running out of room in their original hive because they are doing very well raising their young, collecting pollen and honey stores, or it could be just simply that the queen needs to reproduce her DNA. The queen and her workers are trying to find a new permanent home, usually part of a tree or other dark enclosure with a small entrance that they can defend. While resting, the swarm may choose an odd location like



on the seat of your bicycle, or on top of your car. But they are only visiting temporarily, so there will be no comb in the swarm. While in their temporary lodgings, scout bees will go and find a better home for the colony to move too. This will be somewhere they can start to make comb and the queen will restart laying her eggs.

If you are confronted with a buzzing ball of bees don't panic! Bees that have swarmed are full of honey and are usually docile. In addition, they do not have a home to defend, or any honey stores for anyone to take. They are likely to move on in a day or two at the most.

Swarming bees are in a high-risk state and sadly only have a few days to find a home before they die of hunger and exposure. They don't like swarming in the rain, or being without a permanent home when it goes cold.

Staying huddled together in the shape of a rugby ball keeps the queen warm. Once the scout bees return to the swarm, they will vote on the most suitable place to move to, the swarm will then depart and fly as a group to their new home.

However, sometimes they choose to occu-

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py buildings, structures that can be hazardous to themselves as well as causing damage to properties.

The best course of action is for you to do nothing, but if you do have a honey bee swarm contact a local beekeeper. Even though the bees are in a mellow mood, it is sensible to keep your distance. Ensure children and pets stay indoors. Most bees only sting if they feel threatened, for example, you start swatting them or accidentally disturb them. Remember, these vital pollinators need care at this point! It can be difficult and expensive to remove them, so having a beekeeper capture the swarm before it has the chance to take up permanent residence is good preventative practice.

Here in Kinross, Cloverlea Apiaries (*The Friendly Bee Company*) will do their best to help you. Just contact Karen or Tracy on 07958 657541. They have over 17 years' experience in breeding and keeping honey bees, and have developed their business based on their love and passion of Scottish Native and Near Native Honey Bees. As well as making delicious honey up at their farm near the Path of Condie, they use the bees wax to produce beautiful handmade products including hand poured candles, beeswax furniture polish and natural cosmetics. You can usually find them at the Kinross Farmers' Market and they will be there in August so find them and have a chat!

A reputable beekeeper will remove a swarm in one of three ways: by putting a bee box right next to the swarm and allowing them to move in on their own, by bumping the swarm into a small box, or by using a bee vac and sucking them up. The beekeeper will then take the bees to a remote apiary location to assess them for disease.

So, if you see or hear the buzzing of bees..... Check! Are they Bumblebees (Solitary Bees) rather than honey bees? If so, just leave them alone. In fact, if you do have a solitary bee nest in your garden, either tree bumbles, bumble bees, or masonry bees, historically it was seen as lucky. They are valuable pollinators and some are even endangered.

Over the past few years, we have lost a number of species of solitary bees, that we will never get back. So, please do not

destroy their nest, block their entrance holes, or call pest control unless its critical. Solitary bees will die out naturally in late summer/autumn, therefore there is no need to do anything. Just consider yourself lucky and leave them bee!

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ROSEMARY TOLSON 07738984740 OR THROUGH
OUR FACEBOOK PAGE 'FRIENDS OF
MILNATHORT TOWN HALL'

Good Decisions, Skilful Incisions and Happy Endings

RECENTLY, I WAS REFLECTING on something that happened quite a few years ago. Two of my brothers were celebrating their silver wedding anniversaries, and the great tribe was meeting up for a seriously happy and joyful event. All the arrangements were made, and we had only to turn up.

When I got down to Glasgow, there was a message to say that my Mother, that stalwart head of the clan, had been taken ill, and couldn't come to the party. I had only talked to her in the morning; she'd had her hair and nails done (first time ever for the nails) and was really excited. Our first instinct was to minimise it – too much excitement or a 'past its sell by date' yogurt in the fridge.

Unfortunately, we were all wrong. On tearing across Glasgow to see her, we discovered that she was in real pain, and there were none of the usual symptoms of a tummy bug. However, the situation was deceptive, because she looked so pretty with her hair and nails looking gorgeous, and the party lipstick in place. The night wore on and the pain did not subside. I knew the party was in full swing, and decided to wait until morning before calling in the experts.

The next day everything deteriorated rapidly, and she was whisked into hospital for a fairly major operation, to remove her gall bladder, containing a mighty, golf-ball-sized stone. The skilful surgeon had not seen one like it in 10 years. As we don't like to be ordinary in anything, the proud stone was sitting in splendour on her bedside table. The situation was caught just in the nick of time. The surgeon performed the operation using a keyhole technique, which took him four hours, because the traditional operation would have been far harder for her to recover from. Our gratitude to him was unbounded.

The whole episode made us all think. I know not all families are like ours, and we have certainly had our ups and downs, but when you think about losing someone you love so much, it really does hurt like a physical pain. As a coach, I spend a lot of time getting people to try to reframe their hurting thoughts. When we are sad and worried and hurting, it is almost impossible to be effective. All weekend I was drifting about uselessly, wondering what was happening, desperate to phone, but not wanting to pester. Being calm one moment, weeping the next, followed by great waves of relief on hearing the news of a good result. It made me think about all the people who don't get good results, who wait endlessly for a runaway child, or the poor boat people trying to find safety and sanctuary and a new life, or people who really don't have anyone to rally round when the going gets tough.

As usual, when I had acknowledged my sadness, not trying to be too British holding it back, I asked myself, 'What is there here for me to learn?' I had been thinking a lot recently about the word 'key'. It is used so often as a metaphor for finding solutions



WINNING WAYS

by Jo Middlemiss

to problems. We talk about key decisions, key words and key elements. I have been working on key words for helping people unlock the closed doors of their minds – the closed doors that stop them from doing all the things they dream about, but think that they are not clever enough, rich enough, bold enough or pretty enough. Or, perhaps they think they are too old or too fat or too poor or too stupid, or even too clever to live the life they long for.

I turned all these ideas over with my mother, and she thought it was a wonderful coincidence that she had had keyhole surgery and this was another key that I could think about.

The KEY one for this month is AFFECTION, which really means LOVE. You never know when circumstances around your loved ones are going to change, so don't put off telling people you love that you love them. If you feel like doing a loving thing just do it, even if you get rebuffed or rejected. Everyone needs affection, but you can't give it if you haven't got it, and the only way to get it is to give it. The world seems to believe that when you give something away you lose it, but in fact when it comes to loving affection, the more you give the more you have. Seems like a paradox, but just try it and see what happens. I didn't need a big fat gallstone to tell me how much I love my mother, but it did prompt me to tell her over and over again.

Jo Middlemiss MBE

MINDFUL RELAXATION CLASS

Tuesdays 7-8pm

Glenfarg Community Centre
(School House entrance),
9 Greenbank Road

Fridays 10.30-11.30am

St Paul's Church Meeting Room, Muirs, Kinross

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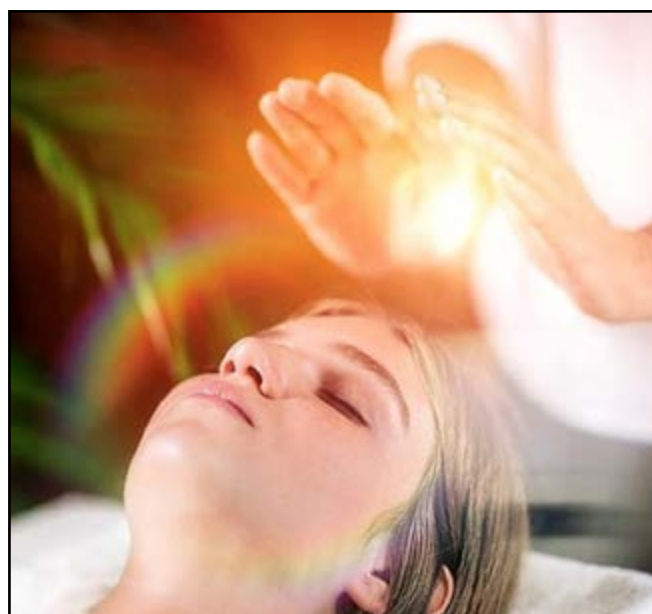
- Improved sleep
- Improved digestion
- Less anxiety
- Less pain
- Improved focus and memory
- Improvement in depressive symptoms
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- Faster recovery from injuries and surgery
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- Improved self esteem
- Greater social ease and satisfaction
- Greater sense of meaning.

REIKI IS A JAPANESE technique for stress reduction and relaxation that also promotes healing. Reiki can help you feel more balanced no matter what's happening in your life.

Reiki practice is safe and cannot interfere with any medical care you are receiving. Reiki healing quickly returns you to your natural state and helps your body remember how to heal.

Reiki is empowering women and men to take control of their own spiritual and emotional well-being. I have worked with countless women guiding them through difficult transitions, relationship break ups, bereavements, pain management and loss of self and identity. I love helping people realise they can feel better and be happier.

I am a Holistic Wellness Practitioner, Reiki Master Teacher, Master Energy Healer, Silent Counselling Practitioner and trained



Womb Keeper. My focus is on women's spiritual and emotional wellness, self-empowerment, and community.

I have many years of experience working with Reiki Energy and energy healing and I offer accredited training in the Three Levels of Usui Reiki. I am registered with The UK Reiki Federation, CHNC and I am an approved trainer with IPHM.

You'll find me in the heart of Kinross in my new studio and all my details, trainings, workshops and offerings can be found on my website:

lauraclarkholisticwellness.co.uk

I look forward to welcoming you at 2 High Street, Kinross, KY13 8AW.

Laura x



Kinross Hub August 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 07896 280843 shona.fowler@nhs.scot Declan 07557 488902 declanjones@pkc.gov.uk

Mon - for info only	Tue - for info only	Wed	Thu	Fri
	1st	2nd	3rd 10am to 12.30pm Welfare Rights will offer support and advice for accessing benefits and ensuring income maximisation 01738 476900 welfare@pkc.gov.uk 1pm- 3pm MindSpace Info on supporting mental wellbeing. 07928 859628 or 01738 631657	4th 10am to 12noon Jackie from VOICEABILITY for free advocacy regarding benefits access and supporting people to be heard in decisions about their health, care & wellbeing 07918 560891
7th	8th	9th 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847 1.30pm to 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163	10th 10am - 12noon Home Energy Scotland offering impartial advice on energy use, keeping warm and minimising costs 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, autistic spectrum, sensory loss and physical disabilities. 07788 389659	11th 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
14th	15th	16th 2pm -4pm PKC Social Work for signposting and support. 01577 867300	17th 10am – 12noon Older Peoples Mental Health Team here to support and advise on all aspects of mental health for the over 65s 1pm – 3pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902	18th 10am to 12.30pm Karen from PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
21st	22nd	23rd 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847 1.30pm to 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163	24th 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 2pm to 4pm Louise from PKC Housing Team for housing advice and signposting to their service. 07917 552231	25th 11am to 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. 0800 182 2222
28th	29th	30th	31st	1st September

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.

If you are experiencing financial difficulty during this time or feel you need support/advice please call Shona Fowler on 07896 280843 to have a chat or email shona.fowler@nhs.scot

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

Declan Jones, 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. Declan can be contacted on 07557 488902 or declanjones@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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Supporting unpaid carers to take a break

If you are an unpaid carer living in Perth and Kinross, you **may be eligible** to apply for a grant of **up to £300** to enable you to take a break of your own choosing.

You decide **when, where, with who** and **what** you want to do.

For any queries or to request the full guidance and application form please **contact** The Carers Centre on 01738 567076 or email carersshortbreaks@pkavs.org.uk

For more information visit
www.pkavscarershub.org.uk/Time4Me

APPLY NOW!

Perth & Kinross: A partnership of P&K Health and Social Care Partnership (P&K H&SC) an approved Scottish charity (SC 20220) and Kinross-shire Council (Kinross-shire Council) a public authority (200202)

Planning a Better Future Together



Perth and Kinross Health and Social Care Partnership are looking to the future and commencing planning on how health and social care will be provided over the next 3 years.

We want to hear your views.

You can find out more and complete our online survey by scanning the QR code



consult.pkc.gov.uk/pcg/shaping-the-future-of-health-social-care/

Help us shape the future!

GET THE RIGHT CARE IN THE RIGHT PLACE



NHS Inform includes self-help guides for a range of common conditions: [NHSinform.scot/self-help-guides](https://www.nhs.uk/nhsinform).

NHS 24

If you think you need assistance, but it's not life threatening, call NHS 24 on 111.



- Colds
- Skin conditions
- Urine infections
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacy



Call NHS 24 on 111, 24/7, 365 days a year
Breathing Space: 0800 83 85 87
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

Mental Health and Wellbeing



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



Your local GP is still open and can provide urgent care during operating hours. This is the best place to contact if you have an illness that won't go away, or are worried about your health. If your GP surgery is closed, please contact NHS 24 on 111.

GP



Perth and Kinross have Care and Treatment Services in locations throughout the region and can treat a range of issues such as cuts, minor burns, sprains and strains. They are open 8.30am - 5pm, Monday to Friday. This service is appointment only and can be booked by calling 111.

Care and Treatment Services



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999



If you are unsure about where to go or who to see, find out at: [NHSinform.scot/right-care](https://www.nhs.uk/nhsinform)



Recovery Café



Every Tuesday 1pm-3pm,
Milnathort Guides Hall,
Church Street, Kinross
KY13 9XH

On a recovery journey? Thinking of starting recovery?

Why not drop into our cafe for a chat.

For more information contact-

Shona Fowler on **07896 280843** or shona.fowler@nhs.scot
Lauren McDonald on **07584 640009** or lmcdonald@hillcrestfutures.org.uk
Sarah McNaughton on **07385 491871** or smcnaughton@hillcrestfutures.org.uk



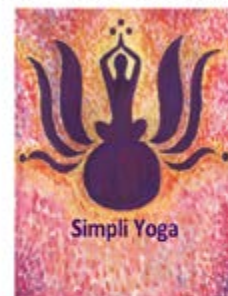
Supported by 'Broke not Broken'
- a local charity tackling the effects of poverty.



Ukraine Hub Café

For Ukrainians and their host families. For more information and dates of the please contact Kinross Church Office on 01577 862570 or office@kinrossparishchurch.org

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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.

Kinross Community Council News from the June Meeting

Present at the meeting on 27 June were: CClrs L McKay, W Freeman, C Collins, E Leslie, H Phillips, T Stewart and M Wilson, Cllrs D Cuthbert, N Freshwater, W Robertson and R Watters, minute taker Mrs C Aird and approx 25 members of the public.

Apologies: Police Scotland.

Police Scotland Report

Police Scotland were unable to attend the meeting but had provided a report advising that since the last meeting there had been 98 calls to Police from the Kinross area. There have been 19 crimes recorded on Police systems within this period.

28/05/2023 Assault – racially aggravated (High Street, Kinross), reported to the Procurator Fiscal

07/06/2023 Vandalism (Green Road, Kinross), subject to live investigation

07/06/2023 Vandalism (Ochil View, Kinross), subject to live investigation

15/06/2023 Possession of a knife (junction of Lathro Court & The Muirs), reported to the Procurator Fiscal

14/06/2023 – 16/06/2023 Fail to stop after accident (Green Park, Kinross), subject to live investigation

18/06/2023 Possession of a knife (Kinross Park & Ride), reported to the Procurator Fiscal

Traffic Statistics

Community officers are aware of regular areas where there are complaints about speeding in and around Kinross. These have all been added to the speeding matrix and officers will continue to make efforts to carry out speed checks across the area during patrols.

Officers from Kinross have been carrying out speed checks over the last month at Springfield Road, Kinross as well as the A922 Muirs into South Street (Milnathort) Road.

Community Team Activity

The Team have been carrying out patrols of Loch Leven and Vane Farm recently in response to complaints about dangerous driving of off-road dirt bikes (as posted on social media). Offices would like to take the opportunity to remind residents that this is an offence under Section 34 of the Road Traffic Act 1988.

@PSOSPerthKin Twitter page is updated regularly with what officers are doing out and about in the local area under #KinrossCPT.

Kinross Open Spaces Action Group

Cllr L McKay welcomed members of the group to the meeting and invited Mr David West to address the audience. A briefing note had been circulated to attendees prior to the meeting.

Mr West advised that the group had asked to attend to set out their proposal for Davies Park, allowing members to become acquainted with the proposal. The group aim to secure the future of Davies Park for use by the community, and background information on the history of the park.

Mr West advised three developers had, over time, applied for planning permission for residential developments but had been refused each time. On the first application, a PKC officer had recommended a road to be built through the park but through the action of the Councillors that was ceased. A second attempt was made by bypassing the LDP process through an appeal to the Reporter. The third attempt commenced in 2022 with a PAN from Miller Homes stating their intention apply for planning permission.

Despite assurances, PKC and Councillors are unable to guarantee

that a future Council will not approve an application and through community ownership using a Community Asset Transfer, this would stop the threat allowing the park to remain in the ownership of the community, and also guarantee this through a Fields in Trust status.

Through their ownership, the group are keen to enhance and develop the area through such things as a pump track and also plan to enhance the ground at Lochburn Park which is currently an open space (a consultation will be issued to determine what the residents would like to see this ground become). The group also plan to share their knowledge and skills to enable transfers to other local groups and others planning similar CATs.

The group, who are set up as a Scottish Community Interest Organisation (SCIO) have been working extensively with various PKC departments to make a case to allow purchase of the land which PKC would continue to manage via a lease, and a business plan has been drawn up showing how the group will be sustainable and has also identified a number of charitable funding sources for possible improvements.

Mr West went on to advise that current issues include convincing PKC officers that the approach is the correct one to take and have also identified an anomaly in the way PKC seeks money for repairs and maintenance of equipment purchased for Council-owned parks, this is based on the formula used to calculate the amount to be paid.

Mr West closed by thanking the Community Council for their time and in response to a question from Cllr D Cuthbert, advised that he would like the Community Council to confirm their agreement to the plan and also to endorse this.

Cllr McKay thanked Mr West for his presentation and asked whether cutting off Lochburn Park would save Davies Park. Mr West advised that it was the group's intention to own the two parks. Cllr McKay then asked how residents and visitors would gain access to which Mr West stated that it would depend on what the parks were being used for, but there is no intention to put a road through either park. Cllr McKay also enquired as to who would take on the ownership after 10 years and was advised that the group currently consists of 140 members and they would be constantly recruiting new members and see no issues with regard to this.

In response to Cllr Watters comment regarding the old railway line path which was also vulnerable and could give direct access into a field, he went on to suggest that potential developers could build an underpass to which Mr West advised that PKC only own the path from GS Brown's land, they do not own the whole path. Cllr Cuthbert went on to ask if the path could be taken as far as

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Community Council News

Torrison Place and Mr West confirmed that the group would be happy to discuss this matter and would also welcome any thoughts on this.

In response to a question regarding the timeframe for a decision being made by the Community Council, Mr West advised that the process takes around 6 – 8 weeks to complete (currently at the week 6 point). Cllr Cuthbert also asked what would happen if the Community Council did not endorse the plan to which Mr West advised that the decision would likely be questioned but he did not feel that community engagement would be affected.

Cllr Mckay stated she had asked representatives from PKC to attend the meeting – they all declined but said they would be interested in hearing about the plans.

A member of the public advised that the land is all currently owned by PKC but the group are not aware of any conditions to the deeds, at which point Cllr Watters advised that he was enquiring with the legal team about this but would need to withdraw from any future discussions due to a conflict of interest. Cllr C Collins enquired as to what was to stop a developer going direct to the Reporter and having any objections overruled, to which Mr West replied, nothing.

Cllr Mckay asked if PKC had agreed to take over maintenance of the parks should the group take over ownership and Mr West advised that it would be up to the Councillors/Scottish Government to decide this. He also stated that a number of parks across PKC are maintained by PKC but not owned by them.

Cllr W Freeman enquired as to whether there were any tree protection orders (TPOs) which could be applied for but he was advised that this would not stop developers.

With regard to funding, Cllr Mckay enquired what would happen if funding ran out and Mr West advised that any application will be asked for the group to be treated the same as any developer, e.g., £1000 per year x 15 years. He did not expect there to be any issues with funding. Cllr Mckay then went on to comment that people say they will providing funding but when it comes to it, they change their minds and as such, asked if this would delay the park going through. Cllr E Leslie asked if it was intended to charge for the use of the pump track once it was built, with Cllr Mckay asking if the track would be closed to people living outwith the area. Mr West confirmed that there would be no charge for the use of the pump track and it would be open to anyone.

Cllr Mckay thanked Mr West and the group for attending the meeting. She advised that she would like to garner opinions from PKC officers before deciding what action to take. Cllr Mckay confirmed that the CC would be in touch as soon as a decision had been made.

In a separate discussion, it was noted that the play park required repairs, with the chute having been removed, fencing lying all over the park and railway sleeper steps not being replaced.

Matters Arising

Parking Restrictions

Cllr Watters advised that PKC had agreed to all suggestions made by the Community Council and would forward the email from PKC to Cllr Mckay.

It was confirmed that the hedges on Gallowhill Road had been cut and the area was now looking tidier. An email regarding land registry would be forwarded to the Community Council.

Goal Posts at Myre Park: Cllr Cuthbert confirmed that he had arranged to speak to representatives from the Colts and would feed back to a future meeting.

July meeting: Cllr H Phillips confirmed that Mr M Ruskell MSP had been invited to the July meeting to discuss concerns about Loch Leven. HGVs in Gallowhill Road: A member of the public confirmed that the number of HGVs using Gallowhill Road had reduced but not stopped.

Kinross Town Centre

Cllr Cuthbert confirmed that the owner of the Clock Tower had been located and therefore an email had been sent requesting the clock be repaired and maintained appropriately.



PKC FUNDING INITIATIVES INFORMATION SESSIONS

Voluntary organisations and community groups are invited to attend a session to:

- Explore the different funding options available and the criteria required.
- Discuss the completion of funding forms and the application process.
- Ask questions and talk about your project in relation to the funding options available.

1 Open now until 18th August

Community Investment Fund

This fund supports projects that tackle local issues and improve quality of life for communities across the area. Funding applications will be assessed against their impact on the priorities of the PKC Corporate Plan which can be found on our website - www.pkc.gov.uk/cif

2 Opening Sept 2023

Warm Welcome Fund

An exciting opportunity for people to work together to provide warm spaces, food and warm home packs with a focus on reducing social isolation.

3 Opening Oct 2023

Participatory Budgeting

This fund will support community-led projects which deliver against local climate change priorities, where they impact on Cost of Living, as set out in Community Action Plans and PKC Climate Action Plan.

Drop-in Sessions:

- 26th July from 4-6pm at Loch Leven Community Campus
- 2nd August from 4-6pm at Loch Leven Community Campus

For more information, please contact Tracey Ramsay on TRamsay@pkc.gov.uk or call 01764 657621.

PERTH & KINROSS COUNCIL

Planning Matters

Applications Received

23/00917/FLL alterations and partial reroofing to dwellinghouse, Middle Balado House, Balado, Kinross.

23/00911/FLL erection of a dwellinghouse and associated works (revised design) at land 20 metres North West Of Tillyochie Farm Cottage, Balado. It was noted that a bat survey would be required to be undertaken at this property.

23/00794/FLL erection of replacement boundary fence and gate at land north west of Old Cleish Road, Kinross. Cllr M Wilson advised that it would appear that a photograph included in the application was not of the area of concern. A high gate/fence had already been installed and it was agreed that an objection be submitted to PKC. The deadline for any comments had been extended to Monday 3 July 2023.

23/00842/LAW erection of replacement extension (proposed) at



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10 Mcbain Place, Kinross.

23/00762/FLL erection of office/workshop building, formation of parking area, hardstanding and associated works at land north of Macduff Place Kinross. Members were advised that letters had been issued to properties to one side of the street. It was commented that the land would be used for the repair of agricultural machinery and it was expected that if approved, planners would be restrictions on opening hours and noise levels.

Applications Determined

23/00728/FLL alterations and extension to dwellinghouse at 17 Alexander Drive, Kinross, approved.

23/00625/FLL Change of use of agricultural land to storage and distribution (class 6), siting of 54 storage containers, formation of vehicular access and associated works at Land 250 Metres South Of Jettrigg, Kinross, withdrawn.

23/00590/LAW erection of a garden studio (proposed), 3 Hopefield Place, Kinross, approved.

23/00202/FLL change of use of and alterations to workshop/restaurant/offices to form restaurant with function room/ancillary hot food takeaway/offices, erection of workshop/store, installation of replacement decking, fence and canopies over outdoor seating area at Loch Leven Fisheries, Pier Road, Kinross, approved.

23/00613/FLL extension to dwellinghouse, 4 Renton, Drive, Kinross, approved.

Reports from PKC Councillors

Cllr W Robertson

Advised he had received a number of complaints regarding barking dogs. He asked the community to be aware of the noise levels and to report any incidents.

He raised the issue of the loss of the NHS dental service in the town advising that the dental practice in the town was now private. He has written to the dental practices but had no response and to NHS Tayside who have advised that funding is available for employing dentists. He will update a future meeting.

Whilst disappointed that the practice was now private, he reminded the community that it was important to continue oral treatment, advising that the closest NHS practice was in Coupar Angus but there was also an emergency service available at Broxden.

Cllr D Cuthbert

Commented on the enforcement order served on Kinross Beer Garden (23/00196/ALUNDV) and the subsequent petition. Cllr Cuthbert advised that a planning application had been made in March 2022 (22/00386/FLL) and subsequently withdrawn, hence the enforcement order. However, the Green Hotel had been advised to submit a planning application and as such, the enforcement order would be suspended meantime.

Cllr R Watters

Advised that responsibility for the Common Good Fund (CGF) had been given to Kinross Local Committee (KLC). As such there is a mismatch between who is responsible for the Fund in that this is legally a Kinross Fund which was originally set up to cover the Kinross burgh with representatives including Councillors along with a KCC member, whereas the KLC representatives cover the whole of Kinross-shire and Glenfarg.

Cllr Watters enquired if the preference was for KLC to remain responsible for the Fund or whether there should be a request to reconstitute the Kinross CGF in line with other CGFs in the PKC area.

In response, Cllr Cuthbert advised that there would be a development day arranged for the near future and that was the place to discuss this issue. The development day would also allow schemes of delegation to be discussed and updated and taken to the PKC meeting on 30 August 2023.

It was agreed that KCC would discuss outwith this meeting with Cllr Watters submitting an amendment on KCC's behalf.

A member of the public asked what type of support groups get from PKC, e.g., financial representatives, secretariate officers, and

was advised that the KLC was a proper committee of PKC. He also asked whether the CC had received notification of a consultation by PKC re the Common Good Fund and assets. Community Councillors were unaware of the consultation and would check back. Cllr Cuthbert advised that the Chain of Office for the Provost, along with the Provost's chair, pictures etc.

It was agreed that Cllr Mckay would review the consultation on the PKC website and report back.

Cllr N Freshwater

Advised he had not received a response about the fly tipping on Old Cleish Road (asbestos) and would chase this up.

Two sets of VAS were ready to be placed in Gairneybank/Gairneybridge, and volunteers had also been recruited to the speed watch campaign.

Reports From CC Representatives

Cllr L McKay

Raised an issue re 'private parking' signs on the fence at Millbridge Hall car park, advising that these were unofficial and therefore could not be enforced.

Requested that Councillors investigate the fence at the suds pond in Market Park and asked for a letter to be sent to Greenspace requesting that slabs be fitted to several areas in Kirkgate Park where people had had barbeques in the recent good weather and left scorch marks on the grass. She also raised an issue with the traffic lights at the end of Gallowhill Road and was advised to write to Clarence.

Members were also advised of staffing issues at the Post Office in Greens, which is because of a delay in training staff.

Licensing Applications

An application has been received from Premier Convenience, who are looking to take over the Baillies site at 83 High Street and have applied for a licence to sell alcohol.

Correspondence

Lack of Child Care Facilities

An email had been received from a concerned resident about the lack of services for families, e.g., childminders, nurseries etc. and it was recognised that this stemmed from the lack of infrastructure when approving planning permission for residential developments.

The same resident had also raised concerns about play park equipment not being replaced and Cllr Freshwater agreed to follow this up with PKC.

AOCB

Cllr Mckay advised that a new email address had been created for Kinross Newsletter Fund. Any correspondence should be sent to: kccnewsletterfund@gmail.com

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Community Council News

A member of the public enquired as to whether there was any update available regarding the development of BCA and was advised that while they were aware that the public consultation had taken place, there was no further information available at this moment.

The next meeting of Kinross Community Council will be held on Tuesday 22 August 2023 at 7.30pm.

Milnathort and Orwell Community Council News from the June Meeting

Present at the meeting held on 8 June were Kevin Heneghan, Neill Bingham (Chair), Allan Macrae (Secretary), Cllr W Robertson, Cllr R Watters and 4 members of the audience

Apologies: Malcolm Thomson, Phil Britton, Audrey Wanless, Cllr Neil Freshwater, Cllr D Cuthbert, Laura Watson (MPS)

Presentation on Brunt Farm Windfarm

The developers for the Brunt Farm Windfarm, gave a presentation and answered questions from the public on a number of topics including: attendance numbers at public meetings, whether smaller turbines were an option, aviation lighting, what does the power generation equate to in households.

Large Planning Applications

Craighead Windfarm near Carnbo – no progress

Former BCA site Kinross: The community council have offered the applicants the opportunity to attend a future meeting.

Police

Officer Comments

From 11 May 2023 (last meeting) there have been 31 calls to Police from the Milnathort area and 8 crimes recorded on Police systems.

Crimes Of Note

(since last meeting 11/05/2023)

11/05/2023 Theft by housebreaking various road traffic offences (Bowling Green Avenue)

One male charged and reported to the Procurator Fiscal.

Traffic Statistics

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.

Over the last month local officers from Kinross have been carrying out speed checks across the Kinross area. This included checks in Milnathort (as posted on our social media). During checks in the Milnathort area, drivers have been issued tickets for speeding offences. Regular speed checks will continue to be carried out.

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Speedwatch Volunteers

Thanks to the several volunteers that have come forward already, if you wish to get involved in Speedwatch please get in touch.

We will be organising an information session in July/August with the Police and Trudy Duffy from the Fossoway CC, who has secured the funding for the equipment. We will then discuss what is required to be done, i.e. forms to fill out, training to be had and discuss the schedule. Volunteers do not need to Speedwatch in their own communities if they so wish.

Matters Arising

Local Cemetery Provision

The Kinross Local Committee discussed the lack of local cemetery provision with an officer from the PKC bereavement officer. The land north of the current cemetery which has previously been discussed as a possible expansion from the current cemetery, it is owned by a trust and is run by someone that lives in London. Cllr Robertson will try and contact them to discuss the opportunity to use this land and is grateful to Neill and the MOCC for their support in raising this matter.

Loch Leven Pollution

Visibility on the loch is currently very good with about 4.2m visibility, and no or a low number of Algal blooms compared to this time last year.

Scottish water have committed to installing the monitoring equipment with regards to sewage discharge by 2025.

Actions From Previous Meetings

Damaged wall at Burleigh: Kevin will explore Tayside contracts or other dry wall experts. It was suggested that we ask Perth college whether they can use the wall as a teaching exercise. Kevin to follow up on this.

Footbridge at Lathro/new path in need of repair/damaged gate:

Cllr Richard Watters commented that PKC officers have visited and discussed with Persimmon who will install a new bridge crossing, fix the path and make improvements to prevent flooding.

Persimmon agreed to add a feature gate at South Street, but have asked for us to help decide on the type of gate. Kevin will provide some input on the replacement gate.

Access thru Fleming Court is outside the plans, so Cllr Watters will speak to the farmer/landowner if they can leave the gate open to help those travelling back and forth to the primary school.

Hillcrest own the houses and therefore the fences that are next to the field, Cllr will explore with them whether they will put a gate in the fence.

Correspondence

A resident from the new Springfield estate at Curlers Close, suggested there be a path from the new estate to the main road at Carrs Billington. Kevin mentioned that there is already a core path along the field across the burn, however it may not be obvious as it could be overgrown.

Stewart and Smart

A member of the public is concerned about the change to the Stewart and Smart ie the one way system, suggesting this is causing bottle necks, and parking on the pavement.

The feeling by those present in the meeting was that this change in priority has reduced the queuing and congestion and that the community council will write to Stewart and Smart to ask their opinion and for any comment.

Roads

The council is proposing an extension to the current 20 mph zones along South Street and Stirling Road.

Milnathort Primary School Update

As Laura was not present there was no update this week, however Neill and Allan both attended the School Fayre, this was the first time the Community Council attended and we managed to get a few volunteers, for the core path and speedwatch.

Core Paths Update

Kevin detailed that the core path group were out flailing and that there were more than six volunteers that came out to help. Waymarking will be started soon.

Mini Digger Squad

This new initiative will be started with some of the younger residents and support by the primary school, more info to follow in following meetings.

Councillors' Reports

Cllr Robertson

A Trax application will be submitted for a new foot/cycle bridge at the junction of the A91 and road up to Stronachie.

Cllr Watters

The council will now be employing two different grass cutting policies, to help with the nature biodiversity crisis, depending on what is best for the area the grass will either just be mowed, or the grass will be cut and lifted.

PKC was an early adopter of the electric car chargers, they are getting old and starting to fail, so require replacing. Funding will primarily be sought from Scottish Government with some required from the private sector, to replace and increase the number of chargers however it will all be owned and managed by PKC.

Roll out will start next year with an additional 80 small chargers located at the street side.

All income will be used to fund future upgrades and expansions in the future network.

Any Other Matters

Neill thanked all the volunteers that came out to help at the weekend helping the core path group. Cllr Robertson remarked 'it's incredible what this group does for the community'.

Kevin wrote to PKC/Trax about the quad bike on the core path, after a resident complained. Unfortunately, the response was lukewarm. Kevin had requested to put up some signs to notify quad and motor bikes were not permitted on the paths. The police did say that they will increase their patrols on bicycle on those paths.

The community council would like to give a big thanks to Milnathort in Bloom, the village looks great with all their additions.

The next meeting (second Thursday of each month) will be held on 10 August 2023, 7.30pm at Milnathort Town Hall

Fossoway Community Council

No July Meeting

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

Portmoak Community Council

The minutes of the June meeting were not available at the time of the Newsletter going to print.

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KVG/ROS is supported by Perth and Kinross Council but there is always a shortfall. Our Management Committee are continuously fund raising, and coupled with the donations we receive from local organisations, service users and individuals, we are able to provide the funds to cover our expenses and running costs. We are so grateful to everyone who supports us and allows KVG/ROS to deliver this vital community service.

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

- Perth and Kinross Community Care
- Perth and Kinross Community Transport Fund
- and the generous donations from
- Kinross Community Council Newsletter
- Local churches, community groups and organisations
- Legacies and Bequests



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The Farmers' Market takes place 10am-2pm, Kinross High Street on the fourth Saturday of each month (apart from July). The High Street is closed from the entrance of Burns Begg Street to the entrance of Montgomery Street on market days.



2023 market dates

22 April

27 May

24 June

No market in July

26 August

Market Park, 10am-3pm

23 September

28 October

25 November

Festive Market, 3.30-7pm



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 Cowdenbeath

"Barry does all my odd jobs about the house. He's polite, tidy and never lets me down."

Mrs Lesley Naismith,
 Cromar Drive,
 Duloch, Dunfermline

"I had a full house of windows fitted when I was renovating my home. Barry is a hard worker and delivered a great service - on time and on budget."

Mrs Lorraine McMillan,
 Morar Road,
 Crossford

“ 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. ”

Clubs & Community Groups



Kinnesswood in Bloom

If you are reading this before 2 August there is still time to cut the grass or weed a bit more before the Britain in Bloom judges arrive!



You may have noticed the extra activity going on around the village with daily updates of what is going on. Kinnesswood in Bloom members have really gone the extra mile with planting, weeding and painting. Among other jobs we painted the bottom parts of the lamp posts. 'If it doesn't move paint it' comes to mind.

Meanwhile the bus shelter has undergone an amazing transformation. It has been scraped down and painted and all the extras like the honesty box and the recycling unit have been given a fresh look with lovely new signs on the recycling boxes as well as a new one outside.

The seating is beautiful oak and there are plans to have matching backboards installed shortly. They are also in oak with a Michael Bruce inscription. Robin Tough gave us the idea of having a profile of the hills as part of the boards and he kindly designed the panels. The wildflower boards have been put in place in the meantime, as well as the wildflower quilt made by the Happy Hookers.

There is also a board designed by Gordon telling a bit about the history of this site and with some great pictures of the old days. It is now truly a community hub. Enjoy reading about wildflowers of the area on two boards, one with paintings by Gillian Ross and the other done by Primary 6 children at Portmoak as part of their John Muir Award. Eventually the wildflower art work done by the children of Portmoak Primary School will also be displayed. You can read about the whole project in the next edition of Stramash. Also look out for the wildflower patches planted throughout the village. They are growing well.

The school grounds are looking well and the crops growing in the polytunnel and raised beds are starting to produce vegetables. Some like onions, leeks and tatties are kept till school goes back so everyone will have a goodie bag. Others like peas are picked and frozen and can be offered at school dinners. Strawberries have been made into jam.

Thank you everyone who has contributed in any way to making our amazing village look so good. Friends Of KIB have raised £1497 so far and that is much appreciated. It has been hard work but we think the place is looking amazing. Fingers crossed for a great day on 2 Aug.

Kinross Camera Club

www.kinrosscameraclub.wordpress.com

facebook.com/KinrossCClub

We are busy putting the final touches to our new exciting syllabus for our next season which begins in September. There will be a great variety of expert speakers, instructional talks, entertaining club nights, competitions and helpful practical sessions. We have scheduled presentations by professional photographers specialising in wildlife, street, monochrome, still life and landscapes from all over the world ranging from The Lake District to The Scottish Highlands and Antarctica to Mexico. There will be our regular good spirited competition nights where we can enter our images to be critiqued by local judges. There will also be practical evenings where we can learn and perfect new techniques led by some of our experienced club members.



Kinross Camera Club is a small friendly sociable club and we welcome new members throughout the year. If you have an interest in photography, whether you are a beginner who has just picked up your camera or have many years of experience you will find a warm welcome. Our season runs from September to April. The 2023/24 season will again schedule a combination of both Zoom meetings and in person meetings in the Main Hall of the Kinross Church Centre. The zoom meetings are ideal for any members who are unable to attend in person. Our regular in person Club Nights take place on Thursdays at 7.30pm at the Kinross Church Centre, 64 High Street, Kinross, KY13 8AJ

Our featured photograph this month is this shot of beautiful 'Eas a' Chrannaig in Glenashdale' taken by Richard Dibley on Kinross Camera Club's weekend away to Arran.

If you have any questions and would like to learn more about our club please drop an email to our secretary at secretary@kinrosscameraclub.org.uk.



CATCH

CATCH-LochLeven District Heating

The initial assessment from the District-Heating company commissioned by the Scottish Government CARES project has been published, and is available to view on our website (CATCH-LochLeven.org). It is positive, and allows us to proceed to the next stage – a more comprehensive review to include recommendations for our next steps, and potential funding sources. This second project is already underway.

It has become clear that funding for District Heating systems will be allocated initially to large-scale, concentrated housing in cities. This could mean that more rural places like Kinross and Milnathort will be considered later. However it could be that our project becomes a 'model' for others, and because of that we could get special treatment – we're working to make that more likely! Come and see us at the Farmers' Market on 26 August!



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Kinross In Bloom 200 Club

July Draw

1	No 62	David Shearer Payne
2	No 27	Kathy Crabb
3	No 16	Beverley Dolan
4	No 63	Louise Scott

Kinross in Bloom

The hanging baskets are up and the planters are all planted! We have had to do some repair work as the slugs and snails have had a field day eating some of the plants. Hopefully, everything will bloom in the summer sunshine and with help from our army of volunteers!

With money which was donated to the Bloom, we have purchased a disabled picnic bench which is in place at Kirkgate Park. The Council are going to slab the area and fix it to the slabs.

Looking ahead, the pansies have been ordered for the autumn. Our next meeting will be at 7pm on Wednesday 2 August to which anyone can attend.

If you would like to help in any way (formally or informally) please contact susan.mitchell50@gmail.com



Kinross Centre

Hi, everyone.

It has been great to see the sun shining and some warm weather, and all our farmers/gardeners have been happy to see the rain. I just wish it would come at night and leave the sun to shine all day.

As always here at the Kinross Centre our service users continue to be entertained with a full range of activities. They also enjoy a wonderful freshly cooked three-course meal prepared daily on the premises. We had all the usual activities which are very well attended from curling to dominos, crafts to bingo and many more.

We have continued to enjoy the trips to the Bo'ness steam train this month and we would highly recommend a visit. We have been very lucky with the weather on the days we have gone.

We are very grateful to the volunteers that come along with the trishaws and give our service users the opportunity to have a trip round the town to see all the changes that have been happening over recent times, they all really enjoy waving to everyone, so if you happen to see them out and about on a Wednesday and Friday afternoon please give them a wave.

The barge trips for the summer months are still going strong they are just wonderful and relaxing, the scenery and wildlife along the

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Union canal is amazing. We set off from Ratho and sail along the canal, we all really enjoy the experience, watching people cycling, and running along the banks. The next trip will be on 10 August.

The coffee bar has been very busy recently and as well as our regulars it has been nice to see visitors to the area coming in and enjoying the service.

As every month, I would again like to say a massive thank you, to all the hard-working staff, volunteers and committee at Kinross Centre don't know where we would be without you all.

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.

Kinross and District Art Club

www.kadac.co.uk



The second of the Club's Outdoor Painting days, scheduled to take place in Glenfarg, had to be cancelled because of the weather conditions. Outdoor Painting Co-ordinator Alice Mee (pictured right) plans to organise another event before the end of the Summer.

Alice has been a club member for 12 years and reflects on what motivated her to join KADAC in the first place.

'I was brought up in the small town of Leigh in Lancashire and enjoyed Art classes at school, mainly because I liked the teacher! A career in the high pressure environment of catering and business management later in life didn't leave much time for leisure activities such as Art but on my retirement I was drawn to the idea of taking up painting. A friend recommended the Kinross and District Art Club as a good place to enhance my skills and to meet likeminded people and so I went along to try it out.

I found the Club to be most welcoming and its professional adviser, artist Tom Sutton-Smith, extremely helpful and encouraging. It's a lovely Club and I've made new friends as well as developing my skills in Art. Painting in Acrylics was and is my choice of medium. I love to use bright colours and enjoy doing mostly landscapes and seascapes. I find that painting relaxes me and I'm sure it's good for one's mental health.

Nowadays I don't have the pressure of running a business, although I am still called on to produce my apparently legendary carrot cake for family and friends. I'll be exhibiting some of my paintings at the KADAC Annual Exhibition and Sale of work in Cleish from 8-10 September.'

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website.

Kinross Garden Group

The Garden Group are continuing with their summer visits and in July a large group of members visited Dunninald Castle near Montrose. The walled garden is superb and there are lovely walks in the woods.

We also visited the lovely, cosy house with interesting family pieces on display. The Stansfield family provided tea and biscuits in the hall to round off a lovely day – where we almost missed the rain totally!

The next visit will be to Balloch and then Geilston Garden (NTS) near Cardross on 10 August. Members should pay for this trip (£25 if not an NTS member, £18 if you are!) as soon as they can to Ann Walker – cash or cheque or pay by bank transfer.

There are a few empty seats so you may want to bring a friend – then phone Caroline on 01577 864589 to check availability. Anyone who registered for the trip initially has a seat.

More details about the outing programme, and also for more details about membership of the Kinross Garden Group contact Caroline Anderson on 01577 864589.



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

*Reduced service with volunteers. Please make sure you have your library card with you if you wish to take out books.

Regular Sessions

Bookbug sessions are held at Loch Leven 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 a space at any session, please contact the library.

Come along and join our fun storytime sessions with your child on Friday mornings. Sessions run weekly, every Friday at 11.30am-12noon. These drop-in sessions are for pre-school-age children and there is no need to book.

Are you interested in reading and sharing your thoughts with likeminded people? Then why not join a book group? Our friendly Friday Book Group meets monthly on Fridays. The next meeting is on Friday 25 August at 10.30am.

Trace Your Family History

Interested in family history? Join our drop in session on 16 September 10am-12.30pm with Craig Statham, Local History Officer. Whether you are a beginner or need some help navigating your way through historical records, Craig will be there to guide you.

Culture Perth and Kinross Libraries Summer Reading Challenge

'Ready, Set, Read!' Our ever-popular Summer Reading Challenge returns this year. Primary aged children can participate in the





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Kinross High School Parent Council

'Ready, Set, Read!' challenge from now until it finishes on Saturday 19 August at 1pm.

Summer Holiday Activities

Tuesdays: 4-4.30pm Storytelling Sessions

Friendly storytelling sessions which are suitable for all ages – just drop in, no booking required. Free.

Thursday 3 August: 2-3.30pm Ready, Set, Read! Let's get making!

Get creative in the library and use your imagination to build with Lego and Knex, make a marble run and more!

Suitable for primary aged children (under 8s will need to be accompanied by an adult).

£3 per child. Booking essential either by contacting the library or online via Eventbrite.

Thursday 10 August: 2-3pm Dragon Storm! Author Visit with Alastair Chisholm!

'In the land of Draconis, there are no dragons – until now...'

Follow award-winning author Alastair Chisholm to the land of Draconis for an event based on his new fantasy adventure series DRAGON STORM! Learn about the weird and wonderful dragon myths from around our world, how to draw dragons, and how to give them dragon names. Then help Alastair create a brand-new dragon – and choose its special dragon powers!

Suitable for children aged 7-11 (under 8s will need to be accompanied by an adult). £3 per person. Booking essential either by contacting the library or online via Eventbrite.

Digital Skills

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 sessions for one to one support. You could learn how to send emails, download apps, 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 on 01577867205.

Café Book Club

Our friendly Café Book Club resumes on Saturday, 7 September between 1.30pm-2.30pm (after library opening hours). Anyone is

welcome to attend, but please phone the library on 01577 867205 to let the staff know if you intend to join them.

Access our Free digital resources with your library card to make your holiday packing a little lighter!

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Kinross High School Parent Council

Following our June meeting, we are delighted to introduce the newly elected Parent Council for the session 2023-24.

We are looking forward to the new academic year and our first meeting in September and we hope to see many Kinross High School parents and carers there.

This informal meeting will be an opportunity for all new and existing parents to become involved with the Parent Council.

Drawing on the ideas, skills, knowledge and opinions of all our parent members can improve the educational experience for our young people at Kinross High School and your views will shape the key priorities of the Parent Council for the coming year.

Our meetings will be inclusive where all parents' views matter, and where parents can feel confident and comfortable putting these forward, offering the opportunity for the Parent Forum to contribute to the school's improvement plan, raise and challenge issues that affect our children's education and engage in activities that positively contribute to the life of our school.

Furthermore, we are committed to establishing a strong, positive and collaborative working relationship with Kinross High School staff, management, and the wider school community.

To stay informed about your Parent Council and its activities, you can find information and news on the school website, in the school's Your Kinect bulletin, the *Kinross Newsletter*, and on our Facebook page, 'Kinross High School Parent Council.' We encourage you to visit these platforms regularly to stay up-to-date with the latest developments and events.

Should you have any questions, suggestions, or ideas, please do not hesitate to reach out to us. You can contact the Kinross High School Parent Council via email at kinrosshparentcouncil@gmail.com.



Kinross Cubs

The sunny weather in the middle of June saw the cubs take advantage of it as they went for a hill walk up Benarty Hill. The cubs had a brilliant evening as they enjoyed the glorious summer weather and were presented with stunning views of Loch Leven and the surrounding area. When we got back to the car park we were delighted to present Ben with a special recognition award for working hard and being kind and helpful last term (below right). Bravo Ben!

The following week we were back at the hall as the cubs showed great teamwork as they worked in groups to create a variety of camp gadgets. There was also time for some games, including tug of war which included a cubs v leaders round which was decisively won by the cubs, and we finished the evening by presenting the badges which the cubs have earned this term.

Congratulations to Callum (below left) who was presented with his Chief Scouts Silver Award, the highest award in the cub section. Bravo!

Our final meeting before the summer holidays at the end of June saw the cubs have a brilliant evening at Lochore Meadows with a water fight with the beavers and Portmoak Cubs.

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 and happiness, and community.

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



Kinross Beavers

The final couple of weeks of the term before the summer holidays was busy for the beavers. On 16 June, the beavers met at the hall before heading down to the Kirkgate Park to enjoy the summer sunshine as they played lots of games. There was lots of running about and getting exhausted! Well done all.

The following week the Beavers were in local woods building dens that Bear Grylls would have been proud of. Most builds passed their wind and watertight inspection - so the beavers can be really proud of their efforts. The beavers then returned to the hall and they were presented with the badges they had achieved this term. Also, congratulations to Struan, Thomas and Rory who were presented with their Chief Scout's Bronze Award, the highest award in the Beaver section. Bravo!



Last September the beavers along with the cubs both had reflective sessions following the death of our Patron Queen Elizabeth II as they coloured in pictures of the late Queen. These pictures were sent to The King at Buckingham Palace and at the beginning of June we received a card from The King thanking the beavers and cubs for their kindness.

Our final meeting of the term came at the end of June as we had a joint meeting with the Cubs and the Portmoak Cubs at Lochore Meadows. We had a brilliant evening at The Meedies as the beavers enjoyed a water fight to end the term. Before the water fight got underway we were delighted to see Assistant Beaver Scout Leader Calum (above) presented with his Wood Badge by our District Commissioner after he had completed all of his leader training. Bravo Calum!

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 transferable to the workplace and further education. Please contact us on kinrossbeavers@hotmail.co.uk for more information.



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The Lord is good, a stronghold in the day of trouble: and He knoweth them that trust in Him -
 (Nahum Chapter 1 verse 7)

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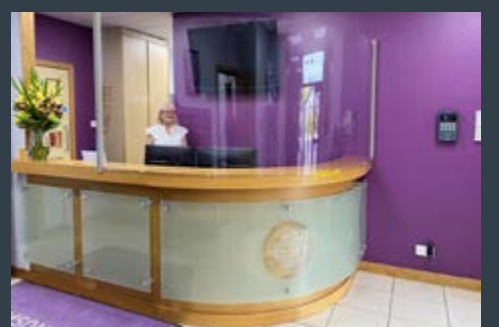
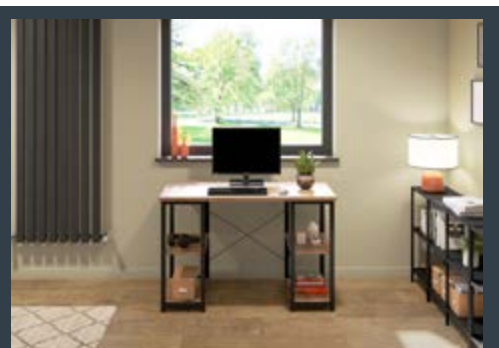
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Portmoak Community Woodland Group

www.portmoakcw.org.uk



It's been a great few weeks for watching stuff grow; most stuff, anyway.

Many of the apple trees in Portmoak Community Orchard are groaning with fruit, there are loads of creamy-green hazel nuts on the neighbouring bushes and there's been a good display of orchids alongside the path across Portmoak Moss.

We've asked Woodland Trust Scotland, who own the sites, to hold off strimming the Moss path until after the orchids have flowered. Path tidying is done under contract but we hope it can be delayed.

Not so welcome has been the appearance of the highly invasive plant, Himalayan Balsam, in ditches close to the Moss. So far, after a concerted effort of 'Him Bal bashing', it hasn't come back in huge numbers but it's highly invasive and we'll have to keep on top of it.

Also, it's uncomfortable to watch the birch taking another growth spurt on the peat dome in the Moss, as it means more hard work – pulling it out! The good news is that on the extensive areas where we've put in a lot of effort there's not much birch regeneration.

We'll be back on the case soon, with help from three teams of volunteers. First we have a day with the Bog Squad and the Lothians Conservation Volunteers, then staff from SEPA (the Scottish Environment Protection Agency) will be doing a session as part of a company volunteering programme.

It's all to do with restoring the raised peat bog – a habitat that's getting a lot of attention in the news, now that there's a stronger focus on climate change and the role of peat bogs in storing carbon.

While nature's been doing its bit, members of the Portmoak Community Woodland Group have been tackling one or two other tasks, such as removing tree guards from Kilmagad Wood and taking them off the hill. The trees have outgrown them and it's now WTS policy not to use plastic. Help yourself, if you come across a stack and have some young trees needing protection.

There's lots coming up in the autumn including our ever-popular apple day, which will be on the afternoon of Sunday, 1 October. More details to come next month but please 'save the day'.



Kinross Squirrels

It has been a busy term for the squirrels and on 16 June, it was perfect weather to be out and about as the squirrels were den building in the local woods. After the safety talk the squirrels did a brilliant job gathering the sticks before they split into groups and built some very impressive dens.

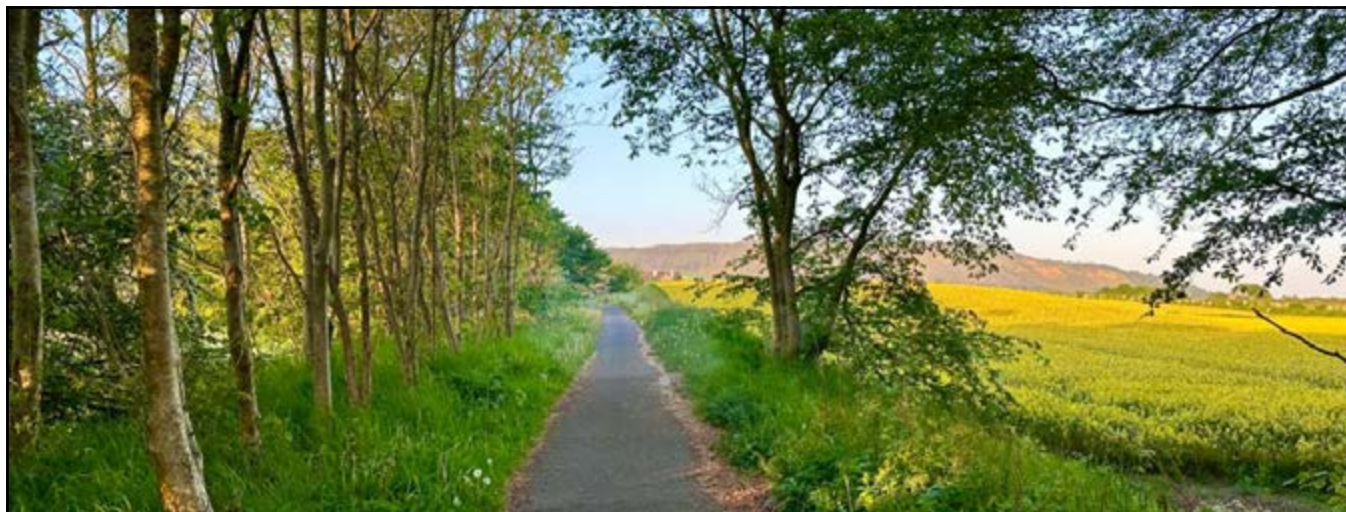
We then headed back to the hall and we were delighted to see Assistant Squirrel Leaders Bobby, Lisa and Clare become the first leaders invested into the Squirrel Drey as they were invested by our District Commissioner. Bravo!

Our final meeting of the term the following week saw the squirrels make campfires and roasted marshmallows and starbursts and also made some s'mores. Everyone had a great time and it was the perfect way to end our first full term.

Are you interested in helping at Squirrels? Volunteering gives you career-boosting skills, improves your wellbeing, and helps you make connections with friends, family and your local community. If you are interested in helping with the section, then please email us on kinrosssquirrels@outlook.com for more information.

Orchids in Portmoak Moss





Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

www.ramblers.org.uk/kinross-ochil

Fresh air, exercise, good company and wonderful views – all this and visits to some of the spectacular scenery and lesser known places that surround us. We are a friendly and relaxed group and, if you'd like to try a walk with us, you'd be made very welcome.

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.

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

Tuesday 1 August, Auchtermuchty Common

A gentle road walk uphill, then across field tracks and paths following a burn to Auchtermuchty Common, from here there are good views across to the Lomond hills.

Tuesday 15 August, Location to be confirmed.

Tuesday 29 August, Location to be confirmed.

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 and also that you have appropriate outdoor clothing and footwear.

Saturday 5 August, Crieff Hosh-Knock-Hosh

A circular, undulating walk through attractive woodlands, ascending about 250m to The Knock which features panoramic views across Strathearn.

Sunday 20 August, West Wemyss Circuit

This walk follows the Fife Coastal Path to East Wemyss, past Wemyss Caves. There are steep steps up to McDuff's Castle, from where we head inland across farmland, then through woodland, and on farm tracks and minor roads to reach Coaltown of Wemyss. The final stages take us up the drive of Wemyss Castle and then back to the harbour.

Saturday 2 September, Holl Reservoir to West Lomond and Bishop Hill

The walk proceeds over footpaths and rough grassy ground with a steep climb up West Lomond (walking poles recommended). There are superb views overlooking Fife and Kinross-shire and the route goes close to the impressive stone pillars of Carlin Maggie.

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

Kinross-shire Local Events Organisation

www.kleo.org.uk



Kinross Summer Market

Like last year KLEO will organise another bigger Summer market at the Market Park on Saturday 26 August from 10am to 3pm. This market will be a community event to celebrate summer with a great variety of food, drink and craft stalls and there will be some great entertainment too from local musicians!

If you like to book a stall space at this market please send an email to info@kleo.org.uk. All the farmers' market stalls are fully booked but there is still space for bringing your own gazebo stall. We can provide a trestle table if needed. Fee for a stall space is £35 or £20 for community groups and charities.

The 23 September and 28 October markets will be back on the High Street again. The Festive Street market is on Saturday 25 November.

Kinross Summer Concert

Saturday 2 September, 3pm at Green Hotel Courtyard

A wonderful concert of local musicians playing light classics, jazz & rock. Free entry but collection for donations in aid of local youth organisation KYTHE. Come along and enjoy some great local talent playing live music!

Comedy Night

Saturday 9 September, 8pm at Milnathort Town Hall

An evening packed with laughs with comedians Viv Gee, Iain Hume, Pearce Higgins, Chris Thorburn and Patrick Rolink. Bar at venue. Tickets £11 through www.kleo.org.uk

Dougie MacLean and Siobhan Miller

Two award winning Scottish singer-song writers Dougie MacLean and Siobhan Miller will perform as part of this year's Kinross-shire's Winter Festival. Dougie MacLean's concert will be on Friday 8 December, 8pm at Loch Leven Community Campus. Tickets £23. Siobhan Miller's concert will be on Friday 17 November, 8pm at Loch Leven Community Campus. Tickets £15. Tickets are available at Morgans Solicitors and Estate Agents in Kinross and Light Up My Heart in Milnathort or through www.kleo.org.uk

Leven Voices and Kacophony Orchestra

Community choir Leven Voices and the Kacophony Orchestra are on a summer break now. Sessions from Leven Voices will start again on 5 September (Kinross Parish Church) and the Kacophony Orchestra will start on 6 September (Loch Leven Community Campus).

For more information about Leven Voices or the Kacophony Orchestra please send an email to info@kleo.org.uk

For more information about KLEO events go to www.kleo.org.uk

Milnathort Bridge Club

Bridge With A Difference

In March Milnathort Bridge Club, in conjunction with Kinross bridge Club, took a stand at the 'Kinross a Better Place to Live' event with the idea of promoting the game as a great social and brain teaser exercise.

As a follow up to this, the MBC initiated a 'Fun Day of Bridge' when three venues, the Green Hotel, Kirkland's Hotel and Reminisce Cafe hosted morning coffee, a light lunch and afternoon tea. Three tables of bridge players circulated between each venue playing 6 hands before moving to the next.

Plenty of time was available for chat and to put the world to rights and the day ended with everyone plus the venues asking – 'when can we do that again?'

Consequently, another day of fun is being scheduled for the beginning of September – this time with a slightly different format. On this occasion we will remain at the same venue throughout but will enjoy refreshments as previously.

The purpose of the exercise is not only to have an enjoyable day with friends but to publicise the game to the general public and encourage more interest and participation.

It could act as a stepping stone for less practised players to become more proficient and gain further experience playing with others and progress to Club level.

Results:

26 June

Liz Pottie/Jessie Mitchell Jim & Catriona Marshall

3 July

Willie Young/Jane smith Kathrine & Peter Edgerton

10 July

Willie Young/Jane Smith Sandy Greenhill/Nicol Tomney

For further information on playing bridge contact Gloria Wilson mobile: 07961795812 or email Gairneyview@gmail.com



Abernethy staff, but also by other course participants, and mentors.

We were able to sponsor two superb candidates this time – Keira Robertson from Scotlandwell and Leah Macmorran from Glen Lomond. Club President Jo Middlemiss and Andy visited them on 11 July. Both girls were totally getting stuck into the activities and enjoying the challenges, plus rapidly making new friends. Both girls have recently been appointed House Captains at the High School and will no doubt go from strength to strength.



Keira in a rare break between activities

Big thanks to Ms Hollie Simpson, Art Teacher, for her help coordinating this with us.

This is always a big investment for the Club, but one that we cherish and value, for providing life changing experiences for two young people annually.

Rotary Club of Kinross and District

Throughout the summer, we are holding coffee mornings in different venues, simply to stay in touch with each other, and to talk through our plans for the coming year.

Our first live meeting was well attended in President Jo's (in post for a second year) house in Broom Road. Anyone interested in Rotary who wants to find out what we do are welcome to these – just call 0780 358 9959 for more information.

The Rotary Youth Leadership Award (Ryla) Girls Camp Report

RYLA is a leadership development course. We pay the fees and expenses for –this year - two girls to attend a week long, full board, residential adventure and leadership camp in Abernethy's Outdoor Centre at Nethybridge, located in the Cairngorm National Park, and which has been running RYLA courses with Rotary for over 30 years.

A lot of the activities take place outside – in the Cairngorm National Park – and it is about using a variety of activities, both in and outdoors to develop attendees as an individual, as a team member and as a leader of a team, in a safe and enjoyable environment. The selected activities on the course are all based on elements of problem solving, communication, organisation, delegation and teamwork.

Leadership

The activity side of the course is used to highlight the problems of leadership in a practical situation, and to allow each course member the opportunity to take on a leader's role. They are then given feedback on individual and team performances, not only by



Leah and Jo have fun with a selfie in the rain.

Portmoak Hall 100 Club

June Draw

- 1st No 93 Richard Green, Easter Balgedie
- 2nd No 106 John Tulloch, Kinnesswood
- 3rd No 33 Lynora Kennedy, Kinnesson

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Fair Trade in Kinross-shire

Ten Principles of Fair Trade



Most of you will recognise the Fair Trade Mark, but there is another sign from the World Fair Trade Organisation which can be used for craft items and this means that the product meets the Ten Principles of Fair Trade. Here are the first three:

- 1.Reducing poverty by making producers economically independent
- 2.Involving producers in important decision making
- 3.Trading fairly with concern for the well-being of the producers

If you think this sounds like something you would support, please buy Fair Trade goods in the shops or at our Farmers' Market stall and you will know you are making a difference to the world we live in.



Kinross and District Town Twinning Association



Local members are looking forward to renewing twinning visits with their first visit to Gace since Covid. The Normandy twin town will make a return visit to Kinross in 2024 when the 50th anniversary of the twinning will take place.

Boy's Brigade and Girls Association



Company section members will have returned from their annual summer camp at Scott Lodge in Glen Clova by the start of August and are still busy hiring out their marquee tents to local organisations up until September.

Although the Company will not resume until September preparations are in hand to roll out a recruitment programme to boost numbers which have been hit post Covid.

Kinross-shire Civic Trust



Helping protect, conserve and provide a better built environment

www.kinross-shirecivictrust.org

[Facebook.com/KinCivicTrust](https://www.facebook.com/KinCivicTrust)

Email: KinrossshireCivicTrustSecy@gmail.com

Moveable Structures And Planning Law

Class 15 of the Town and Country Planning (General Permitted Development) (Scotland) Order 1992 (as amended) allows 'The use of land (other than a building or land within the curtilage of a building) for any purpose, except as a caravan site, on not more than 28 days in total in any calendar year, and the erection or placing of moveable structures on the land for the purposes of that use.'

In other words, moveable structures such as marquees can be in situ for 28 days without the need for planning permission. However, the operator is still required to comply with any licensing, building standards, fire safety and statutory nuisance legislation that's applicable.

Moveable structures that are to be in position for more than 28 days require planning permission. That is in addition to any licensing requirements etc.

The Trust and Planning Comments

The Trust examines the Kinross-shire planning applications on PKC's weekly planning lists but rarely comments. Any comments are founded on local or national planning policies. In the year to 31 March 2022 there were 167 Kinross-shire planning applications. The Trust objected to 12, which is just 7% of applications.

Raingardens Update

The Trust would like to thank the Kinross Community Council Newsletter Limited charitable fund for the award of a grant of £1000 towards the cost of signage for the Raingardens Trail.

The Trail begins at Kinross Park and Ride and heads down through the West Kinross employment estate. We made comments on a couple of applications for the employment site in recent months encouraging the applicants to use raingardens (areas of vegetation designed to accept rainfall) as a method

of dealing with surface water drainage and to increase planting for biodiversity.

Former British Car Auction Site

Following the public exhibition in June, the Trust submitted comments to the developers which included suggestions regarding the layout of the site and encouragement to adopt raingardens technology in dealing with surface water drainage. This would make the retail park a great addition to the Raingardens Trail.

Common Grounds

Due to the Scouts Hall having repairs to the roof I am sorry to report that a number of our coffee mornings had to be put on hold at the beginning of July.



Apologies to all who have been so loyal to us in the past, we tried to let as many of our friends and volunteers as possible know, but we welcomed everyone back as soon as we were opened.

Our chosen charity for July is Refuweege. This charity was set up in 2015 to provide a warm welcome and advice to displaced people in Glasgow. Around 250 people seek help at the city centre base every week, most of them speaking Arabic, Farsi or Ukrainian and as a result of the great response from Glaswegians & beyond the Charity has provided over 10,000 community-built, personal welcome/emergency support packs to people all over Glasgow and across Scotland. The Charity works with other organisations across Scotland who distribute welcome packs to schools and community organisations looking to do something similar in their area.

Contacts: Elaine.Matthew 07854 460248 / Gaylor Hoskins 07976 553502.

The Newsletter on Facebook



Like our page to be kept informed. Search for 'Kinross Newsletter' or go to:

www.facebook.com/kinrossnewsletter

Cleish SWI

President Helen Buchanan welcomed 28 members and 2 tellers from Milnathort Institute, Ann Reid and Jean Paterson to our May meeting and AGM.

Helen congratulated Anne Douglas, Agnes Thomson, Faye Gibb, Jane McGee, Lizzie Glennie and Lynn Hewitt who won the Ramage Dawson in the Kinross Group SWI competition and wished them good luck in the Perth & Kinross Federation Elizabeth Gardner competition.

After business an extremely enjoyable and sociable evening was had. Firstly being entertained by a performance of the winning Ramage Dawson 15 minute play "News, Views and all about Coos" by our institute members which caused great hilarity, followed by the competition results, announcement of the new committee then a delicious supper provided by the members.

Competitions

Points Trophy

- 1st Margaret Nelson
- 2nd Margo Wills
- 3rd Margot Moran





Social Groups in your community

VisionPK runs local groups for people with visual impairments, offering opportunities to meet others, share experiences, socialise and participate in activities.

We would like to hear from you if you live in Perth and Kinross and are interested in taking part in a group or would like to volunteer to support your local group.

For more information, call or email Lidia Dye:
t: 01738 626969
e: lidia.dye@visionpk.org.uk



VisionPK is the operating name of Perth and Kinross Society for the Blind, Scottish Charity number SC001152. A Company limited by Guarantee, No. 205004. Registered in Scotland. Registered Address: 174 High Street, Perth, PH1 5UH

Flower of the Month Trophy

- 1st Equal Elinor Craig & Judith MacLaren
- 3rd Dorothy Morris

New Committee for 2023/24

President: Helen Buchanan

Elinor Craig, Anne Douglas, Lizzie Glennie, Lynn Hewitt, Judith MacLaren & Margo Wills.

A vote of thanks was given by Helen Buchanan to our visiting tellers Ann and Jean and to all the members for providing a fabulous supper.

Congratulations to our very own Mrs Broontrout aka Jane McGee who won the Best Performance at the P&K Federation SWI Elizabeth Gardner competition - congratulations also to Kinloch Institute and Auchterarder Institute who took the top team prizes.

Summer Outing

Saturday 17 June

A very enjoyable afternoon was had at Pittencrieff Park, Dunfermline. Lizzie and Margo organised a walking route and quiz taking the members round the park to make the most of its amazing policies, gardens, historic buildings, great views and the fabulous peacocks. Lizzie had organised Trishaws from Cycling without Age Scotland for a few of our members – this was a great success with two kind gentlemen giving lots of interesting commentary whilst cycling round the park.

Afterwards a few members went to the Kinross Beer Garden then over to The Green Hotel where they were joined by other members and visitors for a meal and social evening to round off a great day.



Advice on Blue-green Algae (cyanobacteria)

Why it is important to be aware of them

Blue-green algae pose risks to public and animal health when they form blooms and scums in freshwaters in warm summer months. They produce toxins that may cause skin rashes and more severe symptoms if swallowed. Dogs are at risk if they drink the water, or lick their coat after swimming, with severe symptoms requiring very rapid vet treatment.

Potential health effects

- Skin rashes
- Eye irritations
- Vomiting and diarrhoea
- Fever and pains in muscles and joints

Keep safe around a bloom

- Keep children and dogs away from the water
- Keep dogs on a lead
- Carry a bottle of water for your dog to drink and use it to wash off any scum

If you, or your pet, become unwell after contact with water that may be contaminated with blue-green algae, we'd recommend you seek immediate medical or veterinary advice.

How can I recognise a blue-green algae bloom?

Blue-green algae first develop as small green particles of 1-2 mm [1]. If the bloom continues it can develop into more obvious green or turquoise wispy scum on the water surface [2-3].



Further guidance

The Bloomin' Algae website




SCAN ME

Blue Cross advice for dog owners



Pets change lives. We change theirs.



SCAN ME

How can you report a bloom?

Use the Bloomin' Algae app to report a bloom. You can also contact your local authority environmental health department if you suspect a bloom and public warning signs are absent.

Further contacts:

Perth and Kinross Council
Pillar House
35 Kinnoull Street
Perth
Tel. 01738 476476



The production of this poster was funded by the William Grant Foundation



Kinross Agricultural Society
ANNUAL SHOW

Saturday 12th August 2023

SWI Kinross Group Open Competition Entry Form

This competition is for a quilt or blanket which will be donated to Project Linus UK. It is open to anyone. There will be a prize for the overall winner and for each size group. There will also be a prize for the best junior (16 or under) entry.

Project Linus UK is run by volunteers across the UK, and distributing quilts and blankets to local hospitals, children's hospices, women's refuges, foster carers, special schools, bereavement services and many other places. For more information about Project Linus UK visit www.projectlinusuk.org.uk

Entries can be Quilts or blankets in the following sizes

Babies approx. 24"-30" square or 24" x 30", Children's approx. 36" – 42" square or 30" x 40", Teenagers approx. 42" square or 40" x 50". Quilt backing can be either fabric or fleece

Entry fee is £1 which will also be donated to Project Linus along with all entries.

Rules

1. Entry must be own work and should be no more than 3 years old.
2. No embellishments please - Project Linus UK rule
3. One entry per entrant.
4. No entry will be accepted without the appropriate securely attached competition label
5. All entries are non-returnable and will be donated to Linus UK.
6. The Judges decisions are final.
7. Entries should be delivered to the Kinross Show SWI Tent between 12 noon and 2pm on Friday 11th August.

Send your completed entry form (the tear-off section below) enclosing a stamped self-addressed envelope to:

Anne Doig, Kinross Group treasurer, 17 Monar Court, Dalgety Bay, Dunfermline, Fife, KY11 9XJ,

Email annbrydo@msn.com

Entry fee will be collected when your entry is delivered to the tent on 11th August 2023

SWI Kinross Group Open Competition Entry Form

Name _____ Age if 16 or under _____

Address (including postcode) _____

Contact Telephone _____ Email Address _____



WHO ARE WE? We are the national charity, which for nearly 140 years has been helping serving and ex-service men and women, Regular and Reservist, and their families, in need. Eligibility is based on only one day's paid service.

WHERE ARE WE? There are 91 branches all over the UK, of which 22 are in Scotland. They all operate with a network of trained volunteers in the local area, to look into cases with understanding and sensitivity. Many of the volunteers are ex-Services themselves. The Perth and Kinross Branch has an office in Queen's Barracks, Perth – courtesy of 7th Battalion, the Royal Regiment of Scotland. So far this year, despite Covid 19, the Branch has looked after over 80 cases. Our Branch Patron is the Provost of Perth and Kinross who, with his council staff, are wonderful supporters.

WHAT DO WE DO? We take immediate action whenever there is hardship and need. Our help and advice is totally confidential, and we help all ages. We work closely with other agencies, and service charities, and help can vary hugely...

We may help a war widow manage her bills; an ex-Serviceman with a mobility challenge; assist a Service family with a special needs child, or a returned veteran from Iraq or Afghanistan conflicts.

Last year we helped 50,000+ cases in UK. <https://www.ssafa.org.uk/>

HELP, ADVICE, FRIENDSHIP Please don't hesitate to get in touch: SSAFA, Perth & Kinross Branch Queen's Barracks, 131 Dunkeld Road, PERTH PH1 5BT Tel: 01738 625346 (with ansaphone) or Email: Perth.Branch@ssafa.org.uk

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Gordon Clark, senior singles winner of Clackmannan & Kinross County Bowling Association.

Orwell Bowling Club

Bowling Green Avenue,
Milnathort, KY13 9YN
01577 863739
orwellbowlingclub.weebly.com
Find us on Facebook

Our friendly against Luncarty was unfortunately hampered by inclement weather but we played 10 ends and had 3 rinks winning and 1 drawn giving a final score of 37 for Orwell and 25 for Luncarty.

We have had 2 internal competitions last month. The Scott Trophy and the Roy Dougray Trophy – Both were won by David Winton.

Congratulations to Nancy Findlay, Linda Reid and Maz Thorn on winning the County Triples, they will represent Clackmannan & Stirling County in the Top 10 next year.

Also, Congratulations to Linda Reid, Maz Thorn, Sandra Fullerton and Jean Menzies who won the Ladies County Senior Rink.

The gents reached the semi final of the County Balfour Competition but were beaten by the eventual winners, Alloa East End. The gents County competitions are now in the semi final stages.

Congratulations to Gordon Clark who won the County Senior Singles.

Unfortunately, Jim Whittet was beaten in the final of the Senior Scottish Singles and Jean Menzies and Graeme Duncan were also beaten in the final of the Scottish Mixed Pairs, but well done reaching the finals.

Upcoming Events

Friday 11 August – Haig Cup – 7pm to 9pm

Sunday 20 August – Open Pairs Competition

Struan Bennet: Photo by mike-mcsharry



Struan Bennet

Struan Bennet (Milnathort) is off to European Triathlon Championships

After a tough start to the season, I managed to find some form at my local Super Series at Lochore Meadows winning three out of three races on the day. This set me up perfectly for the European Trial at Mallory the next week. I had a solid heat coming 19th (3rd U20) which gave me a solid position going into the final the next day. With my swim I got into 2nd pack in the final and saved my legs as much as possible so I could get myself into 9th overall and 1st Junior bagging a trip to European Championships in August.

After recovering from this I got a surprise call up to race with Alex Yee in Metz for a French Grand Prix which was an amazing experience.

Kinross Road Runners

<https://kinrossroadrunners.weebly.com>

While the sunny and dry weather may have taken its toll on our plants and gardens, it didn't stop our runners from taking part in some exciting events over the past few weeks but before we go into more details, who were the King And Queen of the Hill at the Milnathort Dash?



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The White Tailed Eagles (3rd overall/2nd mixed team)

Congratulations to Cameron Milne (Central AC) and Anna MacDonald (Strathearn Harriers) and also to our overall winners Cameron Milne and Laura Gibson (Fife AC)

As you will know, The West Highland Way is a 96 mile long distance trail stretching from Milngavie in the south to Fort William in the north with a mere 14,500 feet of climbing. Two KRR, Scott Strachan and Billy Webster, took on the challenge of a continuous run in an organised event. Unfortunately the hot weather took its toll on Scott who was pulled out of the race on medical grounds at 50 miles. Billy carried on and finished in 27:59.14 – an amazing feat given the conditions, fantastic work Billy.

The same weekend was the Glenrothes 10k, another favourite with our club members. Congratulations to Jillian Gordon who was 2nd female home and well done to all 22 members who ran in the warm conditions.

Scurry Two Bridge is a 100 mile relay starting at Dundee Riverside Park, across the Tay Bridge and crossing the Forth Road Bridge, finishing in Edinburgh at the World of Football. KRR entered 5 teams of 4 runners, each runner clocking up at least 25 miles on what turned out to be the hottest day of the year so far.

All of the teams were named after birds which can be spotted around Loch Leven – White Tailed Eagles (3rd overall/2nd mixed team) Tufted Ducks, Pink Footed Geese (1st ladies team) Crested Grebes and Tree Pipits. What a long but enjoyable day, well done everyone.

Taking on 40km in one hit over the boulder strewn Lairg Ghru hill race were Allan Kemp, Stephen Freeland and Karen Mitchell and if that wasn't extreme enough, Rashmi Shah and Mike Atkinson took part in the Celtman Solo Point five Extreme Triathlon. 2,500m sea loch swim complete with jellyfish, 85km cycle including the famous Bealach na Ba pass to Applecross and rounded off with a 23.9km run along the mountain pass between Liathach, Beinn Alligin and Beinn Eighe.

Our runners have also been at the Lawbreaker hill race, a brutal



The Pink Footed Geese (1st ladies team)

Sports News

but short straight up The Law (638m) and back down again. 10k in Colliston, half marathon in Stonehaven and the popular Brig Bash 5 where prizes were awarded to David Scott and Jillian Gordon for winning their age group category. Andy Johns and Frazer Munro 'ran' the Maddy Moss Hill race taking in The Law, Ben Cleuch (721m and the highest of The Ochils) and finally Andrew Gannel Hill (665m) and to cap off a busy month for KRR, 18 runners took part in the popular Crieff 10k.

We meet on Tuesdays for an organised speed training session and Thursdays for a social run. The club welcomes all abilities so, whether you are new to running, experienced, looking for some new routes or even just to meet news faces, there is something for everyone. If you are interested, visit our website and get in touch:

Milnathort Golf Club

37 South Street Milnathort, KY13 9XA

01577 864069

www.milnathortgolfclub.co.uk

Captains Day Fundraiser WIN A CAR

On 22 July Milnathort Golf Club held a Captains Day Fundraiser which was open to members and guests.

Prizes on offer were:

- Hole in one challenge – Win a Car.
- Beat the Pro.
- A chance to win £1500 and lots of other prizes.

There will be a raffle on the day and a BBQ.

The club would like to thank 'Wintons Deli' for their support on the day. Look out for the Milnathort Golf Club Facebook to see if anyone has won the car and in the September *Newsletter*.

Annual Gents Match

The Annual Gents Match against Kinross Golf Club was held on 7 July.

Result Milnathort 1.5 – Kinross 4.5. Well played Kinross.

Afternoon Tea

The club is now offering Afternoon Tea

Friday - Sunday 1pm - 3pm

Enjoy a selection of finger sandwiches, pastries, scones and cakes with unlimited tea & coffee for just £12pp. Bookings only, call the bar on 01577 864069 or email office@milnathortgolfclub.co.uk

Friday Supper Club

Why not join us for the Friday Supper Club 4-7pm.

Our full menu is available but you can get also get a Fish Friday including bread and butter and a cup of tea for £11.50 special offer.

Visitors and Guest are welcome. Call the bar on 01577864069

option 2 to book a table or just come along to the club.

Kings Scramble

Saturday 5 August we will hold our next Kings Scramble which members and member guest can enjoy a 9 hole scramble and food to follow. Members and member guest welcome golfing or non-golfing.

If interested in any of the above or for more information please visit the club website at <http://www.milnathortgolfclub.co.uk>

Kinross Rugby Club

To misquote the song, the summertime has come and our new facilities at The Muirs are sweetly blooming! It has been an exciting close season for the Rugby Club.

We are actively engaged in the building of an extension to our pavilion which will see new changing rooms and fully accessible toilets downstairs and a lift and accessible toilet being added



upstairs.

This will be a fantastic facility for the community going forward. Rugby is a fantastic all round fitness activity and there is a place for all shapes, sizes, sex or seniority. Whether you want to play competitively or just keep fit among like minded friends – why not Try It.

All training is at our site behind the Muirs Inn. See what our various sections are up to:

Senior 1XV

The seniors returned to preseason training on 11 July. Training is 7-8.30pm on Tuesdays and Thursdays. All men, aged 17 plus, are welcome regardless of skill level or experience. The season starts at the beginning of September and the Senior squad is looking forward to playing in the New Caledonia Midlands 1 league. This is a step up from last year but all are looking forward to the challenge.

Ladies Senior XV

We are starting a new ladies section to compliment the junior section already in place. All round strength and conditioning training started on Friday 14 July from 6.30 to 8pm. We aim to cater for all skill and fitness levels so why not give it a try?

Midies

Our high school teenagers, male and female, will train 6.30-8pm on Wednesday evenings. Again now experience required. Just a positive approach.

Minis

We start again once schools are back. Great opportunities for all ages and genders:

P1 - P2 10.30 - 11.30

P3 - P7 10.30 - 12.00

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A collection of painting tools including brushes, rollers, and a paint can, arranged on a surface.



Kinross Tennis Club

The tennis at Kinross TC has been almost as exciting as the action at Wimbledon this month!

The club hosted two Wimbledon themed events with over 40 players taking part. We had a family cup and another adults' doubles team tournament.

Both events involved lots of strawberries, cream, cakes, and of course some Pimms and fizz for the adults. They were a great opportunity for members to socialise while playing some competitive tennis. Well done to all the players who took part!

The Club teams have also been in action over the past few weeks. The Ladies managed to enter two teams into the Tennis Tayside League for the first time in a long time. The 1st team finished up 3rd in Division 2 and the 2nd team finished 5th in Division 5. There were lots of new players taking part in league matches for the first time and they did fantastically well.

The men's team also did well and won their Division and will be promoted next year. Well done everyone.

The Junior teams also performed well this season. We had three teams in action with lots of new players. The future is looking great for our Juniors!

Term time weekly coaching for adults and juniors will start again at the end of August. There are sessions for all ages and abilities. For more information check out the club's Facebook page [@kinrosstennisclub](#) or email our coach Siobhan at kinrosstenniscoaching@gmail.com

Our second Summer camp will also be taking play week

beginning 7 August. For more info contact Siobhan on the email address above.

Club social sessions will continue throughout the Summer on Wednesday evenings, Thursday afternoons and Sunday mornings.

To find out about membership of the club visit our website: <https://clubspark.lta.org.uk/KinrossTennisClub>

Or email our Club secretary Joan at kinrosstennis@gmail.com

Kinross Volleyball

Monday evening free pop up and play sessions have been disrupted through July due to the inclement weather but volleyballers are hoping that August will bring about more settled conditions.

Adult club members have seen preparations for their annual trip to the De Haan, Belgium outdoor tournament disrupted because of the July rains. The Belgium squad will leave Kinross on Thursday 10 August driving to Newcastle for the overnight crossing to Ijmuiden before the onward road journey to De Haan. After the weekend play the squad will take the return journey arriving back in Kinross on Tuesday 15 August.

International beach volleyball returns to the area with the Small Countries Association hosting a men's and women's tournament at the Perth Darnhall beach facility from Thursday 10 August until Sunday 13 August. This is an ideal opportunity for locals to see international beach volleyball and are encouraged to go along to support the Scottish men's and women's teams.





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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 Fossoway Gathering

We would welcome volunteers who can help out on the day, 2 September 2023. Assistance with parking, selling raffle tickets, helping to take down the stalls and marquees: all help is welcome. Get in touch on fossowaygathering@gmail.com

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. Contact David Aird 01577 830370 email: d.aird@outlook.com

Guide Dogs Kinross

We are looking for a volunteer coordinator to take over to help run our small fundraising group and fundraising volunteers. You will be made very welcome. Email 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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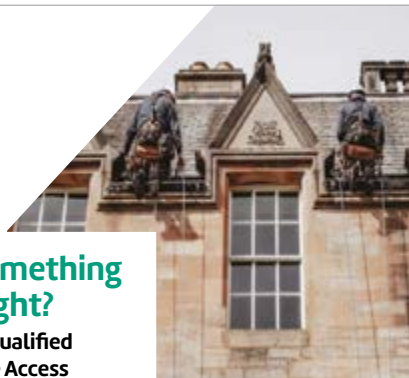
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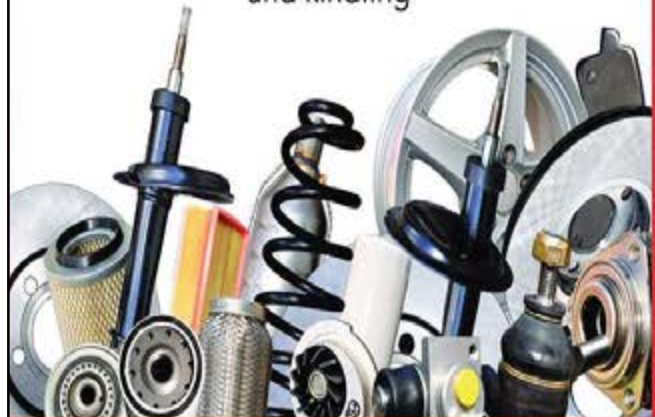


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DAMSEL IN DELIGHT



AS WE MAKE OUR way into August, there is the annual debate over whether this is still summer or the start of autumn already – there is some disagreement in the nature world and at Loch Leven NNR!

The insect life is still a-buzz at this time of year, with fresh looking butterflies and bees. The azure, common blue and blue-tailed damselflies on our wetter areas of the reserve are joined by the emerald damselfly. This is one of the best looking damselflies in my opinion with its metallic green and blue body (although this can be subtle from far away)! There should also be dragonflies at the ponds as well at this time of year – look out for the bright red colour of the common darter.

Speaking of insects, August is the best time to see our newly found population of purple hairstreak butterflies. These butterflies are often overlooked as they fly high up in the canopies of oak trees, and only really fly in the evenings. As they do fly so high up, the purple colouration is sometimes hard to spot and may look black or silver to the eye.

This new population is just over the bridge at the River Leven, so it's worth having a look on a warm evening. If you want to learn more, we have a purple hairstreak walk coming up as well on 8 August. We will be joined by butterfly experts, and our fingers are crossed for sightings of these butterflies, so if that interests you then email LochLeven_NNR@nature.scot to book a place.

August is also the best time of year to spot an osprey (or multiple) at Loch Leven NNR. Depending on the year we could see multiple individuals feeding on the loch at once in August.

You may be lucky to spot one with a large fish as it catches it with its massive talons – they are very adept at fishing! You may even spot one sitting on Green Isle at Burleigh!

Elsewhere in the bird world, wader numbers are starting to build

up as we move into autumn.

Birds such as Black-tailed godwit and lapwing, and even ruff and dunlin, can be spotted on the reserve – keep a lookout towards the Burleigh spit and see what you can spot!

Mute swans will still be staying very close to their cygnets as they get bigger and more 'swan-like' this month. Hirundines (that's house martins, sand martins and swallows) should also be hanging on this month as they prepare to go back to Africa.

All this and more can be seen at Loch Leven this month. If you are going out then make sure to keep a respect-

able distance from any wildlife and read up on recent guidance. And as always, keep an eye on our social media (Facebook, Instagram and blog) for the latest wildlife sightings and upcoming events!

Have a good one!

*Julie McDonald
Loch Leven National Nature Reserve Seasonal Officer*

Weather



Recent Weather Reports From Kinross

June 2023

Total Rainfall	67.4mm/2.69in	
Heaviest Fall	34.9mm/1.39in	<i>(18 June)</i>
Total Sunshine	182.4 hrs	
Sunniest Day	10.9 hrs	<i>(15 June)</i>
Max Temp Average	20.27°C	
Highest Temp	26.5°C	<i>(12 June)</i>
Min Temp Average	7.14°C	
Lowest Temp	2.1°C	<i>(14 June)</i>

SUMMER LOVIN'

AS WE BEGIN TO move towards the end of our peak breeding season, it's crazy to think we are already past the halfway mark of 2023 but, what a success it has been so far! This year we had a total of 20 lapwing chicks fledged alongside two redshank, three snipe and at least 60 gull chicks.

Things are starting to quieten down on the reserve now that the gulls have moved on, but we are still seeing some great sightings of marsh harrier, great crested grebe, and shoveler. Out with the world of birds, with the reopening of our bumblebee meadow for the season, we have been seeing a variety of butterflies, damselflies and bumblebees in the meadow including sightings of ringlets, meadow browns, and a four-spotted chaser.

Our reserve volunteers have been hard at work to help us through the current breeding season by carrying out thermal imaging surveys to check for any night-time predation, as well as helping us to begin preparations already for next year's breeding season. They have been undertaking the gruelling job of removing ragwort to prevent the livestock eating them and working on the more pleasant development of our plant nursery so that we can get a greater variety of wildflowers around the reserve. They have also been looking out for small pearl-bordered fritillary which they managed to find along with species such as the scallop shell moth.

In the world of events, we have had a very busy summer so far with a whole host of new events for the summer holidays but, worry not, there are still plenty of events to come! At the beginning of August, we have more of our Discovering Ponds (1 and 15 August) and Discovering Minibeasts (10 August) sessions along with our final Woodland Warriors session (2 August) where we will be looking at orienteering. Our Big Wild Summer Prehistoric Trail continues every day right up until 20 August, simply pick up your trail sheets for just £2 each from the Visitors Centre.

On Friday 4 August, we are very excited for the return of the Festival Players Theatre group who will be performing Shakespeare's *The Twelfth Night* this year and on Saturday 5 August we have an exciting new family event; Big Wild Pyjama party. For more information about all our events and to book your tickets, check out <https://events.rspb.org.uk/lochleven>.



Photo: Four-spotted chaser by Ami Kirkbright

Finally, we are still on the look out for volunteers to join our team! From Visitor Experience to Retail and Catering, if you would be keen to get involved why not check out what opportunities there are at www.rspb.org.uk/get-involved/volunteering-fundraising/volunteer/.

We also have a couple of unique volunteering roles available with one of our externally funded projects, helping with our school groups and family events at Quarrymill Woodland Park near Scone.

For more information about these roles, contact Abbie at guwq@rspb.org.uk.

Freya Playford

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The property is reached by boat, operated by Historic Scotland and departing from the fishery pier (Pier Road, KY13 8UF).

Due to limited capacity, it is recommended that all visits are booked online at www.historicenvironment.scot/lochleven-castle.

OPENING TIMES

17 May – 30 Sept: Daily, 10am – 5.30pm (last outward sailing 4.15pm)

1 to 31 Oct: Daily, 10am – 4.30pm (last outward sailing 3.30pm)

PRICES

Adult (16-64yrs)	£10.00
Concession (65yrs+ and unemployed)	£8.00
Child (7-15yrs)	£6.00
Family (1 adult, 2 children)	£20.00
Family (2 adults, 2 children)	£29.00
Family (2 adults, 3 children)	£34.00

Historic Scotland members travel free.

The Pier. Pic: Hannah Phillips



Farming



TAPS 'AFF!

WE LIVE IN A country where the climate is classified by as being temperate which means that we can expect to avoid the extremes. Not too hot, too cold, too wet or dry. It also means that the weather can be very changeable and unpredictable, which gives us, as a nation plenty to talk about (or complain about) and this is particularly true about farmers, and with good reason. The wrong weather at the wrong time can have a huge affect on a farm business, ranging from poor germination of crops or poor quality feed for animals being produced to increased costs of producing fresh produce such as fruit and vegetables and a burden on the welfare of our animals.

A few weeks ago we were basking in temperatures into the twenties of degrees Celsius – real 'taps aff' conditions, but of course it was too hot for some, and grass and other crops in fields with shallow or sandy soils started to die off. The thought of experiencing the 40 plus degrees Celsius currently baking southern Europe, here in Scotland is unimaginable. Similarly, although we generally think we get our fair share of rain in this country, it generally pales into insignificance when you see mass flooding causing devastation around the world.

But, with climate locally and globally apparently becoming more volatile, the role of us, as farmers in helping to mitigate its effects has never been more important. Extreme weather events (as well as wars) can have a global effect on the supply of food so it surely makes sense to produce as much as we can within these shores.

It is the most basic of endeavours as producing food for the nation which gives the vast majority of farmers the drive to get out of bed in the morning (or middle of the night). Land management and active farming play a vital part in limiting the risk of wildfires and flooding, and this land management usually has the bonus of producing food and providing employment and keeping the heart in communities, particularly in remote areas.

We, as farmers often feel that we are being held responsible for all the problems associated with climate change and that removing livestock farming in particular from the equation

will solve everything but I don't think that there is any logic in this view. Far from being the problem, we are an integral part of the solution providing food security, employment, biodiversity and environmental sustainability as well as recreation from our carefully managed countryside.

Anyway, here at backward farm at the moment, it has been very frustrating few weeks as it decided to start raining just as we were about to make most of our silage and hay for the winter. We have made some reasonably dry silage but haven't managed hay yet.

The rain was quite welcome at first as conditions were getting pretty dry, but the novelty has worn off now! The sheep have all been shorn apart from the rams, who will be relieved of their fleeces in the next day or so.

The cattle were enjoying basking in the sunshine of May and June, but the rain has helped to freshen the grass supply, and the pigs are enjoying the slightly softer conditions allowing them to root more and they are not needing as much water carted out to them.

As far as I am concerned if there wasn't any more rain until after Kinross show that would be just grand. Oh, the joys of a temperate climate!

John

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Gardening

RAIN, RAIN, GO AWAY...

I WOULD LIKE TO start this month's article by offering my most sincere apologies to the good people of Kinross-shire. In my article last month, I complained that it was too hot and hadn't rained for weeks. I hold my hand up – I angered the weather Gods. I jinxed the weather. I haven't been counting but I'm pretty sure it's rained every day since. I apologise most profusely.

So, what's been happening this past month, apart from dodging the showers? Well, between the sunshine and showers, things are growing like weeds, especially the weeds! Honestly, it's like painting the Forth Rail Bridge... is that even a thing any more?

My pots are starting to fill out a bit. The Pansies which bridged the gap very nicely between spring and summer have been replaced with some Petunias and other stuff that's been hanging around looking for a home. In fact, the pots are doing much better than the plants in the garden, which are being very slow this year, and I have no idea why.

My baskets, for the second-year running are a bit 'meh'. The two which are west facing are abysmal, the two which are north facing are better, but not brilliant. Again, I have no idea why... same compost, same plants, same care. Just one of those things I guess... next year will be better!

I have a new love this year. I have a new love every year, but this year it's the turn of something called Briza Grass. I bought some seeds in the spring from the lovely Higgedy Garden (guy and his dog, living on a narrow boat) and they're marvellous. I know, it's grass (had to stop my husband



pulling it up) but has the most amazing seed heads. It grows really quickly, comes back every year (apparently) and the seed heads have just been getting plumper and plumper. I'm going to harvest some seeds just in case, but this is definitely going to be a staple in the garden for years to come.

You've still got time to sow some biennials for next year (grow this year to flower next year). I've got some Sweet Williams on the go, and they'll be ready to pot up soon. These are brilliant for cutting – they smell lovely and last for ages in a vase.

I'm also starting to think about bulbs for next year – if I don't think about and order them now then I'll forget what I want... and I'll miss out on any early bird discounts. I love tulips, I think they're lovely and colourful and

give a fantastic display. The only problem is that they only really last for one year. And they're not cheap. I've decided to compromise though (it's amazing how the brain works to justify what you really want to do) and I'm going to order some double tulips for the large pots at the front of the house. They'll only last a year, BUT I'm going to order some 'naturalising' tulips to put in the garden, which will last for years and multiply over time. See? I'm sure if I think about this approach enough, I'll make myself believe I'm saving money in the long run.

Well, it looks like I've run out of space again, so time to say adieu and enjoy your time in the garden... between the showers!

Teresa Stirling



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Tel - 07896639546
Facebook - www.angelamcccivilcelebrant.co.uk

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Weekly Programme For August 2023

Monday	Hearing Aid Drop-In Clinic (7 Aug 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 (1 & 15 Aug ONLY)	10-11.45am
	Exercise Class	11.30am
	Singing Group (8 Aug ONLY)	1.30pm
	Games: quizzes, Scrabble, dominoes	1.30pm
Wednesday	Day Trip to the Kelpies (16 Aug ONLY)	10am-3.30pm
	Church Service	11.15am
	Reminiscence Group Garden Room	SUMMER BREAK
	Games: quizzes, Scrabble, dominoes	1.30pm
	Craft Group (9 & 23 Aug ONLY)	1.30pm
Thursday	Barge Trip (pre-booked) (10 Aug ONLY)	10am-3.30pm
	Chiropody Service (17 Aug ONLY)	10am-1pm
	Interactive Games	11.30am
	Games: Indoor curling, quizzes, Scrabble	1.15pm
	Art Group	1.30pm
	Exercise Class with Kenny from Live Active	2.00pm
Friday	Football Memories	SUMMER BREAK
	Exercise Group	11.30am
	Bingo	1.30pm
	Board Games	1.30pm



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

All activities subject to change.

KINROSS CENTRE

64 HIGH STREET KINROSS KY13 8AJ

TEL/FAX: 01577 863869; Email: kinrossdaycentre@outlook.com

COFFEE BAR OPEN TO THE GENERAL PUBLIC from 8.30am - 3.30pm

Dominoes; Exercises; Lunches Daily



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jdfuneraldirectors@gmail.com
www.jdfuneraldirectors.co.uk

Kinross-shire Churches Together



Kinross Parish Church

Church of Scotland

(Charity no SC012555)

Following Christ I

Spreading the Word I Serving the Community

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.

All events below are in the church unless otherwise indicated:

Regular Services and Events

Sundays

9.15am **Choir Practice** restarts 20 August

10.30am: **Morning Service**, gathering song about 10.25. Children's activities during the service. Within the church there is a corner for parents with babies and toddlers or they can use the Upper Room and follow the service from there.

Refreshments and Fairtrade Stall after most services.

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

6pm: **Sunday Evening Prayer**, on Zoom

6pm: **Crossfire**, church centre during term time. Age P7 up

Mondays

No **Silent Meditation** this month

8pm: **House Group** – Bible study and fellowship. Restarts 21 Aug.

Tuesdays

10am: **Stepping Stones** for babies, toddlers. Restarts 22 Aug

2.30pm: **House Group** – Bible study and fellowship. Restarts 22 Aug.

Wednesdays

11.15am **Midweek Service**, at the church centre.

1.30pm: **Craft Group** (except 2 Aug)

7.45pm: **Men's House Group** Restarts 23 August

8.00pm: **Women's House Group** Restarts 16 August

Thursdays

10.30am: **House Group** Restarts 17 August

11-12pm: **Table Talk** – chat on Zoom. Restarts 17 August

Fridays

6pm: **Boys' Brigade and Girls' Association**, Church Centre. Check weekly email or website for restart date

OTHER SERVICES AND EVENTS:

August

Sun 6 10.30am: **Morning Service**, followed by informal Communion. No refreshments or Fairtrade stall after the service

Thu 17 9pm: Evening service of **Compline**



FAMILY WEEK: 'BIG TOP' HOLIDAY CLUB

Mon 31 July – Fri 4 August

All age groups meet at KPC at 9.45am. Finishing at 12 noon.

Additional Family Week Events (meet at KPC)

JULY

Mon 31 2.30pm: Family Treasure Hunt

AUGUST

Tue 1 2.45pm: Seniors - Ice Skating

Wed 2 2pm: Family Film Afternoon

6.30pm: Seniors & P7 Film Evening

Thu 3 2pm: Seniors Circus Skills Workshop

4pm: P6/7 trip to Hollywood Bowl

Fri 4 6pm: Closing Celebration in church, with barbecue from 6.45pm

Sat 19 All Friends Together

Sun 20 2.15pm: meet at church for **Social Walk** at Quarrymill Woodland Park, Perth. Wheelchair-accessible. See weekly email for details.

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

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: estenhouse@churchofscotland.org.uk

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: aclassicsoul@aol.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>



AUGUST

6 August

9.45am Sunday Morning Worship
Refreshments and Fairtrade available after the service

13 August

9.45am Sunday Morning Worship

20 August

9.45am Sunday Morning Worship

27 August

9.45am Sunday Morning Worship

REFRESH THURSDAY

Refresh will be having a wee break over the summer months. We will not be open in August but we will be back on 7 Sept.

FILM NIGHT

Fri 4 August 7.30pm in the Church Hall

The Fablemans (15)

Inspired by Steven Spielberg's own childhood, this film tells the story of a young man uncovering a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other.

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 **Thurs evening at 7.30pm**. However, we will be having a break over the summer months and will be starting again in Sept.

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 the Rev Lis Stenhouse 01577 842128.

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.

10.00am Portmoak Church

11.30am Orwell Church

Joint family services are different in August with one in each church on the first 2 Sundays, as shown below.

Messy Church will meet on Sat. 26th August from 4-6pm at Orwell Church with all the usual crafts, fun, and food.

Dates For Your Diary

3 Aug Ashley House Service at 2pm

6 Aug Joint Family Service in Orwell Church at 10:30am
No morning service at Portmoak Church.

13 Aug Joint Family Service in Portmoak Church at 10:30am conducted by Rev Austin Wicks
No morning service at Orwell Church.

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

Office email: orwellandportmoakchurch@gmail.com

Website: orwellportmoakchurch.org.uk



Cleish Parish Church

Church of Scotland

(Charity No: SC003168)

Minister: Rev Lis Stenhouse BD (Hons)

Tel: 01577 842128

Email: estenhouse@churchofscotland.org.uk

Session Clerk: Christine Maclure

Email: maclure19@gmail.com Tel: 01577 864826

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

We are very pleased to announce that our church building is open and we look forward to welcoming you to worship with us in Cleish Church.

6 Aug

11.15am Morning Worship, followed by a Congregational Lunch in the Village Hall. Traidcraft Stall

13 Aug

11.15am Morning Worship

20 Aug

11.15am Morning Worship

27 Aug

11.15am Morning Worship with celebration of Holy Communion
Refreshments are served in the Young Room every Sunday after worship



St Paul's Scottish Episcopal Church

(Part of the Worldwide Anglican Communion)

Muir, Kinross, KY13 8AY

Fr David Mackenzie Mills, Rector.

Tel: 01577 863795

Email: frdavidkinross@gmail.com



You can also find us on Facebook

www.facebook.com/stpaulsepiscopalchurchkinross

Our Sunday morning services begin at 10am, unless otherwise advertised. These are usually Sung Eucharists (worship with Communion). Our church bell rings from 9.45am.

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. We look forward to seeing you in person or online!

Our Meeting Room is available for hire at competitive rates.

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 pewsheets.

Events and Services in August

Sun 6 Pentecost 11 (Proper 18)

10am: Sung Eucharist

Wed 9

10am: Midweek Meditative Holy Communion

Sun 13 Pentecost 12 (Proper 19)

10am: Sung Eucharist

Wed 16

10am: Midweek Meditative Holy Communion – Mary the Virgin (tr.)

Sun 20 Pentecost 13 (Proper 20)

10am: Sung Eucharist

Wed 23

10am: Midweek Meditative Holy Communion

Sun 27 Pentecost 14 (Proper 21)

10am: Service celebrating all things neurodiverse. The Rector will be 'In Conversation' with Julie Ramsey from the One Stop Shop in Perth

Wed 30

10am: Midweek Meditative Holy Communion – The Beheading of John the Baptist (tr.)

Loch Leven Church

(Charity No: SC049050)

info@lochlevenchurch.com



Over the summer months Loch Leven Church will be meeting at 10:30am at Loch Leven Community Campus every second week. The other weeks will be filled with walks or outdoor events.

Our theme for August is 'Summer Care' and we'll be hosting the following services and events:

6 Aug: Morning: Joining @ Kinross Parish Church for the end of Family Week (10:25am)

Afternoon: Walk @ Burleigh Sands (2pm)

13 Aug: Does God Care About Us? (10:30am Loch Leven Community Campus) – Graeme Gunn (LLC) & Lyndsay Stobie (Guest from CHAS)

20 Aug: BBQ & live music: Church @ The Green Hotel (11:30–1:30pm)

27 Aug: Communion Sunday (10.30am Loch Leven Community Campus) Chris White (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

Church Information

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

Gospel Meeting Sundays 4pm. **Friends & Neighbours Teas** 1st & 3rd Sundays of the month. **Toddlers' Group** Thurs 9.30-11am; **Explorers** (Primary School) 6-7pm (both groups term time only). We look forward to seeing old friends and welcoming new ones. Everyone welcome.



Providing a safe environment over warm drinks and 'eats' for those who identify as neurodiverse to socialize and find mutual empowerment.

Providing an environment that is as inclusive, comfortable and welcoming as possible to those with differing needs, including those who are non-verbal (including dimmed lighting and a craft table.)

A space to offer personal experience and learn new ways of sharing stories of living as neurodiverse people in a majority neurotypical world.

Mondays 7pm – 8.30pm
Family Room, Orwell Church, Milnathort

*To find out more, please contact
David Mackenzie Mills or Margaret West
(COTNCommittee@gmail.com)*

THE KINROSS NEWSLETTER
ALL PROFITS GO TO LOCAL GOOD CAUSES

Is your roof leaking or in need of repair?
Contact the local experts at:

TAY ROOFING & BUILDING LTD
We provide emergency repairs to Homes and
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01738 658676 07871 861235

**Kinross Church Choir, KYTHE Band
and others are taking part in a**

FUNDRAISING CONCERT

at
Kinross Parish Church

on
Saturday, 30 Sept, 2.30pm

Followed by tea and cake

Donations will be appreciated
for KYTHE and Prospects
across Scotland

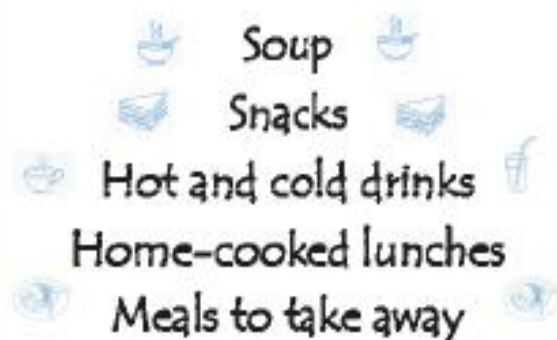
*All Friends Together in Kinross Parish Church is
under the Umbrella of Prospect across Scotland.*



For further information, or
if you want to be involved,
please ring 07933 387562

The Café where
everything is
FREE!

Fridays: 11.30am—1.30pm
@ Millbridge Hall, Kinross



Come relax, sit down and enjoy our table service

The Talking Donkey is a Christian venture so there
will always be people on hand to offer

Prayer for any need



AWARD WINNING CONTEMPORARY FOLK

**Charlie
Stewart &
Rebecca
Hill**

TICKETS
£12.50
FROM THE
VILLAGE SHOP

Charlie
(Fiddle) Rebecca
(Harp)

With Guests:
Owen Sinclair
(From Tannara)
David Watt
(Local legend)

LICENSED
BAR FROM
6PM

GLENFARG VILLAGE HALL | SAT 19TH AUG | 7:30PM

Children's Hospices Across Scotland

Wine Tasting Evening –
Hosted by Cairn o' Mohr!

**Friday 18th August 2023
Milnathort Guide Hall
Doors open 6.30pm with a 7pm start-9pm
£15 per person which includes wine tasting and some
nibbles!
Raffle will be available on the night - £1 a ticket**

PRE-BOOK your space by contacting Beth Gibson 07979904227
or via our **Friends of CHAS Kinross Facebook page!**

*Cairn o' Mohr Winery (based near Errol/Sunday Market) will come along and host a Talk and
Taste evening! Their convivial host will give us a history of the winery and production
followed by a tutored sampling of their gorgeous wines! There will be seven regular wines
to taste plus a non-alcoholic drink and some seasonal specials or limited editions. There
should even be some bubbly too!*

*Cairn o' Mohr are happy to support charitable causes, and would be delighted to donate a
percentage of any sales made on the night above £250 - where CHAS will receive 20% back
by way of a cheque from their Director! (Cash or card payments will be accepted).*

www.chas.org.uk

MOBILE LIBRARY 2, 16, 30 August

(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.

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

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

BANK OF SCOTLAND MOBILE BANKING

Service operates fortnightly on a
Tuesday 10am to 1pm

7, 21 August 2023

At the Green Hotel, 2 Muirs, Kinross

www.bankofscotland.co.uk/contactus/mobile-branch/perth.html#kinross

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

GRANTS AND FUNDING WEBSITES

www.pkgrantsdirect.com
www.foundationscotland.org.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

STEPPING STONES

On holiday until Tuesday 22 August

Then weekly in
Kinross Parish Church
10-11.30am.

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

ALL WELCOME



Classified Ads

Men's Electric Bike **£650**
 2 years old. Exceptionally low mileage. Carrera Crossfire E TFT 21. Excellent condition. Price includes charger, lock, pump, lights and mudguards.

Women's Electric Bike **£650**
 2 years old. Exceptionally low mileage. Carrera Crossfire E TFT 18. Excellent condition. Price includes charger, lock, pump, lights and mudguards.

**Contact details for above two items:
 Graham 07772520268**

THE KINROSS NEWSLETTER
**ALL PROFITS GO TO
 LOCAL GOOD CAUSES**

**PERTH & KINROSS
 SCHOOL TERM DATES 2023**
 In-Service Day: Mon 14 & Tues 15 August 2023
 Term Starts: Wed 16 Aug 2023
 Term Ends: Fri 6 Oct 2023
 Autumn Holiday: Mon 9 – Fri 20 Oct 2023

**BROKE NOT BROKEN
 SCHOOL UNIFORM BANK**
APPLY HERE
<https://forms.gle/Z85UnmUQ1qaD2YFE7>
 Please email admin@brokennotbroken.org,
 or call us on 07518 913107 if you feel
 you might need some support.

LET'S SING 
**Sunday 13
 August**
 Usual time 2.30-4pm
 in Kinross Parish Church.
 Please come along to an afternoon
 of singing and a cuppa.
 Everyone is welcome, including anyone who has
 dementia and their carers.

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
September	Friday 18 August	Saturday 2 September
October	Friday 15 September	Saturday 30 September

KINROSS GARDEN GROUP
2022/23 Season
SUMMER GARDEN VISIT
Geilston Garden, Cardross
Thursday 10 August
 Coach departs Thistle Hotel 10am
**Cost Members £18/Non members
 £25**

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

**COMMUNITY
 RAINGARDENS PROJECTS**
WE HAVE OPPORTUNITIES for participation in the
 community raingardens projects. Many options
 available, from watering newly planted/sown
 wildflowers to litter picking, to interpretative
 signs and planning new projects.
 Plenty of scope for as little or as much
 involvement as you may wish.
 Contact: kinrossshirecivictrustsecy@gmail.com

**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
PLEASE NOTE HOLIDAY OPENING TIMES
MAY BE DIFFERENT**

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 (Chair)	5 Springfield Road	01577 531076
Hannah Phillips		07591 228884
Tom Stewart		
Michael Wilson	16 Acremoar Drive, Kinross	01577 861181
Emma Leslie		
Chris Collins		07970 998206

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
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Address: 85 Bowton Road, Kinross, KY13 8EG

Clr NEIL FRESHWATER (*Scottish Conservative & Unionist*)
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Clr WILLIE ROBERTSON (*Scottish Liberal Democrats*)
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Clr RICHARD WATTERS (*SNP*)
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John Nicolson MP Member of Parliament for Ochil and South Perthshire

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Facebook: <https://facebook.com/JohnNicolsonSNP>

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Member of the Scottish Parliament for Perthshire South & Kinross-shire

Jim Fairlie, MSP

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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

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Liz Smith MSP (Conservative)

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Alexander Stewart MSP (Conservative)

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KINROSS RECYCLING CENTRE

Bridgend Industrial Estate

Monday to Friday 9am-7pm

(last entry 6.45pm - all vehicles must be off site by 7pm)

Saturday & Sunday 9am - 5pm

(last entry 4.45pm - all vehicles must be off site by 17.00)

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

August

- Mon-Fri 31-4 Family Week at Kinross Parish Church!
- Tues 1 **Fossoway and District CC meets**
- Tues 1&15 **Discovering Ponds, RSPB Loch Leven**
- Thurs 3 **Ready, Set, Read! Let's get making - Loch Leven Library**
- Fri 4 **Festival Players Theatre group present 'Twelfth Night' - RSPB Loch Leven**
- Sat 5 **Fun Day at Kirkgate Park (Stephen Lyon Organisation)**
- Sat 5&20 Kinross and Ochil Ramblers walks - see club entry
- Sat 5 **Big Wild Pyjama Party - RSPB Loch Leven**
- Tues 8 **Portmoak CC meets**
- Tues 8 Purple Hairstreak Walk - Loch Leven NNR
- Thurs 10 Garden Group visit to Geilston Garden (NTS)
- Thurs 10 **Discovering Minibeasts RSPB Loch Leven**
- Thurs 10 **Milnathort and Orwell CC meets**
- Thur 10 **Dragon Storm Author Visit - Loch Leven Library**
- Sat 12 **Kinross Show**
- Fri 18 **Wine Tasting Event in aid of CHAS- Milnathort Guide Hall**
- Fri 18 **Newsletter Deadline for September issue**
- Sat 19 **Summer Reading Challenge Ends (Loch Leven Library)**
- Sun 20 **Deadline for PKC Nature Restoration Fund**
- Tues 22 **Kinross CC Meets**
- Fri 25 Friday Book Group, library 10.30am
- Sat 26 **Kinross Summer Market at the Market Park 10am-3pm**

September

- Sat 2 **Fossoway Gathering**
- Sat 2 **KYTHE Concert at the Green Hotel**
- Tues 5 **Todd & Duncan Careers Open Day**
- Thurs 7 Enterprise Support Session
- Sat 9 **Comedy Night, Milnathort Town Hall**

The Kinross Newsletter

is available from:

Greens of Kinross	High Street, Kinross	Buchan's Garage	Main Street, Kinnesswood
Baillies	High Street, Kinross	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